



Positively Alive

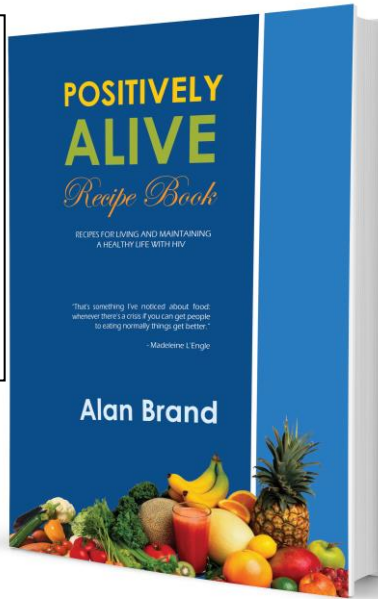
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Alan Brand
POSITIVELY ALIVE cc
 Employee Wellness Consultant and Specialist Trainer
 CK2010/002085/23



POSITIVELY ALIVE
 6 Ouhout Avenue, Weltevredenpark Ext 9, 1709
 Johannesburg, Gauteng, South Africa
 Mobile: +27 (82) 453-0560
 Direct Line: +27 (11) 678-0701
 Fax to mail: 086 245 6833
 E-mail: albrand@iafrica.com or alan.brand@positivelyalive.co.za
 Website: www.positivelyalive.co.za
BEE Exempt - Micro Enterprise Level 4 EME Entity



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 SA: R205.20 (including VAT)

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 Binding: Glued
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POSITIVELY ALIVE RECIPE BOOK

Author: Alan Brand
Published by: Micromega Publications – July 2014

Summary

Good nutrition is vital for people living with HIV. HIV attacks the body's immune system, making the body less resistant to fighting infections. While nutrients do not destroy the HIV-virus, healthier eating can help you to live a healthier life. The provision of ARVs is vital to this process, and they should be an option and therefore freely available to every South African. However, many medicines and drugs (including ARVs) result in the body losing essential nutrients. Good nutrition will therefore complement and reinforce the effect of any medication taken. This book by Alan Brand provides immune boosting recipes as well as information on nutrition and diet for people living with HIV.

HOW TO ORDER

1. Complete the form below
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3. Or contact Alan Brand, Office: 011 678-0701, E-Mail albrand@iafrica.com or on mobile 082 453-0560
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