



Nutrition For HIV and Aging: Health and Immunity At 50+

Charlie Smigelski RD

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Age 50 is a turning point, where muscle, liver, immune and other cells perform less vigorously. This is the reason I have written an HIV nutrition book for people 50 and older. Aging is a subtle corrosion in mitochondria: the energy-producing units in all cells. It can also be less precise genetic control of growth and repair activities. It can also be subtle nutrient deficits that are leaving cells sluggish. Precision nutrition support can help slow and sometimes reverse these impaired metabolic functions associated with aging. Remember, medicines are reducing viral replication, not eradicating it. The body is still very busy coping with life, infection and medications. As you accumulate added years of life, food and nutrients become more important than ever. The advice in this book is all about helping you stay healthier and feel stronger.

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