



July 9, 2006

Hi Everyone,

Well it's been a busy 4 months since we last wrote you. We are writing to share some exciting news and to provide an update of our recent and upcoming activities.

The Mae On Project, our acupuncture program for HIV/AIDS launched in 2004 at Mae On Hospital in rural northern Thailand, continues to operate very successfully. Five nurses have completed their advanced training in acupuncture therapeutics with Dr. Rungrat, a Thai traditional Chinese doctor. We are grateful for their dedication to the training as many had to give up days off to attend the course. The nurses are putting their classroom skills to good use at the acupuncture clinic. Training for the nurses will be ongoing. Next year, we hope to provide instruction in the techniques of Korean hand acupuncture and the use of acupuncture for addictions.



Photo Left: Here are the nurses learning advanced acupuncture therapeutics from Dr. Rungrat at Mungkala Clinic in Chiang Mai.

The acupuncture clinic runs smoothly as patients progressively get better. Many HIV patients have noticed improvements in pain, numbness and tingling in their hands and feet, sleep, appetite and energy. Here is a quote from one of our patients:

“Since doing acupuncture I really firmly believe my life has improved. My physical symptoms are all gone and my boss has noticed a change in me. [I have] more concentration and I can participate more. I feel that my health is better than those who don't have HIV. I feel it's a combination of anti-retroviral therapies and the acupuncture.”

The hospital has been so impressed with the positive response to the clinic that they have recently budgeted funds for a small out-patient clinic for the general public. We are extremely pleased!! Now the nurses will be able to use their new skills to help so many others. We will continue to support the running of the acupuncture clinic for HIV patients which provides treatments for free.

This November, we plan to do a follow-up research study on the effects of acupuncture with people living with HIV/AIDS at Mae On Hospital. As some of you know, there are very few studies evaluating the effects of acupuncture on those living with HIV in resource-poor settings. Thanks SO much to Ian, Jennifer, Constanze and Judy for volunteering to help on this important research.

We have just been informed that our abstract on the Mae On Project has been accepted for poster presentation at the XVI International AIDS Conference in Toronto this August. This biannual conference is one of the world's foremost events in the struggle against HIV/AIDS. Almost 20,000 participants attended the 2004 conference in Bangkok. We are very pleased with our poster acceptance and look forward to attending.

News of the Mae On Project continues to spread. A Canadian photographer visited the hospital and clinic in January. He will be sharing his photographs with an Australian journalist who will be travelling to Mae On Hospital in November to write an article on the project.

As you may recall, we travelled to Ghana in March 2006 to give a presentation on the Mae On Project at the Global Summit on HIV/AIDS, Traditional Medicine and Indigenous Knowledge. The presentation went extremely well. We would like to extend a warm and BIG thank you to Judy, Ian, Vickie, Debra, Laurie and Harry for all their help with the talk and making it a success.



Photo Left: Here Laura is giving a presentation on the Mae On Project at the Global Summit on HIV/AIDS, Traditional Medicine & Indigenous Knowledge in Ghana this past March.

The Mae On Project presentation generated a lot of interest in using acupuncture as a complementary therapy for HIV. At the conference we met Dr. Godfrey Swai, a

medical doctor from Tanzania, who is in the process of setting up an innovative clinic combining allopathic (orthodox) medicine with complementary and alternative medicines with a focus on HIV care. He has invited us to join him and provide training for the nurses in acupuncture for the treatment of HIV/AIDS. We also hope to expand the program in Tanzania to provide support for nutritional training, garden projects, and educational programs in HIV/AIDS prevention and stigma reduction. We are VERY excited!!



Above Left: Dr. Godfrey Swai and Laura discussing plans for the Tanzania Project due to start in the fall of 2007.

Above Right: Here is the clinic in Dar es Salaam, Tanzania where Dr. Swai and Laura will be working together on programs for people living with HIV/AIDS.

As many you know, the HIV/AIDS epidemic in Sub Sahara Africa (SSA) is rampant. The region, including approximately 40 countries, is home to just over 10% of the world's population but hosts more than 60% of all people living with HIV on the planet. The total number living with HIV/AIDS in this area at the end of 2005 totalled 24.5 million. Newly infected cases in 2005 numbered 2.7 million in this zone. Approximately 80% of the world's 12 million AIDS orphans live in SSA. In comparison, the HIV infection cases in Thailand numbered 580,000 or 1.4% of the adult population at the end of 2005. The escalating stigma against the disease and affected people in SSA has forestalled the process of effectively dealing with the ever-increasing destruction of HIV/AIDS. Nearly 150 countries in the world have succeeded in controlling the HIV/AIDS epidemic without using vaccines or drugs. Why has this not been possible in SSA?

There are simple ways and means of averting the destruction and devastation in SSA. One way is to provide HIV/AIDS information to people in their indigenous languages. Dr. Godfrey Swai has just finished the only comprehensive book written in Kiswahili on the control of the HIV/AIDS disaster in Africa; it is the first book of its kind written in a vernacular language. Kiswahili is the most common local language of the people of East Africa and the Great Lake countries. It is also one of the official languages of the African Union. We have written a small section in this book about the benefits of acupuncture for HIV/AIDS. We are hoping to raise \$10,000 USD for

the initial printing of this important and extremely helpful book. Your generous donations are welcomed in this endeavour.

Our operating budget for the Mae On and Tanzanian projects for the next 19 months is \$200,000. Thus far, we have raised \$35,000. Funds will be used to provide on-going training in acupuncture, treatments for HIV patients including children, nutrition and garden projects as well as HIV/AIDS education and stigma reduction programs. Please help us support these valuable projects. Your charitable donations will help to make a dramatic difference in the quality of life of many of the resource-poor people in these areas. Thank you very much.

Yours In Health,

Laura

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For more information on any of these projects please email us at: drlauralouie@yahoo.ca. If you would like to make a donation please see the sheet below. For donations of more than \$50 you will receive a charitable tax receipt (Canadian residents only).

Estimates of the global HIV & AIDS epidemic at the end of 2005 [Source: www.avert.org]

	Estimate	Range
People living with HIV/AIDS in 2005	38.6 million	33.4-46.0 million
Adults living with HIV/AIDS in 2005	36.3 million	31.4-43.4 million
Women living with HIV/AIDS in 2005	17.3 million	14.8-20.6 million
Children living with HIV/AIDS in 2005	2.3 million	1.7-3.5 million
People newly infected with HIV in 2005	4.1 million	3.4-6.2 million
AIDS deaths in 2005	2.8 million	2.4-3.3 million

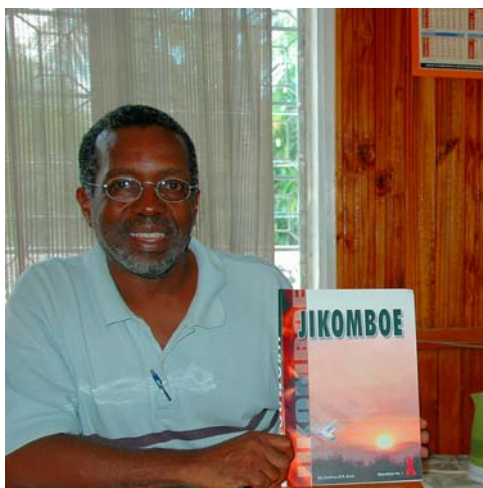


Photo left: Here is Dr. Godfrey Swai with his book 'Jikomboe' the only comprehensive book written in Kiswahili on the control of the HIV/AIDS disaster in Africa. Kiswahili is the main indigenous language of East Africa and the Great Lakes countries. We need to raise \$10,000 USD for the initial printing. This book is dedicated to the children and mothers of Sub Sahara Africa.

Please give generously.

Mae On Project Fund

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THANK YOU!!!