




HPV HEALING GUIDE

THE
YONI
NUTRITIONIST





HPV HEALING GUIDE

BY THE YONI NUTRITIONIST

A holistic healing protocol to heal HPV naturally. Rebalance your gut microbiome to boost your immune system and eliminate HPV symptoms through diet, nutrition & wellness practices.

*DISCLAIMER: Results are not guaranteed. My intention is to provide information and recommendations based on my experience, knowledge, and education as a certified nutritional practitioner (CNP). I rely on the experience that I've gained working with other women who have struggled with HPV and the research that I've done as a CNP. I am not a doctor and cannot make any kind of diagnosis or prescribe any medication.

AN HPV DIAGNOSIS CAN BE F*CKING SCARY.

When we are told that we have abnormal cervical cells that could potentially lead to cervical cancer, it often creates a lot of fear because all we really hear is the word "CANCER."

We don't usually get a lot of support from our healthcare provider (HCP), who tells us casually, "Yeah, it's nothing to worry about. It usually clears up on its own. Come back in six months and we'll check it again."

It can be very confusing after the doctor just told us that we have an STI that could *potentially* lead to cancer.

In instances like this, we usually leave their offices feeling confused, scared, alone, and with a lot of unanswered questions alongside all the feelings and emotions flowing through us.

It's similar to a genital wart diagnosis, which often leads to a lot of shame and the negative stigma that comes along with any sexually transmitted infection (STI) diagnosis. Not to mention, this leaves us with all of the feelings and questions, including thoughts like, *what does this mean for my sex life? Who is going to want to have sex with me after this? Do I have to tell future partners? Who's going to want me?* etc.

What's also frustrating is that there is no specifically prescribed treatment for HPV after a diagnosis that will prevent it from coming back. We are often left with a lot of "Well, what next?" questions.

I can tell you from experience that these feelings are valid and so common — I think everyone who's been diagnosed with HPV has felt this way.

YOU ARE NOT ALONE!

HPV is an incurable VIRUS, meaning that once we contract it, we have it in our bodies for life; nonetheless, it is a preventable and manageable virus. I know, because I've been HPV-free for three years and know a lot of people who have been able to clear it as well!

This program is going to teach you how to effectively heal HPV, just like I have, as well as the many other women that I've been helping heal their HPV.

Welcome!

If you've signed up for this program, you are looking for ways to manage HPV and prevent it from coming back. **This is the first step toward healing!**

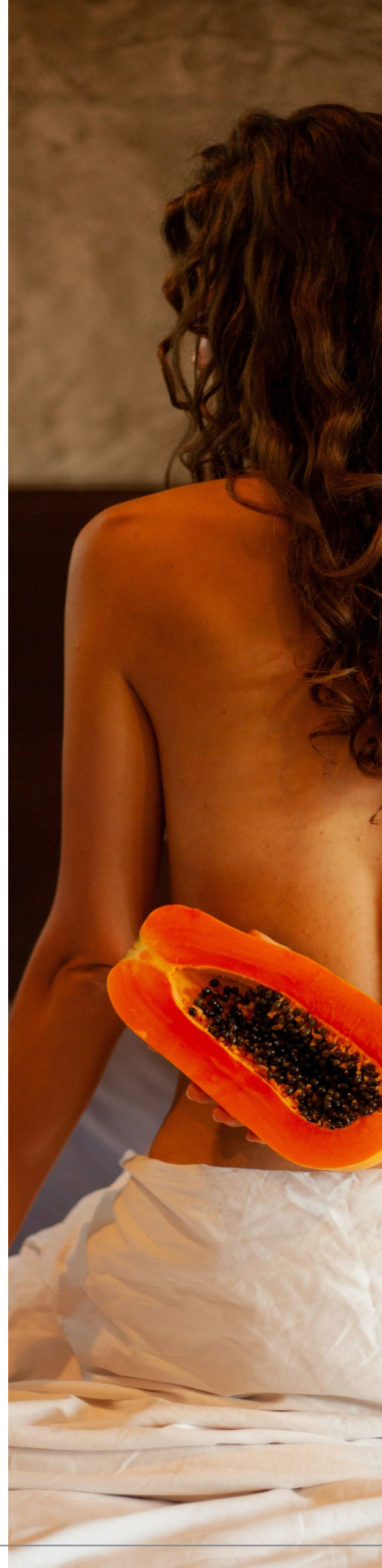
I've spent hours, days, weeks, and months researching, consolidating, and summarizing all of the information that will help you with your HPV healing journey. I've done the hard work so you don't have to, and this information will be beneficial for the rest of your life!

MY HPV JOURNEY

I was diagnosed with high-risk HPV at age 22. I've personally been through the rollercoaster of abnormal to normal to abnormal again pap smear results, countless trips to the gynecologist, multiple colposcopies, and the loop electrosurgical excision procedure (LEEP).

Fast forward to almost twenty years later—I've been HPV-free for three years because I've learned how to take care of myself and adapt my lifestyle around managing this virus.

I've been able to reverse my cervical dysplasia and heal my HPV naturally. Even though the virus will always be with me, I am no longer afraid of it developing into cervical cancer because I'm confident in my body to heal itself.





I'm proof that HPV is manageable, and I know that you can do it too. I know many women who have reversed their cervical dysplasia and have prevented genital warts from coming back after their original diagnosis

The thing about HPV is —
it is so common.

It is a sexually transmitted virus that lies dormant in our bodies until it is triggered when our immune system is suppressed—it's the same with any virus; even the common cold!

That's why it is so important to learn how to take the best care of yourself when you're living with HPV and find ways to manage, prevent, and heal it. And this program is the best place to start.

Thank you for trusting me on your healing journey, and I look forward to helping you heal HPV!

Adrienne -
The Yoni Nutritionist

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THE HPV HEALING GUIDE

This is a program designed to help you learn how to manage, prevent, and heal HPV naturally through specific diet, nutrition, and holistic wellness practices that can easily and consistently be adopted into your lifestyle.

That being said, it doesn't mean that HPV will go away forever—it is an incurable virus and once we contract it, it stays in our bodies for life. But the good news is that it is manageable.

HPV is the most common STI among all sexually active women AND men. According to the US Center for Disease Control (CDC), everyone who is sexually active will come into contact with HPV at some point in their lives.

Unfortunately, HPV is still very misunderstood, and there is not a lot of information and support available post-diagnosis concerning how to manage, prevent, and treat HPV naturally.



HPV IS A VIRUS.

It is possible to "heal" it naturally to prevent it from developing into serious, long-term health issues. And I know it's possible because I've done it - I've been HPV-free for 3 years!

The best way to manage and "heal" HPV is through specific diet, gut-supporting & immuneboosting supplements and by adopting various holistic wellness practices into your lifestyle.

The health of your immune system is dependent on the health of your gut AND the health of your nervous system – **And it starts with what you're putting into your mouth.**



THIS PROGRAM IS DESIGNED IN SIX PARTS.

1

HPV INFO & FACTS

It's important to understand ALL aspects of the HPV virus

2

DIET TIPS

Including foods to avoid & foods to eat to boost your immune system and heal HPV

3

FOOD COMBINING PRINCIPLES

Understanding how to eat these foods is key to maintaining your gut health

4

DIETARY EXAMPLES

Sample weekly meal plan with recipe suggestions & resources

5

SUPPLEMENTS & HERBS

Supportive gut-healing and immune-boosting supplements, & herbs

6

HOLISTIC WELLNESS PRACTICES

Help you reduce stress and boost your immune system to manage, prevent, & heal HPV