

Anthony Spear
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To everyone infected with and affected by HIV and AIDS,

Friday the 13th changed my life.

Friday, May 13th, 1994, to be exact. It was the day I found out I am HIV positive. During the two months prior, I had a sore throat that three rounds of antibiotics couldn't cure. That is when my doctor at the time suggested a blood work-up, including a test for HIV antibodies. About a week after the test, I learned I was infected with HIV.

Two months later, I asked a client (who is a registered nurse) to recommend a doctor who treated patients with HIV. She told me her next-door neighbor's son-in-law is one of the foremost experts in the treatment of infectious disease. His name was Dr. Richard Dubois, Chief of Internal Medicine at Atlanta Medical Center (formerly Georgia Baptist Hospital).

The day before my first appointment with Dr. Dubois, I wrote in my journal I hoped this would be the doctor who could help me fight the battle of my life.

During the next six months, despite my initial drug therapy, my health took a turn for the worse. I was fatigued, and I had lost 40 pounds because of the wasting syndrome associated with AIDS. My T-cell count had dipped to 138, below the 200 the Centers for Disease Control (CDC) uses to define AIDS and well below the normal of about 1700. At this point, Dr. Dubois suggested we change my medications to one of the combinations of drugs commonly called "the cocktail." At the same time, we added a whole-food supplement called Juice Plus.

Within three months, I noticed my energy level had increased. I was putting on weight instead of losing it. And I started feeling generally much better. My new regimen, including Juice Plus, gave me hope. My progression to better health hit a peak in July 1996 when Dr. Dubois gave me the news my viral load was undetectable. And my T-cell count had steadily been rising!

One of my dreams came true in October **1998**. The results Dr. Dubois and I witnessed in me were substantiated by the Abstract of the Immune Study. We finally had medical proof that Juice Plus boosts the immune system. My T-Cell count was at **1,100**. I felt great.

In October 1999, the Immune Study was published in the medical journal *Integrative Medicine*. At the Memphis convention of NSA (the distributor of Juice Plus), I shared my story with everyone. Now people ask me if Juice Plus is a cure for AIDS. I tell them, by itself, no. But I'm convinced Juice Plus, combined with drug therapy, the support of loved ones, and changes to my diet and sleep habits, is one of the reasons I'm here today. I wouldn't go a day without Juice Plus!

Best of health,

Tony Spear
770 642 1429

In October 1999, I decided to give back to the community, simply because I've been so blessed. That is why I founded the Health + AID Foundation, a tax exempt, publicly supported organization, that provides Juice Plus+, a whole-food nutritional supplement, at no cost to people fighting HIV and AIDS. Health + AID Foundation partners with doctors that treat HIV and AIDS patients. When the doctor identifies a patient who qualifies, he or she refers the patient to us. To qualify, a patient must currently be under the care of a physician for treatment of HIV or AIDS, be willing to take Juice Plus+ capsules as prescribed, and meet financial eligibility requirements. We rely on the doctor's office staff to evaluate each patient's medical and financial need, in order to protect the patient's confidential information. Essentially, if the patient qualifies for public assistance, he or she meets our financial requirements. The Foundation believes Juice Plus+ is just one part of surviving HIV and AIDS. So we also inform patients about the positive impacts of nutrition, stress management, exercise, and spirituality. In addition, we supply information about Juice Plus+ to those interested in it but who may not qualify for assistance (like friends or families of people with HIV and AIDS). Change starts with one person. The reason 100% of all donations goes to helping people is the Foundation's director (Tony Spear) pays all administrative, fundraising, and legal expenses-in short, all the overhead-to operate the Foundation. (On top of that, he's also a cash contributor.) The funds to buy Juice Plus+ capsules come entirely from private donors, a group as diverse as the people we're already helping: mothers, sons, sisters, partners, fathers, friends, brothers, daughters, children. The Foundation assists people without regard to age, color, disability, gender, health status, national origin, race, religion or sexual orientation.

Make a Positive Change to your tax return. Health + AID Foundation is recognized by the Internal Revenue Service as a tax-exempt, publicly supported organization. What that means is you should be able to deduct 100% of your contribution. Consult your attorney or tax advisor for more detailed information regarding your personal tax status. THE TIME FOR CHANGE IS NOW! The Foundation is already helping dozens of people in the metropolitan Atlanta area. But there are many more here, throughout the country, across the world. We bet almost everybody knows someone who could benefit from our help. But the reality is we need money-dollars, checks, and of course, change-now. In fact, we had to start a waiting list until more funds are raised.

To make a contribution PLEASE send a check or money order to Health +AID Foundation/1172 Grimes Bridge Rd. Ste. 100/Roswell, Georgia 30075. If you need more information please contact Tony Spear Voice Tel 404-654-9777
Tel 770-642-1429 or by email tespear@earthlink.net

Thank
Tony

you,
Spear