

RICHARD ELBINE: I would say some type of B12 injection monthly would be basic, since there are a lot of problems with B12 absorption.

BRIAN BRADLEY: How much B12 on a monthly basis? I'm beginning-- I'm going to start that next week.

RICHARD ELBINE: 1,200 micrograms would be a basic level.

STEVEN FOWKES: They can also do oral B12 in massive doses. If they don't want to-- if they can't afford a doctor's visit and they won't be able to get the B12 otherwise, they can take massive doses orally and still get passive absorption at a certain percentage.

RICHARD ELBINE: That is not necessarily true because B12 is not passively absorbed.

STEVEN FOWKES: It is passively absorbed but a very, very small percentage of it is. And that is a mistake to say that it's not passively absorbed. It's certainly true that we get, you know, 10 times more through active absorption, but there is a small amount of passive absorption--

RICHARD ELBINE: Well, we're talking about an injection that costs on the order of \$8 a month. And we have a lot of people in just about any community around the country who are spending more than that on some ridiculous supplements they're buying in health food stores. And for \$8, to get something that's so basic to health, in HIV, I would say that they should do the injection.

BRIAN BRADLEY: What about copper, selenium, and zinc? I hear those three elements over and over.

RICHARD ELBINE: You know, I would suggest zinc somewhere around the order of 90 milligrams a day, selenium 200 micrograms. Copper is a tricky one because when you take zinc, of course, your copper is going to be suppressed-- copper absorption-- and copper losses are increased. So I don't know, maybe 1 and 1/2 milligrams a day would be reasonable.

STEVEN FOWKES: A lot depends on what your mineral status is, though. So if there's some way that you can get a tissue mineral analysis and maybe a hair analysis to provide some indication of whether or not that you may be abnormally or high or low in a particular thing, that can change those measurements. And you can get professional assistance in terms of making those kinds of determinations.

RICHARD ELBINE: And those are very expensive tests.

STEVEN FOWKES: That's true, they are.

RICHARD ELBINE: On the order of hundreds of dollars. And also, unfortunately, the labs that do those tests are not always that reliable.

STEVEN FOWKES: That's true. Always have your tests done at the same lab every time.

RICHARD ELBINE: Sometimes it's cheaper to just do, kind of, reasonable amounts of supplements as long as-- you know, like the upper limit for copper is probably somewhere around the order of three or four milligrams. And so you figure there's copper in the normal diet, so you do half that with copper since the zinc is so high.

STEVEN FOWKES: A lot depends on whether or not you have copper in your pipes, in your house. If you have acidic water with copper pipes, you get copper in your drinking water, unless you filter it. So a lot-- I mean, that's one of the things to look at. Go and look at the pipes in your house. If you have iron in your pipes, you're probably getting too much iron.

If you have copper in your pipes, you are probably getting a significant amount of copper.

BRIAN BRADLEY: Steven and Richard-- and beginning with you, Steven. We're going to have to wind this up. Is. There any last advice that you'd like to give to our listening audience, Steven?

STEVEN FOWKES: I would say that they should learn as much as they can about this. Find out information about antioxidants. Read as much as you can. You're going to get 1,000 different opinions, and the truth is probably somewhere in between all of them with each different dimension. Find out as much as you can and look into it yourself, because taking responsibility for your lives, for your supplements, for your diet, for your food, for your information is the psychological key to keeping you alive for as long as possible.

BRIAN BRADLEY: Thank you for joining us tonight, Steven. It's your turn, Richard.

RICHARD ELBINE: Well, what I would emphasize is that it's a team approach in terms of health. And I don't think anyone who's HIV positive should go it alone in trying to make decisions. In terms of nutrition, they should be working with their physician, as well as with a nutritionist who is qualified, specifically in HIV.

And to work as a team to try and identify what they're interested in doing, the kind of changes they're willing to make, what supplements have been successful, and to kind of develop a plan and then evaluate that plan over time, say quarterly.

BRIAN BRADLEY: So I guess eating cheeseburgers with whole grain buns only wouldn't do it then, huh?

[LAUGHTER]

RICHARD ELBINE: I think I'd need to evaluate it quarterly.

BRIAN BRADLEY: OK. Thank you very much, gentlemen, for joining us this evening.

SCOTT LEWIS: The books-- Steven Fowkes, the book, *Stop the FDA, Smart Drugs II*. Thanks for joining us, Steven. And Richard "El-ben," right?

RICHARD Elbine.

ELBINE:

SCOTT LEWIS: Elbine. Thanks for joining us. We're going to go to a break and we will be back right after this, so don't go anywhere.

BITSY: Hi, Francine.

FRANCINE: Hi, Bitsy.

BITSY: Did you read the paper today?

FRANCINE: No, I didn't.

BITSY: Oh, every time I read about George Bush raising taxes, it just makes me want to scream!

[MOANING, SCREAMING]

FRANCINE: Oh, I know! [INAUDIBLE].

[SCREAMING]

BITSY: No, no, no, no. Yes. Yes. Yes, god. Yes. God.

[SCREAMING]

SPEAKER: Got a cigarette? Got a cigarette? Got a cigarette? Got a cigarette? Got a cigarette?

SCOTT LEWIS: Not only do I have a cigarette, I'll light it for you. You're listening to Scott Lewis, Howard McHale, and Brian Bradley on *After Hours*, a continuing tradition on KPFT Houston 90.1 FM.

SPEAKER 1: Hi. Ha, ha, ha, ha. I'm not home right now. Ha, ha, ha, ha. But if you want to leave a message, Ha, ha, ha, ha. Just start talking at the sound of the tone. Ha, ha, ha, ha.

SCOTT LEWIS: It's 10:00, Friday night, and I'm at the station doing my radio show Esoteric Adventures where my co-hosts and I bring you the oddities and highlights from the recorded universe. So hang up, tune in to 90.1, and don't call back or you'll wake up my fish. Don't forget, that's Esoteric Adventures with your flight attendants, Jim squared on KPFT Houston.

SPEAKER 1: Ha, ha, ha, ha, ha, ha. Well, you don't know me. Ha, ha, ha, ha, ha, ha. But I know you.

SCOTT LEWIS: No matter what we do, she won't go away. She has a new single out with Elton John. It's RuPaul and Elton John. RuPaul and Elton John doing "Don't Go Breaking My Heart." We'll come back right after this and take your phone calls at 526-KPFT, 526-5738. We'll be here with Richard Elbine. I'm doing it-- Elbine.

I can't-- you know, by the time the show is over all have it right. Richard Elbine--

HOWARD Elbine.

MCHALE:

SCOTT LEWIS: Richard--

BRIAN Scott will not be back.

BRADLEY:

SCOTT LEWIS: Richard will be taking calls right after this song.

BRIAN Put down that Budweiser and pick up those bottle of vitamins.

BRADLEY:

SCOTT LEWIS: You're with Scott Lewis, Brian Bradley, and Howard McHale on *After Hours*, here every Saturday night from midnight until 3 AM. And sitting next to you Howard--

HOWARD Is this gorgeous hunk of a man.

MCHALE:

BRIAN Thank you, Howard.

BRADLEY:

HOWARD I didn't say woman, Mona. The other side of me. It's Richard Elbine. He's a nutritionist working with Home
MCHALE: Nutritional Studies Services here in Houston, Texas. We're trying to gear this part of the show towards our audience members who are newly found HIV, who have been around, who have had HIV disease for a long time now. We want--

BRIAN Now that's two different people, right?

BRADLEY:

HOWARD Exactly.

MCHALE:

BRIAN OK.

BRADLEY:

HOWARD We want--

MCHALE:

BRIAN Just want to clear that up.

BRADLEY:

HOWARD We want to get to you because we know you're scared out there. You don't know where to turn. We want to talk
MCHALE: about the vitamins you need, the education. Walking into a Walgreens store, what do you buy, what do you need, what does your body need? Richard is here to tell us. So--

BRIAN I don't think they have all that on the shelf.

BRADLEY:

RICHARD Well, one thing I wanted to mention is that there are a number of sources that are easily accessible to get
ELBINE: information about HIV and nutrition. Certainly, in the city of Houston, there's an organization Body Positive which puts out a monthly newsletter which has medical updates, nutrition updates, pharmacy updates. There's a lot of good information through their newsletter.

Project and Forum out of California, which reviews some of the latest alternative, as well as mainstream information, just a general newsletter. The Tufts Newsletter, Tufts Nutrition Newsletter which is fairly informative. One that reviews some of the stuff that's going on governmentally, as as well as information about nutrition would be the-- Body Positive phone number. Wait a second.

HOWARD Body Positive phone number?

MCHALE:

RICHARD Well, we're working on a Body Positive phone number--

ELBINE:

BRIAN Let's look on the phone book.

BRADLEY:

RICHARD That's right. Look in the phone book under B for Body Positive. Anyhow, the Center for Science and the Public
ELBINE: Interest puts out a newsletter, which is very informative about new products on the market, foods, drugs, supplements. And so all of those are places that nutrition information can be easily accessed.

We wanted to talk a little bit about nutrition for the average HIV positive person who may not be having any symptoms, no problems, but doesn't really know what to do. And like I said, the most basic would be doing some kind of a multivitamin mineral supplement, providing somewhere on the order of 2 to 3 times the RDA. And that would be a daily supplement.

Then in addition, some B6 supplement somewhere between 30 and 60 milligrams a day. A B12 injection, which I mentioned earlier, 1200 micrograms one time a month would be kind of basic. If someone wanted to do more than that-- there certainly are people in the city that are getting weekly injections without any problems. Some people notice that they feel much more energetic after they get an injection of B12.

BRIAN You know, a lot of these things, folks can go to various outlets and buy them at Walgreens, Eckerd, so on and so
BRADLEY: forth. However, if you're like me, I have wonderful fabulous great insurance that'll pay for anything that I want to, and that doesn't cover anything that I get like that. There is vitamins Vite Con Forte available by prescription.

So you may want to talk to your physician about prescribing that for you if your insurance will indeed pay for it.

RICHARD That's right. And for people who are using Thomas Street Clinic, will provide vitamins to anyone who asks for
ELBINE: them. They may not automatically offer them to everyone, but it's available to anyone who asks. They can get a prenatal vitamin from Thomas Street Clinic. The number for Body Positive is 524-2374. That's 524-2374.

Also in the city, at least once a month there's some kind of a nutrition seminar. I know because I do most of them. AIDS Foundation does one just about monthly at the Montrose Public Library. Early intervention program which is run by the Center of Disease Control through the city of Houston provides a nutrition program but every other month. Next Step also has nutrition information. So there are a lot of--

BRIAN Can you expound on Next Step because I'm finding a lot of people don't know what that is yet and I think it's a
BRADLEY: good thing.

RICHARD ELBINE: Well, Next Step is the program that's available for people who are tested and find out they're positive. There's a place that they go immediately which is a-- it's two evenings in the same week, usually it's a Tuesday and Thursday evening. And it provides basic information about HIV.

How to read a lab test, what CD4's are, what CD8's are, some basic nutrition information. It's kind of like everything you need to know about basic HIV in 6 hours.

BRIAN BRADLEY: And folks get that as soon or immediately following, receiving their test results.

RICHARD ELBINE: That's right. Although, someone can go any time they want. They could access the Next Step program.

HOWARD MCHALE: Talk about the cost of this also, by the way. Because I know Next Step is funded by--

RICHARD ELBINE: I'm not sure who funds Next Step, but all of these programs are free. Essentially they're, almost all the services that are provided in the city are free, whether it's through Body Positive, whether it's through AIDS Foundation, whether it's through the city, whether it's through Montrose Clinic, almost all those services are free.

BRIAN BRADLEY: So there's no good reason to wait until you're in a crisis.

RICHARD ELBINE: That's right. And generally, in the back of twit or in the voice, there are phone numbers for all these organizations.

BRIAN BRADLEY: Oh.

HOWARD MCHALE: Oh.

BRIAN BRADLEY: Well, I'm seeing up here on the screen that it's partly cloudy at Gulf Freeway and Telephone Road, or did I get that mixed up again?

RICHARD ELBINE: Well obviously, there is no one out here tonight, Brian, who has any problems with vitamins. So I guess if we take a vitamin-- pick up the phone and call someone, they'll know everything about vitamins.

BRIAN BRADLEY: There's going to be a test later.

RICHARD ELBINE: Exactly.

HOWARD MCHALE: I'm sad that, Houston, we're not hearing from you tonight because we went to many extremes to get these two guests in our studio.

BRIAN BRADLEY: And they're dressed in tuxedos so, you know, feel bad.

HOWARD They're here to talk-- I always have questions about vitamins. They scare me because I don't know about them.

MCHALE: Are there any danger things that we should be looking for in vitamins, Richard?

RICHARD You know, in terms of danger, obviously, if you buy a vitamin and it says to take one and you take five, then it probably is not going to do what you want it to do. I think what a lot of people make the mistake of thinking is that if one is good for them then three or four is probably better for them.

And like I mentioned earlier, there's a level that's safe, there's a level that's probably inadequate, and there's a level that's toxic. And so anything at a high enough dose is going to be toxic. Any of the vitamins are either they'll be directly toxic or they may just not provide the kind of benefit that you're hoping for.

So you know, it's kind of a general thing. But you need to sit down with your physician and with a dietician to figure out specifically what you're doing and how safe or unsafe it is.

BRIAN And though you may not think it's important that your doctor know that you're taking, you know, Flintstone vitamins off the shelf, it is. You should share whatever you possibly can with he or she. I know, for instance, a lot of drugs you should not take immediately following taking calcium and other drugs that absorb things.

Maybe the antibiotic that you're taking needs to be taken 2 hours after your calcium supplement, otherwise you're not going to get the benefit of it.

RICHARD That's right. I mean, I think the physician needs to know if-- for no other reason than at some point in the future if there are some digestive or GI disturbances they can go back and say aha, we noticed you're taking high levels of a certain vitamin or mineral and maybe that's the problem, instead of spending a lot of money and time doing all kinds of tests just to find out that it's not an opportunistic infection, it's just too much vitamin c.

BRIAN Well now we know all the secrets on how to stay young and pretty and healthy. Too bad we didn't get to you in time, Howard.

BRADLEY:

HOWARD I know.

MCHALE:

SCOTT LEWIS: Too bad you didn't know that a couple of years ago, Brian.

HOWARD I need to get to those wrinkles. How do I rid of them? Listen, Richard, we appreciate you coming down tonight.

MCHALE: We thank you. You've been a great help and something-- a show that we've been wanting to do for a while.

BRIAN And thanks for bringing your cute boyfriend, too.

BRADLEY:

RICHARD Thanks a lot.

ELBINE:

SCOTT LEWIS: We're going to go to "Enough is Enough" by Andy Bell and K.D. Lang. And I'll be right back with Dan from the Soiree-- I can't even. I can't-- I'm not even going to try. Yeah, that thing. You're listening to--

HOWARD Soiree Aubergine

MCHALE:

SCOTT LEWIS: You're listening to Scott Lewis, Brian Bradley, and Howard McHale on *After Hours*, a continuing tradition on KPFT Houston 90.1 FM.

Oh, I love that. I love that. I'm sitting here with Dan Delaney who is with the Soiree Aubergine. I did it right. Very good. What is-- you know, we were sitting here talking, there are so many organizations in the community. It's almost impossible to know what everyone is.

And that's one of the things I enjoy about doing the show is that I constantly get the opportunity to learn about something new and something different. You were telling me that you all, as so many of the organizations in the community, are a charity organization.

DAN: Right. We raise funds for the Bering Care Center, their Food Program. We underwrite the total cost of the food program at Bering.

SCOTT LEWIS: Oh, well, now that's a big responsibility.

**HOWARD
MCHALE:** Yeah.

DAN: Our goal this year is 27.5.

SCOTT LEWIS: Oh, wow. Now how do you go about raising that kind of money?

DAN: We do it with benefit shows. We do it with a raffle. We do it with a silent auction, direct donations. You know, all kinds of things that go on for the entire month of February.

SCOTT LEWIS: So, now you have something big coming up.

DAN: Well, the soiree weekend begins on the 25th, which is Friday. We open with-- we had a kickoff last Sunday during Super Bowl, had barbecue dinner that we served. On the 18th, our silent auction opens. And it will run for a week. It will close at midnight on the 25th, which is the actual soiree.

SCOTT LEWIS: Now what kind of stuff are they going to look to see at your silent auction?

DAN: Oh, people have just been so generous. It's just incredible. Limousine packages, hotel packages.

**BRIAN
BRADLEY:** Velvet Jesuses.

[LAUGHTER]

DAN: Artwork.

**BRIAN
BRADLEY:** See, I told you.

DAN: All kinds of things, everything. People have just been very, very gracious and very, very kind. We also have a raffle going on with the grand prize as a motorcycle. Second prize is a trip to New Orleans. And the third prize is a trip to Mexico City.

SCOTT LEWIS: So now where can we go look at this stuff and bid on it?

DAN: All of the events are taking place at Gentry.

SCOTT LEWIS: At Gentry over on Richmond. So we can just go over there and look and they've got things set up all throughout where we can see about the limousine packages and stuff? Do you have-- is that a list of some of the things?

DAN: Yeah. This is what we have, like, to date. And we've got--

SCOTT LEWIS: Let's look at some of these. Let's look at some of these.

BRIAN Oh, let's go chopping.

BRADLEY:

SCOTT LEWIS: We want to shop. OK. No. No. No.

BRIAN Here's a date with Scott Lewis. That's going for about 29.

BRADLEY:

SCOTT LEWIS: No. We're not going to do that again.

DAN: That's just the suggested minimum bid.

BRIAN Flip the page. Not interested. Oh, weekend package for two at the Doubletree Hotel.

BRADLEY:

SCOTT LEWIS: At Allen-- oh, that's a nice gift.

BRIAN A day of beauty. Wonder if they got a month.

BRADLEY:

[LAUGHTER]

That's worth \$350. That's--

SCOTT LEWIS: J Christopher.

BRIAN For \$350 J Christopher that's probably fake eyelashes, right?

BRADLEY:

SCOTT LEWIS: That's right.

HOWARD Flip. Next page. OK.

MCHALE:

SCOTT LEWIS: Oh, a Waterford ship decanter from Corrigan's.

BRIAN Full of old spice.

BRADLEY:

[LAUGHTER]

For you rugged men.

SCOTT LEWIS: Oh, look. \$250 gift certificate to Ron's American Limousine. So you can ride around in a limo.

BRIAN For 4 hours.

BRADLEY:

SCOTT LEWIS: For 4 hours.

BRIAN Got all kind of good stuff.

BRADLEY:

SCOTT LEWIS: Now, Dan, I see your name by a lot of this stuff. Have you already bid on it all?

DAN: Oh, no. The names over on that side of the list are the members of the host committee who have procured those items for us.

BRIAN Oh lookie here. Here's the gift certificate from Lance Looper at the Houstonian Club, where our good former
BRADLEY: President Bush lives. Maybe we can like, buy this day of beauty and give it to Barbara.

SCOTT LEWIS: She needs it. So they can run over to Gentry's and bid on all this stuff.

DAN: They'll all be out-- it'll be out for display-- the auction opens on the 18th, 6 o'clock.

HOWARD And that's 2303 Richmond Avenue.

MCHALE:

SCOTT LEWIS: Well you just, you're the little bar trash, aren't you? Knowing the address right off the top of your head.

HOWARD I used to go there when it was The Galleon, Mary. That was a 100 years ago.

MCHALE:

SCOTT LEWIS: So and this is a whole weekend. What else do you have planned over the weekend besides-- if they don't want to bid on the auction, there's got to be some other way that they might want to help.

DAN: Yes. The auction closes at midnight on the 25th. And then Saturday is the creme de la creme Benefit Drag Show.

SCOTT LEWIS: And is that a Gentry as well?

DAN: That's at Gentry as well. And then on Sunday, we have live entertainment at the at La Soiree Grand. Begins at 5:00. And then the drawing for the raffle is at 10:00.

HOWARD And tell them about the raffle prizes again.

MCHALE:

DAN: The raffle prize. The grand prize is a motorcycle. A Yamaha that was courtesy of Action Cycles. We have the second prize which is a New Orleans weekend. And the third prize is roundtrip airfare to Mexico City.

SCOTT LEWIS: And what do they need to do to get in the raffle?

DAN: Just come by the club, go to any of the host committee members that you see running around. Raffle tickets for \$2. They're three for six. And just buy as many as you want.

HOWARD That adds up.

MCHALE:

SCOTT LEWIS: Thanks so much, Dan, for coming down. We appreciate it. Bering is a wonderful, wonderful, important part of the community and an important charity.

DAN: We were able to fund all of the meals last year and to expand the program to include a hot breakfast.

BRIAN Yeah. Maybe somebody who wins the ticket to Mexico City can give it to Lindy Huffman and let her have a

BRADLEY: vacation.

SCOTT LEWIS: She deserves it. She does-- Lindy, for those of you who don't know is the director over there at Bering, and she deserves a vacation. Thanks, Dan.

DAN: Thank you. Keep up the good work with the show.

SCOTT LEWIS: Thank you. Somebody likes us. We are going to turn it over to Jimmy and the Queer Music Zone. Jimmy, what do you have in store for us tonight? I heard you talking about it a little bit earlier.

JIMMY CARPER: It's punk night, baby. I got queer punk music. New music from God Is My Co-Pilot and some old stuff like from Pansy Division. So listen up.

SCOTT LEWIS: So, Jimmy. Let's--

JIMMY CARPER: Oh, yeah. That was Pansy Division, our favorite, doing "Fem in a Black Leather Jacket." And that was just for Brian. We've got some more Pansy Division coming up. God Is My Co-Pilot, Zeenat, and more. So let's get back to Pansy Division with "Boyfriend Wanted."

Yeah. Our favorite Pansy Division doing "Boyfriend Wanted." That's for everybody out there. This is Jimmy with the QMZ, the Queer Music Zone. That means music by gay, lesbian, bisexual, transgender artist just for you. And tonight, I'm taking a different route.

Because in the past, I've been doing a little bit of everything. You might hear just kind of light rock to punk to classical and icky whimsy. And tonight, I'm going to do all punk. And the reason I got the idea is because in the mail this week, I got a little record from Turkey Baster Records out of Austin, Texas.

And it's called Stop Homophobia written by Rick Turkey McGee who I guess is with the record company. And he sent a little zine along with it, which was pretty cool. And then in it he writes, I'm angry. I'm angry about the fact that it's 1994 and people are still discriminating against homosexuals.

We're still being treated as if we're depraved, perverted freaks. I'm sorry, but that's just not right. I started this project almost a year ago when the whole gays in the military thing started. It really pissed me off when all of these homophobes came out of the closet to denounce us as not worthy enough to serve in the military.

Now, I'm no fan of the military, but I don't think anyone should be discriminated against because of who they sleep with. I think that part of the problem is that not enough people know a homosexual. The only thing they base their prejudice on is the Jeffrey Dahmer type horror stories. They don't realize that that does not represent 99.99% of the homosexual population.

What I want this project to do is to show that homosexuals are everywhere. We are a vital part of the punk scene. Hopefully, if this record does anything, it will allow people still in the closet to use it as a support group. And I think that's pretty cool. If you like what you hear on this record, I'm going to play it next, you might want to write to Turkey Baster Records and ask for a copy of Stop Homophobia.

The address is 6403, Johnny Morris, Number 12, Austin, Texas 78724. If you missed that, we'll repeat it again before the end of the show. So let's get to it.

There are four groups on here. Fag Bash, Death Angels-- Black Angels, Death Song, Pansy Division, and Happy Flowers. Fag Bash does "Another Freak Out" and "Black Angel's Death Song"-- OK, BADS-- does "Brother and Sister." We're going to hear those two first. Ready? Yeah.