NEW LOCATION!

HAF To Open In New Office May 2

The Healing Alternatives Foundation will be open in a new location on May 2 and celebrate its Second Anniversary with a Grand Opening on Saturday, May 6, from 6-8 pm, at 1748 Market Street, at the Valencia/Market intersection.

HAF's new hours will be Tuesday - Friday, 10 am - 6 pm, and Saturday, 12 noon - 5 pm. The offices adjoin the new home of the Quan Yin Acupuncture and Herb Center, and are more spacious and accessible than the second-floor Church Street flat which HAF has shared with AIDS Treatment News and the Community Research Alliance for the last year.

The three organizations had outgrown the flat, and HAF needed to move to a location zoned for business. CRA and ATN will remain on Church Street after several months of searching for an appropriate location.

See "Move", Page 2

Importing Drugs for HIV

Fluconazole, Roxithromycin, Hypericin...

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HAF Announces New Treatment Subsidy Fund

Contributions Sought for Major Fund Drive

Responding to the great need for financial assistance for health care for its members, HAF is announcing a new fundraising drive, the HAF Treatment Subsidy Fund, to help people with AIDS obtain any treatment not paid for by other sources.

Catholic Charities and the AIDS Emergency Fund continue to be indispensable in subsidizing people in financial need, but they are limited in their ability to pay specifically for treatments, and in the amounts they can pay for each client. (HAF already bills Catholic Charities and AEF at cost.) Both of these organizations are in need of contributions as well, as they provide funding for other needs such as food, housing, and other health care needs.

HAF plans to raise money for the Treatment Subsidy Fund through direct mail, events and grants from private foundations and individuals. Noting that most foundations and community fundraising events give only to service and education organizations, HAF's Terry Beswick comments, "Our work is definitely cut...

See "Fund", Page 2
It would be interesting to see whether those who can afford a more aggressive course of treatment actually do better, and live longer. Nick Sempeti is collecting informal surveys from buyer’s club members on their subjective impressions of various treatments, while the County Community Consortium and the Community Research Alliance are exploring the possibility of collaborating on an alternative treatments database project.

We already know that women, people of color, and people with lower incomes statistically do not live as long as upper class gay men after diagnosis, although this is usually blamed on factors other than their poor access to adequate health care and experimental therapies.

To apply for the HAF Treatment Subsidy Fund, call or stop by HAF and ask for an application.

To donate to the fund, see page 3. Every dollar counts.

"Imports", from Page 1

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Fluconazole is a prescription medication approved in other countries for the treatment of cryptococcal meningitis and available in the U.S. on a compassionate use (free) basis from its manufacturer, Pfizer, only if the patient has failed on amphotericin B, a medication much more toxic, painful and inconvenient to administer. Fluconazole is frequently the treatment of first choice in Europe. HAF will assist members with a doctor’s prescription in obtaining fluconazole, although the medication is very expensive at this time, and patients must be carefully screened.

Hypericin from Germany is available under the brand name "psychoxin" or "hyperforat". Both brands of the St. John’s Wort extract, which may have anti-viral properties, have been shown to have a high hypericin content, and are in tincture form (in an alcohol base). Psychoxin can be ordered through HAF. However, preliminary test results conducted at New York University have indicated that the domestic Yerba Prima tablets, which are much less expensive, may have at least as high a hypericin content. The Yerba Prima is also available at HAF. Hypericin is recommended in Germany and other countries as an antidepressant. A doctor’s prescription is not necessary.

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HAF has been legally importing Dextran Sulfate for several months from Japan. Recent reports from the FDA that Dextran Sulfate is not substantially absorbed into the bloodstream have been highly controversial due to the sloppy science used to determine absorption. Although HAF is reserving judgement until the multi-center phase 2 clinical trials have been completed. Unfortunately, the FDA saw fit to circumvent this clinical evaluation, saying that they did not want people with AIDS to be investing false hope in Dextran Sulfate. For more information on the Dextran Sulfate controversy, call Project Inform or refer to AIDS Treatment News.

Frequently, HAF has been referred to in the media as being an "underground pharmacy" or part of the "black market" for "AIDS drugs." Certainly, it would be preferable if the federal government would establish channels for access to low-cost alternative therapies. It would also be nice if insurance companies and Medi-Cal would re-imburse for alternative and experimental treatments, particularly for life-threatening conditions, or if we had a national health care system in the United States to address all these issues. But in lieu of that, the recently-approved FDA drug importation policy allows for the importation of unapproved substances for a patient’s personal use, under the supervision of a doctor.

Since the announcement of the FDA’s new importation policy, HAF has also received many calls from people with other conditions, such as Alzheimer’s, Chronic Fatigue Syndrome, kidney disease - hoping to get some help or advice on obtaining foreign drugs.

HAF’s efforts to assist people in importing medications, and all HAF projects, are entirely legal. HAF was established by the PWA community as a nonprofit service to address these crucial needs of access to treatment and treatment information.

Hopefully, someday, buyer’s clubs will become unnecessary. In the meantime, HAF will try, on behalf of the community, to meet new challenges as boldly as possible.
The Healing Alternatives Foundation

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Thomas Volentik, D.C.
Charles Williamson, M.D.

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Richard Copeland, Office Mngr
Nick Sempet, Sales Consultant

Disclaimer:
The material contained in this publication is for information only and does not constitute an endorsement of any treatment or therapy regimen, health care provider, place of business, political affiliation or religious conviction. HAF makes no claims on any treatments.

Other Announcements:
HAF products are now available by mail order. Call for 800 number.
HAF volunteers receive discounts on all products. Stop by today for details!
HAF's Board is soliciting applications to its membership. People of color and women are encouraged to apply.

Resource List

| ACT UP/SF Hotline           | 415-563-0724 |
| AIDS Benefits Counselors   | 415-673-3780 |
| AIDS Emergency Fund        | 415-441-6407 |
| AIDS Treatment News        | 415-255-0588 |
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| Benefits Orientation       | 415-864-5855 |
| PWA/ARC Switchboard        | 415-861-7309 |
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| Black Coalition on AIDS    | 415-822-7228 |
| Catholic Charities         | 415-864-7400 |
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| Public Health Dept. AIDS Office | 415-864-5571 |
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| Healing Alternatives Found | 415-626-2316 |
| Latino AIDS Project        | 415-647-5450 |
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| Project Inform             | 415-558-9051 |
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| National                   | 800-822-7422 |
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| Shanti Project             | 415-777-2273 |
| Tenderloin AIDS Network    | 415-554-0518 |
| UCSF/ SF General Research  | 415-821-5089 |

Calendar of Events

(All events are at 1748 Market/Valetina except where noted)

HAF is closed -

AIDS Treatment Event -

Weekly Buyer's Club

Meeting - "Compound Q" -

HAF Volunteer Brunch -

Meeting - "Montreal Report #1" -

"Montreal Report #2" -

Support the Healing Alternatives Foundation.

Membership in HAF's Buyer's Club is still only one dollar. For two years, we have relied solely on support from our membership to provide all our services: low-cost treatment access, free treatment information and treatment advocacy. Now, whether you are a Buyer's Club member or not, we need your support so that we can continue our important services. Please send in your tax-deductible donation today. Return to: HAF, 1748 Market Street, San Francisco, CA 94102.

□ Enclosed is a tax-deductible donation to the Healing Alternatives Foundation
□ $50   □ $100   □ $500   □ $1,000   □

□ My contribution is for the "HAF Treatment Subsidy Fund".

□ I would like to be a volunteer. □ I would like to be on your confidential mailing list.

Name

Address

City/State/Zip

Phone

My contribution is in memory/honor of

April 28 - May 1
Tuesday, May 2; 10am
Saturday, May 6; 6-8pm
Monday, May 8; 7:30pm
Saturday, May 13; 10am
Saturday, May 27; 11am
Sunday, May 28; 8:15pm
Monday, May 29
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- **HAF is closed**
- **HAF opens in new location** - Grand Opening and Second Anniversary Reception - Weekly Buyer's Club Meeting - "Compound Q" -
- **HAF Volunteer Brunch** - Library Committee Orientation - Candlelight March (Castro/ Market) - Memorial Day; Meeting Canceled -
- **HAF Volunteer Brunch** - "Monreal Report #1" - "Monreal Report #2" - "Treatment Awareness Week Review"

### Support the Healing Alternatives Foundation

Membership in HAF's Buyer's Club is still only one dollar. For two years, we have relied solely on support from our membership to provide all our services: low-cost treatment access, free treatment information and treatment advocacy. Now, whether you are a Buyer's Club member or not, we need your support so that we can continue our important services. Please send in your tax-deductible donation today. Return to: HAF, 1748 Market Street, San Francisco, CA 94102.

- Enclosed is a tax-deductible donation to the Healing Alternatives Foundation
- My contribution is for the "HAF Treatment Subsidy Fund."
- I would like to be a volunteer.

Name: ____________________________________________

Address: __________________________________________

City/State/Zip: ____________________________________ Phone: _______________

My contribution is in memory/honor of ____________________________
Take Charge!

Our Philosophy

HAF was founded on the belief that HIV/AIDS can be treated, chronic disease requiring both early preventative measures and aggressive treatment of opportunistic infections. That philosophy is accompanied by the conviction that people with HIV/AIDS should be informed about and involved in their own program of treatment, and that treatment options should be made available and affordable. Self-empowerment can be a critical asset in pursuing effective approaches to treatment.

Don’t overlook our RESOURCE LIBRARY

We are pleased to announce that, thanks to a generous donation, the HAF library will soon be able to access the HIV BBS (i.e., computer bulletin board) for on-line information about AIDS research and resources.

HAF was formed as a "Buyer’s Club" in April, 1987 in direct response to community need for access to treatment information and to products. By joining together and pooling resources, founders were able to develop direct service to the community through both information and access to alternative, complementary and unapproved therapies. Our membership is now over 8,500 and growing steadily. Members of HAF are people who have assumed a positive and aggressive approach toward treatment. We provide a mail order service for people around the world who need the products we can supply. Interested people are always encouraged to walk in to use our extensive resource library (see below) and/or to exchange information with others who are actively involved in structuring their own approach to treatment. All members, local or mail-order, can purchase our various discounted products after paying our one dollar lifetime membership fee.

This new resource will supplement the existing HAF library, which houses current and back issues of over 35 treatment newsletters from all over the country and the world, as well as a wide range of contemporary books about HIV/AIDS, medical reference books and journals, abstracts from the international AIDS conferences, and other books covering such areas as nutrition, the immune system, vitamins, herbs, psycho-social factors, and eastern medicine.

In order to keep members abreast of the very latest in treatment information and clinical trials, about seventy-five printed handouts and several dozen loose-leaf binders are regularly updated. Audio and video tapes from treatment related meetings and conferences are also available. Essential to the library are the leading HIV treatment information newsletters, such as AIDS Treatment News, Being Alive, STEP Perspective, Notes from the Underground, the Project Inform Perspective, Treatment and Data Digest, and many others.

The library also serves as a resource center, with referrals on physicians and other HIV/AIDS service organizations (see the note below on "Doctors’ Report Cards" in this newsletter).

All books, tapes and articles are easy find, with the help of HAF staff and volunteers who are available to help direct you to the information you want and to answer questions.
Curcumin

A non-toxic natural food spice, turmeric (curcumin), is thought to be a mild antiviral which works on inhibiting "long terminal repeat" in activation of the HIV virus. Curcumin is being researched in several community based research projects. A study by Search Alliance in Los Angeles shows mild antiviral properties and that the spice may be useful as an adjunct to other antivirals. The study accrued twenty people at late stage disease; there have been eleven dropouts due to late stage illness. Preliminary data shows that curcumin lowers viral load according to HIVRNA levels in every patient in the trial. The final study has been submitted to the Lancet for publication.

HAF has sold curcumin since word of this safe and relatively inexpensive product became popular. It is sold as "Turmeric Powder" 60 caps/300mg by Nature's Herb for $13.06 in California and $12.11 outside the state, and as "Turmeric Extract" 150 tabs/350mg by Source Naturals for $26.39 in California and $24.46 outside the state. HAF has also formulated a syrup for users of curcumin. Unfortunately, not many surveys have been returned, and those that have done in do not show much. If you are taking curcumin and would like to survey to fill out and return, call HAF. It is encouraging and yet unfortunate that groups like HAF and Search Alliance have to research these non-patentable treatments. It is unfortunate because the established scientific community and the government are not researching these potential treatments, and it is encouraging because grass roots organizations are picking up the slack. In the future of AIDS research, we must all be proactive in looking into as many natural and complementary therapies (such as curcumin) as possible because of the lack of standard therapies. All approaches must be considered.

—Matthew Sharp

Product Notes Update

New Products:
- Dr. Zea's Herbal Mouth Treatment 8 oz mouthwash $6.55 CA/6.07
- Copper Sebacate (Nutriceutical) 75 caps/8 mg $7.42 CA/6.58
- Bitter Melon Extract Powder 5 gm packs $1.72 CA/1.60
- Bitter Melon Extract Caps 100 caps/500 mg $23.28 CA/22.58
- Alliin (Garlic Essence) Aerosol 60 ml $5.99 CA/5.55
- Alliin (Garlic Essence) Vials (drink/ retenten enema) 30 mg/ml $4.31 CA/4.00
- Riboflavin (ICN Pharmaceuticals) 12 caps/400 mg $70.35 CA/65.20
- Opt/ProGain (Pre-digested protein powder) 3 lb container $52.53 CA/48.15
- Iron w/Herbs (Florida) 94 tabs/21 mg $13.45 CA/12.99

New Sites:
- Germanium (Brow) 60 caps/100mg 23.89 CA/22.15
- Immune Pack (Lightforce) 100 tabs $27.88 CA/25.90
- DHEA (only one site) 100 caps/250 mg $56.51 CA/52.39
- Peptides to our services broadly available and accessible to all who desire them.

NOTE:
- We try to keep our price list current. However, some prices may change between printings.
- Due to inflation, we had to raise prices across the board by 5%.
- Patients who need more than 15 tabs of Compound C0 may be verified by their doctors. We impose a limit of 50 tabs per purchase with justification.

From The Managing Director

Healing Alternatives is alive and well! As long as AIDS is around we will remain on the forefront of providing quality, discount complementary therapies, information access through our extensive and user-friendly library, and we will try to keep an open, laid back environment to ensure facilitation of treatment exchange and information sharing among our members. We will also continue to offer expedient, inexpensive mailorder for those who wish to have their products shipped.

In order to continue those who cannot afford to pay, we have a subsidy fund that provides a dollar fifty a month discount for products HAF. Customers can also receive assistance to buy our products through the AIDS Emergency Fund, Catholic Charities and other resources.

I would like to express our heartfelt thanks for the continual support we receive from the volunteer, members and donors who keep the organization running. As you may be aware, we are tax exempt 501(c)(3) organization that needs support through fundraising to stay open. Although we make a minimal charge for staff, salaries and other bills through product sales, we depend on community support to keep our services broadly available and accessible to all who desire them.

It is my goal as Managing Director to continue to bring the HIV/AIDS community the EASIEST access to the most current complementary therapies. UPTOTOME and Health Voices are continually, courteously refers to other services which people may need. We will also strive to find ways in the future to make our services more even accessible and available for all people dealing with HIV disease.

—Matthew Sharp

Info About HAF

We're located at 1768 Market St. (at Valencia) and are open from 12 PM to 6 PM, Tuesday-Friday, and from 12 PM to 5 PM on Saturday. Most of our products are available by mail (from: 1748 Market St, San Francisco CA 94102) and we can be reached by phone at 626-4053.

Because of our involvement with alternative treatments, it is difficult for us to brain train corporate and foundation grants: therefore you must collaborate contributions are very helpful. Donations earmarked for "Help-A-Friend Subsidy Fund" will provide access to products for low-income people with HIV/AIDS.

We also depend upon volunteer support (volunteers get a discount on HAF products). Call us for more information.

Welcome to TAKE CHARGE!

In addition to our goal of providing a broad range of products to our members, including vitamins, minerals, herbs, nutritional supplements, foreign products, etc. (usually at substantial savings compared to commercial sources) HAF also strives to facilitate information exchange and to keep our members as up-to-date as possible on available treatments and resources for people with HIV/AIDS. This, our second issue of the newsletter, includes a product update, explains some of our new or prizing resources, and relays brief messages from our managing director and our Board or Directors. This newsletter will be printed irregularly—perhaps quarterly, perhaps more often if that seems necessary—to keep you informed. Please get back to us with any comments or suggestions you have for improving Take Charge! — or HAF overall.

—The Volunteers and Staff of HAF

Have you filled out a DOCTOR'S REPORT CARD?

If you or a friend are in the market for a new physician, you'll definitely want to look them up in our "Doctors Report Card" binder. This loose-leaf book has brief reports, filled out by HAF members, rating a number of doctors in the San Francisco Bay Area. This excellent reference can provide a health care consumer with some preliminary information. Also, please take a moment to fill out a short form on your physician next time you're in our library! (Or, if you like, we’ll be glad to send you a blank report form to fill out and send back to us for inclusion.)

Remember: Knowledge = Power

NOTES FROM A VOLUNTEER

Volunteering for Healing Alternatives has been extremely gratifying. The foundation is a great resource and the staff and volunteers make for a comfortable spot—a little home away from home. I feel that HAF is as noteworthy for what it lacks—ego and bureaucracy—as for what it has to offer. Because there is little bureaucracy to get in the way, volunteering is particularly satisfying because I can see my work directly having a positive effect, and it's refreshing to be part of an organization which can serve the public efficiently without a lot of waste of unnecessary red tape. HAF has helped me to educate myself so that I can be more of assistance to others, for which I am grateful. I hope that I can be a part of HAF's continued success as a resource and nexus for the HIV community, until the epidemic is no more.

—Greg Serkes

Our Wish List

- Macintosh compatible hardware, software, and documentation
- Coffee tables
- Standing veneer counter top
- Small tables
- Table lamps

The pain was excruciating at times, never less than very uncommon tolerable, and then I'd be partially dead for 2 or 3 days afterward. I endured flying because of this horrible effect on my ears and eustachian tubes. I'd flown 5 or 6 times and the result was always the same: forget swallowing, chewing gum, or praying. The last day was a fight between the doctor, my physician, and the carriers. I was told to be sure to take the same thing on this trip and let me know if there was a problem.

—W. Schwartz

TAKE CHARGE!

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