

ONE WOMAN'S JOURNEY TO HELP WOMEN CLEAR HPV INFECTION

BY: SARA LOVELADY



Podcast host, social media influencer, and mushroom maven Meagan "Mimi" Lindquist doesn't want to tell anyone what to do. The enviably energetic and dewy-skinned 36-year-old has a different goal—to empower people become advocates for their own health.

For the past six years, Mimi has built her own mini-wellness empire through multiple platforms, including her website [TheMedicin.com](https://www.themedicin.com), her Instagram account, and The Medicin Podcast she co-hosts with her "soul match" Chase—designed to make physical, emotional, relational, and spiritual self-development attainable and fun.

"You are your own best advocate," she says. "Not your doctor. Not your parent. Not your husband or wife. I encourage everyone to take agency over their experience—whether that's in your health or your relationship...basically your life."

Mimi is probably best known for her work with women who test positive for human papillomavirus (HPV), which can not only cause genital warts, but also lead to several types of cancer. Over the past five-plus years, she's helped hundreds of women get that negative HPV swab and healthy Pap smear they're so desperate for. In addition to her other resources, Mimi and her colleague Dr. Nathan Riley, MD co-created Clear + Free, a program that helps women clear HPV from their bodies naturally.

But how did Mimi end up here, with over 17k Instagram followers, 1 million+ podcast downloads, numerous blog posts, two of her own medicinal mushroom products, and an online digital store that sells curated nutritional supplements, body care products, healthy snacks, pasture-raised meats, and structured water devices? In a way, it was what she was always destined to do. But like many heroes' journeys, there was one inciting event that changed everything.

A chance encounter

Mimi began her career as a dental hygienist—a profession she adored, thanks to her passion for patient education. "It wasn't just 'brush better, floss better,'" she says. "I would explain how your mouth is the gateway to your body, and when you take care of your oral hygiene, it will roll over into other areas of your life."

One day, a patient who had been diagnosed with HPV mentioned that her naturopath had recommended a mushroom that helped her clear the virus from her system. Curious, Mimi asked which mushroom it was, and the patient told her AHCC®.

At first, Mimi was skeptical. She was already diving into medicinal mushrooms at the time and thought she had a pretty good grasp on the major species. But she had never heard of AHCC®.

A quick Google search brought Mimi to the [AHCC® Association page](#)—which detailed the 20+ clinical studies on the patented shiitake mushroom extract. Something clicked. “Why doesn’t everyone know about this?” she wondered. “Why doesn’t every gynecologist know about this?”

Soon, Mimi was recommending AHCC® to her patients, and later to her coaching clients, as part of her mission to help them lead healthier lives. But it was her personal experience with the extract that turned her into the AHCC® evangelist she is today.

Mimi’s rock bottom

To understand the transformational power AHCC® had in Mimi’s life, we have to rewind a bit—back to Mimi’s high school days, when she met Chase. The two started dating at 16 and felt a soul-level connection almost immediately. After four years of long-distance dating in college, they married in their early 20s and moved to Seattle, Washington—ready to build a happy life together.

But that’s not exactly how things played out. Chase was traveling five days a week for his high-powered finance job, and Mimi was pouring herself into a demanding dental career. As often happens in modern relationships, their love lost its spark amid the daily grind, and the two drifted apart. Worse yet, they didn’t have the tools for self-introspection or healthy communication to help bridge the distance between them. So in 2016, they divorced, thinking they would never see each other again.

Soon after, Mimi hit rock bottom.

“In every aspect of my life, I looked like I had it all together,” she recalls. “But health-wise, I was a hot mess. My hair was falling out. My face was blowing up in acne. I couldn’t digest any of my food. I had self-induced hypothyroidism. I was fainting at work.”

She didn’t have a disease, or even a condition. “This was me grasping for validation from the world rather than from myself,” she shares. “I was overexercising and undereating and just plain not getting enough nutrients for how active I was, so my body started to collapse.”

The turning point

Sometimes, when the mind is stubbornly refusing to acknowledge reality, the body steps in and forces a reckoning. That’s what happened to Mimi. The message from her body was clear: her lifestyle needed a complete overhaul.

Mimi left her job so she could focus on her physical, emotional, mental, and spiritual health. She moved away from Seattle, which carried too many painful memories of Chase. She stopped pushing her body to exhaustion through over-exercising. And she transformed her relationship with food, reframing it from a temptation that needed to be tightly controlled into a deep source of nourishment and self-care.

Throughout her healing journey, AHCC® was a constant. “I started utilizing AHCC® in my own life for my physical health,” Mimi recalls. “As weird as this sounds, it was sort of this guiding light for me, because I didn’t know what I was doing with my life, and AHCC® was this steadying force pointing me in the right direction.”

Within a few weeks of taking AHCC®, Mimi noticed a feeling of more balance. “I was getting sick a lot prior, because I just had no reserves. I was in a constant state of stress,” she explains. “By taking AHCC regularly, I noticed I was getting sick fewer and fewer times per year. I felt calmer and less stressed. I was able to approach my day with energy. My hair started growing back, and my skin started to even out. And it really aided in my gut health. I was starting to be able to digest my food better.”

The accidental entrepreneur

During this period of coming back to herself, Mimi enrolled in the Academy of Culinary Nutrition in Canada—a decision that would prove pivotal. “It’s a program for anyone who wants to learn more about how food can be medicine,” she explains. “And I didn’t really know what I was going to do with it. There was just an intuitive nudge that said I should pursue this, and I’m so glad I did.”

One of the final assignments of the program was to choose a condition or disease and create a healing food to address it. She chose chronic traumatic encephalopathy (CTE), a progressive neurodegenerative disease caused by repeated head trauma and often seen in people who play contact sports. “I knew that we can’t take away the trauma from the brain,” she says, “but what are the nutrients that could potentially lower inflammation and feed the brain in a healthy way?”

That’s how Mimi accidentally created her first product, Brain Hits. The brain-nourishing cookie dough bites combined nuts, seeds, healthy fats, and AHCC®—and they tasted really good. Brain Hits were a hit among her classmates, who asked to buy some. Things quickly snowballed, and soon Mimi was shipping orders to people across the country. Eventually, she brought Brain Hits to Natural Products Expo West—the largest natural products trade show in the country—where she met Dan Lifton, President of Proprietary and Branded Ingredients at Maypro Industries, the company that exclusively imports AHCC® from Japan to the United States.

Impressed by her educational outreach, Dan encouraged Mimi to launch her own AHCC® supplement. “And I was like, ‘This is a full-body hell yes for me,’” she remembers. He also invited her to Japan to attend the annual AHCC® research symposium and tour the Amino Up manufacturing facility where AHCC® is made.

“The summer I went to Japan was a life-changing experience for me,” Mimi shares. It’s where she met Dr. Judith Smith, the lead researcher behind two clinical studies demonstrating AHCC®’s ability to bolster the immune function and support the body in clearing high-risk HPV infection.

The second study—a randomized, double-blind, placebo-controlled Phase II study funded by the National Institutes of Health—yielded particularly impressive results. Forty-one women with a history of persistent high-risk HPV completed the six-month trial. By the end, 14 of 22 women—or 64%—in the AHCC group had cleared the infection, compared to just two of 19 in the placebo group.

“Before coming to Japan, I had already felt deep in my being that AHCC® was a significant part of the message I was meant to share with the world. This trip—meeting the researchers, touring the facility—just cemented in me deeper that I needed to continue this path, even though I didn’t know how to do it.”

Fortunately, she knew someone who did know how to do it—her ex-husband Chase.

The turning point Mimi + Chase, part 2

In the time they spent apart, both Mimi and Chase turned their attention inward. After three years of intense self-development, holistic health integration, and personal epiphanies, their paths crossed again—through their mutual love of mushrooms.

When they reconnected in 2018, they were surprised to find how parallel their journeys had been. Mimi had given up her dental career and was committed to sharing AHCC®. Chase, meanwhile, had left the financial world to become CFO at a supplement company that sold medicinal mushrooms.

“We really bonded over our shared fascination with mushrooms,” Mimi laughs. “And, long story short, that ultimately led us to realizing we should still be together.” The two reunited—this time building not just a life together, but a legacy.

Immune Intel AHCC® launches

In 2019, Chase helped Mimi launch Immune Intel AHCC®, featuring 750 mg of AHCC® per vegetarian capsule. He ran the backend of the business; she led the education—much of which revolved around HPV.

After returning home from Japan, Mimi became a powerful voice for HPV education on Instagram. “I would get droves and droves of women in my DMs telling me their story, just desperate for any kind of help,” she recalls. “I’ve never had to deal with HPV personally, but I almost feel like I have, because I’ve heard so many hundreds and hundreds of stories at this point.”

HPV can be an isolating diagnosis. “They’re kind of being left on an island to figure this HPV thing out,” she explains. “They don’t know how to talk to their partners about it. They don’t know if it will affect their fertility. They don’t know how to help themselves in clearing HPV from their systems.”

The madness of it got Mimi fired up.

“It was clear to me that these women want to do something—they want to help themselves. And their doctors are saying ‘Just come back in a year and if it’s not better, we’ll lop off part of your cervix,’” she says. “That doesn’t seem right. If women want to do something, they should be getting guidance. Why is this not happening?”

Mimi doesn’t believe it’s because doctors are malicious or they don’t care. “They literally don’t have the tools in their toolbox to help you facilitate healing in your own body,” she explains. “And AHCC® is one of the many things that does. This is something that every woman struggling with HPV can do basically overnight to help herself.”

Mimi is careful to stress that AHCC® is one piece of a larger puzzle. She wants HPV positive women to also look at what they’re eating on a daily basis, how they’re moving their bodies, the quality of their relationships, and how they talk to themselves.

Clear + Free

That’s where Clear + Free comes in. Like Mimi, holistic OBGYN Dr. Nathan Riley noticed how abandoned women felt after an HPV diagnosis. He asked Mimi if she wanted to co-create a program that could help women clear the infection naturally, and she enthusiastically said yes.

Clear + Free offers two options: a self-guided course with 60+ prerecorded lessons and around 16 hours of content, or a 4-hour live masterclass with Mimi and Dr. Nathan that’s a condensed version of the self-guided course. Through nutritional guidance, emotional and spiritual support, stress management, exercise application, and supplement suggestions—including, of course, AHCC®—the program focuses on optimizing the immune system, so it can clear HPV from the body.

One thing Mimi wants everyone to know? “If you have been diagnosed HPV positive, no matter what strain, no matter what your doctor says, you don’t have to just sit around and wait,” she says. “You can do something to support your body. That’s all HPV is. It’s just a signal from your body that she needs extra support right now, and she’s asking you for support.”

From seed to success

AHCC® has become a cornerstone of Mimi’s broader wellness business and one she believes every woman should know about. Her success is fueled, almost certainly, by that passion. After all, selling AHCC® isn’t easy—something Chase, the former CFO, made clear early on.

A premium ingredient like AHCC®, which is developed through a proprietary fermentation process that dramatically reduces its molecular size for enhanced bioavailability, comes with steep costs and tight margins. “He told me it was going to be really challenging to turn a profit. And I was like, ‘I don’t care. I can do it. I know I can,’” Mimi recalls.

Her first order from Maypro was just 24 bottles. “I remember thinking, ‘I hope I can sell these!’” she laughs. Now, she and Chase are ordering thousands of bottles every couple of months, and they ship all over the world. But for Mimi, this venture was never just about selling a supplement. It was about helping women reclaim their agency—and reminding them that their story isn’t over.