

# Cervical Health

## Dietary recommendations:

- Avoid sugars, inflammatory foods - gluten-containing grains, dairy, corn, soy, alcohol. Limit caffeine.
- Lots of leafy greens, lots of carotenoids - winter squash, carrots, sweet potatoes, yams.

## Supplements: *Can purchase most of these through Fullscript/Wellevate.*

- Vitamin C: 1000 mg 2x day.
- Cod liver oil: 2 tsp daily - keep in the fridge.
- Vitamin D3: 5000 IU daily.
- Beta Carotene: 50,000 units daily.
- Methyl folate: 5 mg daily for 3 months then 2.5 mg for three months after normal PAP.
- Zinc glycinate/picolinate: 30 mg daily.
- Thuja 30c (Homeopathic Remedy - Boiron): 10 pellets dissolved under tongue 1x weekly x 3 months.
- Medorrhinum 15c (Homeopathic Remedy - Boiron): 5 pellets 2x daily x 3 months.

## Topical treatments:

- Week 1: Vitamin A suppository nightly for six nights (Wise Woman "Healing Suppositories").
- Week 2: Herbal vaginal suppository nightly for six nights (Wise Woman Suppositories #1).
- Week 3: Vitamin A suppository nightly for six nights.
- Week 4: Herbal vaginal suppository nightly for six nights.