

*"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

Melissa King  
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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.



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 5 women 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,

Melissa King  
Certified Holistic Health Counselor  
917-689-6530  
[Melissa@myheartdances.com](mailto:Melissa@myheartdances.com)

Resources: <http://www.cdc.gov/std/herpes/STDFact-Herpes.htm#common>

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## **MyHeartDances and Melissa King**

### **SUMMARY**

Melissa King is a certified holistic health counselor, writer, and founder of MyHeartDances, which offers workshops, private coaching, women's groups, weight loss groups, organic cooking classes, and publications geared towards inspiring women to live courageously as their true self, find community and fulfilling relationships, challenge their fears and procrastination, and achieve meaningful goals and dreams. This includes women who are struggling to stick with their diet, and those who desire balance in their lifestyle, health, and self-esteem. Services are intended to help women discover their real desires and needs and then to develop proactive steps to move forward.

### **STD's**

Melissa also 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. Clients are provided 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.

### **APPROACH**

MyHeartDances was created with the desire to empower individuals in their life and health by teaching them to first know and understand their own feelings, thoughts, and body and use rather than depend on external information, which often asserts what an individual should do with their life, who they should date/marry, how they should eat, etc. Melissa desires to help others find what makes "their heart dance" through encouraging individuals to live authentically and with integrity - to conquer fears and insecurities and do the work it takes to get where they want to go.

### **CREDENTIALS**

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. She continues her education at City College, studying anthropology and psychology.

Melissa leads seminars and workshops throughout the city. Topics have included: "Women's Health Concerns," "The Top Ten Changes to Your Food Choices for Better Health," "Nutrition, Emotions, and Weight Loss," and "Self-esteem and Body Image." She has spoken at Columbia University College of Physicians and Surgeons, Harlem Hospital, St. John's University, Latino Aids Commission, Broadway Dance Center, and the NY State Department of Labor.

Melissa King is excited to have developed a place offering diverse services that provide clients, workshop participants, and readers with a strengthened self-image, greater motivation and confidence, more fulfillment in life, improved physical health, and a clear, focused direction towards their dreams and goals.

*"Comfort is one thing you cannot get by looking for it. If you look for truth you may find comfort in the end; If you look for comfort, you will not get either comfort or truth - only soft soap and wishful thinking to begin with, and, in the end, despair." - C.S. Lewis*

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## Testimonials

"I am constantly finding myself being amazed with Melissa. She is non-judgmental, supportive, caring, encouraging, compassionate, open minded, and full of knowledge. So many times she has been my support rock. I have had the most pleasurable experience of working with her as both her client, and as her web designer. She has supported me in some emotionally difficult times such as stress when I was in school, relationships, diet, finances, and business. She has always listened intently and has provided me with sound advice. I am unable to think of suitable words to express the thanks and deep appreciation I have for her and how she impacted my life."

**Aleja Estronza, Web Designer**

"Counseling with Melissa was so much more than what I'd expected. I started out thinking I was just going to be coached through a diet, but she helped with many other aspects of my life. She really took the time to get to know me and respected my values. We worked on my self-image and I have learned to be kinder and more accepting to myself. She helped me to develop a budget that was livable, ultimately leading to less stress in my life. We worked on how I deal with personal relationships as well. I am so much more aware of my needs and how to express them to those in my life. I also lost about 20 pounds during our six months of sessions and have still maintained that weight loss. I miss my telephone meetings with Melissa, but it's still very helpful to get her weekly newsletters. I would recommend her services to anyone! She is very balanced in her approach."

**Kasey, Virginia**

"Melissa changed my life. Better yet, she guided me to a place where I could make changes in my life. I thought by going to Melissa I would get a few dieting tips, some new recipes to try at home, maybe lose 2 or 3 pounds, and walk away feeling pretty good about myself. What I received from my sessions with Melissa was so much more! Melissa went to the root of my "troubles" and concerns, she lead me to a place where I could let go, forgive, and be more proactive about my dreams. I remember her saying, "I don't want to see you miss out on following your dreams." She also helped me find ways to incorporate healthy eating into my renewed daily NYC life. Since Melissa, I have been dancing and performing more than ever and feeling much more positive about my life and career. I sought out Melissa to lose five pounds yet, in the end, I wound up gaining so much more than anticipated. I have filled my life with so much meaningful matter that craving healthy foods has come naturally and I desire them in order to support my lifestyle. My achieved weight loss ended up being just an added bonus."

**Charlotte, Dancer, NYC**

"I want you to know how lucky I feel to have found you. You helped me with HSV more than you'll ever know. I wish my doctor would have had something to help me understand this. I was referred to you by chance. You introduced me to some wonderful women and made me realize that not only am I not alone, but that it's really no big deal!"

**Amber, NYC**

"Thank you for a wonderful workshop! Your commitment and sweetness of energy made it a particularly rewarding evening, and we all need to be reminded, frequently, of the massive forces out there which constantly make us feel like we're not perfect enough."

**Felicia, NYC**

## QUICK FACTS

About 1 in 5 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](http://www.herpesdiagnoses.com)

When taken as daily suppressive therapy, Valtrex reduces the rate of transmission by 48% and reduces the chances that a partner will become infected with symptoms by 75%.

Resources: [http://www.ashastd.org/herpes/herpes\\_learn\\_testing.cfm](http://www.ashastd.org/herpes/herpes_learn_testing.cfm)  
<http://www.cdc.gov/std/herpes/STDFact-Herpes.htm#common>  
[http://www.westoverheights.com/genital\\_herpes/handbook.html](http://www.westoverheights.com/genital_herpes/handbook.html)  
[http://www.ahmf.com.au/health\\_professionals/guidelines/reducing\\_gh\\_transmission.htm](http://www.ahmf.com.au/health_professionals/guidelines/reducing_gh_transmission.htm)

## Professional References

Nawan Bailey, C.S.W.  
Employee Development Center  
*(A Division of Cornell Weill Medical Group-  
Employer for lectures at Columbia U. etc.)*  
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  
Herpes Recovery Anonymous  
NY Help  
718-399-0112

Yanira Arias  
Latino Aids Commission  
Peer Community Coordinator  
212-675-3288

Ann Bommarito  
School Operations Administrator  
Harbor Science and Arts Charter School  
212-427-2244 x. 439

Ilene Richman  
Fertility Awareness Center  
*(I serve on the board of this organization)*  
(212) 475-4490

Jeffrey Shammah  
Fitness Results/ Owner  
*(write monthly newsletter for his center)*  
212-995-2654

Emory Moore  
Embora Wellness and Movement Studio/Owner  
*(publish there e-newsletter)*  
718.857.4360

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## Services

### **Private Coaching**

50 minute sessions; sliding scale available for individuals in need

### **Interactive Workshops, Groups, and Lectures:**

Self-Esteem and Body Image

Nutrition and Weight Loss Workshop

Nutrition and Wellness for the Dancer

Banish Procrastination - Goal Setting and Achievement

Top 10 Changes to your Food Choices for Better Health

Presentation Style Cooking Classes

Women's Weight Loss Group

Confidential Group for Women with Genital Herpes

### **Organic, Whole Foods Cooking Classes**

Inexpensive hands-on cooking classes where individuals have the opportunity to try new healthy foods that they might not have known how to prepare before, or felt unsure about whether they would like. The class develops friendly and fun community among participants and creates confidence in the kitchen.

### **Children's After-School Healthy Cooking Classes**

Interactive hands-on cooking classes for kids. Healthy snacks that kids can make such as fruit salad, guacamole and salsa, salmon burgers, veggie burgers, and miso soup. Kids learn easy snacks and meals they can prepare alone with minimal adult supervision. Delicious dessert lessons are included, such as granola and smoothies!

### **A Balanced Perspective Weekly E-Newsletter**

A Balanced Perspective is a free weekly newsletter that takes a non-fanatical approach to diet and lifestyle; it was created to inform and inspire thought on health, wellness, life, relationships, weight loss, setting goals, etc., and to keep clients updated on events happening with or in connection with myheartdances.

### **Writing Services—Company Newsletters, Articles, etc.**

### **Coaching, Workshops, and Education for Women w/ Genital Herpes**

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## Coaching Programs

### **The Lifestyle Makeover**—6 sessions - \$675

*I don't know what I'm doing with my life. I'm not satisfied with my career, my relationships are not going anywhere. I'm not really where I want to be.*

Sound like you? This package will cover career, relationships, spirituality, and health. You'll gain a stronger hold on your identity, and find satisfaction moving forward towards discovering and completing personal goals and projects.

### **The Nutrition and Health Makeover** -3 sessions - \$375

*I don't eat what I should, nor do I stick to an exercise plan. I'm not even sure if I know what I should eat! I find myself snacking on junk food and eating poorly when I'm at work or traveling. I want to have more energy and be fit. I want to grow old healthy!*

This package is for the typical New Yorker. You want to be conscious about your health, but you are not making it happen. You want more energy and to eat better. In this plan we'll get down to the nitty gritty about what is getting in the way for you, and how you can achieve a healthier you without cramping your lifestyle. We'll create a therapeutic lifestyle plan that works just for you!

### **The Weight Loss Makeover** -10 sessions - \$1125

*I'm tired of not sticking to my diets. I'm ready to make a commitment to my health. I want to see my real body underneath this cushion. I want to feel good when I walk down the street and enter a room.*

Sticking to a weight loss plan is hard. No doubt about it! This program is designed to get you off the dieting cycle and get you on a plan to achieve results. It's for individuals who are ready to make a change and commit to giving this gift to themselves. No more quick fix attempts. This is the real deal!

### **I Am - Strategic Solutions for Women in their 20's** -5 sessions - \$575

I love working with young women! It's a time in life where you are testing your own identity and power in this world, yet sometimes you feel conflicted by the pressure of your parents' and peers' ideas about what track you should be on. You have your own mind and you want to use it...but sometimes you're not sure about your different opinions. This program deals with self-image, self-respect, confidence, and effective decision making.

All programs can be adjusted to fit your specific needs. Number of sessions can be increased or decreased based on your goals. Session by session is available if a package does not meet your needs.

**Payments plans available. Coaching sessions also available to address other topics, please contact for more information.**

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