

Melissa King Holistic Health Counselor
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*"HSV testing should be a routine part of sexual and reproductive health.
Herpes affects everyone, their sexual partners and potentially their unborn
baby, regardless of their socioeconomic status, age or race."*

Jonathan M. Zenilman, M.D.
Professor, Infectious Diseases Division
Department of Medicine
Johns Hopkins University School of Medicine

Private and Confidential
Education and Counseling for those
Affected
by
Genital Herpes

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Your Patients Will Want To Know

- How did I get this?
- Who is responsible?
- Is my sex life over?
- How do I tell my partner?
- How do I tell a new partner?
- What are my treatment options and how will they affect me long term? What if I don't want to take medication?
- Where can I learn more about this?
- Are there others like me who have this?

Your patients will need hope, they will need to rebuild their self-esteem, they will need effective ways to communicate about this with others. Holistic health counseling can help them sort through and find the answers.

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Dear Health Practitioner,

“How can this happen to someone like me?” This is the first thought that might come to mind for one of your patients who is diagnosed with an STD like genital herpes. Statistics show that 1 in 4 people carry the genital herpes virus, yet no one talks about it for fear of being shunned or judged.

Due to the social stigmas that surround us, your newly diagnosed patients often feel paralyzed by what has happened to them. Almost always this fear is far greater than the discomfort and pain of their actual symptoms. A major shift has happened for them, and though you may know their life doesn't have to end, they do not feel such hope. Where can they go to get help, guidance, facts, and counseling when they leave your office?

I offer private, confidential coaching for those who need guidance around the practical issues they are facing when diagnosed with an STD, particularly genital herpes. I have done extensive research and am committed to staying up-to-date in order to provide solid facts and resources for my clients. I want to partner with you to provide a gentle and non-judgmental environment where clients can ask questions and get the follow-up they desperately need.

Please feel free to contact me if you have any questions.

Sincerely,

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Melissa King is a **Certified Holistic Health Counselor** through the **American Association of Drugless Practitioners**. She is a graduate of the **Institute for Integrative Nutrition** where she studied eastern and western nutrition, and **modern health counseling**.

Melissa specializes in offering practical, motivating, and objective advice to those affected by **Genital Herpes** and other **STD's**. She helps clients to see the reality of what they're facing while empowering them with **practical solutions** that encourage them to confidently move forward, **embracing life fully**. Counseling sessions provide clients with **facts and education** as well as the **emotional and follow-up support** they need but are often not able to get in a short visit with their physician. Questions are answered in a non-judgmental, no pressure environment, and time is given to sort through issues like: **how to tell a partner, self-esteem, physical health, and the future**.

In addition to life counseling, clients get **full support** in learning how to make **healthy food choices** (including the opportunity to participate in **cooking classes**) and how this directly influences their life and physical health. By gaining the tools they need to practically incorporate this into their everyday life, clients strengthen their immune system and boost their confidence. Clients also learn techniques for **reducing stress**, problem solving, and dealing with difficult situations. **Clients leave sessions armed with knowledge, education and hope as they take back control of their life**.

Melissa leads **seminars and workshops** throughout the city. Topics have included: **"Women's Health Concerns," "Improving Immune Function," "Nutrition For The Dancer," "The Top Ten Changes To Your Food Choices For Better Health,"** and **"Deconstructing Sugar Cravings."** She has spoken at **Columbia University College of Physicians and Surgeons**, St. John's University, **New York Herpes Recovery**, Broadway Dance Center, Healthy Pleasures, and Earth Matters.

Melissa is passionate about **rebuilding self-esteem** and self-value in others while **honestly evaluating** the truth and facts of life. She also believes in the ability of a healthy lifestyle to reduce the onset and symptoms of disease. Her clients conclude counseling with a transformed self-image, strength in their body, and more fulfillment in life.

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References

Nawan Bailey, C.S.W.
Employee Development Center
*(Professional association through
lectures at Columbia U. and St. Johns U.)*
212-935-3030

Jeffrey Gilbert, MD
STD Center For Excellence
*(attended several of his lectures on
genital herpes for medical professionals)*
718-882-5482

Amanda DuBoff, Coordinator
NY Help (genital herpes support)
212-414-7723

Allison Ellner, Owner/Director
Broadway Dance Center
*(Former client/ Professional association
through lectures at Broadway Dance Center)*
212-582-9304

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QUICK FACTS

About 1 in 4 people in the U.S. over age 12 show infection with Herpes Simplex type 2

80-90% of people with genital herpes have either no symptoms or symptoms so mild they do not recognize them and therefore do not know they are infected.

70% of infections are spread by those who are unaware they have the virus at the time it is transmitted.

Clinicians should be aware that many cases of genital herpes may present atypically, sometimes being misdiagnosed as a yeast infection, spider bite, hemorrhoids, or razor burn.

Viral culture is the test most frequently used to determine infection yet up to 70% of tests are falsely negative.

It is possible to contract herpes even when condoms are used because condoms may not cover areas where the virus is active.

The HerpesSelect IgG test is an FDA approved glycoprotein- G based laboratory test available that can detect type-specific antibodies to both HSV-1 and HSV-2. Other approved tests can be found at www.herpesdiagnoses.com

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When taken as daily suppressive therapy, Valtrex reduces the rate of transmission by 50% and reduces the chances that a partner will become infected with symptoms by 75%.