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## Researchers Discover That a Japanese Medicinal Mushroom Extract can assist in clearing HPV infections



Amancay Tapia | 2023-01-13



Photo by Photo by Pixabay

Human Papilloma Virus (HPV) is a sexually transmitted virus which, in high-risk variants, leads to 45,000 cases of cancer each year, including cervical cancer, throat cancer, and others. As the most common sexually transmitted infection (STI) in both men and women, HPV affects more than 79 million adults who are sexually active. What's worse is that high-risk HPV is invisible to the eye, and women must be screened for it to be diagnosed while currently there is no approved testing for men.

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ular exercise, and other healthy choices alone may not be effective in providing your immune system adequate support. With no current FDA approved systemic treatments for the virus itself, screening for HPV and the cancers it can cause, continued research, and preventative measures such as the HPV vaccine are crucial.

### Immune Support Could Bridge the Gap

One recent study, assessing the effectiveness of a Japanese medicinal mushroom extract (AHCC®) in clearing active high-risk HPV infections, has shown promising results. AHCC® is a proprietary extract from the roots of *Lentinula edodes* (shiitake) mushrooms. The ingredient has been scientifically proven through more than 30 human clinical studies to help the immune system battle viruses and other illnesses, including fibromyalgia, chronic fatigue syndrome, influenza, MRSA, cancer, West Nile Virus, Hepatitis C, and even Lyme disease.

AHCC® works by modulating the immune system and improving your body's natural defense against infection. The recent [Phase II study](#), led by Dr. Judith A. Smith, professor in the Department of Obstetrics, Gynecology and Reproductive Sciences at McGovern Medical School at UTHealth Houston, focused on women with a greater than two-year history of persistent high-risk HPV. The clinical trial found that 63 percent of women taking 3g of the AHCC® supplement once a day for six months had cleared persistent HPV infection. Additionally, the study participants did not experience any adverse side effects.

*"Our results showed that AHCC supplementation helped most patients in the AHCC arm of the trial become HPV-negative, therefore potentially may decrease the long-term risk of HPV-related cancers," said Smith, lead re-*

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### Key Takeaways

Additional research is needed, but the research team at UTHealth McGovern Medical School is on the path to reducing, and hopefully eliminating, the risk of HPV-related cancers in both women. In the meantime, women should prioritize regular HPV and PAP screening, HPV vaccination and now, the option to use AHCC® supplementation to help support their immune system to clear HPV if already infected.

The AHCC® supplement is on the market and available to consumers through [several](#) reputable nutritional supplement brands including Quality of Life. Women looking to purchase AHCC® should discuss any questions about the supplement and their HPV diagnosis with their doctor. The AHCC Association also warns consumers to avoid fake products sold under differ-

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## More from Amancay Tapia

San Francisco, CA | 1 hour ago

### The Cop Series That Shows San Francisco in its 70's Liberal Heyday



“The streets of San Francisco” was a very popular 1970s (September 16, 1972, and June 9, 1977) cop tv series that showed the Golden gate city in all its 70s glory. At the time in the United States, the 1960s counterculture movement was coming to an end, the sexual revolution was in full swing, the disco era was about to reach the zenith and San Francisco, was at the center of all it all.


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In recent years, functional medicine has awoken considerable interest as we try to improve our health from the inside out. What exactly is functional medicine and how can it help to look after our health? Functional medicine is sometimes referred to as “root-cause” medicine as it focuses on finding the root issue that's causing a patient's symptoms.

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**Even if Single, Celebrate Love Like There is No Tomorrow**


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I love Valentine's day. Valentine's Day originally honours the Christian martyr named Saint Valentine but right now it is a commercial day that celebrates love and romance. A fantastic idea. I buy heart lollies for my child, a heart cake, and make cards with hearts for those closest and dearest. Valentine's Day makes me feel happy.

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San Francisco, CA | 9 days ago

### **San Francio Needs to Be Affordable in Order to Avoid Segregation**

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Big cities need socioeconomic diversity. No major city in the world can afford losing the socioeconomic or intellectual diversity that adds value to the community. San Francisco could lose its diverse community as workers on an average or low income can no longer afford living in the city.

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San Francisco, CA | 9 days ago

### **The Once Rich and Famous Who Would Be Homeless in Today's San Francisco**


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San Francisco has changed dramatically since the poets and writers of the Beat Generation settled in the Bay Area to live as artists back in the 1950s. By today's standards that talented generation that left an important cultural legacy in the Golden gate city, would be homeless. Possibly struggling with substance abuse and poverty, and with no room of one's own to do their writing.

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### **The Microbiome: Looking After Your Gut is Highly Beneficial**



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Our bodies are home to a large variety of microorganisms that contain bacteria and viruses. These organisms- the microbiota- together with the collection of genomes from these microorganisms is known as the microbiome. The microbiome is key for our body immunity and nutrition.

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### **Children's Books Set in San Francisco**

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If your kids love reading or you love reading to your kids before bedtime, I have compiled a selection of books set in the wonderful city of San Francisco that are a fantastic choice for both children and adults.

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Ponte Vedra Beach, FL | 21 days ago


### **American Cities Sharing Names with European Cities: Ponte Vedra**

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There are many cities around the world and particularly in the United States, that share the same name with cities in Europe. Let's look at two places that share the same name but are in two different continents. Pontevedra, in Spain and Ponte Vedra Beach, in Florida. Both on the Atlantic coast and proud owners of wonderful beaches.

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### Most Popular Outdoor Activities

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According to the Outdoor Industry Association, the number of Americans participating in outdoor activity has been steadily rising by 6.9 percent since the COVID pandemic in early 2020. Whether it be with a fishing pole, a camping bag, hiking boots, or all of the above. With the recent shift in our social lives due to the pandemic, those outdoor enthusiasts are buzzing with the need to get outside more than ever. But is this a growing industry and movement that will stick? Or, one that is still slowly falling off due to continuous technological advancements?

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2022-12-31

## Destigmatizing E.D. and Prioritizing Men's Empowerment in 2023

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As the new year approaches, many Americans reassess the areas in their life they'd like to improve for a fresh start in 2023. While erectile dysfunction is not a topic commonly discussed when it comes to "how to make 2023 your best year yet," over 50 per cent of men struggle with this issue.

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2022-12-20


### **Coping with Infertility During the Holiday**

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The holidays can be an incredible time to be with friends and family, though it can also be filled with conflicting feelings and grief. For those coping with the pain of infertility, the holidays can be bittersweet, at best, or anguish-inducing at its worst. Images of seemingly perfect families celebrating the holidays with their children, friends sharing gaggles of pictures of their young kids on social media, and even pressure from well-meaning family members about 'starting a family' can create a perfect storm of holiday blues.

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2022-12-14

## Spanish On The Way To Be an American Language


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For the Hispanic society of America, Spanish is not a foreign language in the United States."It has been around for centuries since the first Spanish settlers arrived in Florida in 1513". Another U.S. organisation, the Indigenous Language Institute says that, when Juan Ponce de León arrived to the coast of what is now Florida, "there was a vibrant Native American population that spoke neither English or Spanish but their own indigenous languages".

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2022-12-12


## The Christmas Songs Your Pet Loves

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Christmas is just around the corner and many Americans will be celebrating in the company of their beloved dogs. This time of the year has traditionally been associated with family and good friends.

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2022-12-15

### **Does Age Difference Matter When Dating?**




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When people fall in love, there is no barrier that will stop the feeling that connects them. Love is free and no amount of money can buy you love. Love has no race, social status, religion or age. That's right, age. In the video below I explain why frowning upon age gap relationships makes no sense past a certain age. The difference in maturity between a 55 year-old and a 36 year-old is pretty small, but the difference between a 22 year-old and a 15 year-old is quite big. The 55 year-old and 36 year-old are both adults with established personalities and lives. On the other hand, the 22 year-old is a young adult who is still learning full responsibilities and the 15 year-old, a teenager whose brain isn't yet fully developed.

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Seattle, WA | 2022-11-30

### Seattle is The Best City for Singles

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Personal-finance website WalletHub has released an end of year report on 2022's Best & Worst Cities for Singles in the United States. According to them, nearly 50% of all U.S. adults are currently single and the average amount those who are actively looking for a partner spend on a date is over \$90.

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2022-11-30

### **Lagging Connectivity Remains the Core Gaming Industry Issue**


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For gamers in shared households, the holidays present a peak time for bandwidth demand. More people are home during this period. They're using the internet for holiday deals shopping, searching for recipes, or streaming the latest movie. All these activities require a strong internet connection with limited lag that's able to supply bandwidth to a house full of TVs, phones, tablets, smartwatches, and myriad other devices. This usage puts constraints on the available bandwidth for a gamer's session.

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2022-11-24


### **Aroma360's Interactive Scenting Kiosk Helps Businesses Capitalize on Holiday Traffic**

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Smell has an uncanny ability to take you on an emotional journey. You might revisit memories with grandparents when you smell homemade cookies or think of your kids playing t-ball when you catch a whiff of fresh-cut grass. This smell and emotional response dynamic is powerful and doesn't just exist in our lives at home. In fact, many businesses can use the power of scent to their advantage. For example, casinos have used scent for years to subconsciously make the space feel relaxed and inviting, encouraging guests to spend more time at the tables or spend more in their gambling pursuits. Even pretzel vendors on the street or at malls rely on the smells of salty dough to bring in customers, using the scent of their product like a subconscious advertisement.

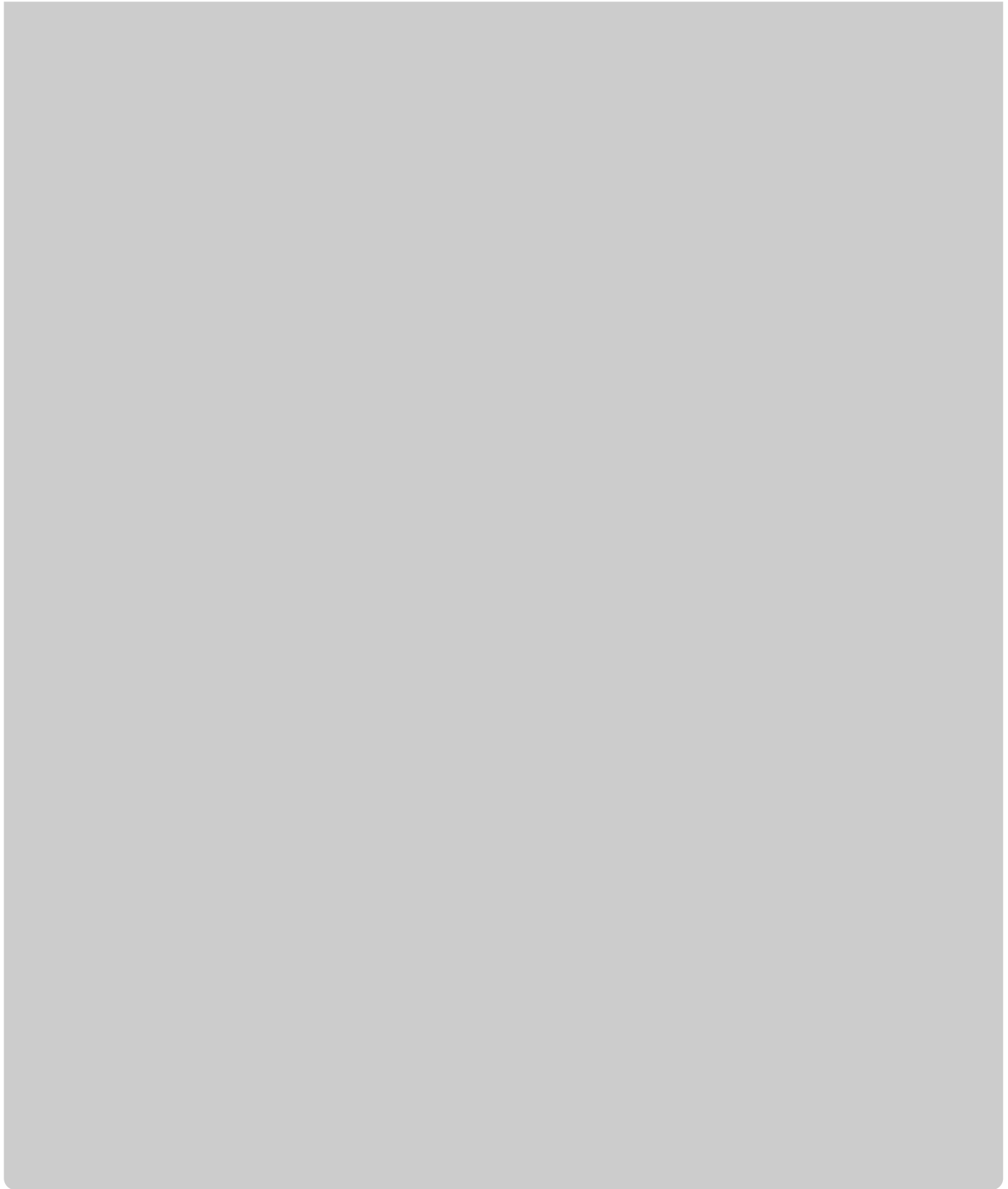
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2022-11-15

### **Dog Breeds that Prefer Living in a Cold State**

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There are dog breeds that can withstand the coldest temperature. some even thrive

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Los Angeles, CA | 2022-11-14


### Los Angeles: The Best City in America for Soccer Fans



Soccer has enjoyed enduring popularity in Los Angeles so it comes as no surprise that personal-finance website WalletHub recently named L.A as the best city in America for soccer fans. One of the five largest sports in the United States.

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