

How I Healed My
Severe Dysplasia
and **HPV Naturally**,
(You Can Too)

HealDysplasia.com

Nerissa
Oden



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DEDICATION: To the love of my life. And to everyone who finds this book.

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NERISSA'S STORY

My immune system crashed the first week of March 2007. That's how I describe it anyway. I had severe cold symptoms with constant sneezing and sinus drain. After my first round of antibiotics I got a really bad sore throat. My general practitioner had no idea what was wrong with me. It took two rounds of antibiotics, and two rounds of steroids before my sore throat went away.

My GP referred me to a Ear Nose Throat doctor who couldn't see me for three weeks. A friend who is a chiropractor and nutritionist suggested I get tested for hidden food allergies. I wanted an answer to what had happened so I took the test while I waited to see the specialist.

On April 1, 2007 I got my food sensitivity test results back. It was the ultimate April Fools Day! It runs out that many of the healthy foods and supplements that I had been eating regularly over the past six months contributed to my health crash.

I followed the test results and felt considerably better in just four days. When I saw the ENT specialist he said I was A-OK. I continued the new eating guidelines and by mid May I felt like I was twenty again! I had so much energy! It was an amazing health transformation!

Happily I went to see my general practitioner for my annual check up which included a gynecological exam. She was so happy to hear that I had healed my hay fever, headaches, irritable bowel, adrenal fatigue, tinnitus, foggy brain, shortness of breath, racing heart, and more. It was a joyful and supportive visit!

A couple days later my general practitioner called and told me that I had very abnormal pap test results and that I needed to see a gynecologist to verify the pap.

I researched "abnormal pap" and "CIN 3" on the web and felt fear for the first time. CIN 3 is precancer of the cells- the stage just before the cells go cancerous. I had never known anyone close to me to have cancer so the process of treatment was foreign. I did have a very clear idea from watching mass media that cancer spreads quickly and requires immediate treatment. People often died within a few months of their diagnosis.



I called to set up an appointment and had to wait four weeks to get in. I thought this was strange to have to wait so long. My general practitioner expressed to me that this was a serious situation.

The day of my appointment, I was admitted and placed in stirrups. The doctor came in with a short introduction of herself and the name of the procedure she was about to perform – a colposcopy.

Essentially she was about to cut out pieces of my cervix for a biopsy. I recoiled in surprise. I thought I was coming in to have another pap to verify the bad pap I received in May.

I said I can't continue this appointment without knowing more about this biopsy procedure that requires special equipment to remove pieces of my cervix. I left but still had to pay for the "service I had received."

I researched the biopsy procedure called the colposcopy after getting home.

I called several offices of gynecologists before making another appointment. They all were pre-booked for several weeks out, some for three months. Another clue to me that something was missing from my knowledge. The doctors must know something I don't. Otherwise they'd see me and my precancer right away!

When I was in the office of the second gynecologist. I told her I needed more information from her about the reason for the biopsy and what were the pros and cons of the in-office procedure. This Gynecologist said I could ask all the questions I wanted and that I could even choose to not to do the procedure if I wanted. She put me at ease. After talking a little while she had verified the information I read on the web, and added more detail. I agreed to the procedure. She called in an assistant.



The doctor swabbed my cervix with vinegar. She said she could see lesions on my cervix. She targeted one of the lesions for biopsy. Even though I had taken two pain pills as instructed before my office visit, the procedure caused a very painful pinch at my cervix and I cried. I apologized. I felt silly. The procedure caused bleeding of course because they just scooped out a chunk of your flesh that doesn't get sewn up with stitches.

I had to wear a sanitary napkin for the next two days. I also developed a yeast infection due to the straight undiluted application of vinegar during the colposcopy procedure.

I received a call notifying me that my test results were in. Next, they told me I couldn't get an office visit to discuss my results for another five weeks!

When my appointment came I was told that I did indeed have CIN 3 and that an out-patient surgery to remove most of my cervix was highly recommended. The procedure is called a cone biopsy. And this gynecologist recommended a rather large cone biopsy. The cervix is what holds babies inside their mothers. With most of my cervix removed, child bearing would be impossible for me.

But wait! There's more!

The gynecologist would perform another procedure while I was under anesthesia called a uterine scrap, also known as a D and C. This procedure would scrape and collect the tissue from inside the uterus to check for dysplasia cells in my uterus. If dysplasia cells were in my uterus then I was at risk of developing uterine cancer.

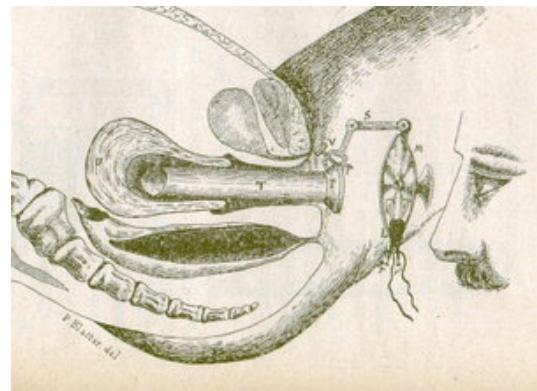
I was also told that if the D and C I received during surgery revealed dysplasia, the doctor would also remove my uterus to prevent uterine cancer while she was there. She added that since I wasn't planning to have children I should consider having a hysterectomy anyway because it would solve a lot of issues for me: birth control, monthly cycles, as well as cancer.

The doctor stressed that I should have the surgery right away due to the severity of my dysplasia- CIN 3. She said, "I can operate this Friday. Did you want to make that appointment now?"

In my head I was screaming, "Hysterectomy? Uterine cancer? Emergency surgery? You made me wait FIVE weeks to find out that my situation was dire?"

I looked that doctor in the eye and said, "You made me wait a full month to hear that surgery should be done immediately? Well, I'll think about it. Thank you."

And I walked out of her office.



Anybody who makes me wait five weeks before they can tell me that I need to act quickly is either stupid or a liar. Either way, I fired that doctor.

I would look for another gynecologist. Gynecologist number three.

I found a gynecologist who got me in right away. Her nurse practitioner gave me a pap test and at my request a test for HPV as well.

The pap test came back bad confirming the previous tests BUT the HPV test came back NEGATIVE. Next I had to see the gynecologist herself due to the bad pap smear results.

She told me that the HPV test I requested was unreliable and that I should ignore the Negative results. She added that HPV caused my severe dysplasia without a doubt.

I was also told that I needed day surgery at a hospital to perform a cone biopsy. That only a small cone biopsy was required and that I didn't need a uterine scrap or a hysterectomy.

Finally. A gynecologist who acted as if time was a factor AND agreed with me that a hysterectomy seemed to be an overly dramatic solution to my infection!

I didn't know that I had another choice other than surgery at this point. Even my holistic medical book said it was best to cut out CIN 2 and CIN 3 dysplasia cells. I agreed to the surgery - a cervical cone biopsy. An out-patient procedure performed by the gynecologist herself.

A week later at my post-surgery check up, I was told not all of the dysplasia was cut out with the cone biopsy but that the test on the biopsy reported the stage of dysplasia was downgraded to CIN I! As a result of the new lower classification of CIN I, the gynecologist said I did not need a follow up surgery because my body was healing itself.

I WAS healing myself just by following the results of my food sensitivity test! Avoiding broccoli, salmon, olive oil and more had boosted my immune system! What a radical paradigm shift!

I stayed on my food sensitivity regimen for another 6 months and got good pap results for six months. I then fell off the food sensitivity wagon and began eating more and more of my 'no-no foods.' Then in May of 2008 I got an abnormal pap, but only a CIN 1 level of abnormality. Three months after that I got another bad pap that showed CIN 1 level.

In December of 2008 I had another colposcopy which didn't hurt at all. That biopsy revealed that I had CIN I on my cervix but CIN III in my cervix canal. At this time my gynecologist advised me to undergo a hysterectomy mainly due to the fact the dysplasia had spread toward my uterus coupled with my plan to not have children.



I felt fear again. I asked how long I could hold off on surgery and was told six months.

I secretly suspected that all the pap smear tests had spread the dysplasia. One of the tools the kit contains is a circular brush, sort of like a lint cleaning brush for your dryer. This brush comes in contact with the head of your cervix where the HPV lesions are and then is pushed into your cervical canal and pulled back out. Isn't it logical that the top of the brush could carry infection into and up your cervical canal?

HPV virus spreads by skin-to-skin contact. And the only skin that has visited my cervical canal is my own skin as it was brushed from the outside of my cervix into my canal which opens into my uterus.

I know, I know, I'm an idiot. And so is Dr Caldwell.¹ What's been done is done. No matter how mine got there, I had to deal with it.

So, first, I became vigilant in following my food sensitivity test results again.

I also scheduled an appointment with a nutritionist I had seen in the summer of 2006. I hoped he might refer me to a gynecologist who had a less invasive solution. He got a name from his wife and gave to me. He also suggested an antiviral supplement that he sells and that he said had helped others overcome their HPV. I bought it and started taking it. I also bought a couple bottles for my husband.

I went to see yet a new gynecologist for a second opinion about the hysterectomy idea. Gynecologist No. 4 said she'd do another cone biopsy before recommending a hysterectomy. I was dreading another surgery but I felt it was less invasive than a hysterectomy, so I scheduled it. Again, I had no awareness of natural options.

Just days before surgery at the office of Gynecologist No. 4, I expressed my fear about the upcoming surgery. I remember being angry about my situation. I was very bitter that virus didn't affect men the same way. And I basically expressed myself bluntly - because that's who I am.

Well, next thing I hear is that I am unstable and she is no longer willing to operate on me. She fired me! She added that she hoped I'd find someone willing to operate on me because I really needed the surgery.

In that moment as I processed what she had just said, I felt myself fill up with a hot rush of blood that went from my feet to the tip of head - just like a cartoon character. The doctor kept a straight face. Was my face beet red, or did it just feel that way? I decided not to ask her. I did ask why she had made that decision? Soon, I found myself defending my honesty and was completely confused.

I admit I was exceptionally irritated by health my situation in general. I expressed my fear of surgery. I told her I thought I should be sedated quickly after entering the hospital. I also use colorful language. But I never said anything threatening or close to blaming her for my condition. Later when I got a copy of my records that doctor had noted that I said all kinds of horrible things! She actually claims that I threatened to sue her! WTF?!

She and I were in parallel universes that day because I didn't say those things she wrote that I said. What a twit.

¹ The Only Answer to Cancer by Dr. Leonard Caldwell.

I told a gynecologist that I was afraid of surgery. Who then fired me based on her own fear. Charged me \$175 for to hear her decision to fire me. And then lied on my permanent medical chart to justify her actions to her partners who had recently hired her.

What should I conclude from this? That a woman can't get surgery unless she is happy about it? Is this the face of what many doctors have become? Requiring blind obedience – with a smile – or else, get out?

I sat in my car calming down so I could drive. I had just spent another month dealing with a new gynecologist. Gynecologist number four, who also ran a pap smear brush up into my cervical canal. Damn it! Now I only have five months before my dysplasia turns cancerous instead of six!

I felt the universe, God, or my unconscious mind had gotten me fired by this doctor in order to act on my true desire - healing naturally! I really didn't want surgery. I wanted to keep my uterus even though I didn't want to birth children.

Was there a natural alternative out there? And if there was, would I find it in time?

I didn't have the answers. I just really wanted them.

Within that week I realized than the antiviral supplement from the nutritionist was the cause of my heightened irritability. I had taken my food sensitivities seriously again and that's why I even thought to question the herbal formula. I stopped taking it and I didn't have irritability. I started taking it again and the irritability returned.

Hey, I wasn't as filled with fear as I thought! I was just sensitive to an ingredient in the antiviral supplement. One huge obstacle to healing was removed!

And guess what, I figured that out myself. Paradigm shifts about what we put in our mouths are helpful!

I visited several holistic doctors over the next few weeks. They all had their good points. One guy wanted to heal my stomach and my scars. Another guy said he could help release the virus energy through biofeedback and EFT. One woman promised results through tea and candida detoxing. But I really wanted attention directed to my female problem and not an overall healing, detox, or emotional release.

I stumbled across this website on the Internet - www.Naturopathic.org . I called the one of the practitioners in Austin who then referred me to one of her colleagues who specializes in women's reproductive health.

I called her colleague. After a couple questions I made an appointment for the next week. At the appointment we talked for two hours. This Naturopathic Physician assured me she could be helpful. She said there were standard protocols known to heal dysplasia. That my location and severity of dysplasia were treatable naturally.

She then wrote out a list of vitamins and supplements I should buy myself. She also ordered a custom herbal tincture for me from a local herbalist. And she ordered vaginal suppositories to aid my cervical healing that I would purchase next week.

FINALLY I had a doctor focused on healing my female parts, instead of wanting to cut them out! WooHoo!

Even though insurance didn't pay for my Naturopathic Physician or her herbal supplements, it was soooo affordable! Cheaper than paying co-pays and deductibles for biopsies and surgeries!

On my own, I incorporated stress relief techniques to help me lower my daily stress. I did so because she and others had told me that stress can be a large contributing factor to wearing down the body's immune system. In my life, I had two issues that caused me stress and I needed a better way to deal with them, or summon the courage to remove them from my life. Fear also creates stress.

I also took additional supplements like powdered greens, essiac tea capsules and more.

Fast forward six months to my gynecologists office. Everything was riding on this moment on this pap test. Did I heal naturally? Would hysterectomy be my only choice? How could I go through with it? I had to at least go in and get evaluated if I was healing or not. Besides, gynecologists are really good at testing and diagnosis.

I was nervous. I felt my gynecologist would give me a stern lecture and scare me into surgery. Like a child in the principal's office I was prepared to be scolded. Before going in I had decided to not say anything about alternative doctors and therapeutic doses of vitamins. I was on a mission of health and healing and I didn't need another injection of fear and worry.

To my surprise and delight she didn't come down on me at all. She examined my cervix she said it looked very healthy – I loved hearing that!

A couple days later the pap test verified it! NORMAL. No abnormal cells, no inflammation, just pretty pink tissue!

I did it AGAIN! I healed myself AGAIN!

THANK YOU Divine Spirit for my paradigm shift!

THANK YOU Divine Spirit that I was fired by my doctor!

THANK YOU.

Thank you.

This time I was certain it would be forever because I incorporated as many ways to heal as I could. The previous time I relied only on my food sensitivity test results and then over indulged in starchy foods like potatoes and wheat and rice which then grew Candida which then caused my immune system to fight two battles instead of one. This time around I followed my food sensitivity test along with standard health advice to reduce starches and grains in general. I also took targeted supplements to boost my immune system to help it fight off the HPV virus and heal the damaged cells.

I have had normal pap smears ever. Each office visit I get told the same thing, “Your cervix looks very healthy.” Then the tests verify it.

WHY SHARE THIS BOOK?

This book is for anyone who has gotten a bad pap result or has been told that they have cervical dysplasia or anal dysplasia. It's for anyone who is concerned about the harmful effects from human papillomavirus (HPV.) Most importantly, this book gives women and men hope to heal their bodies naturally and overcome the virus.

When a woman chooses surgery to remove her dysplasia, she is gambling her future well being. Procedures performed on the cervix can contribute to infertility, render a woman unable to carry children to full term.

The same HPV attributed to cervical dysplasia and cervical cancer can also cause other serious cancers, including cancers of the anus, vulva, vagina, penis, tongue, tonsils and throat.² Farrah Fawcett brought attention to this potentially deadly connection between HPV and anal cancer when she broadcast her battle with anal cancer in 2009.³ Up to 93% of anal cancers are HPV related with far more women affected than men.⁴

Doctors can remove the cell changes that HPV may cause; but they do not treat the HPV virus.⁵ All medical treatments for dysplasia only remove the cells affected by the virus. Medical treatments do not address the patients impaired immune system which is why they were susceptible to developing dysplasia in the first place.

A healthy and vigorous immune system can eliminate any type of HPV virus and the dysplasia caused by HPV infection. The general consensus is that once the virus has been defeated, it does not come back.

There are things you can do to strengthen your immune system and help it succeed in eliminating the dysplasia and the HPV. I've included them in this book.

While you are boosting your immune system have your doctor monitor your progress. Working together you can heal naturally and safely.

Share this book by sharing the link www.HealDysplasia.com

² <http://www.cdc.gov/std/hpv/stdfact-hpv.htm>

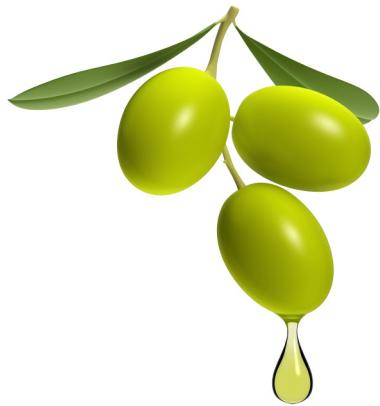
³ <http://www.webmd.com/cancer/news/20061013/farrah-fawcett-is-fighting-cancer>

⁴ <http://www.ncbi.nlm.nih.gov/pubmed/18980293>

⁵ <http://www.cdc.gov/std/hpv/common-clinicians/InsertPos.pdf>

BOOST YOUR IMMUNE SYSTEM WITH DIET

Stop eating foods that your body doesn't like. When you do your immune system gets boosted - big time. Most of your everyday common ailments will disappear, but mostly your immune system can focus on the virus in your body because it's not chasing food particles all the time. You can achieve similar results by going on a strict food elimination diet, or just stop eating the most common food allergens: dairy, grains, eggs, soy, nuts, sugars, alcohols and vinegars, sesame, and shellfish.



BUT people can be sensitive to "healthy foods" too. Foods like chicken, beef, broccoli, safflower, olive oil, tea, coffee, caffeine, red food dye, and so much more.

The easiest and fastest way to determine what your body doesn't like is a food sensitivity test.

I discovered the power that hidden food allergies (aka. food sensitivities) have to suppress my immune system when I turned 40 in 2007.

Just before my fortieth birthday I developed a severe cold brought on by stress. I couldn't sleep due to the constant sinus drain and acid reflux. But this time it went on more than ten days. I went to my general practitioner and she prescribed antibiotics. My sinus drain and runny nose disappeared quickly and I could finally sleep. In their place my throat became so enraged that throat lozenges had no effect- zero.

My doctor prescribed steroids, but I got no results. My doctor then prescribed stronger antibiotics and stronger steroids to be taken together. After ten days my soreness disappeared. My doctor didn't know what had caused this and I was referred to an Ear Nose Throat (ENT) specialist.

I had never had any serious condition before in my life. I just had the regular stuff like colds and seasonal allergies. Cyst acne and migraines started after graduating college. I thought my depression was just a hereditary and genetic condition. All these ailments increased in frequency throughout the years.

While waiting for my ENT appointment, my friend who is a chiropractor and nutritionist, Dr. Rick Barrett, encouraged me to get tested for hidden food allergies. I thought it was a dumb idea because I have always been able to eat anything! But my general doctor was clueless and that experience with my sore throat was a sign of something seriously wrong (even though an Ear Nose Throat Specialist couldn't see me for three weeks.) So I took Dr Barrett's advice and took the food sensitivity test.

While I was still waiting to get in to see that Throat Specialist, I got my test results back. I was floored! The test showed my body didn't like broccoli, salmon, black pepper, sugar, olive oil, vinegar and more. You can see my actual test results at www.FoodPowers.com

I followed those test results and *in less than a week* I felt so much better! Six weeks later I felt like I was twenty again! No more headaches, sinus headaches, racing heart, hot flashes, swollen ankles, shortness of breath, lack of energy, adrenal fatigue, hair loss, sinus drip, sneezing, sore throats, foggy brain, apathy, depression, irritability, acid reflux or tinnitus.

WHAT had happened?



I stopped eating foods that my body didn't like. These foods wreaked havoc in my body and activated my immune system for years causing it to be weakened. I was sickly. I would catch colds often and be affected by weather changes and seasonal pollens. Stress would suppress my immune system even more and it didn't take much activity to result in a headache.

The irony of my story is that I had been seeing a dietitian (RD, LD) leading up to my birthday. I was on their diet plan for months prior to my health breakdown on my birthday in 2007. Although I was eating better than I had in years, the dietitian pushed me to eat even better than that- all organic and natural products. The dietitian had me taking supplements like salmon oil and cooking in olive oil.

Well long story short, many of those healthy foods were not good for me. Basically, the nutrition plan I was put on literally pushed me over the edge of what my immune system could handle and suddenly I have a raging fire in my throat for no obvious reason.

I am thankful, so very grateful, that Dr. Rick Barrett DC, BS. Is a friend of mine. I truly feel that he saved my life. Rick has a Bachelor of Science in nutrition and is a Doctor of Chiropractic medicine in Sugar Land, Texas.

There's more! I have to tell you this too!

Two weeks after getting my food sensitivity test results, I did keep my appointment with the Ear-Nose-Throat doctor. Remember, all my ailments stopped in less than a week after abiding by my test results. The ENT doctor said nothing was wrong with me. I told him about my miracle health turn around and he said he knew all about food allergies and sensitivities, but that he believed I had been suffering from pollen and he wrote me two prescriptions for hay fever. What a dope.

I wrote a great article that got published about the relationship between food, illness and our immune system at

<http://foodpowers.wordpress.com/2009/11/13/what-is-the-allergy-capital-of-the-world/>

Please note that when you get your hidden food allergy test results back, you should continue to follow good common sense health advice. For example, you should *not* overindulge in sugar or carbs just because you are not sensitive to them. Doing so can lead to negative health ailments like candida overgrowth and insulin resistance.

I over ate with rice, wheat and potatoes. Ooops.

I developed candida overgrowth and my immune system had to pull it's troops away from my virus fight in order to start fighting yeast. Ooops.

In order to heal Candida I ordered from my friend enzymes that fight candida. I took Oregano tablets from another nutritionist. And I took a Candida cleanse that a traditional Naturopath sold in her office.

If I had not gone overboard and developed Candida, a naturally occurring yeast that gets out of control, I'm confident I would have kicked the dysplasia just by dieting alone. And yet I found myself one year into this situation and now I was going background. I didn't have the strength to get strict with my food sensitivity test results and needed additional help. That's when I found my Naturopathic Physician.

NATUROPATHIC PHYSICIAN TO THE RESCUE

One week before a second surgery for severe dysplasia, I got fired by gynecologist No. 4. That's when I made the decision to heal naturally and started looking for a doctor to help me do just that.

I stumbled across this website on the Internet - www.Naturopathic.org. The description of Naturopathic Physicians sounded perfect! Their directory listed one in Austin who specializes in helping women with their breast health, including breast cancer. I thought since she focused on women breasts, maybe she could help my cervix too.

I called for my free consultation. I cried and explained my crying was normal for me when I talked about this issue. I told her how I was recently fired as a patient because of my emotions. She referred me one of her colleagues who specializes in women's gynecological issues and their emotional health.

Did I hear her right?

I didn't say a word. Then the woman stressed to me that she wasn't blowing me off. That she really did have a colleague that she knew could be of more help to me. She added that she was not firing me, or pushing me aside. Emotions and reproductive health go hand in hand.

Wow. I actually felt loved and cared about. I like this! This is a good sign.

I called her colleague who told me over phone that one of her favorite modalities is Homeopathy. I had just seen a documentary on Homeopathy on cable channel VERIA before talking to her! Another good sign! I scheduled a visit.

I had to bring in a large amount of paperwork that she sent me via email. It had kinds of weird questions like "Do you feel hot or cold more often?" and "When you think of yellow what emotion do you have?" I trusted her and filled the paperwork out.

Then when I first meet her I thought, "Oh, crap! She's only 20 something." The universe got me fired so I could hire Hannah "herbal" Montanna?

I remembered that the website said a traditional Naturopath might have learned their trade from mail order classes. BUT a Naturopathic Physician was trained in regular



medical schools along with traditional students. And they took some different classes and learned how to heal ailments naturally.

I'm so glad I shoved doubtful conversations from my mind because she knocked my socks off! My crying didn't bother her, and she didn't fire me. In fact, my crying told her something about my health she explained, "Don't hold it in. It's okay."

My initial visit lasted over TWO HOURS. Can you imagine ANY doctor taking two hours to get to know you?

I left her office with a couple supplements in hand, a custom made herbal tincture coming via the mail, and a list of items to buy on my own. My bill for the supplements and consultation was less than \$200. More supplements would be arriving next week.

I felt more empowered and supported than ever before. I knew she wanted to help me and I knew she felt confident that she could. What a difference a doctor makes.

She prescribed a protocol for me that included a diet high in vegetables and fruits, antioxidants, antivirals, and therapeutic doses of vitamins. Here is the protocol she prescribed (in random order):

1. Whole foods diet⁶ (fresh organic vegetables and fruits.)
2. Drink Green Tea as much as possible.
3. Do "pelvic sitz bath"⁷ (twice a week)
4. Homeopathic Remedy (Natrum Muraticum 30c)
5. Botanical Extract (Made by a local herbalist especially for me. Contained thuja, gkyccerrhiza, echinacea, goldenseal, osha)(twice daily)
6. Beta Carotene (150,000 IU/day)
7. Vitamin C (7,000-9,000 mg/day)
8. Folic Acid (2,000 mcg/day)
9. Multi-vitamin
10. Vaginal Suppositories (not sold directly to patient)
11. Vitamin A for vaginal suppository

She said I could continue taking my B6 complex, B12, and Zinc 30 mg. She noted that Vitamin A can be taken orally for a limited time. Lastly, she didn't laugh at me, or try to dissuade me from taking my other alternative therapies either.

⁶ <http://www.kitchentablemedicine.com/whole-foods-diet/>

⁷ http://www.ehow.com/how_6848230_perform-sitz-bath.html

FEAR

I became afraid after my first bad pap test in May 2007. The mere idea of cancer and untreatable viruses was frightening.

Fear can be great motivator, can save you from imminent harm, but it should never be captain of your ship.

There is an old saying that what you think about,

comes about. Fear creates chemical imbalances in your brain that affect your body. Chronic or prolonged fear can create physical ailments. Traumatic events can live forever in cellular memory and create physical symptoms later on. It's interesting that holistic medicines say the vibration frequency of our emotion, fear, is the same vibration frequency of virus energy.

It didn't take long before I turned my fear on the medical doctors themselves. To this day I believe they earned it.

First, they made me wait weeks just to tell me that I had to act quickly.

Next, they told me that my husband need not worry about the virus because he is a man and men aren't affected by HPV. I understood that his chances were slim that he would have any problems, but why did every traditional medical doctor that I visited completely blow off even the mere idea that we should be aware of any physical changes?

Lastly, they ignored my dramatic health rebound. I healed all sorts of ailments that I'd had for decades just by eliminating foods- even healthy foods- from my diet. My friends, family, even casual acquaintances were AMAZED by my experience of weight loss, boundless energy, and my new immunity to seasonal allergies. But my traditional gynecologists, not so much.

Even the Ear Nose Throat specialist that I visited after my system crash in March 2007, wasn't impressed that I had healed myself of headaches, etc. He even acknowledged that hidden food allergies can create seasonal allergy symptoms. Yet, he doesn't offer his patients food sensitivity testing. He did prescribe me allergy drugs though, just in case my sore throat came back. What a dope.

So now I had fear related to cancer, deadly viruses, AND the medical experts.

Medical experts who seemed to care more about testing and procedures than healing. There is money in tests, procedures, reinfections and complications. There isn't much money in healing patients through vitamins and diet. Healing naturally is so affordable (for patients.)

Did I mention my theory about how the virus appeared in my uterus?

I used to cry every time I talked about my situation to anyone! And thinking about removing my womanhood from my body brought about the rawest emotions. Would I still orgasm? Would my stomach muscles ever heal? Would I develop incontinence later in life? Would the surgeon accidentally nick my bowel? Would the virus be spread to other parts of my abdomen? Would I have a reaction to the potent drugs used in surgery and die?

With all my downtime between office visits I learned that hysterectomies are the second most common surgical procedure on women in America.⁸ Of the approximately 750,000 hysterectomies performed each year, 90 percent are unnecessary, making the removal of a woman's uterus one of the most commonly performed and UNnecessary surgeries.⁹

Practically all my woman friends over fifty, had undergone a hysterectomy.

A close relative had a hysterectomy and the nurses had a hard time waking her up. She was in recovery for about eight hours but no one bothered to come tell me. My relative had uterine fibroids which caused sudden unexpected releases of blood- an inconvenience but not life threatening. Her surgeon took her ovaries too probably because she had surgery at a teaching school. Consenting to surgery performed by students wasn't payment enough, so they took her healthy ovaries too.

You and I are the most vulnerable in our early stages of fear. As time progresses we become dulled to your fear. We also become more educated via the Internet.

It was only while waiting in the hospital for surgery- my cone biopsy- that I had fear unlike I had ever experienced before. I'm only guessing but I think my body has it's own memory about having an appendectomy when I was eleven. Lying in wait for surgery, my mind was repeatedly running down the hall and through the parking garage. It was so real that I surprised that my body wasn't following. I didn't know how many mad dashes I could do mentally before my body would follow. So I asked for something to calm me.

Of course they didn't give me anything until it was time for the procedure. But I never ran out. I still don't understand why I didn't run out. The fear was primordial.

⁸ http://www.cdc.gov/reproductivehealth/WomensRH/00-04-FS_Hysterectomy.htm

⁹ [http://books.google.com/books?id=z3wGZed5VIsC&pg=PA840&dq=Goldberg+in+Alternative+Medicine+hysterectomy+unnecessary&hl=en&ei=QX23TL-GH4H-8Aajh_GxCg&sa=X&oi=book_result&ct=result&resnum=1&ved=0CC8Q6AEwAA#v=onepage&q=false](http://books.google.com/books?id=z3wGZed5VIsC&pg=PA840&dq=Goldberg+in+Alternative+Medicine+hysterectomy+unnecessary&hl=en&ei=QX23TL-GH4H-8Aajh_GxCg&sa=X&oi=book_result&ct=result&resnum=1&ved=0CC8Q6AEwAA#v=onepage&q=f=false)

If I had been seen by a gynecologist immediately after my initial diagnosis and been told that I should have a hysterectomy immediately. I probably would have submitted myself to major abdominal surgery.

HELPFUL SUPPLEMENTS

There's more than one way to bake a pie. I believed that my Naturopathic Physician would produce the desired results, but I wasn't willing to bet my uterus on it. That's why I also used the following supplements:

Essiac Tea (E-Tea)

A long time proclaimed cancer cure which science has not bothered to study. It is traditionally used to support immunity and help detoxify and purify the blood. Traditional Naturopath, Jeannie Davis, says she cured herself twice of breast cancer just with Essiac Tea. She became a Naturopath to help others heal naturally. Essiac tea comes in a convenient capsule form called "E-Tea" which she sales through her practice and website.¹⁰ Two E-Tea capsules are the equivalent of one cup of tea.

Selenium

Selenium is an antioxidant and appears to regenerate vitamins E and C so that they can continue to fight free radicals. Selenium can help prevent of a number of degenerative conditions including cancer, inflammatory diseases, cardiovascular disease, neurological diseases, aging, and infections.¹¹ I took 100 mcg/day. Don't use more than 400 mcg/day.

X-Viromin™ (K-31)

This product is used in patterns that reflect chronic and acute viral infections. X-Viromin provides diverse forms of natural compounds that modulate the immune system in viral infections. X-Viromin supports healthy immune responses during viral infections. It provides a wide range of vitamins, herbs and glandulars to support immunity. X-Viromin also supports the body's natural killer cells, neutrophils and lymphokines. Made by Apex Energetics. I purchased from a Nutritionist.

Aloe Vera and Beta-mannan™

Aloe vera offers support of the immune system. Beta-mannanTM¹² is an encapsulated vitamin E and aloe vera. A source of Vitamin E and Aloe vera for supplementation of diet. I took capsules orally for many months. You can buy aloe vera juice at many health food stores. I took Beta-mannan vaginally before receiving vaginal suppositories from my Naturopath Physician. Not every woman has the capacity to dissolve a gelatin capsule in her vagina.

Vitamin D3

Vitamin D3 is now known to play a vital role in your immune system. Scientists have linked various aspects of immune health to a Vitamin D3 deficiency. In addition, Vitamin D3 deficiency may influence development and progression of various autoimmune

¹⁰ http://www.jeanniesherbs.com/new_store/product.php?productid=16285&cat=0&page=1

¹¹ <http://www.vitamins-nutrition.org/vitamins/selenium.html>

¹² <http://www.cervical-dysplasia.com/index.html>

diseases.¹³ Get tested to discover your current levels and have your doctor set your daily requirements. Your minimum daily dose should be 2,500 IU/day. I had to take 10,000 IU/day for a month. And for maintenance I take 5,000 IU/day. Your minimum daily dose should be 2,500 IU/day.

Food Grade Hydrogen Peroxide 35%

This liquid concentrate oxygenates your system and eliminates bad bugs. Harmful bacteria (and cancer cells) are anaerobic and cannot survive in the presence of oxygen. Friendly bacteria in the colon and vagina are aerobic- they flourish in high oxygen environments. Vitamin C helps fight infections by producing hydrogen peroxide, which in turn stimulates the production of prostaglandins. Also lactobacillus found in the colon and vagina produce hydrogen peroxide. This destroys harmful bacteria and viruses, preventing colon disease, vaginitis, bladder infections and a host of other common ailments.¹⁴

Food grade hydrogen peroxide is concentrated and must be diluted. Undiluted it can burn your skin. Keep out of reach of children. Dilute with water and follow the instructions on the bottle. It's sold online but more natural health food stores are carrying it.

Powered Greens

Dehydrated greens crushed into powder and sweetened with stevia. Helpful for getting your daily servings of vegetables. Making a small shaker of powered greens takes seconds. Just mix one scoop with eight ounces of water and shake, drink. There are several brands on the market. Contains a huge variety of greens some of which were on my food sensitivity list. But I had become less sensitive over time because I was healing all over. So for me, the benefits of raw instant greens outweighed the negatives.

Green Tea

A natural antioxidant that helps fight free radicals. The secret of green tea lies in the fact it is rich in catechin polyphenols, particularly epigallocatechin gallate (EGCG). EGCG is a powerful anti-oxidant: besides inhibiting the growth of cancer cells, it kills cancer cells without harming healthy tissue.¹⁵ I love the green tea matcha powder. It's easy to mix for hot and cold drinks. My favorite drink was blended water, ice, dash of goat milk, stevia, and peppermint.

Youth Juice

A modern day concoction of raw berry juices combined with seaweed. Berries natural antioxidants and fight free radicals. It's a raw food product. YouthJuice is an easy way for me to get my daily dose of raw fruits. This product is concentrated so you only drink two ounces each day. I love the convenience of this product so much that I became a reseller for it.¹⁶

¹³ <http://www.vrp.com/bone-and-joint/vitamin-d3-higher-doses-reduce-risk-of-common-health-concerns>

¹⁴ <http://www.educate-yourself.org/cancer/benefitsofhydrogenperoxide17jul03.shtml>

¹⁵ <http://chinesefood.about.com/library/weekly/aa011400a.htm>

¹⁶ http://allergygirl.ourworldnetwork.com/products/youth_juice/youth_juice.html

Aloe Vera Juice

Aloe vera juice is known to help to detoxify the body and cleanse the colon. The detoxification properties of the juice also work to detoxify the blood stream. It is also said that aloe vera juice could benefit a person with intestinal or stomach problems. It should aid in the healing of ulcers and help the digestive tract to work smoothly. It is also said that aloe vera juice can improve circulation. The aloe helps dilate the capillaries and aid in cell growth. Aloe vera juice also has many benefits that aloe vera gel does. It acts as a antibacterial, antiviral and antifungal agent, preventing illness.¹⁷

Aloe Vera juice can be found at health food grocery stores. I drank it daily.

¹⁷ <http://www.aloe-vera-studies.org/aloe-vera-juice-benefits.php>

STRESS AND YOUR EMOTIONAL HEALTH

A lot of fear emerged when my dysplasia was diagnosed. I learned through all my holistic doctors that emotions are tied to the body and you must heal them in addition to healing your body. Some even say your ailment disappears once the underlying emotion has been dispersed. I believe there is a mind-body connection but I wasn't comfortable focusing on my emotional health alone. So I did many things to help my stress levels and resolve old emotional baggage, because it could help and it won't hurt.

Support, Inspiration & Hope

Since I didn't know anyone who had overcome cancer naturally, I watched inspiring stories about those who did on TV and DVDs. Tens of thousands of people have healed their cancers and other ailments naturally. It was so validating for me to watch story after story of healing especially because they used similar techniques that I was using to heal. We all focused on eating more organic and raw fruits and vegetables. We eliminated toxins and common problem foods. We all took therapeutic doses of vitamins, minerals and/or herbs. We reduced our stress.

My favorite show "*The Incurables*" gave me hope every night for 30 minutes. People on the show overcame stage 4 cancers and other ailments that traditional medicine couldn't cure or help. I cannot stress enough just how important this program became for me. The DishNetwork cable channel named VERIA has many programs about natural health. I was continuously inspired and informed just from Veria Channel.

I also bought and watched independent films like "[Food Matters](#)," "[Healing Cancer from Inside Out](#)," "[Sweet Remedy](#)," and more. Seeing other stories of triumph over incurable cancers and other diseases is an invaluable resource! And because most of us are not surrounding personally people who fought cancer with diet and nutrition- it is imperative that you hear these stories. I have become a reseller for all the movies that moved and inspired me.¹⁸

Guided Meditation

I had a few guided meditation sessions with an experienced coach who had herself overcome cancer. The goal of our sessions was to reduce my stress. In my case, I felt overwhelmed with responsibility but helpless to act. I met my trained and experienced coach by phone every other week. After some basic questions, my coach knew how to walk me through settings that I had to imagine in my head. I would be asked questions along the way about how I felt about this or that. My answers would help my coach to direct my visuals. The whole purpose is to break old patterns and beliefs. The mind can't differentiate between reality and imagination. I would replay over and over an important visual that had created relief between sessions. Basically telling my unconscious over and over that 'a new sheriff was in town.'

¹⁸ <http://www.foodpowers.com/store.html>

Visualizations with Feeling

Rather than holding onto to fear and focusing on my diseased cervix, I held a vision of my cervix and uterus as being loved, healthy and healed. I would think (and sometimes say out loud), "I love you. You've been good to me and I appreciate you." I was loving these parts of my body no matter what. I also held a clear picture in my head of what I knew their beautiful potential could be once again.

There is acknowledgement in the holistic and self help community for holding a clear vision of a person in their best potential. We are interconnected energetically even if we cannot see the that energy physically. When parents hold a clear vision of their children's potential to learn and mature, their children have an easier time succeeding. While attending Landmark Education one suggestion was to practice holding a clear vision of a person living in their potential. We were encouraged to choose someone we had given up on. We did this individually as best we could for a week. At class we shared stories of success. Many people we thought were hopeless showed signs of connectedness and/or improvement for no apparent reason but our exercise.

This little Neville Goddard¹⁹ method works so well on people, why not on body parts?

Affirmations

Similar to the above Visualization with Feeling, but affirmations are simple, repetitive and spoken out loud. I've heard that our guardian angels need to hear our wishes. Thinking about how much help you need is not as powerful as asking someone for help, or even praying out loud. I don't understand this, but I've experienced this many time over that I know it to be true for myself.

I loved saying my daily affirmation. I wrote it down and put it in a place I look at often. You can write your own, or use the one I did:

"My body now restores itself to its' natural state of perfect health."

"I love and forgive my doctors" was another affirmation that I said frequently.

Reiki

Reiki is an energetic healing modality. A friend who is very much into women's energy asked if she could perform Reiki on me daily or as often as she could. She lives in Houston. You can think of Reiki as prayer or intentional energy sent to a person - even part of their body. Reiki can be performed in person or from a distance.

When a person offers to pray for you everyday, accept their offer.
I have since taken a Reiki class and have practiced Reiki on my critters and my husband.

¹⁹ <http://www.amazon.com/At-Your-Command-Joe-Vitale/dp/097684916X>

Body Talk Sessions

I had two Body Talk sessions with Jeannie Davis in San Antonio. BodyTalk uses muscle testing to talk to your body and find areas with blocked energies. Energies include emotions, cellular energies and nervous system. Blocked energies is a way to describe poor cellular communication taking place within the body.

She discovered I had poor energy that was blocked in my uterine area. Amazing! She mentioned this type of energy would come from a negative sexual experience or a gender issue within a close relationship. The patient doesn't have to be aware of any event, but if one can remember then it helps. Then Jeannie uses tapping and to remove as much bad energy as possible.

Body Talk reinforced the idea that I needed to take care of my mental health and stress as well.

QNRT

I met [Dr. John Turner](#) at my husband's [Attract Wealth Seminar](#). He had a biofeedback system that he was eager to share with others called Quantum Neurological Reset Therapy(QNRT). Simply put, the QNRT actually 're-wires' the brain and how the nervous system responds to physical and emotional stress. Similar to a telephone switch-board operator, Dr. Turner reconnects acupuncture relay points with the central nervous system and brain to affect a release of destructive built-up kinetic energy from physical and emotional stress.²⁰

I volunteered for two sessions. It measured thousands of substances in my body through electronic feedback. I was told that fear was my biggest issue. Dr. Turner said that virus energy is fear energy. They performed some tapping²¹ on me and said I should ingest their custom tincture made just for me from my session until the bottle was empty. The tincture worked as energetic binding agent to remind my brain about the tapping work that we did together.

²⁰ <http://drjohnturner.com/content/ph-standard.asp?name=TurnerMethod>

²¹ <http://www.tryitoneverything.com/cmd.php?af=1056992>

OTHER NATURAL HEALTH DOCTORS

Many times you can find both of these specialties in one doctor. My good friend Dr. Rick Barrett of www.BarrettChiroClinic.com is both a chiropractor and nutritionist.

Chiropractic

According to The Association of Chiropractic Colleges, "chiropractic is a health care discipline which emphasizes the inherent recuperative power of the body to heal itself without the use of drugs or surgery. The practice of chiropractic focuses on the relationship between the spine and the nervous system and how that relationship affects the preservation and restoration of health."²²

I've had years of chiropractic experience as a patient and it has greatly improved my health. Being properly aligned can greatly reduce your pain and emotional stress from the pain. These days I know I need an adjustment when my "irritability nerve" is being pressed. What I call my irritability nerve is in my neck and creates a general unease. I can't get comfortable. Talking is stressful. My sleep is restless and I don't feel refreshed after sleeping. Food doesn't comfort me. I resist walking our dog. I just am "uptight" and "tense" all the time and for no good reason. I prefer stillness to action and obviously I am not good company.

When I am properly aligned I can enjoy walking and jogging. Before discovering chiropractic adjustments I never enjoyed either.

Nutritionist

I've been helped and educated greatly by three nutritionists. First, [Dr. Rick Barrett](#) identified my immune system crash as being the result of chronic hidden allergies and got me tested for them. He also put me on digest enzymes. Bonus points to Dr. Rick Barrett for saving my life twice: eliminating my frequent migraines and food sensitivity testing.

Another nutritionist and chiropractor in Austin, Dr. Roy Mullins, who kept me aligned, identified my candida infection and offered me my first hope to heal naturally with herbs and vitamins - selenium and X-Viromin. Bonus points to Mullins for not firing me for being distressed and crying.

Certified clinical nutritionist, [Rhadia Gleis](#), conducted a full blood workup on me in January of 2009. Rhadia discovered my levels of vitamin D3 were very low and she put me on a supplement plan. She also supervised me as I underwent my first fast including a liver and gall bladder flush.

²² http://barrettchiroclinic.com/custom_content/c_22967_about_chiropractic.html

GOOD ADVICE

In addition to the protocol supplied by the Naturopathic Physician, I also included these items into my daily protocol knowing they couldn't hurt and could prove helpful.

Water

Part of being healthy is having a healthy active digestive track. By drinking a full glass of water first thing in the morning you are waking your digestive system up from its slumber. This creates bowel movement and you may notice that it's easier to defecate in the morning when you do this. Not only does this regimen promote healthy bowel movement but it also waked up your stomach and intestines so they can prepare to accept your coffee and breakfast that coming next.

Stay hydrated. The best rule of thumb is to drink half your body weight each day. For example, if you weigh 180 lbs, then drink 90 ounces of water each day.

Protein Before Coffee

Before my immune system crash and bad pap, I had the normal American energy drop in the afternoons. The dietician I saw encouraged me to drink a warm broth (beef or chicken) or eat a bite of animal protein a few minutes before coffee each morning. This one tip (and avoiding my hidden food allergies) has kept my afternoon energy up since April 2007.

Take Vitamins on a Full Stomach

Don't laugh. - not everyone knows this. Multi-Vitamins in capsules and tablets can make your stomach hurt if you take them by themselves. You should always have some food on your stomach when taking vitamin supplements that are in capsules or tablets. I make sure I have a descent sized meal on my tummy before I take my morning supplements.

Ladies

Ladies, you should always wipe from front to back. Never wipe from back to front. You can upset the natural balance in your vagina if you wipe bacteria from back to front.

FACTS AND STATISTICS

An estimated 75% of sexually active adults have or will have transmitted at least one HPV virus at some point in their lifetime.²³ The progression from dysplasia to cancer is usually a slow process and can take years.

Human papillomaviruses (HPVs) are a group of more than 100 related viruses. They are called papillomaviruses because certain types may cause warts, or papillomas and can be easily treated and cured.²⁴ Subclinical (not visible) HPV infection is much more common than genital warts, and is associated with cervical dysplasia.²⁵

The human papillomavirus (HPV) infection can NOT be prevented with condoms. This is because the various types of HPV virus infect genitalia skin in several areas: cervix, vulva, anus, scrotum, and penis. Skin-to-skin contact is how HPV spreads.²⁶ Mothers can even pass the virus to their children during birth.²⁷

There is no sure way to know when you got HPV. A person can have HPV for many years before symptoms appear.²⁸

Before 1970, cervical cancer *used to be* the leading cause of cancer death for women in the United States. However, in the past 40 years, the number of deaths from cervical cancer have decreased significantly. This decline largely is the result of many women getting regular pap tests, which can find cervical precancer (dysplasia) before it turns into cancer.²⁹

After diagnosing dysplasia and cancer, doctors will remove the abnormal cells, but they do not treat the HPV virus.³⁰ According to the American Academy of Dermatology (AADA 1995), the major goal of treatment is not eliminate the virus but to assist the body's immune system in controlling the virus by decreasing the amount of clinically diseased tissue.³¹

Certain populations are at higher risk for some HPV-related health problems. This includes people with weak immune systems.³² Cervical cancer is the most common cancer in women³³ in poor countries where proper nutrition is often lacking resulting in weakened immune systems.

²³ "What the Doctor May Not Tell You About HPV and Abnormal Pap Smears": Joel Palefsky, M.D.

²⁴ <http://www.cancer.gov/cancertopics/factsheet/Risk/HPV>

²⁵ <http://www.cdc.gov/std/Trends2000/HPV.htm>

²⁶ "What the Doctor May Not Tell You About HPV and Abnormal Pap Smears": Joel Palefsky, M.D.

²⁷ "What the Doctor May Not Tell You About HPV and Abnormal Pap Smears": Joel Palefsky, M.D.

²⁸ <http://www.cdc.gov/std/hpv/common-clinicians/InsertPos.pdf>

²⁹ <http://www.cdc.gov/cancer/cervical/statistics/>

³⁰ <http://www.cdc.gov/std/hpv/common-clinicians/InsertPos.pdf>

³¹ "Disease Prevention and Treatment, Fourth Edition": Life Extension Media

³² <http://www.cdc.gov/std/hpv/stdfact-hpv.htm>

³³ <http://www.who.int/reproductivehealth/topics/cancers/en/>

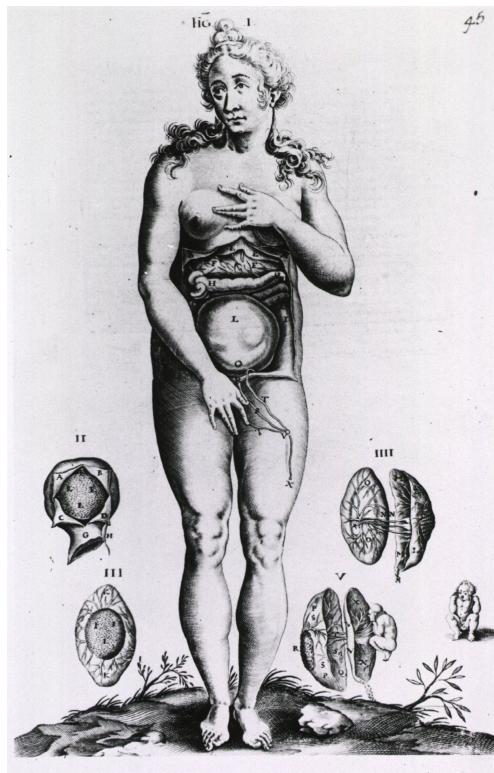
RISK FACTORS FOR DEVELOPING CERVICAL DYSPLASIA

Items in this list are a combination of factors taken from “Disease Prevention and Treatment Fourth Edition” and “What the Doctor May Not Tell You About HPV and Abnormal Pap Smears.”

Factors most likely to lead to developing cervical dysplasia:

- HPV infection
- History of sexually transmitted diseases, especially chlamydia
- Smoking
- Oral contraceptives
- Stress
- Poor dietary choices
- Immune deficiency disorder
- Family history of cervical cancer

MEDICAL TERMS



Dysplasia is any cell that is abnormally developed.

Cervical Intraepithelia Neoplasia (CIN).
Cervical dysplasia stages are CIN 1 mild, CIN 2 moderate, CIN 3 severe, and cancer.

The Papanicolaou Test, Pap Test, or Pap Smear refers to a cervical *cytology*. Cytology means “study of cells.” It is used for the early detection of cervical cancer.

Anal Pap Smear refers to an anal *cytology*. Cytology means “study of cells.” It is used for the early detection of anal cancer. The test is intended for anyone who has *received* anal sex.

Cryosurgery is freezing the exposed cervix to remove the affected cells before they can turn into cancer.

Loop Electrosurgical Excisional Procedure (LEEP) and Large Loop Excision Transformation Zone (LLETZ) is also a very common way to remove moderate to severe dysplasia. Anesthesia may or may not be used. Is performed in-office.

Colposcopy is using a powerful magnifying glass called a colposcope to identify any lesions and take a biopsy. Lesions will appear after being rubbed with vinegar. Then the doctor takes a biopsy of your cervix containing a lesion.

Laser Ablation is done in the operating room. A laser is used to destroy the surface cells. The disadvantage of ablation is that there is no tissue for pathologic examination.

Endocervical curettage (ECC) is when the doctor needs to remove a small part of your inner cervix for biopsy. Removal is made with a curette - small spoon shaped instrument.

Dialation and Curettage (D&C) is when the doctor needs to remove a small part of your endometrium (the lining inside your uterus) for biopsy. This procedure requires anesthesia and may be performed in-office or in a hospital.

Cone Biopsy, Conization, and Cold-Knife Conization is performed in hospital setting under general anesthesia.

ABOUT AUTHOR

Nerissa Oden achieved a radical change in health for the better and now she writes about it and shares her experience and knowledge with you. She lives in Texas with the love of her life, Joe Vitale.

She created the website www.FoodPowers.com to educate others about hidden food allergies and food sensitivities. She has interviewed several experts about food sensitivities which can be streamed and downloaded for free. This is her first book on the topic of health.

Her websites are:

<http://NerissaOden.blogspot.com>
<http://FoodPowers.com>
<http://TheVideoQueen.com>
<http://FreeVideoCoding.com>
<http://FreeMediaGuide.com>
<http://VideoCodeMaker.com>
<http://Catarium.com>
<http://nebelungs.blogspot.com>

RESOURCES

Rhona Steinke, N.D. of Health Through Nature at www.healthtn.org

Jeannie Davis, N.D., Ph.D. at www.JeanniesHerbs.com

American Assoc. of Naturopathic Physicians - "Find a Doctor" www.naturopathic.org

"What Your Doctor May NOT Tell You about HPV and Abnormal Pap Smears" by Joel Palefsky, M.D.

"Women's Encyclopedia of Natural Medicine" by Tori Hudson, N.D.

"HPV and Cervical Dysplasia A Naturopathic Approach" by Jane Semple, M.A., N.D.

"Herbal Remedies For Women" by Amanda McQuade Crawford

"Disease Prevention and Treatment (Expanded Fourth Edition)" by Life Extension Media

All About Food Sensitivities at www.FoodPowers.com

"Food Matters" (DVD) - <http://www.foodpowers.com/store.html>

"Healing Cancer from Inside Out" (DVD) - <http://www.foodpowers.com/store.html>

"The 5 Forces of Wellness" by Mark Hyman, M.D.

"The Incurables" TV series on Veria Cable Channel

Images in this book are from:

Images from the History of Medicine (IHM)

WikiMedia.org

IStockPhoto.com

and

Flickr.com (The Doctr)

