

TREVOHEALTHYLIFESTYLE

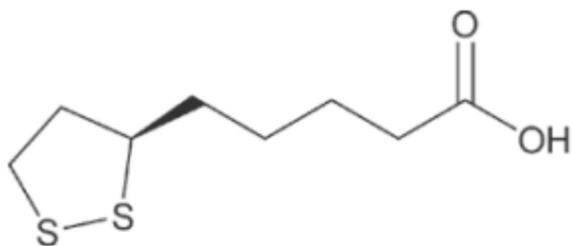
How Trevo helps people living with HIV/Aids

Posted on [September 11, 2015](#) by [trevomyoma](#)

One of the ingredients you can find in Trevo is the Alpha lipoic Acid(ALA) which is potential for people living with HIV/AIDS.

Alpha lipoic-acid or thiotic acid is a nutrient that is produced in tiny amounts by the human body. It plays a role in the conversion of sugar to energy. Alpha lipoic acid is also a powerful antioxidant. Many of the body's functions rely on a series of reactions called oxidation.

Molecules called free radicals are a natural by-product of oxidation. Free radicals can damage the body in much the same way that rust damages a car. To prevent damage, antioxidants like vitamins C and E can counter the effects of free radicals. In order to protect itself, the body also manufactures a substance called glutathione, which is found in cell membranes. Study results suggest that people living with HIV (PHA) have lower levels of glutathione and higher levels of free radicals than HIV-negative people. Alpha-lipoic acid is a small molecule with chemical properties that allow it to pass easily in and out of cells. It can capture free radicals directly or by removing them from other antioxidants like vitamins C and E. By doing so, alpha-lipoic is in effect able to "recharge" or "recycle" these vitamins. Studies, including one very small German study involving ten HIV-positive men, have shown that alpha-lipoic acid can also recycle glutathione, which may help improve the body's own antioxidant defences.



Follow

Follow
“trevohealthylifestyle”

Get every new post delivered to your Inbox.

Build a website with WordPress.com

What do people with HIV use this supplement for?

To protect the liver

The liver stores nutrients and converts them to hormones, proteins and releases energy. It modifies and breaks down most drugs and processes wastes from the body. Many free radicals are produced in the liver, an organ that normally has glutathione. If the number of free radicals overwhelms the body's natural production, the liver may become damaged. Alpha-lipoic acid has been used to treat liver damage from alcohol, mushrooms and heavy metals, but trial results have been mixed. In vitro studies demonstrating alpha-lipoic acid's antioxidant abilities and its ability to recycle glutathione have encouraged its use in order to protect the liver. According to nutritionist Lark Lands, several people with HIV have experienced an improvement in liver function thanks to alpha-lipoic acid.

To treat peripheral neuropathy

Some people with HIV experience peripheral neuropathy, a condition of the nervous system that appears as tingling or burning in the hands and feet. This is usually associated with the anti-HIV drugs ddI, ddC and d4T. Since alpha-lipoic acid has been approved in Germany to treat diabetic neuropathy, some people with HIV are also using it. Clinical trials in both humans and animals suggest that alpha-lipoic acid is an effective treatment for diabetic neuropathy but it is unclear whether it is more effective than other, cheaper antioxidants.

To treat lipodystrophy

Lipodystrophy is a collection of symptoms including muscle wasting, high fat (triglyceride) levels in the blood and abnormal fat distribution. Lipodystrophy seems to be related to the use of antiretroviral drugs. Many HIV-positive people also experience decreased insulin sensitivity, a condition in which the body's cells are less capable of using insulin to convert sugar into energy. One study of HIV-positive men showed that decreased insulin sensitivity was associated with higher amounts of fat in the abdomen and a greater degree of muscle wasting in the arms and legs. Another small study conducted in 74 diabetics showed that four weeks of daily alpha-lipoic acid treatment improved insulin sensitivity. Each of the doses used (600 to 1800 mg a day) produced the same results.

To prevent and treat HIV-related dementia

Brain cells may be especially sensitive to the accumulation of free radicals. Alpha lipoic acid has been shown to pass easily from the blood into the central nervous system. Some nutritionists, including Lark Lands, have suggested that alpha-lipoic acid be used to treat HIV-related dementia and cognitive impairment (problems with memory, thinking, concentration etc.).To slow down HIV replication

Increased levels of free radicals inside immune cells may trigger HIV replication. Test-tube studies suggest that alpha-lipoic acid can slow a cell's production of HIV by decreasing levels of free radicals and, perhaps, by interfering directly with the replication process itself. Unfortunately, no trials in humans or animals have been done.

Cautions and concerns

Alpha-lipoic acid has virtually no side effects. According to one report, alpha-lipoic acid could reduce platelet levels (cells that contribute to blood clotting), but this finding has not been confirmed in other studies. Skin rash has been reported in a few people taking more than 600 mg daily. Because alpha-lipoic acid affects the way insulin behaves in the body, insulin-dependent diabetics may need to adjust their insulin dose in order to take this supplement safely.

To order your Trevo bottle today visit <http://www.myoma.trevobuilder.com>

Whatsapp +255712053464

Call +255712053464

Share this:



Posted in [AIDS](#), [Health](#), [HIV](#) Tagged [acid](#), [Aids](#), [Alpha-Lipoic](#), [antioxidants](#), [daily](#), [diabetic](#), [Health](#), [help](#), [HIV](#), [join](#), [life](#), [lifestyle](#), [lipodystrophy](#), [liver](#), [neuropathy](#), [nutrients](#), [supplement](#), [Trevo](#) [Leave a comment](#)

[The time is now](#)

[Graviola – Hope for cancer sufferers](#)

Leave a Reply

RECENT POSTS

[Graviola – Hope for cancer sufferers](#)

[How Trevo helps people living with HIV/Aids](#)

[The time is now](#)

[Multiple sclerosis and Trevo](#)

[Miracle – Fibroids disappear after using Trevo](#)

RECENT COMMENTS

ARCHIVES

[September 2015](#)

[August 2015](#)

CATEGORIES

[AIDS](#)

[Health](#)

[HIV](#)

[UterineFibroids](#)

[Wealth](#)

META

[Register](#)

[Log in](#)

[Entries](#) [RSS](#)

[Comments](#) [RSS](#)

[WordPress.com](#)

RECENT POSTS

[Graviola – Hope for cancer sufferers](#)

[How Trevo helps people living with HIV/Aids](#)

[The time is now](#)

[Multiple sclerosis and Trevo](#)

[Miracle – Fibroids disappear after using Trevo](#)

RECENT COMMENTS

ARCHIVES

[September 2015](#)

[August 2015](#)

CATEGORIES

[AIDS](#)

[Health](#)

[HIV](#)

[UterineFibroids](#)

[Wealth](#)

META

[Register](#)

[Log in](#)

[Entries RSS](#)

[Comments RSS](#)

[Create a free website or blog at WordPress.com.](#)

[Create a free website or blog at WordPress.com.](#) | The Edin Theme.