



# Body, Mind & Spirit

By Shelley Marie Motz

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NOT FOR LOAN  
AVI Resource Centre

**B**ody, Mind & Spirit: Taking Care of the Whole You with Complementary Therapies is a full-day workshop designed especially for HIV-positive men and women.

Organized in collaboration between the Vancouver-based British Columbia Persons With AIDS Society (BCPWA) and AIDS Vancouver Island, the event is set to occur Thursday, July 27 from 9am to 4:30pm.

Mind, Body & Spirit was initiated by BCPWA; it is part of their effort to share some of their treatment information with positive people throughout the province. An effort that will have them collaborating with AIDS organizations throughout BC.

AVI is pleased to be hosting this workshop with them, and is grateful to Client Services Worker Jim Oliver for his commitment to the project.

It is our hope that the workshop will attract a wide range of HIV-positive people from the community; the therapies to be discussed are of benefit to all, regardless of individual backgrounds and lifestyles.

It is also our hope that the work begun with Body, Mind & Spirit will continue long after the event has ended.

The day's agenda includes the following presentations:

- ◆ "Talking to Your Doctor about Complementary Therapies", Tamil Kendall (BCPWA);
- ◆ "Naturopathics, Your Health and HIV", Dr. Maria Payne Boorman, BSc, ND;
- ◆ "Relaxation and Meditation Practice", Gordon Waselnuk (BCPWA); and
- ◆ "Feng Shui, Health and Balance", Indra Hart.

Admission to the workshop is by registration only. Call Jim Oliver at 384-2366 for further information or to register. The workshop will be held in the Drop-In at 304-733 Johnson Street. Lunch, prepared by AVI's volunteer-driven cafe, will be provided free of charge to participants.

# Saying Good-bye

Sadly, Ruthann Tucker, Executive Director of AIDS Vancouver Island for the past five years, has accepted a position with Fife House Foundation in Toronto.



She has tendered her resignation, effective at the end of July, 2000, to the Board of Directors of AVI. The Board will soon be striking a search committee in order to find and hire a new Executive Director.

During her years with AVI, Ruthann has made an invaluable contribution to the community. Her dedication to enhancing the lives of those living with HIV and AIDS has had a significant impact on our organization.

She will be missed by clients, members, Board and staff of the agency.

## A Letter to the Editor

I am writing in regard to the article "Sentenced to Prison not Disease" (VOX, April, May June 2000). You were told prisoners have all of their rights except their right to freedom; being a federal recidivist myself I, unfortunately, disagree.

I don't disagree with you personally but I disagree with what the Federal government told your sources of research. I have read most of the documentation you got your information from and I think the key word is "supposed". We are supposed to have rights, however, that isn't the way it works.

As an example, yes, there is a doctor there, however, if you are sick getting to see him is another story. If you are lucky enough to be hurt badly enough that they have to take you out to the hospital, you get adequate care while in the hospital; you lose that care, however, when you go back to the joint. If the hospital deems pain medication is warranted it

will automatically get overridden by the joint doctor when you return.

I was lucky. I only got chronic Hepatitis C my last time in. Most of my pals, however, have caught HIV while in there. The only reason I didn't is because I was lucky.

Most of the rigs I was forced to use while in the joint were homemade. I say forced because I was wired. No one held me down and shoved the dirty fit in my arm but if I wanted to get better I had no choice. I'd say, without exaggerating, I've used rigs that as many as 40 people have used before me. You may ask yourself: How could one last that long? Most of them are homemade or rebuilt.

Yes, people do worry about catching HIV in there, however, if you're a drug addict, as I was, you have no choice. The solution to the problem is simple. A needle exchange is the answer and the only answer. (Getting rid of the doctor would be a good idea also.)

Keep up the good work. It's people like you and your organization that are going to make change for the guys inside. There are a lot of people dying of AIDS because of our government's ridiculous policies.

*Name Withheld*

### VOX - The Voice of the Victoria HIV/AIDS Centre

VOX is published quarterly by AIDS Vancouver Island (AVI). Typed submissions and letters to the editor are welcome c/o The Victoria HIV/AIDS Centre Attn: VOX #304 - 733 Johnson St., Victoria, BC, V8W 3C7, or via email at smotz@avi.org. Letters to the editor should not exceed 200 words and must include name, address and telephone number. Your name can be withheld by request. VOX will print no sexist, racist or homophobic copy and will cover issues and events pertaining to the lives of those infected and affected by HIV/AIDS. The appearance of any advertisements, treatment information or letters to the editor does not imply endorsement by AVI.

Submissions may be edited for conciseness and grammatical correctness.

AVI will not be responsible for errors or omissions.

Editorial Committee

Walter Quan, Shelley M. Motz - Editor

# Broaching the Subject

By Shelley Marie Motz

The use of complementary therapies to treat HIV/AIDS isn't new, as Jim Wilton, Education Coordinator of AIDS Vancouver Island, pointed out to me. In the early years, complementary or alternative therapies were often the only options available to people suffering the effects of HIV or AIDS.

These therapies, however, continue to be used—perhaps even at increased levels—despite the advances of Western (allopathic) medicine. As reported in “Natural, Alternative, Indigenous Therapies” by Tom Mountford, (<http://www.bcpwa.org/AlternativeTrt/indigen.htm>) the HIV Ontario Observational Database (HOOD) found that 3/4 of the 300 People living with HIV/AIDS (PHAs) who were listed in HOOD's database were currently using at least one complementary therapy; two to three therapies were average, with multiple vitamins being the most common.

The same article also revealed that natural, alternative, indigenous and complementary therapies are widely used in developing countries, where 90% of people living with HIV/AIDS are treated by traditional practitioners. It can be argued that these therapies are seen as a critical component of care by the International AIDS Society (see inset).

Scientists and positive men and women share a keen interest in practices like massage, acupuncture and Traditional Chinese Medicine. The July 2000 issue of *Poz* magazine, for example, includes an article examining India's widespread use of ayurvedic medicine to treat HIV/AIDS, for example.

While many HIV+ people in India are turning to ayurveda as an alternative to the costly drug therapies, researchers are examining the compounds used in ayurveda and finding that many of them hold up to scrutiny. Those who use the treatment note improved appetite and energy, fewer headaches and better sleep, all of which contribute to overall well-being.

The use of the term “complementary” to describe a therapy is relatively new. It hints, I believe, at a greater effort to blend traditional practices (including Chinese medicine or Homeopathy) with the allopathic medicine that has defined health care in the Western world. The term “alternative”, still in use, implies an either-or mentality: either I take the new drugs being developed or I stick to naturopathy.

The choice of treatment is highly personal, and the information pertaining to the topic could fill volumes. *VOX* cannot begin to cover the topic in detail. In this issue, however, we broach the subject, providing People Living with HIV/AIDS (PHAs), caregivers and other interested individuals some information to aid their own research: website addresses, toll-free infoline numbers, and a list of materials available in AIDS Vancouver Island's (AVI) Resource Centre.

This issue also informs positive men and women of some of the services available to them through AVI: naturopathy, art therapy, acupuncture and a workshop on Mind, Body & Spirit (co-hosted by British Columbia Persons with AIDS Society).

Further information on complementary therapies is available by calling AVI's infoline at 1-800-384-2366 or by contacting Garth Greatheart or Jim Oliver at Client Services, 384-2366. In the Central Vancouver Island Health Region, call our Nanaimo office at 753-2437.

If you are a practitioner of a complementary therapy and are interested in sharing your skill and experience with AVI's clients, call Tathra Street (Volunteer Coordinator) or Jim Oliver at 384-2366.

## Declaration of the Position of the Natural, Alternative, Indigenous Traditional & Complementary Medicines Caucus of the International AIDS Society

(Developed with the participation of representatives from 30 countries)

- to fight HIV directly (as anti-virals), example: olive leaf extract
- to boost or sustain the immune system, examples include supplementation with vitamins and minerals or Chinese herbs
- to manage symptoms like nausea and headache, examples include aromatherapy, acupuncture and marijuana
- to provide more energy and reduce fatigue, examples include yoga and ginseng
- to manage opportunistic infections, examples include garlic for Candida and whole lemon/olive oil drink for wasting
- to relieve stress, examples include art therapy, massage and exercise
- to balance chemical deficiencies in the body, examples include vitamin supplementation and essential fatty acids
- to manage side effects or be able to take conventional drugs, supplementation and acupressure

(Adapted from “Natural, Alternative and Indigenous Therapies”, Tom Mountford, <http://www.bcpwa.org/AlternativeTrt/indigen.htm>).

# 10 Considerations when Choosing Complementary Therapies

- Your expectations of the treatment.
- Use of the therapy by other People Living with HIV/AIDS (PHAs)
- Ability to talk to other PHAs about their experience with the treatment
- Availability of research and additional information on treatment
- Possible side effects
- Commitment required by the therapy
- Accessibility of the treatment
- Over-use of the treatment
- Possible interactions with other treatments
- Cost

(Adapted from "Doing Your Own Research on Complementary Therapies", by Lori Lyons and Devan Nambiar, <http://www.catie.ca>)

## Have You Read . . . ?

The following titles are available through AIDS Vancouver Island's Resource Centre. Call Katrina at 384-2366 to find out how you can borrow them.

- *A Practical Guide to Nutrition for Persons with HIV Disease*, CATIE
- *AIDS and Chinese Medicine*, Quincai Zhang, MD and Hong-Yen Hsu, PhD
- *Healthy Eating Makes a Difference: A Food Resource Video for People Living with HIV*
- *How to Choose a Care Provider: A Guide for Choosing Doctors and Counsellors*, Winnipeg Gay/ Lesbian Resource Centre
- *Medical Uses of Marijuana*, Joseph W. Jacob, BA, MPA
- *Now That You Know: Living Healthy with HIV* (set of four videos)
- *Nutrition and HIV/AIDS: A Training Resource for Caregivers*, Home Support Canada
- *Nutritional Guidelines for Persons with HIV Infection*, Healthgain
- *Overcoming Barriers to the Use of Complementary Therapies by Persons Living with HIV/AIDS: Pathways to Wellness: Strategies for Self-Empowerment in the Age of AIDS*, Paul Kent Froman, PhD
- *Psychoimmunity and the Healing Process*, Jason Serinas
- *Rude Awakenings: Spiritual Support in the Time of AIDS* (video)
- *The Immune Support Cookbook*, Mary Hale and Chris Miller
- *The Psychology of Mind-Body Healing*, Ernest Lawrence Rossi.
- *The Right to Health In HIV: A Report on Access to Therapeutic Options in Canada*, Canadian AIDS Society

# Naturopathy

**Y**ou may already be familiar with naturopathic physician, Dr. Maria Payne Boorman. She has been treating AIDS Vancouver Island's clients (at our main office on Johnson Street and at Street Outreach) regularly for the past few months.

Maria's interest in naturopathic treatment of HIV/AIDS began at Bastyr University, where she earned her doctorate and participated in a program that treated HIV+ patients at no charge. The program inspired her; she knew she wanted to maintain her focus on HIV/AIDS when she started her own practice.

Naturopathy focuses on each patient as an individual and tailors treatment to a person's individual needs. Yet, Maria does offer a few basic recommendations: eat well; avoid excess caffeine and nicotine; take a good multivitamin and get adequate and gentle exercise.

The benefits of naturopathy are many. Maria is looking forward to bringing these benefits to a greater number of HIV+ people through her participation in the

Mind, Body, Spirit workshop (see page 1).

She is eager to share information that could lead to greater self-care (diet, vitamin and herbal supplementation, cessation of caffeine and nicotine) and improved appetite. She also wants to eliminate some common myths.

If you are hesitant to add complementary therapies to your treatment, go slowly. Maria believes people should try new strategies only if they want to, not because they feel they should.

If your General Practitioner (GP) does not approve of a complementary therapy, be patient. Maria points out that your GP is most likely worried about making an unsafe recommendation. She advises you to provide your GP with the information he or she needs to make an informed decision.

Maria laughs when I ask her how she responds to the allegations of "quackery" that are sometimes leveled at complementary therapies. For the most part, she says, she ignores them. The allegations are often based on a lack of knowledge or fear. Still, she warns that consumers need to choose their complementary therapists with care, just as they would a GP.

Naturopathic visits are covered by BC Medical; check your insurance coverage for specific details. For an appointment with Maria at AVT's office call Jim Oliver at 384-2366. To book an appointment at her practice call Hawthorne Naturopathic Centre at 598-3314. Call 384-1345 to find out when she is available to see clients at Street Outreach (1220 Commercial Alley).

# Acupuncture

**T**raditional Chinese Medicine views illness as an imbalance in the body's energy, which flows along invisible pathways connecting the organs to each other and to "pressure points" in the body.

In acupuncture, practitioners strategically place needles in these pressure points in order to balance the pathways. Often, this is done in conjunction with Chinese herbal prescriptions (which have been tailored to meet the individual's needs), manipulative therapies (such as massage) and homeopathy.

Acupuncture is believed to speed recovery and has proven useful in detox. In the Bronx, New York, HIV+ prisoners were part of a study conducted by the

Osborne Association. Detox and acupuncture services were granted to all HIV+ inmates from the time of admission until they were discharged. The study found that frequent acupuncture sessions helped prisoners deal with the emotions roused by confinement and longterm illness. Urine tests revealed less incidence of drug use. (from "Natural, Alternative and Indigenous Therapies", Tom Mountford, <http://www.bcpwa.org/Alternative/Trt/indigen.htm>).

AIDS Vancouver Island's Street Outreach Services (1220 Commercial Alley, Victoria) offers regular acupuncture sessions. A core group of dedicated professionals volunteer their time and skill (although donations are appreciated) to help relieve symptoms of withdrawal or enhance physical well-being.

For further information contact Claire or Kate at 384-1345.

# Surfing for Therapy

**A** newsletter of VOX's scope cannot begin to report on the wide range of complementary therapies being used to treat HIV/AIDS. The Internet alone hosts a staggering number of sites addressing the topic. Listed below are some useful and interesting websites as well as a few toll-free information lines.

- Community AIDS Treatment Information Exchange (CATIE)  
<http://www.catie.ca>  
1-800-263-1638
- British Columbia Persons With AIDS Society  
<http://www.bcpwa.org/AlternativeTrt/>  
1-800-994-2437  
Includes information on Alternative Therapy, Conventional Therapy, Opportunistic Infections, General Treatment Issues, Anti-Oxidants, Immunostimulation, Naturopathy, Nutritional Supplements, Traditional Chinese Medicine
- Doc Misha's Chicken Soup Chinese Medicine: Total Health Through Traditional Chinese Medicine  
Doc Misha is a certified practitioner, with 15 years experience using Chinese medicine to treat HIV and AIDS; she authored a book on the subject. She helped create the San Francisco AIDS Alternative Healing Project at the Quan Yin Healing Arts Center in 1985. Her site includes the HIV Wellness Center; Harmonious Cycles—Traditional Chinese Medicine for Women; and the Hepatitis Help Area.  
<http://www.docmisha.com>
- Bastyr University AIDS Research Center  
Information on the naturopathic treatment of HIV/AIDS  
<http://www.bastyr.edu/research/buarc/default.asp>
- Tzu Chi Institute for Complementary and Alternative Medicine  
A non-profit Vancouver-based organization dedicated to improving health through integration of safe and effective practices into mainstream health care. Site includes information on research, upcoming events and answers to frequently asked questions like: how can I take part in a clinical trial.  
<http://www.tzu-chi.bc.ca>
- Canadian Health Network  
Efficient search engine allows you to search for information specific to particular groups (women, Aboriginal, etc.), resource type (healthy living or policy and research) and in some cases by province or territory.  
<http://www.canadian-health-network.ca>
- Website of the Friends of Alternative and Complementary Therapies  
Promotes credible and accessible information, based in Toronto.  
<http://www.thefacts.org/>
- Quackwatch  
Includes an article entitled "AIDS-Related Quackery and Fraud" and information on making intelligent decisions.  
<http://www.quackwatch.com>

**The Resource Centre at #304-733 Johnson Street, which is open Monday to Friday from 9am to 5pm, has a computer with an Internet connection that the public may access for HIV/AIDS research.**

# Feng Shui

**W**estern medicine has traditionally separated the mind, body and spirit into distinct units. Many traditional practices, however, see this split as artificial and destructive.

Feng Shui (pronounced Fung Shway) is the ancient Chinese Art of Placement. Older than both Confucianism and Taoism it has been practised for more than 3,000 years in China. In recent years, it has found growing acceptance among Westerners.

The underlying purpose of Feng Shui is to create harmony. It is believed that disharmony in one's living and working environments negatively affects one's

overall health, prosperity and relationships.

Indra Hart, who is affiliated with both the British Columbia Persons with AIDS Society (BCPWA) and the Positive Women's Network (PWN), has found, in her experience, that the principles of Feng Shui can improve the lives of People Living with HIV/AIDS (PHAs).

Indra Hart will be in Victoria on Thursday, July 27 to share her enthusiasm for this subject as a workshop leader in Mind, Body &

Spirit.

For further information on the workshop, contact Jim Oliver at 384-2366.

For information on Feng Shui, see [www.fengshuicdn.com](http://www.fengshuicdn.com), the official site of the non-profit Feng Shui Institute of Canada, dedicated to establishing professional standards and certification for feng shui practitioners.

# Meditation

**M**editation is the beneficial practice of quieting one's mind. It is energizing and helps bring clarity and insight to the practitioner's thoughts. Often associated with spirituality, it has demonstrated the ability to physically, mentally and emotionally benefit those who approach it with a more secular mindset as well.

Although you can buy special equipment (cushions, tapes, etc.) for meditation, it need not cost anything. And, once you get the knack of it, you can meditate anywhere. It is a form of therapy that is accessible to anyone once they've had a little bit of instruction. (Of course, there are myriad

programs for people who want to meditate at a more advanced level!)

At Mind, Body & Spirit, July 27, Gordon Waselnuk of BCPWA will be leading a workshop on Relaxation and Meditation Practice.

For those of you who are Internet savvy,

[www.meditationcenter.com](http://www.meditationcenter.com) provides clear on-line instruction.

And, if you are interested in ongoing instruction in meditation. The local Shambala Centre offers Drop-In meditation (donation appreciated). For more information, call 383-9108 or 658-2536.

# Art Therapy

**T**he BC Association for Art Therapy claims art therapy "combines visual art and psychotherapy in a creative process using the created image for self-exploration and understanding."

The idea behind the practice is that you will cast your feelings and conflicts into a visual form. Through the process of creation, you will be able to re-experience, resolve and integrate the conflict in a safe environment.

The practice can be performed in groups or with individuals, as a primary or secondary therapy.

A lack of artistic talent should not prevent you from trying art therapy. The focus is on the act of expression, not on the final product.

Currently, AIDS Vancouver Island is fortunate to have an art therapy student completing her practicum with us. Group sessions are held weekly. For information

on how you can participate, call Garth Greatheart or Jim Oliver in Client Services at 384-2366.

For more information on art therapy in general see [www.arttherapy.bc.ca](http://www.arttherapy.bc.ca). Also check out the BC Association for Play Therapy at <http://vcn.bc.ca/bcapt>.

# July, August, September

## Weekdays

Drop-In open from 9am to 2pm at 304-733 Johnson Street Monday to Friday unless otherwise noted.

Lunch served from noon to 1pm at the Drop-In Monday to Friday unless otherwise noted.

## Mondays

Christian Drug & Alcohol Support Group @ SOS 7-9pm (every Monday unless otherwise noted)

Monday night dinner at Drop-In - July 17, August 21, September 18

Food Store open at the Drop-In from 2-4 (every Monday *except July 3*)

**Food Store Grand Re-Opening, Monday, July 10 - *Bring your card!***

Victoria HIV/AIDS Centre (304-733 Johnson St.) closed Monday, July 3 for Canada Day

Victoria HIV/AIDS Centre (304-733 Johnson St.) closed Monday, August 7 for BC Day

Victoria HIV/AIDS Centre (304-733 Johnson St.) closed Monday, September 4 for Labour Day

## Tuesdays

Acupuncture @ SOS 7-9pm (every Tuesday unless otherwise noted)

AIDS Vancouver Island Board Meeting at Centre 6pm on July 11 (note: call for Board meeting times in August and September)

## Wednesday

Art Drop-In @ SOS 7-9pm (every Wednesday unless otherwise noted)

Food Store open at the Drop-In from 2-4pm (every Wednesday *except July 5*)

## Thursday

Acupuncture @ SOS 7-9 (every Thursday unless otherwise noted)

Naturopath @ Drop-In (every Thursday unless otherwise noted); call Jim Oliver for appointment

Mind, Body & Spirit workshop from 9 to 4:30pm Thursday, July 27. Call Jim Oliver to register. 384-2366.

**Drop-In closed:** Thursday, July 27 all day to accommodate Mind, Body & Spirit workshop

## Friday

Music Jam @ SOS 7-9pm (every Friday unless otherwise noted)

Food Store open at the Drop-In from 2-4 (every Friday *except July 7*)

## Weekends

**Saturday, July 15 - AIDS Vancouver Island Annual General Meeting, 1pm-3pm Chateau Victoria Hotel, 740 Burrard**

**Sunday, September 24 - Victoria Walks for AIDS 2000, 10am at Fisherman's Wharf Park**

We realize some readers may be disappointed that we have changed the calendar format. It was necessary, however, to maximize space after changing from a bimonthly to a quarterly publication. Please let us know if you have any suggestions that could improve the new listings.