

VAGINAL HEALTH

How happy are you with the your vaginal and pelvic floor health currently?



As you begin the journey of improving vaginal health, this may be something you want to discuss with your partner. Note below the points you want to share.

e.g. I have been experiencing some vaginal changes because of hormone shifts and I am experiencing (... symptoms) which has made it harder for me to enjoy sex. I want to maintain this part of our relationship so I am going to try some thing to help, but I need your understanding that things are a little different now. Some things that will help (relevant for penetrative sex) is that we will need more foreplay, I may need to use some toys, and I will need to use lubricant...

WEEKLY CHECKLIST: THIS WEEK I HAVE...

- ☐ Done something to boost circulation (e.g sex or masturbation)
- ☐ Found a pH friendly lubricant
- ☐ Increased my consumption of phyto-oestrogen foods
- ☐ Drunk 2L water each day

SUPPLEMENT GUIDE

Sea Buckthorn 3g/day
Cod Liver Oil
Zinc citrate 30mg/day