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# Positively Alive



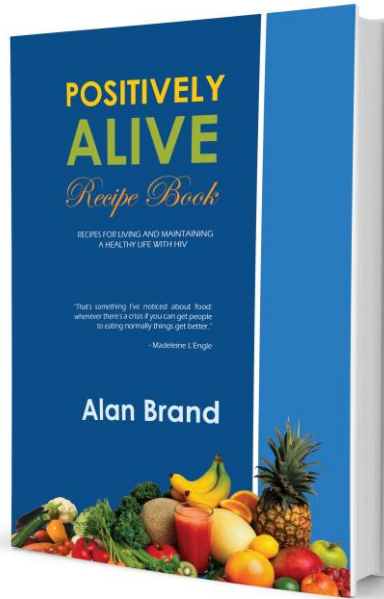
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South Africa



Retail Selling Price: (see form below for banking details and orders)  
SA: R205.20 (including VAT)

Physical dimensions  
Weight: 244 grams  
Size (mm): 275x198  
Extent: 93 pages  
Binding: Glued  
Colour description: Full Colour Print

## 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
2. Fax your order with a copy of your payment slip to 086 245 6833
3. Or contact Alan Brand, Office: 011 482 5606, E-Mail [albrand@iafrica.com](mailto:albrand@iafrica.com) or on mobile 082 453-0560
4. Payment to: Positively Alive cc, Nedbank, Current Account # 1047681005, Branch Code 15810500, Branch Sort Code 198765 Swift Code NEDSZAJJ, Nedbank - Campus Square (Fax or e-mail, proof of payment with a copy of the completed order form). Or
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