

South African Actress Stops Taking Her HIV Meds

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South African soap opera actress Lesego Motsepe, an “AIDS ambassador” who has worked to educate children about HIV, has revealed that she quit antiretroviral therapy against her doctor’s advice, *The Times* reports. On the South African talk show *3Talk*, Motsepe stated that she was switching to a “holistic regimen” of meditation and a diet of beetroot and garlic because she couldn’t bear the thought of taking HIV meds for the rest of her life. The late South African health minister “Manto” Tshabalala-Msimang used to promote a beetroot-garlic diet in lieu of antiretroviral therapy, and that dangerous advice might have played a significant role in South Africa’s high HIV incidence and mortality in the previous decade.

To read the *Times* article, [click here](#).

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