

After finding myself dying in the hospital at 125 pounds, and then putting on 60 pounds to regain my health, I can say that the information contained in this book is something all HIV(+) people should know about. It's helped me stay alive. *Jeff Taylor, San Diego*

# NEW Book Adds Muscle to the Fight Against HIV

A passionately written and thoroughly documented battle plan against AIDS-related wasting... the authors demystify anabolic steroids and other muscle-building hormones... Favorite chapter: "Complementary Approaches to Treating Lipodystrophy." *POZ Magazine May 2000*

"Built to Survive" provides an accessible overview of certain important therapies, by advocates who made themselves experts in this area. We suggest this book as a source of ideas that you may want to discuss with your physician. *John James, AIDS Treatment News March 2000*

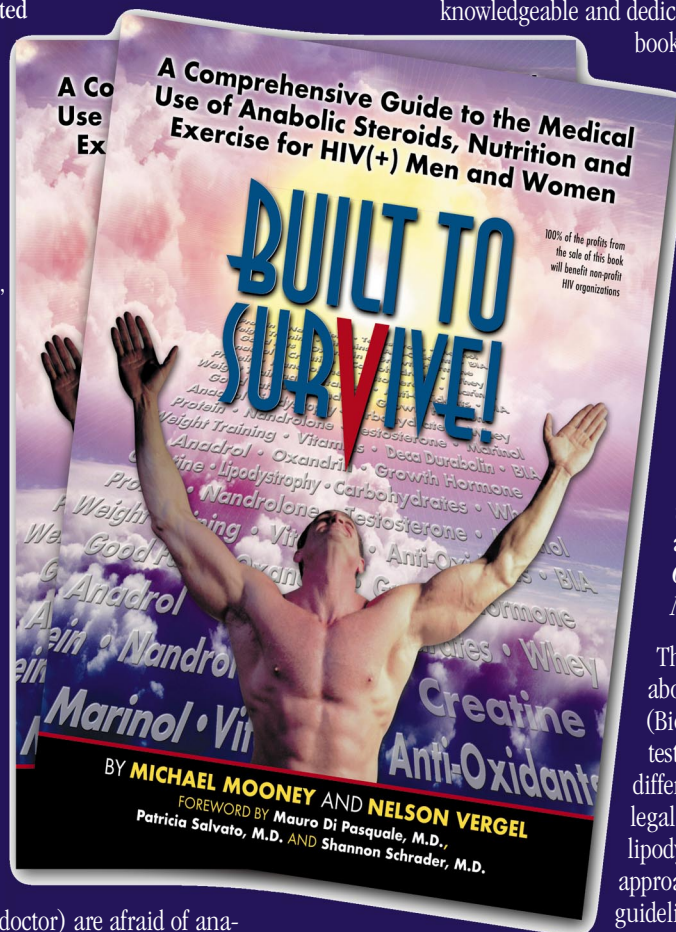
If you (or a stubborn doctor) are afraid of anabolic steroids, the book covers the myths behind such fears. *Positively Aware, May/June 2000*

After using this book's guidelines for my patients' care, most people feel so much better and gain so much lean body mass... they just feel great. *Dr. Patricia Salvato, a leading HIV physician in Houston*

Today, Michael and Nelson are two of the most knowledgeable and dedicated people I know... This book is a culmination of their knowledge, hopes, and desires to help their fellows. *Dr. Mauro DiPasquale, author of six books on nutrition & anabolic hormones*

Presented in remarkably clear terms, this book is indispensable for anyone who is HIV positive, or anyone in the medical profession who treats HIV... The book gives step-by-step instructions for setting up a weight training and nutritional program. *OutSmart Magazine March 2000*

The book contains sections about AIDS Wasting, BIA (Bioelectric Impedance Analysis), testosterone replacement therapy, different kinds of anabolic steroids, legality of anabolics in medicine, lipodystrophy and potential approaches, side effects and guidelines for anabolics, human growth hormone, orthomolecular nutrition, popular food supplements, various diet plans, food safety, management of diarrhea, blood tests to use before starting a nutritional program, exercise programs, recommended readings, (over 350) scientific references, and testimonials. *John James, AIDS Treatment News, March 2000*



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