



The Harold Foster Foundation

Newsletter

November 15, 2009

"It's a poor sort of memory that only works backwards"

Remembering Dr. Foster



Harold Foster
1943 - 2009

On October 27, 2009, family, friends, colleagues, former students and associates gathered at the University of Victoria Faculty Club to remember and celebrate the life of Dr. Harold Foster. Throughout his life, Harry (which is how he liked to be referred to) continually touched those that had the honour of knowing him. He

was a mentor, a teacher and a brilliant scientist. Harry made many contributions in the fields of geography, geomorphology, and medical geography, and most recently revolutionized what we understand about several diseases and health issues affecting us today.



The hour planned for the celebration quickly turned into three with all the comical antidotes, lively stories and

well-earned accolades. One of the best Harry stories happened in 2004, when he won the Orthomolecular Doctor of the Year award. The day of the presentation just happened to also be the day of the Kentucky Derby. With Harry being an avid horse racing fan, that spelled danger, for when they surprisingly announced his name to receive the award, he was down the street placing a bet.

As was discussed at the celebration, Harry gave us a lot, and he also left us with so much yet to be done. His work will be carried forward in many ways, through the company he co-founded, [Foster Health Inc](#), and this foundation set up in his name. The University of Victoria will also be setting up a Fellowship in Harry's name, to focus on providing support for one or more students with interests in Medical Geography. For more information please contact Kathie Merriam, Department of Geography, at kmerriam@office.geog.uvic.ca.

United States Conference on AIDS

Dr. Foster's abstract "The Role of Micronutrients in the Progression of HIV/AIDS" was presented by Dr. Edith Namulema at the US Conference on AIDS (USCA) on October 30-31. Dr. Namulema worked with Dr. Foster on a clinical trial in Mengo Hospital from 2005-07. We were very excited as she travelled to San Francisco from Uganda for the conference. Dr. Namulema is very passionate about continuing the work to get micronutrients as a standard part of treatment for those people with HIV and AIDS.

Dr. Namulema is both anxious and excited to re-introduce Dr. Foster's micronutrient solution back to Mengo Hospital. Due to recent reductions in funding,



come January 2010, the Hospital will no longer be able to provide anti-retroviral drugs to new AIDS patients. It is imperative that we continue to work towards including micronutrients as part of the standard treatment protocol for people living with HIV and AIDS.

Foster Health Product Launched

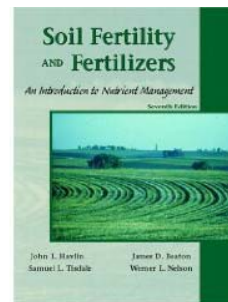
Foster Health has teamed up with a nutraceutical company, MBI Nutraceuticals, and developed a product based on Harry's work in Africa and at the Mengo Hospital trial for the immune system. **Replenish+™** has been formulated to provide the body with the key nutrients involved in the optimal functioning and strength of the body's immune system.



To learn more about Replenish+™ please visit the [Foster Health](#) website or the Replenish+™ product page through [MBI Nutraceuticals](#).

Dr. Beaton Speaks at the 2009 Farm Forum Event on Selenium

Dr. Jim Beaton, a key member of our Foundation Board, was invited as a key speaker at the 2009 Farm Forum held in Saskatoon, Saskatchewan on Nov 18 and 19. He addressed the importance of Selenium in Human and Animal Health based on the abstract co-written with Dr. Foster. It focuses on the importance of Selenium, discusses benefits derived from it and puts forward suggestions on ways to incorporate its use into the farming industry. For more information on the abstract and the conference, visit the [Farm Forum Website](#).



Dr. Beaton is a leading expert in the fields of soil fertility and fertilizer research and lives on Vancouver Island.

Foundation Website Progress

As many of you may have noticed, our website continues to undergo updates and improvements. We will continue to update the website, and include new items under the [New and Events](#) tab. As the Foundation continues to grow and progress, we hope to make the site much more interactive and informative. Stay tuned for new developments!!

For any questions, comments or inquires, please contact us through info@hdfoster.com or contact Brian Holmes directly at bholmes@fosterhealth.ca

Harold Foster Foundation
21-21 Dallas Road (at Shoal Point)
Victoria, B.C. Canada V8V 4Z9
t: 250-381-9133
www.haroldfosterfoundation.org