

IRREGULAR PAP SMEARS - NO WHERE TO TURN.

My pap smears started to become irregular in 2001. I was 26 years old and always vigilant in having regular pap smears, so it was a shock to find that I had CIN 2 which is a moderate to high level form of abnormal cells in the cervix. It is not cancer of the cervix, but the early warning signs. I had the LETZ operation straight away to cut out the abnormal cells. I was happy with the outcome, and had my two six monthly pap smears afterwards, and life went on as normal.

However, this all changed in 2006 when with a routine pap smear, I had the abnormal cells back again. I was so shocked, as I presumed that they would not return after previously being cut out. Back I went to the gynaecologist, and was told that we needed to keep a close eye on things, as it was not common for cells to return again after the operation. Women who had a poor immune system were more susceptible to this happening.

My pap smears continued to be irregular – one test ok, then the next test abnormal, and so on for two years. Early In 2008 I had an ultrasound, as my periods were becoming heavier and blood clots had started to appear. Two Endometrial Cysts were found, which the specialist removed. That's when I was told that the abnormal cells were back again. I was really starting to become worried about what was happening and what was I going to do? The more they cut away at my cervix, the higher the risk of complications with childbirth (I have not had any children) and of course the "C" word was starting to pop up in conversations with doctors too. Cervical Cancer is my biggest fear. Through all this I kept asking the doctors what did I need to do to stop this from happening? They kept telling me that I need to boost my immune system.

Three months later the cells were still present, so I had my second LETZ operation. It was a scary and worrying time in my life. The first check up afterwards was fine - That was positive! But then I noticed that my periods had started to become really heavy, more painful, and irregular spotting had started. I was concerned and stressed at this point in time. I was dreading going back to the specialist, because I knew something was wrong, but was frightened to hear it. Sure enough only six months after the second operation the CIN 2 was back again. My hair had also started falling out - A Very frightening time for me. I knew I needed to start looking elsewhere. I had changed my diet dramatically. I started cutting out dairy, starting juicing fruit and vegetables and had cut out sugar. I knew there was something else out there that would help lead me in the right direction to tie all of this together.

Searching on the internet I came across Qi Chen and I read the testimonials from his patients and knew immediately that this was where I would find the answers. In March 2009, Qi Chen started treating me. I immediately altered my diet to follow his instructions and began taking the black little pills. Qi Chen told me on my first visit that he would be able to help me. He explained what had been happening to my body, and that we need to bring in the good soldiers so they could start boosting my immune system. The magical words I had been waiting to hear. I started crying! I was excited, relieved and could not wait to get started on my journey.

Within three weeks of starting my treatment, my hair stopped falling out. I was amazed and excited. I knew then that my body was beginning its journey of healing itself, and I was more determined than ever to get myself better. I had a pap smear three months after my first treatment. When I walked into the room, Qi Chen congratulated me on my results. I had gone from CIN 2, down to "Possible Low Grade Abnormalities". This was a fantastic result in such a short amount of time. My next hurdle was my specialist appointment in two months time – I desperately hoped that this test result was going to confirm that Qi Chen's treatment was continuing to work.

I have just recently in August 09 been to the specialist, and she was happy to report that my Pap Smear was negative, and that there are no abnormalities present. Her comment was "Keep doing whatever you have been doing because it was working". I thought to myself "Yes, I would continue to do so". Qi Chen again congratulated me when he saw me. He was very impressed with my results.

Every day I am grateful that I came across Qi Chen. I know without him I would have been looking towards a very uncertain future with my health. I am now confident that I am able to keep moving forwards in maintaining good health.

Kind regards

A handwritten signature in cursive script that reads "Caroline R". The ink is a light grey or blue color.

Caroline R
(September 2009)