

# Balance is the key, to living well with HIV



***The Quan Yin Healing Arts Center Guide  
to Comprehensive HIV Care: Integrating  
Complementary and Alternative Medicine  
with Western Treatment***

**Balance is the key to health.** Combining Western medicine and complementary and alternative medicine (CAM) may help a person live a stronger, more enjoyable life.

**Test yourself with this quiz:**

*True False*

- Long-term drug therapy is physically and emotionally difficult.
- CAM may reduce side effects from HIV medications.
- Excessive alcohol and tobacco use may interfere with the immune system function.
- Neuropathy and sinusitis are treatable.
- Diarrhea and gastrointestinal problems can be controlled.
- Stress and anxiety are manageable.
- During treatment interruptions or changes in medications, CAM supports the body.
- Positive lifestyle choices strengthen the immune system.
- Supportive relationships provide the love we need to be healthy and happy.

*Answers to all of these questions are true!*



**acupuncture has over  
3,000 years of history**

People living with HIV/AIDS (PLWHA) have a history of being active in their own healthcare. Early in the pandemic, PLWHA advocated for more effective treatments.

Activists promoted the idea that PLWHA should have access to *all* potentially effective therapies and the *right* to make informed choices about which treatments to use, including CAM.

At the time, Western medical science offered limited treatments and PLWHA sought other options. Today many people include CAM as a highly valued and effective part of healthcare.



***Quan Yin Healing Arts Center  
provides comprehensive  
CAM therapies***

Although we still have no cure for HIV infection, advances in therapeutic drugs created by Western medicine give people hope, health, and longevity.

In spite of this success, many drug treatments produce a range of severe side effects. PLWHA look to CAM to help cope with these challenges.

***whole foods have protective and  
disease preventive properties***



**Long-term use of drug therapy** is hard on the body. Drugs used to treat HIV infection can be a double-edged sword. While they may do a good job of controlling the disease, they may cause debilitating side effects.



*a slice of ginger, used like a lozenge, eases mild nausea*

**Chronic diarrhea** affects some PLWHA. Not only does it produce extreme discomfort, it can destroy your appetite, deprive you of nutrition, and cause severe weight-loss.

Chronic diarrhea irritates the intestinal tract, making it more susceptible to additional infection. It is important to stop diarrhea before becoming chronic, holding it in check as the cause is found.

Diarrhea and gastrointestinal problems can respond effectively to CAM, once the cause is determined. Diet, exercise, moxibustion, herbal supplements, and acupuncture are commonly used for diarrhea.

**Neuropathy** may result from primary HIV infection or as a reaction to Western medications. Neuropathy is a loss of feeling, numbness, or tingling in the hands and feet. It is often progressive, leading to numbness of larger areas of the body.

Many PLWHA rely on Qi Gong exercises, acupuncture, nutritional supplements and massage to reduce pain and numbness and increase circulation and blood flow. Quan Yin Healing Arts Center has developed specific protocols to treat neuropathy.



***gentle massage supports the removal of toxins in tissues***

**Sinusitis**, the chronic irritation and infection of the sinuses, is one of the most persistent problems associated with HIV. Sinusitis often responds to both self-care and practitioner assisted treatments. Changes in diet, acupressure, herbs and acupuncture can control symptoms and prevent long-term use of antibiotics.

***traditional Chinese formulas are available in tablet form***



Quan Yin Healing Arts Center offers a comprehensive CAM approach, connecting the physical, emotional, spiritual, and sexual dimensions of life; promoting healing on all levels to create your personal definition of health.

CAM supports the body during treatment interruptions. Consideration of nutritional management, including supplements and herbs, and reducing stress are powerful ways to strengthen your health.

Always keep your healthcare providers informed about therapies, whether they are CAM or Western medicine. This helps your practitioners provide appropriate care and keeps you safe.

**Stress and anxiety** are normal with any chronic condition. However, there are many ways to avoid the cumulative effects of stress and anxiety.

Massage, acupuncture, exercise, meditation, yoga, and Qi Gong are effective ways to impact and reduce the stress leading to risky behaviors.

Preventing illness through health seeking behaviors is good medicine for everyone.

***exercise is key to balancing body, mind, and spirit***



**Substance abuse and harmful habits** can be addressed with CAM, especially using acupuncture and Qi Gong. Minimizing substance abuse, including tobacco and alcohol, avoids weakening the immune system further—preventing colds and the flu.

**Supportive relationships** are primary to getting and giving the love we need in order to be healthy and happy. Laughing, singing, going to the movies, shopping or just hanging out with a friend heals the body/mind/spirit.

Joining support groups not only alleviates feelings of isolation. Group settings provide a space to share information on how you can get the most effective treatments within CAM and Western medicine.

**Quan Yin Healing Arts Center** specializes in care and treatment of PLWHA since 1984. The primary therapies we provide are acupuncture, massage, exercise, herbs, and nutritional modification.

Collaborating with other healthcare providers, we support a holistic philosophy, empowering the individual to be in control of their health and well-being.

**Our purpose** is to provide accessible, high quality, affordable acupuncture and Chinese medicine regardless of income. We are a 501(c)3 non-profit and wheelchair accessible.

**The HIV program** at Quan Yin Healing Arts Center follows protocols developed from more than 20 years of clinical experience; used by thousands of HIV positive clients. We support the integration of CAM and Western medicine to treat HIV and other chronic conditions.

**Contact us** to schedule an appointment:

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***our website provides more  
information on activities  
[www.qyhac.org](http://www.qyhac.org)***



Thank you to all of the loving friends and extended family of Quan Yin Healing Arts Center. "You are compassion in action!"



# QUAN YIN

## HEALING ARTS CENTER

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● Massage

● Acupuncture

● Chinese medicine

● Community education

● Tai Qi, Qi Gong & Yoga

● Treating a variety of conditions

● Affordable, accessible healthcare

● Friendly, experienced & reliable staff

● Education, prevention & harm reduction

● Celebrating the diversity of our community

*Compassionate healing for more than two decades*