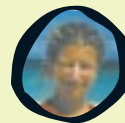
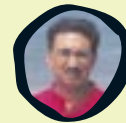


Inside:



RONNILYN PUSTIL



SEAN HOSEIN



SHADDIE

Welcome to the 2nd “new and improved” *Positive Side* (PS), a Canadian magazine for people with HIV/AIDS (PHAs). In putting this publication together, we relied on the input of some incredible people, many of whom you’ll hear from in this issue.

When it comes to getting the most valuable, practical HIV-related info, where do you go? We’re talking about the juicy tidbits, the meaningful morsels – the stuff you just can’t find in a fact sheet. Looking for tips on how to handle troublesome side effects or advice on how to adhere...who ya gonna call? Newly diagnosed and down in the dumps? Who can best empathize? A new romance in your life! When is it time to disclose and how?

Let’s face it, for the most part, it’s fellow PHAs who are in the know about such things. And that’s where PS goes to get the goods you’ll find in these pages. The value of the grapevine is one of the operating assumptions behind PS. The PHA grapevine is made up of people *living* with HIV/AIDS speaking from *real-life* experiences – which is why it’s such a wealth of health information and views. “Where do I sign up?” you may ask. Chances are, you’re already part of it. But if you feel like an outsider, you can start to open those lines of communication right here and now.

PS takes a holistic look at life with HIV/AIDS, touching on all the aspects of your health that need nurturing: physical, mental, emotional, spiritual and sexual. Our main message? There may be some things in life that are beyond your control, but there is lots you can do to make the best of living with HIV.

For instance, Jim Wakeford (*on the cover*) has found that marijuana reduces his nausea and anxiety while increasing his appetite and helping him sleep. (Yes, he definitely inhales.) If that doesn’t fly with you, Wakeford’s passionate account of his fight for the right to grow marijuana for medicinal use is profoundly inspiring. Be sure to check out the sidebar for related resources. Don’t miss Evan Collins’ “Patients are from Venus, Doctors are from Mars,” chock-full of practical advice on building a healthy relationship with your doctor. As both a PHA patient and a physician, this doc knows what’s up! (Sorry, we couldn’t resist.) And Montreal naturopath Carole Durand describes her experiences bringing complementary and alternative therapies into an AIDS hospice. To catch some of the energy she brings into her work, try her do-it-yourself aromatherapy recipes for a boost.

Also in this issue: Nutrition expert Diana Peabody reveals “13 Ways to Love Your Liver.” HIV treatment guru Lark Lands, who wrote “The 10 Commandments” in the last issue, is back with “The 7 Deadly Sins.” Plus, in the spirit of the season, Mama Rossi cooks up a storm with greens (no marijuana recipes...sorry).

Do you like to pet? You’re not alone. Pets are one subject that came up repeatedly while working on this issue. Writer River Huston waxed poetic about her Yorkshire terrier Buddy. Jim Wakeford just couldn’t leave home without his cat Kiri. Two of the PHAs in Chatty CATIE, when discussing quality of life issues, sang the praises of their pooches. Michael Weinstein and Andrew McGregor, on the back page with their pup PeeWee, say that having a dog has benefitted their lives in many ways. All this anecdotal info shows what numerous studies have confirmed: Pets can help you feel better – psychologically, emotionally and physically. As someone who just got my first dog (*see photo at top*), I can vouch for that! So, for all you animal lovers, we included some Web resources for safe pet guidelines. Or should we say, safer? Just kidding.

We want to hear through the grapevine from YOU...so drop us a line via snail mail or e-mail (positiveside@catie.ca) with your feedback and ideas or a letter to the editor which may be printed in the next issue. If you missed the last PS, you can read it at www.catie.ca/positive.nsf. The next issue is dedicated to women, so if you want to contribute in any way, let us know as soon as possible.

And, of course, don’t forget the other branches of CATIE’s grapevine. By becoming a member (free for PHAs! see back cover for details), we’ll send you your choice of treatment info to keep you in the loop.

Ronnilyn + Sean

PS. Have a wonderful summer! May you pick only the sweetest grapes.

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Surf’s Up!

Photo: (cover) Dianne Whelan

the Positive Side

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