

**CURED: THE PEOPLE WHO DEFEATED HIV
BY NATHALIA HOLT**

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**THE PEOPLE
WHO
DEFEATED HIV**

*"The fascinating cases of two people
who have effectively vanquished HIV . . .
An important book." –NATURE*

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Review

Praise for Cured

“It’s one of the most incredible stories in medical science: a cure for HIV. Nathalia Holt tells the personal stories of the patients, their families, and their doctors.”—National Geographic

“One learns fascinating details about AIDS and shares Holt’s hope...She is among those working to make the promise real”—New York Times Book Review

“Nathalia Holt presents a thorough account of the research that provides scientists with hope that a cure will one day be achievable... and her empathy shines through in her prose. This is as important a social history as it is a medical document.”—The Daily Beast

"In this accessible and fascinating account, Holt, a research scientist trained at MIT and Harvard...brings to light the remarkable early breakthroughs in treating a once fatal condition." - Publishers Weekly

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About the Author

Nathalia Holt trained at Massachusetts General Hospital, MIT, Harvard University, the University of Southern California, and Tulane University. She lives with her family in Boston.

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Two patients—each known in medical history as the Berlin Patient—were cured of the HIV virus. The two patients’ disparate cures came twelve years apart, but Nathalia Holt, an award-winning scientist at the forefront of HIV research, connects the molecular dots of these cases for the first time.

Scientists are known to maintain a professional distance from those they study, but sometimes scientists are not just investigators, they are caregivers, too. Cured illustrates that even in the era of high-tech and big pharma, the way doctors and patients communicate remains a critical ingredient in the advance of this science. Holt offers a kind of hope that the thirty-four million people currently infected with HIV need and a story of ingenuity, dedication, and humanity that will inspire the rest of us.

- Sales Rank: #1100366 in Books
- Published on: 2015-02-24
- Released on: 2015-02-24
- Original language: English
- Number of items: 1
- Dimensions: 7.98" h x .68" w x 5.32" l, .56 pounds
- Binding: Paperback
- 336 pages

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Most helpful customer reviews

7 of 9 people found the following review helpful.

Very interesting, highly unusual!

By Thomas Leo Ogren

Cured is a remarkable book about quite incredible science....and a pretty good story to boot. Natalia Holt has done some very good research here. One of the things, perhaps the most interesting, that she's found is that the best work, the most creative, most daring, most cutting edge work on HIV (and a host of other diseases, too) is not being done by the big corporations, the big pharma companies.

Just the opposite is at work, the innovative research is being done mostly by small biotech companies, such as Sangamo Biotech, in Richmond, California. They are using something called ZFNs, zinc finger nuclease. As I understand it there were some small villages in Europe where over many years, whenever the Black Plague or similar terrible things struck, killing off millions of people, the people from these small towns were spared, they didn't get sick.

Something in their makeup was protecting them, and over the years scientists studied these people in these villages, looking for what it was that made them different, that protected them. One of the things they found was a small finger-shaped growth on blood cells, one that was high in zinc, and thus the name ZFNs, zinc finger nuclease's. Sangamo has been working on refining this ZFN technique for a couple of decades now, and suddenly they're starting to make it work! Quite exciting stuff really, that could indeed change modern medicine.

Cured should be read more....it's a fine book, clearly written; difficult science explained in a clean, clear easy to understand way. An important book, highly recommended!

2 of 2 people found the following review helpful.

Great Book for science students or anyone who is interested

By Kelvin

This is actually my first amazon review, this book is so good that I decided to write my first (I am only 1/3 into the book). As a science student, I am able to understand most of what Dr. Holt is talking about. She presented the history and anecdotes in a casual story-telling manner. For layman who has no background knowledge in biology, she added illustrations and tried to use analogy to explain the biological mechanism.

This is a great book for anyone who wants to understand the history and science of HIV/AIDS.

2 of 2 people found the following review helpful.

Kudos for Dr. Holt

By HeyJT

This book is so well written that I felt compelled to read it in 48 hours.

The book is clear and concise, and perfectly understandable to the layman.

I have been reading on this topic daily and this is the first I heard of the "berlin patient", cured by early intervention.

Nathalia brings each patient to life and shows how hard this disease makes their lives.

Hats off to all the scientists and doctors mentioned.

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