



Built To Survive: HIV Wellness Guide Fourth Edition

Michael Mooney, Nelson Vergel

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How to treat HIV comprehensively with anti-retrovirals, and complementary therapies, including anabolic steroids. This

first-of-its-kind guide promotes the medical use of anabolic steroids, admittedly illegal, for the HIV+ population's long-term survival. The book

details everything relevant about anabolic hormones, appetite stimulants, proper diet, new dietary supplements, and optimal exercise

programs--all backed with extensive and current research, which is * championed by prominent physicians who wrote the Foreword *

co-authored by a man who has been HIV+ for 19 years * supported by anecdotal evidence The aggressive three-pronged approach--anabolic

steroids+ nutrition + exercise--is designed to combat the most physically noticeable effect of HIV/AIDS--the loss of lean body mass and

weight, wasting syndrome. Improved lean body mass leads to improved health, including mental health, which contributes to good quality of life.

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