

HIV & AIDS

What is the Human Immunodeficiency Virus (HIV)?

The **HI Virus** weakens the immune system by targeting CD4 Lymphocytes (White Blood Cells) also called T-Helper Cells. This will result in antibodies to the virus being present in the blood of persons who are identified as being HIV + (positive). This virus may take many years to damage the immune system resulting in AIDS.

Types of HIV

There are 2 types transmitted in exactly the same way:

- HIV-1 – This is the worldwide predominant type
- HIV-2 – Found mainly in West Africa; less easily transmitted and the period between initial infection and illness is longer.

What is Acquired Immune Deficiency Syndrome (AIDS)

AIDS is a term used for a group of diseases that results from a weakened immune system. A person is identified as having Aids when their CD4 count is less than 200/ml blood.

How is HIV spread?

Risk factors for the transmission of HIV includes having unprotected sex with multiple partners; Sharing needles and syringes with drug users may also expose individuals to the blood of other infected people; A pre-existing STI – may cause open wounds and sore on the genital region which may act as an entryway for HIV.

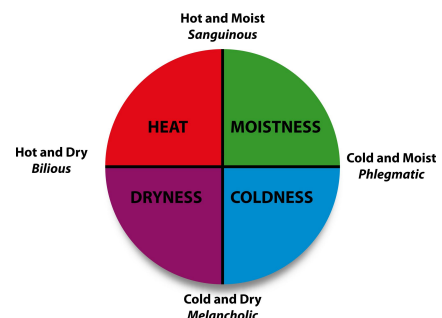
Signs and Symptoms

Sore throat (*coldness with moistness*); mouth ulcers (*moistness*); diarrhea (*moistness*); thrush (*moistness*); weight loss (*coldness with dryness*); fever and night sweats (*hot & dry*); dry cough (*dryness*); shortness of breath (*dryness*); swollen glands (*TB – heat*; weight loss (*heat towards dryness*); infections due to weak immunity; recurrent herpes infections; recurrent bacterial infections; and genital ulcers.

The Tibb View on HIV & AIDS

Tibb recognizes that an immune system compromised with the HI Virus, will result in signs and symptoms related to the HI Virus and/or AIDS. Tibb does not attempt to eliminate the HI Virus, but rather to **boost the person's immune system** and thereby assist the body in staying healthy and delaying the symptoms of HIV and AIDS. According to Tibb the temperament of a person influences what symptoms the HIV positive person will most likely be affected with. For example a person with a **dominant/sub-dominant**

bilious temperament, will most likely suffer with symptoms associated with **qualities of heat and dryness**, including a dry cough, swollen glands, night sweats, and tuberculosis. Similarly persons with a **dominant/sub-dominant phlegmatic temperament** will be inclined to symptoms of vomiting, diarrhea, weight loss and thrush as these symptoms are associated with **qualities of moistness (and or cold)**.



Because of the increase moistness associated with the phlegmatic temperamental combination, these individuals are more likely to develop AIDS related infections as their moist temperament increases the risk of infections.

As Tibb takes into account the influence of a person's temperament in HIV & AIDS, treatment cannot be the same for all HIV & AIDS patients.

Treatment and Management of HIV & AIDS

Treatment and management is aimed at **reducing the excess qualities** associated with HIV & AIDS, by implementing Tibb Lifestyle Factors that will either **increase the qualities of heat and dryness** in patients with symptoms of **excess moistness with coldness**, and **coldness and moistness** in patients with symptoms of **excess heat with dryness**. This will assist Physis in addressing both the symptoms, and the causes of HIV & AIDS. Tibb Lifestyle Factors will also benefit people who are on ARV medication.

Tibb Lifestyle Factors

HIV associated with Qualities of Moistness with Coldness:

Food and Drink

- Eat **mostly Hot & Dry foods** – such as egg, chicken, garlic and cinnamon, **followed by Cold & Dry foods** – like beef, tripe, cabbage, potatoes, beans and mealie meal.
- Eat **less of Hot & Moist foods** – such as white flour products, sugar, banana and cheese, and the **least amount of Cold & Moist foods** – rice, squash, butter and milk.
- Sip hot chicken, beef or mutton soup with added garlic, ginger, black pepper and salt for three days;
- Avoid dairy products, margarine, fried foods and all sugars;
- Drink at least 2 litres of room temperature or warm water per day
- Eat plenty of in season fruit and vegetables per day
- Avoid refined carbohydrates such as sugar and white bread. Choose whole wheat options instead.

Other Lifestyle Factors

- Remain as active as possible. A brisk walk or any type of moderate exercise should be done on a daily basis.
- Wash your hands often. Viruses can survive for several hours on your hands, tissues or hard surfaces.

Tibb Medication

Herbal Remedy

- 2 grams fenugreek seeds, 1 gram cinnamon, 1 gram cloves, 2 grams fresh ginger. Boil in 2 cups of water until 1 cup remains. Strain and mix 2 tsp of honey and drink. Drink daily

Tibb Medication

- **Tibb Immunocare capsules** – Immune booster with antiviral and anti-inflammatory properties.

HIV associated with Qualities of Heat with Dryness:

Food and Drink

- Eat **mostly Cold & Moist foods** – such as rice, cucumber, lettuce and carrots, **followed by Cold & Dry foods** - like yogurt, citrus fruit, beans and potato.
- Eat **less of Hot & Moist** – such as white flour products, sugar, cheese and salt, and the **least amount of Hot & Dry foods** – like eggs, garlic alcohol and onions.
- Avoid heavily spiced, fried or grilled foods;
- Avoid sugary and refined foods;
- Drink plenty of fluids. Herbal teas and soups are good choices.
- Avoid mucous forming foods such as dairy products, processed foods, sugar, sweet fruits, and white flour;

Other Lifestyle Factors

- Do not smoke and avoid second hand smoke. Cigarette smoke is very harmful.
- Add moisture to the air by using a humidifier, a vapourizer or even a pan placed in front of a radiator. Clean everything frequently to prevent bacterial overgrowth.
- Avoid strenuous exercise until recovery.
- Rest in bed in the early stages, when the fever is present. Once the fever subsides and you are feeling better, alternate periods of rest with periods of moderate activity to prevent secretions settling in the lungs.
- Do not swallow mucous.

Medication

Herbal Remedy

- Make an infusion with 1 tsp of Sage and 3tsp of Chamomile tea in 1 cup of boiling water.

Tibb Medication

Tibb Immunocare capsules – Immune booster with antiviral and anti-inflammatory properties.

Livotibb tablets – Supports the liver and reduces the heat and dryness.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament <http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes: "**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix