



# What Really Causes AIDS

*Harold D. Foster*

Download now

[Click here](#) if your download doesn't start automatically

# What Really Causes AIDS

*Harold D. Foster*

**What Really Causes AIDS** Harold D. Foster

WHAT REALLY CAUSES AIDS:

AN EXECUTIVE SUMMARY The AIDS pandemic is likely to become the greatest catastrophe in human history. Unless a safe, effective vaccine is quickly developed, or the preventive strategies outlined in this book are widely applied, by 2015 one sixth of the world's population will be infected by HIV-1 and some 250 million people will have died from AIDS. Its associated losses by then will be more than those of the Black Death and World War II combined, the equivalent of eight World War Is.<sup>1</sup> This pandemic is only one of several ongoing catastrophes involving viruses that encode the selenoenzyme glutathione peroxidase.<sup>2</sup> Indeed, the world is experiencing simultaneous pandemics caused by Hepatitis B and C viruses, Coxsackie B virus and HIV-1 and HIV-2. As these viruses replicate, because their genetic codes include a gene that is virtually identical to that of the human enzyme glutathione peroxidase, they rob their hosts of selenium. Paradoxically, however, they diffuse most easily in populations that are very selenium deficient,<sup>3</sup> possibly because their members have depressed immune systems. It is no coincidence that such viruses are causing havoc at the beginning of the 21st century. The last 50 years have seen enormous expansions in the use of fossil fuels and deforestation by fire. The resulting pollutants have greatly increased the acidity of global precipitation, reducing selenium's ability to enter the food chain. This situation is being made worse by the widespread use of commercial fertilizers since their sulphates, nitrogen, and phosphorus all depress the uptake of selenium by crops. Deficiencies in this essential trace element are being felt most acutely in areas, such as sub-Saharan Africa, where soil selenium levels are naturally very low. Acid rain is making a bad situation worse, so increasing vulnerability to those viruses that encode glutathione peroxidase. Many populations are also being exposed to a thinning ozone layer, heavy metals such as mercury and cadmium, pesticides, and drug, tobacco, and alcohol abuse, all of which depress the human immune system, increasing vulnerability to viruses, including HIV-1 and HIV-2. In July 2000, physicians and scientists from around the world met in Durban, South Africa for the XIII International AIDS Conference. In a declaration, named after the city, 5,018 of them proclaimed that "HIV is the sole cause of AIDS."<sup>4</sup> There are, however, at least seven anomalies that strongly suggest that this conventional wisdom is incorrect and that belief in it is blocking progress in the development of new treatments for AIDS and of novel ways of preventing its spread. To illustrate, despite widespread unprotected promiscuous sexual activity in Senegal, HIV-1 is diffusing very slowly, if at all, amongst the Senegalese.<sup>5</sup> It is very apparent that in Africa, differences in soil selenium levels are greatly influencing who becomes infected with HIV-1 and who does not. Indeed, the recently published Selenium World Atlas used the incidence of HIV-1 as a surrogate measure of soil selenium levels because actual levels are, as yet, poorly established in sub-Saharan Africa. A similar relationship has been documented in the United States<sup>6</sup> where there has been an inverse relationship, especially in the Black population, between mortality from AIDS and local soil selenium levels. It is well established that individuals who are HIV-positive gradually become more and more selenium deficient.<sup>7</sup> This decline, which is known to undermine immune functions, is not unique to HIV-infection but is seen in almost all infectious pathogens.<sup>8</sup> However, under normal circumstances, where death does not occur, selenium levels rebound soon after recovery. HIV-1, however, can effectively elude the defense mechanisms of the immune system, and can continue to replicate indefinitely, endlessly depressing serum selenium. As a result, the immune system is compromised, allowing infection by other pathogens that continue to deplete the host of selenium, allowing HIV-1 to replicate more easily, further undermining immunity. Therefore, this relationship between selenium and the immune system is one of positive feedback, in which a decline in either of these two variables causes further depression in the other. Termed the "selenium- CD4 T cell tailspin" by the author,<sup>9</sup> it is the reason that serum selenium levels are a better predictor of AIDS mortality than CD4 T cell counts.

Like other positive feedback systems, such as avalanches and forest fires, it is extremely difficult to control and gains momentum as it progresses. HIV-1, however, encodes the entire selenoenzyme, glutathione peroxidase. As it replicates, therefore, it depletes its host not only of selenium but also of the other three components of this enzyme: namely, cysteine, glutamine, and tryptophan.10 AIDS, therefore, is a nutritional deficiency illness caused by a virus. Its victims suffer from extreme deficiencies of all four of these nutrients which are responsible for such symptoms as depressed CD4T lymphocyte count, vulnerability to cancers (including Kaposi's sarcoma), depression, psoriasis, diarrhea, muscle wasting, and dementia. Associated infections cause their own unique symptoms and increased risk of death. HIV-1 alone, therefore, does not cause AIDS. It involves a multiplicity of co-factors, specifically anything that either depletes serum selenium levels or depresses the immune system enough to permit viral replication. Manipulating the "selenium-CD4T cell tailspin" by adding this trace element to fertilizers and food stuffs opens new avenues for both prevention and treatment. This strategy has been shown to work on other viruses that encode glutathione peroxidase, such as Hepatitis B and C and the Cocksackievirus. The logical treatment of AIDS patients involves supplementation with selenium, cysteine, glutamine, and tryptophan, at least to levels at which deficiency symptoms associated with a lack of these nutrients disappear. While this can be most easily achieved by supplements, certain foods contain elevated levels of those four nutrients. Strangely enough, one of the ideal meals for anyone who is HIV-seropositive would include a cheeseburger to which Brazilnut flour had been added to the bun. REFERENCES

1. Foster, H.D. (1976). Assessing disaster magnitude: A social science approach. *The Professional Geographer*, xxviii(3), 241-247.
2. Taylor, E.W. (1997). Selenium and viral diseases: Facts and hypotheses. *Journal of Orthomolecular Medicine*, 12 (4), 227-239.
3. Ibid.
4. The Durban Declaration (2000). *Nature*, 406, 15-16.
5. UNAIDS/WHO Epidemiological Fact Sheet on HIV/AIDS and sexually transmitted infections: Senegal. 2000 update (revised).
6. Cowgill, U.M. (1997). The distribution of selenium and mortality owing to acquired immune deficiency syndrome in the continental United States. *Biological Trace Element Research*, 56, 43-61.
7. Baum, M.K., Shor-Posner, G., Lai, S., Zhang, G., Lai, H., Fletcher, M.A., Sauberlich, H., and Page, J.B. (1997). High risk of HIV-related mortality is associated with selenium deficiency. *Journal of Acquired Immune Deficiency Syndromes and Human Retrovirology*, 15(5), 370- 374.
8. Sammalkorpi, K., Valtonen, V., Alfthan, G., Aro, A., and Huttunen, J. (1988). Serum selenium in acute infections. *Infection*, 16(4), 222- 224.
9. Foster, H.D. (2000). Aids and the "selenium-CD4T cell tailspin": The geography of a pandemic. *Townsend Letter for Doctors and Patients*, 209, 94-99.
10. Mariorino, M., Aumann, K.D., Brigelius-Flohe, R., and Doria, D., van den Heuvel, J., McCarthy, J.E.G., Roveri, A., Ursini, F., and Flohé, L. (1998). Probing the presumed catalytic triad of a seleniumcontaining peroxidase by mutational analysis. *Z. Ernährungswiss*, 37(Supplement 1), 118-121.

 [Download What Really Causes AIDS ...pdf](#)

 [Read Online What Really Causes AIDS ...pdf](#)

## **Download and Read Free Online What Really Causes AIDS Harold D. Foster**

---

### **From reader reviews:**

#### **Amy Hewitt:**

Within other case, little folks like to read book What Really Causes AIDS. You can choose the best book if you want reading a book. So long as we know about how is important any book What Really Causes AIDS. You can add understanding and of course you can around the world with a book. Absolutely right, mainly because from book you can recognize everything! From your country right up until foreign or abroad you will find yourself known. About simple matter until wonderful thing you are able to know that. In this era, we can easily open a book or maybe searching by internet system. It is called e-book. You can utilize it when you feel uninterested to go to the library. Let's learn.

#### **Jerry Day:**

Do you one of people who can't read satisfying if the sentence chained in the straightway, hold on guys this aren't like that. This What Really Causes AIDS book is readable simply by you who hate the perfect word style. You will find the info here are arrange for enjoyable looking at experience without leaving perhaps decrease the knowledge that want to give to you. The writer associated with What Really Causes AIDS content conveys the idea easily to understand by most people. The printed and e-book are not different in the written content but it just different by means of it. So , do you still thinking What Really Causes AIDS is not loveable to be your top collection reading book?

#### **John Lopez:**

Reading a reserve can be one of a lot of action that everyone in the world loves. Do you like reading book therefore. There are a lot of reasons why people enjoy it. First reading a guide will give you a lot of new data. When you read a reserve you will get new information since book is one of several ways to share the information or maybe their idea. Second, reading a book will make an individual more imaginative. When you looking at a book especially fictional works book the author will bring you to imagine the story how the characters do it anything. Third, you can share your knowledge to other folks. When you read this What Really Causes AIDS, you may tells your family, friends along with soon about yours e-book. Your knowledge can inspire the others, make them reading a reserve.

#### **Cassandra Harvey:**

This What Really Causes AIDS is new way for you who has interest to look for some information as it relief your hunger associated with. Getting deeper you on it getting knowledge more you know or perhaps you who still having little bit of digest in reading this What Really Causes AIDS can be the light food to suit your needs because the information inside this specific book is easy to get by anyone. These books acquire itself in the form and that is reachable by anyone, yes I mean in the e-book contact form. People who think that in reserve form make them feel sleepy even dizzy this reserve is the answer. So there is no in reading a reserve especially this one. You can find actually looking for. It should be here for a person. So , don't miss it! Just read this e-book variety for your better life in addition to knowledge.

**Download and Read Online What Really Causes AIDS Harold D.  
Foster #4PLEITGDNBF**

## **Read What Really Causes AIDS by Harold D. Foster for online ebook**

What Really Causes AIDS by Harold D. Foster Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read What Really Causes AIDS by Harold D. Foster books to read online.

### **Online What Really Causes AIDS by Harold D. Foster ebook PDF download**

**What Really Causes AIDS by Harold D. Foster Doc**

**What Really Causes AIDS by Harold D. Foster Mobipocket**

**What Really Causes AIDS by Harold D. Foster EPub**