

Opinion

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Theranostics Brain, Spine & Neural Disord

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Book Review “Supportive Therapies”



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Opinion

Edited by Suzana Murni and Lusiana Aprilawati, Terapi Penunjang book stated that HIV and AIDS are often considered a disease that has no cure and is associated with death quickly. In fact, we can live healthy with HIV in the body for a very long time, even exceeding the usual estimates of five to ten years. Many ways that can be taken so that immunity is not reduced and we are not susceptible to disease attacks. The high price of advanced HIV medicines need not be an excuse to despair. Open eyes and ears, natural wealth waiting to be researched. When we are just starting therapy, maybe we are a little confused. There is acupuncture, yoga, herbs, reflexology, meditation, vitamins, breathing exercise, and others. There seems to be a great variety of supportive therapies to choose from. How do we know which is useful and appropriate for our needs? Before choosing a particular therapy, it helps us to clarify again what we expect from the therapy. This learning process is useful to live, as it will broaden our horizons about HIV and overall health. Understand the choices around us, both alternative and medical. There is a possibility that not all of our needs will be answered by one type of therapy alone. We can combine several different therapies, or change the type of therapy to better suit our lifestyle. We can also combine adjunctive therapy with medical therapy simultaneously, as long as we carefully study its impact on each other in our body.

Here are some of the benefits that we can get with supportive therapies, which reduce stress and improve mental

health, overcome pain, prevent opportunistic infections, treat opportunistic infections, replace medical drugs if it is not functioning properly or side effects too severe, side effects of medical drugs, increase energy and improve the quality of life and boost the immune system. It is important for us to understand the benefits of supportive therapy for an HIV-positive person. Although we cannot close the possibility of miracles and healing, until now has not happened the status of HIV-positive people turned into HIV-negative. Therefore, study the supporting therapies offered to us. Enrich yourself with information from various sources, so you can consider the positive side-negative. Do not hesitate to ask questions and discussions with alternative healers or therapists, doctors, or fellow people living with HIV. If necessary, argue in a healthy manner. It is said that the most healthy patients are patients who are “stubborn” and not originally received.

The Booklet of Yayasan Spiritia wants to introduce us to several types of supportive therapies. They were written by people who understood the areas he wrote. Among them there are professionally trained. Others gain their understanding through their own experience and learning process. Although it does not cover all types of therapy, this little book on Supporting Therapies would like us to look at HIV/AIDS more positively. Hopefully the information in this book is useful to us. Do not stop until the last page of this book only. Learn and learn continuously so we become experts in dealing with our own health problems.



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