

A Free Community Forum

# EXTREME

health makeover for HIV(+) people



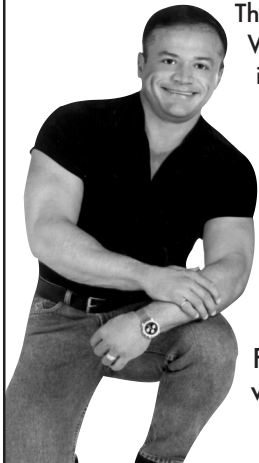
Thursday, July 21, 6:30-9:00 pm Downtown Renaissance Hotel – Georgia Ballroom

*Please RSVP to Guy Pujol at 404-659-2437*

## Speaker: Nelson Vergel

Nelson Vergel, a former chemical engineer native of Venezuela, is a 21-year HIV positive survivor who, by necessity, has become a leading treatment advocate in HIV disease in the US. Nelson is the co-author of "Built to Survive:

A Comprehensive Guide to the Medical Use of Anabolic Therapies, Nutrition and Exercise for HIV-positive Men and Women," the founder of the Body Positive Wellness Clinic in Houston, and a nationally recognized speaker on HIV treatments, side effect management and quality of life. He is currently active as a board member of the AIDS Treatment Activists Coalition ([www.atac-usa.org](http://www.atac-usa.org)) trying to advance HIV drug research and access in the US. Nelson will be speaking about ways to manage lipodystrophy, body and facial wasting, the medical use of testosterone and anabolics, and how to live a full and productive life with HIV.



For more information, visit [www.medibolics.com](http://www.medibolics.com) and [www.nelsonvergel.com](http://www.nelsonvergel.com)

How to INCREASE LEAN BODY MASS and decrease abdominal fat

Medical use of TESTOSTERONE and ANABOLICS

Best EXERCISE routines

New HIV TREATMENT UPDATE

NUTRITION and the immune system

How to PREVENT and TREAT FACIAL WASTING

Best SUPPLEMENTS for improved health and quality of life



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