

**HIV or AIDS? : do you want to know more about long-term survival? /
Continuum, for long-term survivors of HIV and AIDS.**

Contributors

Continuum

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**For Long-Term
Survivors of HIV
and AIDS**

HIV
OR
AIDS?

DO YOU
WANT TO
KNOW MORE

About
Long-term
Survival?

Continuum

For Long-term Survivors of HIV and AIDS and People who want to be ~

Welcome to CONTINUUM the organisation dedicated to the support of Long-term survivors and to ensuring that people affected by HIV and AIDS have the opportunity to access and share all of the available information to assist them to make intelligent informed choices about nutrition, nutritional supplements and recognised alternative therapies.

We aim to bring together as many Long-term survivors as possible in order to share the methods we have employed in our lives which we believe are responsible for our continuing good health and to make that information freely available to people who have only just found out that they are HIV positive or have AIDS.

Are there many Long-term survivors ?

Yes there are, and the numbers grow daily. Everyone diagnosed HIV positive or with AIDS has the potential to remain well or to stabilise their health, possibly even recover. Many of our members have been diag-

nosed for between six and ten years and have remained well. Many more have remained well for four years and more and will doubtless continue to do so and a smaller but growing part of our membership are recently diagnosed people interested in learning more about alternatives to the 'orthodox' view.

Is there anything I can do to improve my chances of survival ?

Yes there is. Fear of the unknown is one of the biggest threats to people with HIV or AIDS and the way to diminish that fear is by accessing information that can contribute to our wellness. Dealing with all the negative information at a time when we feel our lives are under threat only contributes to the possibility of us becoming ill and very often people feel the only option open to them is to 'take the pills' and wait for the inevitable decline. That need not be so. There are viable alternatives and you can make choices. All you need is the information about the things you can do to improve the quality of your life and your health.

How can Continuum help you?

We can offer you support, information about nutrition, nutritional supplements and alternative therapies. We can give you information about the side-effects of orthodox drug treatments, the side-effects that you are not normally told about, and we can supply you with information about alternative worldwide AIDS research. Information that isn't readily available through most of the usual organisations catering to people with HIV and AIDS.

Want to know more ?

Ring us or write to us at:
Continuum
PO Box 2754 London NW10 8UF
Tel: 081 961 1170

Affiliated to:
The Harrow Association of Voluntary Services. Reg: Charity No: 294136
The Lodge
64 Pinner Road Harrow

← Survival is a realistic goal →

"We are now seeing people who have been infected nine to ten years, more, ten to twelve years and are still in good shape. Their immune systems are still good and it is unlikely they will come down with AIDS later".

Luc Montagnier 1992
(Discoverer of the HIV virus)

Continuum

Continuum is a realistic goal.

Continuum is a realistic goal. It is a goal that is achievable and realistic. It is a goal that is not too high and not too low. It is a goal that is in the middle. It is a goal that is in the middle of the road. It is a goal that is in the middle of the spectrum. It is a goal that is in the middle of the range. It is a goal that is in the middle of the scale. It is a goal that is in the middle of the continuum.

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