

Infections

Story 5

55-year-old male with AIDS

This is a remarkable story of a wonderful man. John was one of first victims of the new, devastating illness that appeared in the early 1980s.

Life was good for John until more than thirty-five years ago, when he suddenly became ill with fevers, sore throats, and swollen lymph glands in the throat and neck that did not respond to the usual treatments.

In 1984, John was diagnosed with “gay lymph node syndrome” and was presumed to have acute onset of HIV infection. After the diagnostic set was finally developed, it was confirmed in 1986 that John was HIV-positive. This was devastating news. In those early years of the HIV era, not a lot was known about this illness and many men were dying from it, unable to receive any kind of medical help.

Although John remained in good health outwardly, throughout the 1980s his T-cell count (T cells are a type of white blood cell that fights infection) steadily declined. John turned to many alternative healing modalities, including Reiki and energy work, spiritual healing, traditional Chinese medicine herbal healing, psychosocial support groups, Native American healing practices, yoga, meditation, and more.

In the early 1990s, John’s T-cell count fell below 200. A count of 200 or less changes the clinical diagnosis from HIV-positive to AIDS (acquired immune deficiency syndrome). Around this

time, doctors started him on newly-approved mono-therapy antiretroviral medication. As happened for most AIDS patients who were treated with single drug therapy, the drugs were ineffective and resistance quickly developed. His T-cell count continued to decline.

In early 1996, John was hospitalized with serious AIDS-related pneumonia. At that time his T-cell count was only 7. This meant that his body could not combat the pneumonia nor other infections. Doctors were able to treat the pneumonia but he continued to struggle with AIDS-related conditions.

In the summer of 1996, John began to have unexplained stroke-like symptoms common in people with advanced AIDS, suffering from loss of speech and memory. He had lost significant weight. His skin was breaking out in lesions. He continued to have night sweats and fevers.

As time went by, scientists and doctors continued to learn more and more about HIV and AIDS. New methods of treatment were discovered. Clinical trials were showing that the drugs that were ineffective alone in fighting HIV could be used effectively in combination.

In 1997, John started combination antiviral therapy. This came with its own set of complications. Medications had to be taken three times a day, every day, some with food, some on an empty stomach. The medications brought many side effects, including nausea, terrible diarrhea, pain and tingling in the legs and feet, abnormal wasting in the face, arms, and legs, excess fat in the belly and shoulders, disturbed sleep, mood alterations, and more. John continued to use alternative methods to face these challenges and overcome them.

Over the next nine years, John's T-cell count slowly climbed back to the mid-500 range and his health stabilized. By 2005,

he was leading a normal, active, healthy life but his T-cell count remained in the 500s, still somewhat below normal.

In 2006, John met Master Sha and started soul healing practices on a daily basis in addition to continuous combination antiviral therapy. John has received many different spiritual transmissions to help him with the healing process.

In 2013, John's T-cell count went into the high normal range (over 700) and remains there. This is a remarkable recovery.

In 2016, John had a follow-up visit with his doctor and was found to be perfectly healthy.

The laboratory results from June 10, 2016 are as follows:

- CD4 count: 903 (normal is 359–1519)
- CD8 count: 815 (normal is 109–817)
- CD4/CD8 ratio: 1.11 (normal is 0.92–3.72)
- normal CBC, differential, electrolytes, liver enzymes, urine analysis, PSA

I met John personally in November 2018. He feels great, enjoys continued stable health, and is fully active in his life. In fact, his job is extremely demanding; he is working many hours, often until late at night, and he is able to manage it all!