

Positive Living with HIV/AIDS

*“Hope and acceptance
can help you live
positively with
HIV/AIDS.”*

Definition of Positive Living

In the main, the word ‘Positive Living’ is commonplace mainly when the talk or story is about the HIV/AIDS pandemic. Contextually, many people in rural areas and some in urban centres do not have an idea what ‘Positive Living’ is all about. So after understanding this definition, it is wise and proper to explain to others so that with this spirit we help minimise the impact of the HIV/AIDS pandemic in our communities.

By definition, **Positive Living** or **Living positively** with **HIV/AIDS** is a term used to describe leading **normal, non-risky life** while following **preventive** and **supportive measures** to live longer though infected with HIV.

Factors Leading to Positive Living

Accept results
Never agonise on HIV status
Plan for your children and your future
Avoid getting pregnant
Disclose HIV status to your partner
Join support groups to socialise with friends
Have peace of mind, avoid stress
Exercise properly
Enjoy the rest of your life positively
Rest and relax
Have balanced diet
Food is very important in positive living
Have protected sex to avoid re-infection
Join supportive counselling
Family and community support
Conducive environment

Health Body

Stay Warm

Your body fight germs (including HIV) better when it is warm

- Avoid getting tired, staying outside in the cold, not enough exercise.
- Rest properly, exercise and take energy giving foods

Protect Your Stomach

More people die from stomach problems than any other kind of illness

- You need to have **clean food, water, eat well**
- Drink 2 litres of water a day to be health. Avoid too much sugar

Food that can make your stomach clean

Pumpkin Seeds

- They clean stomach worms and other parasites.

Carrot (raw)

- Carrot contains a powerful substance called **BETA-CAROTENE** (Vitamin A) which is very important in dealing with HIV. It also cleans worms. Eat at least 4 raw carrots once per week.

Garlic

- Garlic is a powerful plant which can kill many infections in the stomach and elsewhere. Eat garlic everyday.

Selenium

People who do not have enough selenium in their body can develop AIDS illness 20 times faster than someone who has enough selenium. If there is one supplement you can take, let it be selenium. Buy selenium pills.

- Buy Vitamin C, they fight viruses
- Vitamin B12 slows down HIV from multiplying.