



Over 35 years of service to our neighbors

**Frank Warrens**  
Automotive & Marine Services Inc.

Our complete  
automotive repairs &

Service on  
ALL Domestic & Imports.

228-6607  
50 NW 20th

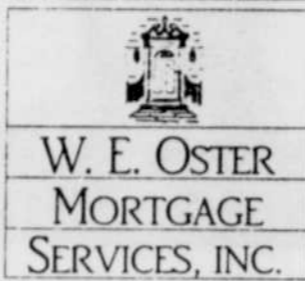


Personalized Loan Services  
Designed to Meet Your  
Special Needs

**WARREN E. OSTER**

2140 SW Jefferson, Suite 100  
Portland, OR 97201

OFFICE (503) 274-4028  
RES (503) 297-6769  
MOBILE (503) 781-2404



## Natural alternatives to the AIDS/ARC conditions

*Low self-esteem exhibited by some promiscuous individuals, when coupled with homophobia, cannot but hasten immune debilitation.*

BY STEVEN BAILEY, N.D.

In this series, we have defined AIDS and discussed its symptoms, testing for human immunodeficiency virus (HIV) antibodies and methods of transmission of the virus. The remainder of the series will focus on what can be done to strengthen resistance to or response to the disease.

### Healthy lifestyle

Our lifestyle is all encompassing; it represents dietary habits, stress management, exercise and social activities. For the purpose of this series, however, *lifestyle* refers to social attitudes and activities. Nutrition, stress management and exercise will be discussed as individual topics.

The majority of initial AIDS infections were found in individuals with poor lifestyles. In the United States and elsewhere, the homosexual population initially at risk included a subset of highly promiscuous individuals. IV drug users, especially those who share needles, also have an unhealthy lifestyle. Only hemophiliacs who contracted AIDS through contaminated blood supplies showed no real departure from healthy living habits. In the United States, we are now witnessing the worldwide emergence of another group of high-risk individuals — prostitutes and other promiscuous heterosexuals — which previously had been at highest risk only in Africa.

Among all these groups, the common element is a high incidence of weakened and depressed immune systems. The Centers for Disease Control admits that infection by HIV requires an already weakened immune system.

### Promiscuity

Sexually promiscuous individuals are probably at the highest risk for contracting AIDS. Promiscuous behavior dramatically increases the number of times one is exposed to a wide variety of infectious organisms, including syphilis, gonorrhea, herpes, hepatitis, non-specific bacteria, and numerous other fungi, viruses and bacteria.

Anal intercourse is one of the most physically abrasive forms of sexual activity. Small lesions, which give microorganisms direct access to the bloodstream, often occur during anal intercourse.

The response of many Americans has been to use antibiotic or drug therapies for these numerous infections instead of altering sexual activities. Many antibiotics depress white blood cell production. With the use of drug therapy, immune systems do not have the opportunity to

complete a curative response.

A final component of risk is a subtle area known as "psychoneuroimmunology," which involves the relationship between how we think and feel and our physical immune systems. Low self-esteem exhibited by some promiscuous individuals, when coupled with homophobia, cannot but hasten immune debilitation.

### IV drug use

The use of street drugs is complicated by a number of factors which weaken the immune system. Stimulants use is often accompanied by a dramatic decrease in food intake. Users of other street drugs may also show poor nutritional habits. On the whole, IV drug users show high incidences of many infectious conditions, especially hepatitis.

Infection with AIDS requires a weakened immune system and transfer of the virus. Sharing a needle is a very efficient way of spreading the virus. Regardless of sexual preference or sexual orientation, if one is exchanging fluids or sharing needles one is at risk. Please take AIDS seriously and practice a healthy lifestyle.

Before the final cookbook section on natural alternatives to the AIDS/ARC conditions, I will discuss various forms of alternative care.

"Alternative" is defined by Webster's New Collegiate Dictionary as "one of two or more things, courses, or propositions to be chosen," but the term "alternative medicine" is generally accepted to mean "non-orthodox" forms of care — orthodox referring to the predominant practice of medical doctors.

Alternative forms of care include acupuncture, Chinese medicine, herbal medicine, nutritional therapeutics, homeopathy, chiropractic and a wide variety of psycho-social therapies.

Acupuncture is the system of using needles to puncture the skin as a treatment for disease or illness. Today the system includes the substitution of electric stimulation for the needling. Acupuncture cannot be separated from the field of Chinese medicine, which includes the use of herbs combined with Chinese diagnosis and acupuncture.

Nutritional therapeutics is the application of nutrients, vitamins, minerals, foods and fluids for the improvement of health.

Homeopathy is the system of medical treatment based on the use of small quantities of drugs which in large amounts produce symptoms resembling the disease being treated.

Chiropractic is a system of therapy in which the body structures, as in the spinal column, are manipulated.

## CRONE MAGIC



- CRYSTALS & GEMS
- GODDESS CRAFTS
- SPIRITUAL ACCESSORIES

1405 NE Broadway  
Portland, OR 97232  
**(503) 249-0444**  
12-6 Tue-Sat  
Noon-5 Sunday

**Give  
A  
Heart  
On**

**Valentine's  
Day**

**WE DELIVER**

7819 SE Stark  
256-2920

TOOZE • MT. TABOR  
**FLORIST**

### SPIRITUAL COUNSELING

by  
REV. BOB E. CARRINGTON, D.D.

I offer twenty-five years experience in Spiritual Counseling, Psychic Reading and Hypnotherapy. I have studied with some of the leading names in these fields, including Dick Sutphan, Dan Millman and Freda Morris. A special interest is working with AIDS/ARC patients and the worried-well to help with fears of death and dying. I am a member of the Association for Past-Life Research and Therapy, and a certified Clinical Hypnotherapist.

#### STATEMENT OF SERVICES

SOUL-PATTERN READING	Explore current-life soul patterns, their past-life cause and life-lessons being taught. Go back to the source and finally understand, learn, release, and heal.
GOING HOME COUNSELING	Explore death and the spirit state by going back and reliving a past-life death experience. Also re-experience planning this lifetime before birth.
PAST LIFE THERAPY	Explore unfinished business from past lives.
SOUL-CONNECTION READING	Working with gay and lesbian couples to explore how soul patterns interact and what lessons they are together to learn. Work also done with groups.
CHANNELING	Let CHARLA's wisdom, humor and unwavering honesty brighten your path.
METAPHYSICAL HYPNOSIS	Work with root causes to make change easy.
SPIRITUAL HEALING	Both individual and group work available.

Please call Rev. Carrington at the GOING HOME FOUNDATION for more information. (503) 635-3272.