



# **Built to Survive: A Comprehensive Guide to the Medical Use of Anabolic Therapies, Nutrition and Exercise for HIV+ Men and Women**

*Michael Mooney, Nelson Vergel*

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With over 330 scientific references, this book provides a comprehensive guide to the medical use of anabolic steroids, growth hormone, supplementation, optimal nutrition, and exercise to prevent and treat the loss of lean body mass and body alterations experienced by people with HIV.

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