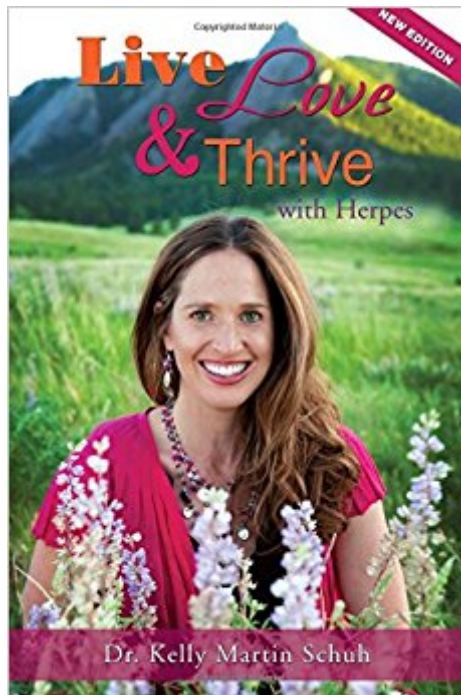




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Live, Love And Thrive With Herpes: A Holistic Guide For Women



Synopsis

Live, Love, and Thrive with Herpes is a revolutionary approach to living with herpes. You will learn how to decrease your outbreaks naturally and how to overcome the emotional trauma of this unfairly stigmatized diagnosis. Meditations and exercises will assist you in your journey to overcome grief and practice forgiveness, healing from the inside out. You will discover: - The top ten triggers your doctor never told you about - Key components of nutrition and detoxification - How to reclaim your feminine power and embrace your sexuality - How to enter intimacy with integrity and authenticity - Dr. Kelly's simple four-week Self-Care Plan for success

Book Information

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Customer Reviews

Dr. Kelly Martin Schuh, DC, is an best-selling author, speaker, and women's empowerment coach. As a doctor and woman who has lived with herpes for 20 years, Dr. Kelly brings compassion, light, and a world of possibilities to those who suffer from herpes. Join her Pink Tent's virtual community and discover the hope, healing and happiness you deserve at PinkTent.com.

Dr. Kelly eloquently presents a honest and realistic depiction of the emotional and physical experience endured by women with herpes (HSV) infection. My research on HSV screening and diagnosis in the U.S., demonstrated that the primary impact of HSV on women's lives stems from emotional trauma and social stigma (which is intensified when combined with chronic physical symptoms). Drawing from personal experience and her clinical training, Dr. Kelly offers a unique

combination of professional and personal insight to highlight the importance (and benefits) of a holistic approach to accepting, and healing, from a HSV diagnosis. She outlines an alternative path which women can follow as they identify and reconstruct their sexuality, while strengthening their inner self, on their journey to healing. I would strongly encourage any woman embarking on the path to healing from a HSV diagnosis to read this book! Partners of those with HSV, clinicians, and sexual health researchers would also strongly benefit from the wealth of clinical knowledge, and accurate information presented by this comprehensive overview of HSV. Annie Kiel, MPH
Boston University School of Public Health

Before this book, I felt powerless and uneducated to the disease, now I feel empowered and hopeful. Great read. This disease isn't the end, it's the beginning of finding myself, learning my body, mind and living a healthier lifestyle.

Love this book! Breaks down the stigma of herpes and helps you to feel so not alone. The stigma is worse than the reality. Helps you to realize it is a manageable skin disease.

At a time when I needed lots of information and support this book was invaluable!!! I recommend it to anyone who is coming to terms with Herpes!

Absolutely love Dr. Kelly and her candid take on the HSV virus. Such important information for anyone with the virus or just doing some general soul searching. Her holistic approach makes so much sense.

This is a great and helpful guide from a doctor who genuinely is supporting and loving. The product arrived on time!

Well written, down to earth and easy to follow. Instructive. Gives hope to those suffering as she did.

So helpful

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Herpes: Herpes Cure: The Natural Herpes Cure Method To Eliminate Genital Herpes For Life!
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