



yin-care®



# 8 Step Guide

to a Healthy, Balanced Vagina



## Are you at the mercy of intense pain and discomfort?

**It's hot. It's itchy. It's uncomfortable. And you're burnt out trying to bring yourself back into balance.** It can take years of pain and frustration to figure out how to fix the problem, with many women claiming it clouds their mind, affects relationships (no sex=bummer), and distracts from work. Herbal treatments, acupuncture, or anti-fungal applications often fail to make a difference and can create unintended, adverse effects by obliterating the microbiome.

You may be so desperate that you'll do just about ANYTHING, taking advice from your mother's, sister's, cousin's best friend who once used a combination of garlic cloves, yogurt, boric acid, and voodoo! (You should hear the crazy things women put up their vaginas or have been advised to put on their vaginas...)

At Yin-care<sup>®</sup>, we recognize that it sometimes takes more than one type of treatment to heal your most delicate ecosystem. Sometimes, it takes a truly AMAZING combination of water and essential-oil-extracted herbs formulated by a Taoist master using quality ingredients from the pristine mountains of Chengdu, China. Yea...we're pretty proud of Yin-care<sup>®</sup>'s Herbal Wash. It's our AWESOME, all-natural answer to damp, damp heat, toxic heat or wind type conditions (more about what these conditions mean [HERE](#)).

Yin-care<sup>®</sup>'s Herbal Wash is the best way to begin your journey towards relief and inner peace, however there are a number of practices we recommend that will help support your healing. By incorporating these into your self-care regimen, you will significantly enhance your success rate for BALANCE AT LAST!

# 1

## Keep her clean

### Daily hygiene for balanced ecology

We are certainly not implying that you or she are dirty in any way; however, you should be aware of the variety of ways in which bacterial imbalance can arise in the vaginal area.

#### Let's talk going to the bathroom

You were likely taught front to back wiping, or to wipe the front separately from the back. The basic idea is that you want to wipe your urethra (where urine has come out) in a way that avoids fecal matter. Believe it or not, your poo has tons of different bacteria that DO NOT BELONG in your vaginal area. So keeping feces away from there is WISE!

#### Feminine Wipes

There are many feminine wipes on the market, and we recommend NONE of them. They often contain ingredients that upset the vaginal micro-biome balance.

#### Washing

What about washing? Your vagina is a naturally self-cleaning entity and does not require fancy soaps or wipes – a simple wash with water will do. If you feel water alone is not enough, spray a 10% dilution\* of Yin-care®'s Herbal Wash over the vaginal and anal area. Why? We know that many women dealing with a present challenge of imbalance feel unclean or smelly, and want SOMETHING to spruce things up. We are absolutely confident that Yin-care®'s Herbal Wash will take care of those issues without upsetting the balance.

\*Do not use at a higher dilution unless it has been recommended by a practitioner for a specific condition.



## 2

### Keep her aerated Garments for a breathable vagina

#### Underwear/Panties

Your vagina needs a healthy flow of air. A set of lovely, organic-cotton underwear or organic pure-silk underwear would be fabulous! [Check out this link](#) to read about the study where 90% of participants wearing silk underwear had a reduction in symptoms from yeast infections. That's a pretty good reason to splurge on fancy silk panties!

#### Hose, tights & leggings

Healthy air flow is not just required in your underwear, it's a necessity everywhere: panty hose, tights, leggings, yoga pants, etc. Skirts may not always be practical, but they sure let a lot of fresh air up between your legs. Suffering from an imbalance? Consider an all skirt diet! If you are wearing panty hose or tights with a skirt during winter months, find some made with organic cotton OR only wear them during the day and take them off as soon as you're home.

#### Let's talk yoga pants

Yoga pants are great for active wear....walks, hikes, runs, work outs and of course yoga. But once you are done with your work out...TAKE THEM OFF! Why? First of all, they can be quite constricting and poor at aeration. Secondly, if you were exercising in them they are most likely sweaty, resulting in an unhealthy proliferation of bacteria that you don't want reeking havoc in the vaginal realm!

# 3

## Consider your diet

Make some changes!

### Unexpected doses of antibiotics in food

It's not just about keeping your vaginal area clean or using the right products, diet can play a substantial role in moving things back into balance. Certain types of foods can work against your vaginal microbiome. Consider the accepted levels of antibiotics in many brands of milk! You could easily be drinking a daily dose of 9 units of tetracycline. Antibiotics make their way through your body and into your system and can significantly alter your vaginal climate.

### Mycotoxins

Mycotoxins are mold poisons that function as estrogenic compounds. Estrogen directly affects the balance of the microbiome in the vagina, so these mold poisons can wreak havoc by mimicking estrogen. They are found throughout our food supply.

### It's not always about what TO eat, it's about what NOT to eat

You will sometimes read about a new superfood to add into your diet and make you a healthier person, however the Yin-care® team recommends avoiding certain foods more than adding in "healthy" items to your diet. What you choose to remove is ultimately your choice, we simply want to inspire your understanding that FOOD IS MEDICINE, and learning more about your food choices is essential to your overall vitality as a woman and directly affects the health of your vagina. At our flagship clinic in Denver, [YAO Herbal Apothecary, Clinic & Tea Shop](#), our clinicians recommend the removal of gluten, dairy, and eggs.

### Find what works for you

Do your own research, see what is right for you...what fits your lifestyle and your family. We believe every choice you make in learning more about your health brings you closer to a life of vitality.

# 4

## Consider what you put on your beautiful vagina

Traditional douches, wipes, lubricants, sprays, shower gels and more

How many more areas of the female body could possibly be up for marketing real estate? It's ridiculous. You would think that as a woman there must be a thousand things wrong with you given all the products on the market! We certainly won't cover everything here, but there are many products that may look good on a shelf but could cause harm to your lovely vaginal region.

### Traditional douches

Traditional douches are marketed as a way to freshen up and remove odor, yet contain damaging ingredients. If your balance is off, we completely understand your desire to find a product that will assist in shifting the odor back to your normal scent. Yin-care®'s Herbal Wash offers a much better solution. Use at a 10% dilution and you will definitely notice some significant changes.

### Wipes, lubricants, sprays & shower gels

We caution the same regarding the use of vaginal wipes, lubricants, sprays, and shower gels marketed to your vagina. They are disruptors of the natural microbiome ecology and can throw everything off balance very quickly. Stop using them right away!

Removing these products will teach you more about the natural state of YOU. What are your normal, cyclical discharges? What do they look like, feel like, and smell like? What is YOUR normal?

# 5

## Keep her happy and balanced during your period

### Menstrual cycle as Indicator for overall health

Whether you call it your period or your moon cycle, you are likely menstruating on a monthly basis (usually close to a 28-day cycle). If you are not cycling with regularity, please consider this a red flag for your overall health. A woman's period should be relatively pain and stress free. The blood should be moderate not massively heavy, and should be without clots. If any of these things are off, please consider seeing a Chinese Medical care practitioner (Licensed Acupuncturist/Doctor of Acupuncture & Oriental Medicine) should you wish to address any of these issues.

#### Keeping things tidy during bleeding time

Bleeding introduces yet another liquid with microbial flora into the equation. It is lovely and clean and all a part of you, but just remember to keep things clean when going to the bathroom. Keep that dangling tampon string clean of all fecal matter. For a little mop-up action, simply wash with water in the shower or spray the vaginal area with a 10% dilution of Yin-care®'s Herbal Wash.

#### Lingering Spotting past the main period

Spotting beyond your main bleeding time? If you grow tired of lingering blood, using a 10% dilution of Yin-care®'s Herbal Wash as a douche will feel refreshing and assist in moving the last bits of tissue out.

#### What to use

What you choose to use is based on personal preference and lifestyle. That being said, we recommend using organic tampons or organic pads for disposable options. Anything that touches your vaginal area will have an effect on the microbiome, so make it minimal. Traditional non-organic tampons contain synthetics such as polythene, polypropylene and polyacrylate super absorbent gel, surfactants and chlorine-bleached wood pulp, fragrances, and colors. They are mostly comprised of rayon or a combination of rayon and cotton (rayon is one of the most heavily sprayed crops). With these considerations, if you are working to balance your vaginal microbiome you'll want to adjust your product choices to items that have a positive impact on your flora.

Other options include re-usable organic pads (like the ones made by GladRags), which we love. OR...if you care to be a bit more adventurous, try a menstrual cup! A menstrual cup is like a cervical cap only it has a cup that catches the blood. It can be challenging for women who are not comfortable with dumping the cup and then re-inserting, but for some of us it is the PERFECT option.



# 6

## Understand the effects of contraceptive options

### Preventing pregnancy and avoiding chemicals

If you want to prevent pregnancy and are employing contraceptive options, we recommend staying away from products with spermicidal gels and glycerin, or items that contain hormones that will shift your vaginal microbiome balance into a state of havoc.

#### Get familiar with your cycle as it is

The BEST thing we can recommend is to get really familiar with your cycle. Start learning about when you are fertile. Check out the book: *Taking Charge of Your Fertility* by Toni Weschler. The more you know about your peak of fertility, the better you will be able to prevent an unwanted pregnancy. It will also allow you to avoid spermicidal gels or hormone options as ways of prevention. You will learn so much about your overall health as a woman just by understanding your cycle! Well worth the time!

#### Condoms

There are some fabulous condoms on the market that not only feel smooth, but are chemical-free for a WAY more enjoyable experience for your vagina, allowing you to focus simply on the lovely pleasure of sex. Check out Sir Richards or Lovability & Sustain!

#### Diaphragms, Cervical Caps

Diaphragms and Cervical Caps are only as good as a barrier. If any sperm pass by, you still have a chance at becoming pregnant. Traditionally these options are recommended for use in conjunction with a spermicidal gel; however, we believe that you would be better served by a condom. If you still want to use either Diaphragms or Cervical Caps, figure out where in your cycle you are least fertile. You may be able to incorporate several methods depending on the time of the month.

#### IUDs

We ONLY recommend the IUD without hormones: ParaGard. This is a great option for those who don't want to think about contraception much. They are considered to be 99% effective and contain NO hormones that mess with your body. YAY! Check IUDs out...do your own research and see if this might be a good fit for you!

Deciding how to manage the possibilities of getting pregnant are going to vary from woman to woman based on budget and personal preference for how you want to manage contraception in the heat of the moment.





## Keep her clean during sex

Messy sexual play & partners

### Clean up with Yin-care®'s Herbal Wash post sexy time

During intimacy, hands, mouths, and sexual organs can go in a variety of different places, and everything that touches your vagina has its own microbiome climate. If you, your sex toys, or sexual partner/s are clean, yet you still suffer from vaginal imbalance, we recommend a quick round of douching with Yin-care®'s Herbal Wash (10% dilution) after sexy time. That means spraying the applicator on the outside of the vagina and on the inside. If you have been hot and heavy, the fabulously cooling sensation is going to feel AWESOME!

You may have an amazing partner who is super clean, however keep in mind that their diet contributes to their sexual organ's microbiome climate as well. If you are partnered with a man, the ejaculate that may end up in or on you contains things from all aspect of their life. So cleaning up is important!

If anal intercourse or anal touching is part of your sexual repertoire, remember that those bacteria from the anus are no friend of the vagina. Make sure your partner acknowledges that concern. Be sure they use separate fingers or hands for different areas of play, otherwise your sexual enjoyment may suffer.

### Clean up before hand!

If you are concerned about cleanliness, use Yin-care® Herbal Wash before you get hot and heavy! Or if things are going to get orally exciting, Yin-care®'s Supreme Oral Care will balance the oral microbiome before you get started. And you can use after you get finished too!

And don't forget to clean your sex toys too! Yin-care®'s Herbal Wash is fabulous for washing your sex toys after play time.

So definitely enjoy your wonderful sexual body – just keep the microbiome in check!

# 8

## Sleep and rest Managing inflammation

Bet you didn't see sleep and rest coming as our 8th and final way to assist in creating a healthy balanced vagina! It's true that good sleep and rest allows the body to re-establish a sense of balance overall. A body that is sleep deprived is often in a state of inflammation and on higher alert.

If you're thinking your life is too busy to find more time to sleep and rest, here are a couple of ideas...

### **One day a week to sleep in**

See if you can pick one day dedicated to sleeping in as long as you need. Luxuriate in the pillows and blankets, get some black out blinds, and just lay there and sleep! That even means Moms with kids!

### **Take a nap**

Learn how to power nap. Nap during work...walk out to your car and take a quick nap in the car. In between your kids' activities, take a short nap in the car while you are waiting. Find a place and SLEEP - all you need is 10-15 minutes!

### **Slow it down and pay attention to what your body needs right NOW!**

We are so pumped up to get in shape and lose weight that we get into these intense routines that cause much stress on the body. Ask yourself what your body needs today! What about a walk outdoors and then resting on a park bench? Take in the nature around you and just slow it down.



## Thank you for joining the Yin-care® Circle!

We love that you have joined the Yin-care® Circle by downloading this free guide. Be sure to stay in touch with us in our forums, blogs, and more. It is our wish to inspire you to create a vibrant life that leads to a healthy and balanced vagina, and that you might share this information with your trusted friends. Embody the Yin-care® wisdom of...Honor Yourself. Celebrate Your Strength. Empower Your Transformation™...All through finding balance in the most delicate places™.

All our best,  
The Yin-care® Team  
#yincarerocks

