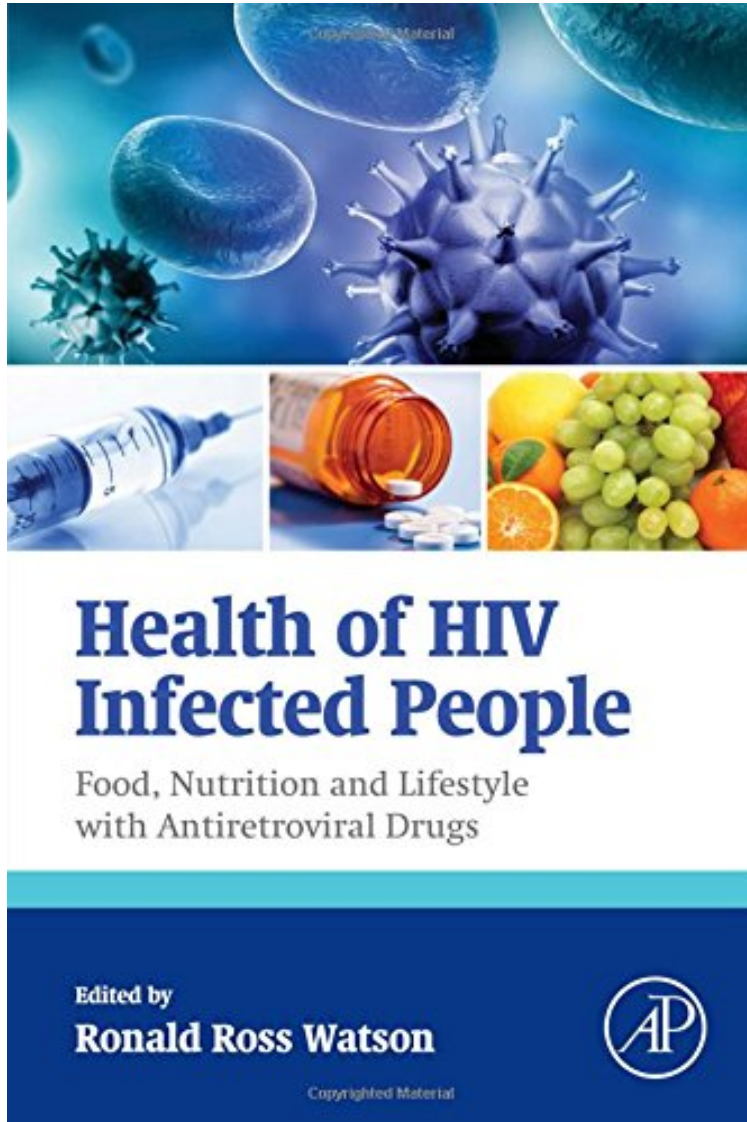


# Health of HIV Infected People: Food, Nutrition and Lifestyle with Antiretroviral Drugs

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**From Academic Press : Health of HIV Infected People: Food, Nutrition and Lifestyle with Antiretroviral Drugs** before purchasing it in order to gage whether or not it would be worth my time, and all praised Health of HIV Infected People: Food, Nutrition and Lifestyle with Antiretroviral Drugs:

Health of HIV Infected People: Food, Nutrition and Lifestyle with Antiretroviral Drugs provides basic and applied knowledge on the supportive roles of bioactive foods, exercise, and dietary supplements on HIV/AIDS patients receiving antiretroviral drugs. Approaches include the application of traditional herbs and foods aiming to define both the risks and benefits of such practices. Readers will learn how to treat or ameliorate the effects of chronic retroviral disease using readily available, cheap foods, dietary supplements, and lifestyle changes with specific attention to the needs of patients receiving antiretroviral drugs. This work provides the most current, concise, scientific appraisal of the efficacy (or lack thereof) of key foods, nutrients, dietary plants, and behavioral shifts in preventing and improving the quality of life of HIV infected infants and adults, while also giving the needed attention to these complex and important side effects. Covers the role of nutrients in the prevention and treatment of HIV-induced physiological changes in children undergoing HAART, including covers of omega-3 fatty acids, dietary fat intake, metabolic changes, and vitamin D. Explores food and the treatment of obesity, diabetes, and cardiovascular disease in HIV infected patients, including fundamental coverage and recommendations for care. Provides coverage of fitness and exercise regimens, physical activity, and behavioral and lifestyle changes on HIV infected individuals. Gives careful attention to the specific nutritional needs of patients undergoing HAART therapy.

About the Author Ronald Ross Watson PhD is a professor of Health Promotion Sciences in the University of Arizona Mel and Enid Zuckerman College of Public Health. He was one of the founding members of this school serving the mountain west of the USA. He is a professor of Family and Community Medicine in the School of Medicine at the University of Arizona. He began his research in public health at the Harvard School of Public Health as a fellow in 1971 doing field work on vaccines in Saudi Arabia. He has done clinical studies in Colombia, Iran, Egypt, Saudi Arabia, and USA which provides a broad international view of public health. He has served in the military reserve hospital for 17 years with extensive training in medical responses to disasters as the chief biochemistry officer of a general hospital, retiring at a Lt. Colonel. He published 450 papers, and presently directs or has directed several NIH funded biomedical grants relating to alcohol and disease particularly immune function and cardiovascular effects including studying complementary and alternative medicines. Professor Ronald Ross Watson was Director of a National Institutes of Health funded Alcohol Research Center for 5 years. The main goal of the Center was to understand the role of ethanol-induced immunosuppression on immune function and disease resistance in animals. He is an internationally recognized alcohol-researcher, nutritionist and immunologist. He also initiated and directed other NIH-associated work at The University of Arizona, College of Medicine. Dr. Watson has funding from companies and non-profit foundations to study bioactive foods components in health promotion. Professor Watson attended the University of Idaho, but graduated from Brigham Young University in Provo, Utah, with a degree in Chemistry in 1966. He completed his Ph.D. degree in 1971 in Biochemistry from Michigan State University. His postdoctoral schooling was completed at the Harvard School of Public Health in Nutrition and Microbiology, including a two-year postdoctoral research experience in immunology. Professor Watson is a distinguished member of several national and international nutrition, immunology, and cancer societies. Overall his career has involved studying many foods for their uses in health promotion. He has edited 120 biomedical reference books, particularly in health and 450 papers and chapters. His teaching and research in foods, nutrition and bacterial disease also prepare him to edit this book. He has 4 edited works on nutrition in aging. He has extensive experience working with natural products, alcohol, exercise, functional foods and dietary extracts for health benefits and safety issues, including getting 12 patents. Dr. Watson has done laboratory studies in mice on immune functions that decline with aging and the role of supplements in delaying this process as modified by alcohol and drugs of abuse.