

Claudia Sencer NP-CNM
WomanCare
730 Lyons Avenue
Charlottesville, VA 22902
434-296-3332
csencer@earthlink.net
womancareva.com

Human Papilloma Virus _
HPV infection prevention and help in eradication of CIN I

FOOD: Most of the studies look at food based blood levels to assess impact.
Supplementation may have effect, but dietary interventions have been proven.

Carotinoids: A class of >600 pigments synthesized by plants, algae and photosynthetic bacteria. They are themselves divided into 2 classes
Carotines—Alpha carotene, beta carotene, lycopene
Xanthophylls—beta cryptoxanthin, lutein, zeaxanthin

Tomatoes, carrots, water melon, pink grapefruit, apricots, cantelope
Kale, spinach, summer squash, collards, paprika, cayenne,

Alpha tocopherol (Vitamin E)
Wheat germ, nuts—peanuts, hazel nuts, almonds, sunflower oil and seeds

Folate-
Beef liver, black eyed peas, spinach, great northern beans, asparagus, broccoli, avocado. Please note—if you are non-fish eating vegetarian and take >1000 mcg of folic acid daily, have your B 12 level checked.

Co Q 10 a ubiquinone –synthesised by the body.
Precursor foods: beef, herring, chicken, soybean oil, canola oil, rainbow trout, roasted peanuts and pistachios., cauliflower, oranges.