



HEALING HERPES HOLISTICALLY

THE
YONI
NUTRITIONIST



Welcome to HEALING HERPES HOLISTICALLY

Thank you for trusting me on your journey to help you learn more about herpes!

This program is designed to provide you
with the tools and knowledge to help you:

**UNDERSTAND HOW TO BEST
MANAGE YOUR HERPES OUTBREAKS**

// PREVENT FUTURE OUTBREAKS

HEAL YOUR OUTBREAKS FASTER

// PREVENT TRANSMISSION TO PARTNERS

**HAVE CONFIDENT AND EMPOWERED DISCLOSURE
CONVERSATIONS WITH PARTNERS**

**// ACCEPT AND "MAKE FRIENDS WITH"
YOUR HERPES DIAGNOSIS**

LOVE YOURSELF THROUGH YOUR DIAGNOSIS


**// END THE SHAME AND STIGMA
WITHIN YOURSELF**

**LIVE YOUR BEST LIFE WHEN
LIVING WITH HERPES!**

**IDENTIFY YOUR PERSONAL HERPES
OUTBREAK TRIGGERS**

This program is based around my own experience, having lived with HSV-2 for almost 20 years, and learning how to manage, prevent and heal my own outbreaks.



A close-up photograph of pink peonies with green leaves, serving as a background for the text. The flowers are in various stages of bloom, with some showing multiple layers of petals. The lighting is soft, highlighting the texture of the petals and the veins on the leaves.

In my experience, when you gain more of an understanding of the herpes virus, learn about HOW it works in the body, and realise just how common it is, you are more likely to see it as less of a threat (or a horrible and shameful STI) and more of a manageable skin virus that many people live with.

I have done an extensive amount of research on how to manage the virus within myself, and have done a TON of personal, self-development work to understand how important changing my lifestyle around managing the virus is, which was a key part of my journey with herpes.

Now I am a Certified Nutritional Practitioner (Holistic Nutritionist), Yoga Teacher, and Wellness Coach, and I have been helping so many other people who live with herpes to understand how to manage the virus within themselves, just like I did.

I have consolidated all of the information I have gathered over the years into this program to help you learn how to manage, prevent and heal herpes outbreaks in a friendly and easy-to-understand way.

Google is the WORST and doctors don't provide much information or support post-diagnosis, so I am excited to provide you with all of this extremely valuable information that we all should have gotten when we were first diagnosed.

When you empower yourself with knowledge, you can help end the shame and stigma that commonly (and unfortunately) still comes with a herpes diagnosis.

Knowledge is power and I hope this information will help you to learn just how common herpes is, so that you can see that there are many people who are going through all the same feelings as you are. You are not alone!

I wish a program like this existed when I was going through my herpes healing journey and I'm honoured that you chose me and this program to help you on yours!

With love and gratitude,

Adrienne

The Yoni Nutritionist