

Books for the Body, Reviewed

By Craig Nelms
Q-Notes Staff

Relationships of mind and body — we hear about it all the time. Our state of mind affects our health. But do we pay attention to these statements? Especially in the age of AIDS, we need to pay attention to the message — our thought affect our health. This month, we'll review some resources on this topic.

First and foremost, there is Louise Hay's book, *You Can Heal Your Life*. This book is available for a reasonable price in any area bookstore, and it is a must-read. Hay, a lesbian, claims to have healed herself of cancer through changing her thinking. She hosts seminars which draw hundreds of people interested in self healing, especially those with AIDS. *You Can Heal Your Life* has become a bible for thousands of PWA's, but I believe anyone can benefit from it.

Next, Dr. Bernard S. Siegel's latest book is *Love, Medicine and Miracles*. Siegel instructs cancer patients in a variety of psychological exercises aimed at self healing. Siegel has been in this field for several decades, and his work is well respected amongst those who care for cancer patients. His books and tapes can benefit anyone who is interested in self healing. Another title by Siegel is *The Heart of the Healer*.

Les Kooyman at Metrolina AIDS Project, recommends *Living With AIDS: Reaching Out*, by Tom O'Connor. This book deals with diet, nutrition, therapies of all types, massage, and so forth. *Living With AIDS* is an excellent guide to changing one's overall health, as well as one's thought patterns. It can be ordered through any bookstore at \$18.95 per copy.

Project Inform in San Francisco is an excellent source of information on drug th-

TO YOUR HEALTH

erapies for HIV infection, and can be reached at 1-800-822-7422. Remember to call during the hours of 10:00 am to 2:00 pm California time. Obtaining such information and using it is very empowering; empowerment always improves one's state of mind. If your illness is not HIV related, you can still benefit from contacting organizations dealing with your illness (American Cancer Society, Diabetes Foundation, National Kidney Foundation, etc.) By educating yourself through such groups, you will empower yourself. Do it — it helps!

Exploring one's spirituality can be a healing experience, too. Many churches and synagogues offer some help to those who are ill, and nearly all faiths, even non-Western ones, produce some literature on healing. If you are a religious person, explore these outlets. The interaction with other members of your faith will give you a lift, too. If you are an "irreligious" person, so to speak, explore other elements of spirituality.

While we're on the topic of spirituality, Rev. Lynn Guerra of MCC Charlotte recommends these authors to those who wish to change their thinking: Agnes Sanford, Dennis and Matthew Linn and Jeff Lair. These authors are appropriate for anyone, of any faith, who wants to explore positive healing thought. Negative thinking, when it predominates, will only help you die quicker. If you want to live, change your outlook. If you don't want to live, you won't live. Please don't whine to the rest of us about your decision to give up on life; we are too busy

staying alive. However, you are more than welcome to join us on the journey; we would love to have you stay alive with us.

ATTENTION HIV+ INDIVIDUALS:

If you have been exploring various drug therapies, such as AL721, Dexam Sulfate, Ribavarin, and so forth, and you might be interested in forming a buyer's club for some of these drugs, call Lori Cardona at MAP, 333-2437. Lori will be collecting information on this topic, and the possibility exists that those of us who are interested might be able, over the next few months, to form such a group. The purpose: to pool our resources; and obtain sufficient quantity of a given drug; for the members of our buying group, possibly at a reduced cost (by buying in bulk) MAP will collect the information; we can have a meeting and coordinate something amongst ourselves. Anyone interested should call — NOW.

REMINDER TO THOSE WHO ARE HIV POSITIVE: Get your flu shots this winter and if you have not been vaccinated against Pneumococcal Pneumonia in the last five years, go and get vaccinated against that too! All individuals with immunological deficiencies should be protected against these common infections which can decrease their immune function. Neither of these vaccines will protect against pneumocystis carinii or other opportunistic infections, but they are important vaccines.

I will be taking a break from this column for the next few issues. If anyone should care to write a guest column on any health issue, he/she should send it in by the 15th of November for the December issue or the 15th of December for the January issue. Send in a guest column or for two issues you will have to read reprints of my old columns. 'Til February issue, Adios!

CD4, The Next Step In AIDS Treatment?

Human testing of CD4, a new AIDS drug, has begun at the National Cancer Institute in Bethesda, Maryland, where three years ago, the first dose of AZT was received by an AIDS patient. The drug, a genetically engineered protein, was designed specifically to disarm the AIDS virus. Basically, a sophisticated chemical sponge, CD4 can absorb the virus before it gets to the cells it normally attacks. The protein decoys have absorbed the virus completely in animal tests, before it

Summer's End Means Fall Festival

By Joel N. Smith
Q-Notes Staff

The summer heat has begun to subside. Vacation days for traveling and long weekends at the beach or in mountains have dwindled to few. Wallets and checking accounts tighten in expectation of the holidays.

The arrival of the crisp Carolina fall, though, beckons to the out-of-doors, saying, don't stay couped up in the house; there's life after summer; and the cold wet winter is on the way. Find a way to rid yourself of the end of the summer blues.

Fortunately, this is not as difficult as it seems. Charlotte has a fair share of local autumn festivals to relieve the vacation drained and budget-bound city dweller.

The Greek Festival, an annual celebration of Greek culture at the Hellenic Center on East Boulevard, was held this last month; every year it's worth an evening for anyone. The Festival-in-the-Park is also held in September at Freedom Park and features art exhibits, live entertainment and, of course, food.

The ASID Designer House is also open each year. This year, the Designer House, a project of local interior decorating talents, is one of Charlotte's most famous homes, the Duke Mansion. Still to come this year is Oktoberfest, a downtown celebration with a German flavor.

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