

How to get Rid of HPV

WORKSHOP



SECRET TO CLEAR HPV WITH DR. DONI'S
PROVEN HOLISTIC PROTOCOL

Dr. Doni Wilson, ND, CPM, CNS

WORKSHOP SCHEDULE

DAY 1 | Hidden Truths Revealed: Resolve HPV without “Waiting and Worrying”

Avoid being sabotaged by myths about HPV and embrace being your own best health advocate.

DAY 2 | The Power of a Comprehensive Plan: HPV resolved without guessing

Essential knowledge about your test results and creating a comprehensive healing plan, including clinically effective supplements and suppositories.

DAY 3 | The Secret to Clear HPV once and for all

Find out the REAL root causes of HPV and how to address them in order to rebuild your inner defenses.

DAY 4 | Healing the Trauma of HPV

Learn the impact of trauma and how to heal from it, including the relationship with yourself and your body.

DAY 5 | Stories of Resilience: Next steps to a negative HPV test

A review of success cases - women who continue to be HPV negative, even if re-exposed, by becoming a Stress Warrior.

WORKSHOP AGREEMENTS

- 1. Honor the Sacred Space:** We are coming together with respect for each other and the human body's capacity to heal. With humbleness we do the inner work needed to heal.
- 2. No Judgement Zone:** The greatest healing comes with compassion for ourselves and others. This is the place to notice and release the critical voice.
- 3. Embrace Gratitude:** The vibration of gratitude is aligned with healing, and so we choose to feel grateful every chance we get.
- 4. Lean in to Possibility:** Staying in the same mindset and repeating patterns will create the same result. Instead we are here to create change, to be open to possibility, and to face fears in order to achieve our healing intentions.

HPV HEALING COMMUNITY

A self-healing online support group to transform the way women are being helped with HPV.

Day 1

HIDDEN TRUTHS REVEALED: RESOLVE HPV WITHOUT “WAITING AND WORRYING”

Your name, a bit about yourself, and your HPV story:

I'm _____ from _____.

I am _____.

I found I tested positive for high risk HPV in _____.

My pap (and biopsy) _____ (did or didn't) show abnormal cells.

I _____ (have or have not) had to have procedures to remove abnormal cells.

Your goal when it comes to getting rid of HPV:

- The aim is to get closer and closer to negative abnormal cells and negative HPV at each recheck (pap and/or colpo and HPV test)
- In this group, we also aim to keep HPV negative, even if you are re-exposed.
- We do this by looking deeper to understand what your body (and mind) need in order to protect you from HPV.

Write your intention in your words:

There are _____ different types of HPV. _____ are high risk types that are associated with cancer risk. _____ are exposed to HPV at some point in our lives. The human body _____ the HPV virus and _____ going forward.

Your doctor might tell you that _____, and that all you can do is _____. That is because _____.

Myth #1 _____

Myth #2 _____

Based on over 2 decades of experience helping thousands of women, I'm here to tell you that _____.

The solution is NOT to just take _____. That may help temporarily, but you want to protect yourself going forward, and really get to the _____, then you have to start thinking about _____.

The key to getting rid of HPV, and protecting yourself from it, is _____.



JOURNALING

What is your story related to HPV? When was the first time it showed positive? How did you feel? How do you feel now?

THE POWER OF A COMPREHENSIVE PLAN: HPV RESOLVED WITHOUT GUESSING

A _____ is used to look at the cells on the cervix and to determine if _____ is needed to remove abnormal cells.

Understanding your pap smear results

Refer to your recent pap results to fill in this information:

Satisfactory sample: _____

Endocervical cells present: _____

Any abnormal cells: _____

High risk HPV: _____

Which possible scenario are you:

- High risk HPV positive, no abnormal cells
- High risk HPV positive with atypical cells (ASCUS)
- High risk HPV positive with CIN1
- High risk HPV positive with CIN2
- High risk HPV positive with CIN3

When the results show HPV positive without abnormal cells, or ASCUS, or CIN1, then a procedure is _____.
Your doctor/practitioner is likely to tell to _____.

According to gynecological guidelines, if your pap shows abnormal cells, then you need to do a _____
to get a closer look at the cells.

If the biopsy, referred to as a _____,
shows CIN2 or CIN3 (or other high risk cells), then your
doctor/practitioner is likely to recommend _____.

A procedure to remove abnormal cells does not _____.
That means that the cells can _____ and you may
have to _____.

What did your doctor/practitioner recommend?

Have you had a procedure to remove abnormal cells? What
type of procedure and when?

Have you wondered about whether you can break the cycle
and prevent HPV from causing abnormal cells?

What changes have you made or what supplements have you
taken in an effort to stop HPV and heal your cervix?

A new path: support your body to get rid of HPV and heal any abnormal cells

Based on working with thousands of women over the past 24+ years, I have observed that it is possible to _____ and _____.

How is that possible?

1. The human body can _____.
Some virus types stay in the body, but the HPV virus can go to negative and _____.
2. The human body can _____.
Our bodies grow new healthy cells every day. It is simply a matter of _____.
3. By investigating to find out why your body is _____, then we can address those factors in order to _____.

Myth #3 _____

Strategy for choosing Supplements

1. High quality, professional grade without unnecessary ingredients
2. Clinically effective doses
3. Aimed to address your susceptibilities
4. Shown to restore a healthy environment, nutrients, microbiome, hormones, neurotransmitters, methylation, and immune system function.
5. Prioritized and streamlined

JOURNALING

What does it look and feel like to be FREE of HPV?

Day 3

THE SECRET TO CLEAR HPV ONCE AND FOR ALL

While it can seem like _____ for HPV came out of no where, and we are told that it is all about _____, there is more to it than that.

And considering that we want to support your body to _____, which is _____ thinking, in order to achieve that, we need to look at things _____.

To create different results, a paradigm shift is required.

Instead of focusing on _____, _____, and _____, we need to focus on _____, _____, and _____.

In that way, we can gather information from your _____, _____, and _____ about what it needs, and then go through a process of giving your body, mind, and spirit what it needs.

To begin that process, we start with the _____.



We need a _____ plan because each of you is unique. Yes, we can start by supporting the _____. We know the immune system is depleted by stress exposure. And there are many _____ that are known to support the immune system. However, it is important to _____. We need to ask why.

Why is the immune system depleted?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

To determine the underlying causes, we need to do some tests to find out what is going on in your body.



Daily Check-in

Rate your energy level, mood, sleep, focus, and general health from zero to 3 - zero if you feel great and 3 if you feel terrible or have a health issue in that area.

⊙ Energy:

⊙ Mood:

⊙ Sleep:

⊙ Focus:

⊙ General health:

➤ Add up the total:

If your total is 5 or more, then you are showing signs of stress.

Next, to get a better sense of how the stresses and trauma you have been exposed to have affected your health, we do the

_____.

The Stress Type Quiz[®] was developed through years of clinical experience and research to identify how it is that we are each uniquely affected by stress.

Stress is not _____. Our stress hormone levels are determined by our _____, _____ and our _____.

We don't all have elevated _____. Some of us have high cortisol, and others have _____. Same with adrenaline, sometimes it is _____ and for others it is _____.

It is important to know your Stress Type so that you can _____ using the corresponding nutrients and herbs to support your _____ to reset and re-optimize.

The reason this is so important is because when cortisol and/ or adrenaline are _____ or _____, they increase our risk of _____, and they lead to the _____. So if we want to break that pattern, we need to _____.

Stress Type Quiz®

What is your Stress Type?

What are (likely) your cortisol and adrenaline levels?

The 3rd stop in revealing what is going on in your body is to do testing that is not available in the standard doctor's office.

We need to know how _____ has affected you and which _____ exist for you, so that you can take proactive steps to _____.



ARE YOU READY TO **DISCOVER**
YOUR UNIQUE STRESS TYPE
AND MASTER YOUR HEALTH?

DR. DONI'S
Stress Type® Quiz



TAKE THE QUIZ

8 Common Susceptibilities to HPV include:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



Next level testing that isn't available in a standard doctor's appointment and not covered by insurance:

Food Sensitivity Panel - and not just any food testing! We need it to be IgA and IgG antibody testing for 96 foods, that can be completed at home with a finger poke, and completed by a reputable lab with clear, repeatable results.

Stress Hormone Panel - which doesn't show on regular blood work! This saliva and urine panel, which can be done at home, allows you to measure your cortisol levels at four different times of day, and your adrenaline level. This is the way to confirm your Stress Type.

Urine Hormone Panel - beyond what you can get on blood work! This urine panel allows you to measure your estrogen levels, progesterone, as well as testosterone in great detail so that you can see exactly what needs attention. It also allows you to see the metabolites and whether your body needs support to detoxify estrogen.

When you have the _____, then you can make decisions about what to do. It eliminates the _____ and creates a _____. In this way you can create a _____ plan to get rid of HPV, and _____.



JOURNALING

What do you think is making you susceptible to HPV? Which tests do you want to do in order to find out how you can help your body?

Day 4

HEALING THE TRAUMA OF HPV

Recovery from HPV requires healing of the _____, _____, and _____. From what I observe in women who are able to heal _____ and get HPV to _____, and keep it _____, they go through a process of _____.

Self-healing, or healing your relationship with _____ and your _____ is a deep and _____ process. It requires _____ and _____. It also requires an _____ desire to heal, making you willing to face _____ and make _____ changes. To do what you haven't done.

Healing from within requires that we _____ the _____ voice. To become aware of the _____ we are having with _____.

Critical Voice vs. Authentic Voice

_____ vs. _____

_____ vs. _____

_____ vs. _____

_____ vs. _____

_____ vs. _____

_____ vs. _____

_____ vs. _____

_____ vs. _____

It is in this process that you'll find the ability to _____ yourself, to _____, and to _____ yourself. You are human, after all, doing what humans do. You deserve _____ and _____, and who better to receive it from than _____.

Myth #4 _____

Tools you can use to heal from within, mind, body and spirit:

- ⊙ Journaling _____
- ⊙ Quiet time _____
- ⊙ Mindfulness _____
- ⊙ Meditation _____
- ⊙ Music _____
- ⊙ Dancing _____
- ⊙ Time in nature _____



Taking better care of ourselves comes easily when we are aligned with our authentic self and our body.

C.A.R.E. Assessment

How well are you taking care of yourself in terms of what you are feeding yourself, how much sleep you are getting, are you getting recovery activities each day, as well as movement. Rate each on a scale of 0 to 5.

Self C.A.R.E.	0 to 5
C _____	_____
A _____	_____
R _____	_____
E _____	_____

Essential Diet Changes

1. Avoid foods and beverages that deplete your immune system. Examples are: _____
2. Ensure that you get adequate protein every day. Examples of protein are: _____
3. Balancing blood sugar levels is known to decrease risk of HPV. How to know if your blood sugar is too high or too low: _____
4. Food sensitivities develop when we develop leaky gut. When we have immune responses to food, it causes inflammation throughout our bodies. The most common food sensitivities are: _____

Connection with Community

Connection with a supportive community can make _____. That's why we created the HPV Healing Community. It's a beautiful, private, online community of women working to _____. They are learning to be more _____, to be _____, and to connect with each other out of trust and respect for themselves and each other.

Myth #5 _____

Connection with Spirit

We are _____ having a _____. We often forget that we are not our _____, our _____, or our _____ or _____.

You are the _____ you were always _____. You deserve _____ and you have the inner capacity to _____.

Ways you can connect to spirit:

Prayer _____

Meditation _____

Dance _____

Time in Nature _____

JOURNALING

What do you do now to take C.A.R.E. of yourself? What do you see as ways you can take care of yourself, and your body, mind and spirit, better than you have?

STORIES OF RESILIENCE: NEXT STEPS TO A NEGATIVE HPV TEST

Everything in the Say Goodbye to HPV Protocol is based on my training, clinical experience, and helping thousands of women to get rid of HPV.

While science and standard medicine acknowledge that it is possible to _____, they don't focus on that. They focus on addressing _____, which is important, but the only way to break the cycle is to _____.

Case after case, year after year, I observe my patients, following my protocol, being able to get rid of HPV and keep it gone. I started referring to this as _____.

Resiliency is:

The ability to fend off HPV, even if exposed again.

Myth #6 _____



How to be Resilient to HPV

1. Balance _____, avoid _____ and address _____.
2. Heal the _____ environment, including the microbiome.
3. Heal _____ and imbalanced _____ bacteria.
4. Recover from stress by _____ and restoring _____ levels. Practice _____.
5. Address _____ imbalances and detoxification of _____.
6. Address _____ variations such as MTHFR, and optimize _____.
7. Take high quality _____ at clinical _____ in a strategic plan.
8. Heal your relationship with _____.

Notes from Success Cases

What do you notice about the cases being shared? What resonates or could be true for you as well?

1. _____

2. _____

3. _____

JOURNALING

How do you feel when you listen to success cases of women who have been able to get rid of HPV, once and for all? Do you feel that this is possible for you? What can you do today to increase the likelihood of it happening for you?

YOUR STRATEGIC HPV HEALING PLAN

Susceptibilities to address:

Diet changes to make:

Fine tuning self C.A.R.E.

Tests to do:

Supplements to take:

Vaginal suppositories to use:



SAY *Goodbye* TO HPV

12-WEEK PROGRAM
WITH DR. DONI

[LEARN MORE](#)

I invite you to join me in the **Say Goodbye to HPV Program**. I designed it to support women like you to address underlying susceptibilities, so that you can be resilient to HPV.

As a naturopathic doctor, midwife, and clinical nutritionist, I'm able to guide you based on expertise and over 23 years of clinical experience. I'm able to give you access to order the highest quality supplements only available to practitioners, as well as custom formulations, and specialty testing not available in the standard medical system.

The **Say Goodbye to HPV Program** is available online, anywhere in the world. It is a self-healing program with video modules to guide you. It includes access to the private HPV Healing Community for 12 weeks – 2 live group calls per month and chat forum.

For more information and to read success cases, [click here](#).

I also offer one-on-one care via zoom or phone. In that case I work with you directly to determine which tests are needed, review the results, and make suggestions specific to your case, and guide you to implement the protocol every step of the way.

Thank you so much for joining me for this workshop. I'm proud of you for taking this time to prioritize yourself. I'd be honored to support you on your Heroine's Journey of transformation. Please reach out to let me know how I can assist you.

With healing intentions,

Dr. Doni ~ office@doctordoni.com, 855.316.2114