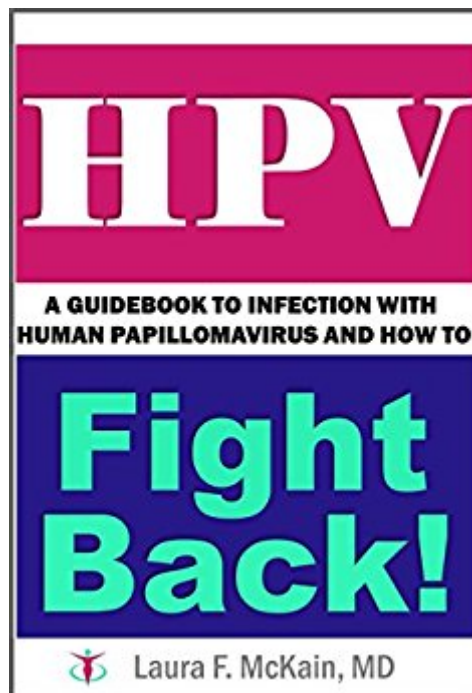




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# HPV: A Guidebook To Infection With Human Papillomavirus And How To Fight Back!



## Synopsis

What if just going to the doctor isn't enough? Over 80% of women will get infected by HPV, a sexually transmitted virus that can cause genital warts and cervical cancer. Dr. Laura McKain has helped many women overcome HPV infection in her gynecology practice, going beyond what the medical textbooks cover. In *HPV: A Guidebook to Infection with Human Papillomavirus and How to FIGHT BACK*, Dr. McKain shares her insights so you can too. In clear, straightforward terms, HPV explains everything you need to know about preventing, diagnosing, and treating HPV and the conditions associated with it. Most importantly, HPV empowers you to take action against HPV, by giving you the kind of prevention and holistic treatment information your doctor just doesn't have the time to cover. You'll learn: The different types of HPV, how they're diagnosed, and how to treat them The foods and supplements that may help you clear HPV Why vaccines and condoms can sometimes help--AFTER you've been infected Why you need to reduce stress and get some sleep to get well and how to do it How to approach your sexual partners Three case studies of how actual patients kicked the HPV threat And much, much more! You have the power to control your risk of cervical disease. Grab a copy of HPV today, so you can start to **FIGHT BACK!**

## Book Information

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## Customer Reviews

I was an LPN in an OB/GYN office for 12 years and was involved with educating patients about HPV and the various procedures mentioned in the book. I wish this book had been available to me. I have learned a great deal from reading this book, and know I would have used all the information in this book to better educate our patients. I hope this book is published and becomes available to students and patients, so they can be well informed about HPV.

An informative, easy to read, holistic offering designed for women of all ages. I like the clear explanation of research findings to discuss the "why?" and "how come?" I especially appreciate the "take charge" attitude of behavior change strategies. This book stresses over and over that we are partners in health care and we can be proactive in decreasing our personal risk of disease.

This is a must have book for EVERYONE ! It is packed with everything you need to know, and I highly recommend it to all!

This is a great tool for all ages to learn about preventing and treating HPV. For once there is a text to clear out the rumors about this common disease in a down to earth fashion.

Good read

As a RN/health educator for over 35 years, this is the the most informative, patient centered and well written book on HPV that I have read. I would recommend that any woman with an HPV diagnosis read this for empowerment to take equal responsibility with her health care provider for her treatment and decreasing her risk of cervical cancer.

This book is the go to resource for those dealing with, curious about or treating patients with HPV. It is educational and provides holistic and medical approaches to treating and moving forward with HPV! The book incorporates real life scenarios which immediately allows for a feeling of peer to peer support.

Wonderful, easy to read! I love the holistic approach and information that office appointments truly do not allow healthcare providers the time to share. Bravo, Dr. McKain! Thank you for your passion to care for and educate your patients and so many others.

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