1. Acute Infection

Large amounts of the virus are being produced in the body; many people develop flu-like symptoms, often described as the “worst flu ever.”

2. Clinical Latency

At this stage, HIV is present in very low levels, though it is still active. Many people do not exhibit symptoms during this stage and, with proper treatment, can live in clinical latency for several decades. However, if treatment is not received, clinical latency progresses in 10 years or faster.

3. AIDS

Without treatment, the disease progresses into AIDS. The typical survival rate is three years.

Anti-Retroviral Therapy

Through anti-retroviral therapy (ART), more and more people are living longer lives.

There are more than 7.5 million people receiving anti-retroviral therapy (ART) in sub-Saharan Africa.

The average life expectancy in Rwanda is on the rise; it’s now 55. By comparison, the average U.S. life expectancy is 79.

Dairy Consumption

A recent FAO report forecasts that dairy consumption in developing countries will grow by 125% by 2025.

At last count, Rwanda had 2,672,571 goats, compared to 1,135,141 cattle.

Building demand for goat milk took some time because people of low social status traditionally consumed it, and it carried a stigma.

Due to the increasing cost of cow’s milk, goat’s milk has had a recent rise in popularity.

How does goat’s milk compare to cow’s milk?

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Calcium</th>
<th>Vitamin B6</th>
<th>Selenium</th>
<th>Vitamin A</th>
<th>Potassium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cow’s Milk</td>
<td>13%</td>
<td>25%</td>
<td>127%</td>
<td>1134%</td>
<td>194%</td>
</tr>
<tr>
<td>Goat’s Milk</td>
<td>113%</td>
<td>125%</td>
<td>147%</td>
<td>134%</td>
<td>114%</td>
</tr>
</tbody>
</table>

Selenium, a trace mineral essential to good health, creates antioxidant enzymes called selenoproteins that prevent free radicals from damaging cells. Selenium levels are often depleted in people living with HIV/AIDS.

Goat milk provides the necessary nutrition that HIV/AIDS patients require.

Goat milk contains high amounts of medium-chain triglycerides, or unique fats, that are absorbed intact and directly used for energy.