

Light TOUCH

The Research Library

Table of Contents

1. Why Does My Vagina Itch And Smell.....	4
2. Red Light Treatment.....	6
3. Blue Light.....	8
4. Female Dryness.....	10
5. Vaginal Atrophy.....	12
6. Pelvic Floor Therapy.....	14
7. What Is Vaginal Rejuvenation.....	16
8. Why Does My Vagina Itch.....	18
9. How To Strengthen Pelvic Floor Muscles.....	20
10. Bladder Control Products.....	22
11. Pelvic Floor Dysfunction Itching.....	24
12. Vagina Tightening Treatment.....	26
13. Vaginal Discomfort During Sex.....	28
14. Vaginal Pain And Itching.....	30
15. Burning Sensation Inside Vagina.....	32
16. Led Light Treatment.....	34
17. Red Light Benefits.....	36
18. How To Create Natural Lubrication.....	38
19. At Home Vaginal Rejuvenation.....	40
20. How To Make My Vagina Stop Itching.....	42

21. How To Treat Vaginal Dryness.....	44.
22. Bladder Control For Women.....	46
23. Best Way To Tighten Vagina.....	48
24. How To Get Your Pussy Tight.....	50
25. Why Is My Pussy Dry.....	52
26. Vaginal Redness And Burning.....	54
27. How To Use Red Light Therapy At Home.....	56
28. Discomfort In Vaginal Area.....	58
29. How Do You Make Your Vagina Tighter.....	60
30. Pelvic Floor Therapy For Incontinence.....	62
31. Pelvic Pain And Pain During Intercourse.....	64
32. What Can Cause Vaginal Pain.....	66
33. What Is Photobiomodulation.....	68
34. Red Light Laser Therapy.....	70
35. Make Your Vagina Tighter.....	72
36. How To Make Your Pussy Tight Again.....	74
37. Red Led Light Therapy Benefits.....	76
38. Vaginal Dryness Itching.....	78
39. How To Make My Vagina Stop Itching.....	80
40. Non Surgical Vaginal Rejuvenation.....	82

1. Why Does My Vagina Itch And Smell

5 Uncommon Causes of Vaginal Odor and Irritation

Why does my vagina itch and smell? When things go wrong, it can leave you feeling embarrassed and self-conscious about your sexual health. There are plenty of reasons why you're dealing with that fishy smell coming from your vagina.

Here are five uncommon causes of vaginal odor and irritation.

1. Stressful Lifestyles

Bacterial Vaginosis is the bacteria causing the fishy smell emanating from your vagina. It's common for this odor to intensify after sex, and other symptoms attributed to the condition include a white discharge and itching.

While BV is not life-threatening, it can cause complications with your sexual health, and it also leaves you predisposed to catching an STI.

Your doctor will treat your condition by prescribing an antibiotic to kill the bacterial infection. They will also write you a script for topical creams to stop the itching while you recover.

2. Pelvic Inflammatory Disease (PID)

Every year, around 1-million women in the United States receive a diagnosis of pelvic inflammatory disease. PID is another reason why you might notice a fishy smell coming from your vagina. PID is the medical term for an infection that starts in the lower vaginal canal and spreads through all the tissues in the pelvic region.

PID can be a life-threatening situation for women. The infection will start to reach the uterus, fallopian tubes, and ovaries if left undiagnosed and untreated. Women that experience the onset of PID will often end up infertile after resolving the situation.

3. Diet Affects Your Vagina

You are what you eat – we're sure you've heard this saying a thousand times before. A healthy vagina has a natural pH balance resulting in a clean smell. What you eat can change your sexual health dramatically.

Some foods and drinks containing refined carbohydrates and sugar will affect the way your vagina smells. Some of the food and beverages causing unpleasant vaginal odors include the following.

- ❑ Strong aromatic spices
- ❑ Smoked and cured meats or foods
- ❑ Garlic and onions
- ❑ Asparagus and broccoli
- ❑ Coffee and alcohol

Citrus fruits can improve the smell of your vagina. Eating probiotic foods will help to improve the presence of good bacteria in your gut, enhancing your digestive and sexual health.

4. Improper Personal Hygiene

For some women, a foul smell emanating from the vagina is merely a sign of poor personal hygiene. Ensure that you meet the following criteria with your daily hygiene routine for your vagina.

- ❑ Wipe from the front to the back when using the toilet
- ❑ Always urinate after sex to flush your vagina
- ❑ Change your underwear every day
- ❑ Use unscented laundry products to wash your underwear
- ❑ Use a neutral, gentle body scrub

Some women try to clean inside their vagina to remove the smell. However, all this does is cause a bacterial imbalance in the vagina, worsening the condition.

5. Your Menstrual Cycle

If you experience a change in your vaginal odor right before starting your period, then that's a sign of changes to your bacteria and acidity levels in your vagina. These changes occur at different times during the menstrual cycle.

During your period, the blood and uterine lining mix with the microflora in the vagina's walls. This change alters the smell. Leaving a tampon in for too long may also cause the development of a fishy smell.

2. Red Light Treatment

What are the Benefits of Red Light Therapy?

Are you feeling fatigued? Does your skin look saggy and ashen? It would help if you had red light treatment to help restore your energy levels and revitalize your skin.

Red light therapy, otherwise known as “photobiomodulation,” utilizes light in a specific wavelength to penetrate the skin. The light reaches 8 to 10-mm below the skin’s surface, absorbing the energy into the cell mitochondria.

As a result, red light therapy can reach every layer of your skin, blood vessels, and even your lymphatic system. The degree of penetration provides a therapeutic effect on all our cells and our metabolism.

After absorbing the red light, your body converts it into energy, leaving you feeling energized and full of life. What are the other benefits of using this technology? Let’s unpack the advantages of red light therapy for your health.

Enhanced Sleep

After the energizing effect, the most noticeable change occurs in your sleep. You’ll find that after a session with the red light device, you’ll sleep like a rock that night.

The retinas in our eyes connect with suprachiasmatic nuclei (SCN) in the body. Therefore, the light we receive through our eyes plays a critical role in managing many of our biological functions, including the sleep/wake cycle.

During the evening, the fading glow of the sun allows red light to enter our eyes, preparing us for sleep. When you use the red light machine, it creates a similar effect on your brain as the fading rays of sunlight in the late afternoon.

As a result, you’ll have a deep, therapeutic sleep that leaves you with plenty of vitality and energy the following morning.

Improve Your Mood

Red light treatment boosts our mood. As mentioned, our eyes act as light filters. When we receive red light through our eyes, it causes an increase in dopamine production, the neurotransmitter that releases sensations of pleasure in the brain and body.

Healthy Skin

Red light therapy increases collagen production in the body. Collagen is a critical protein that creates elasticity in your skin. As we age, we start to lose collagen production, leading to the development of fine lines and wrinkles on the face and sagging skin.

A red light device can restore healthy cell function, increasing the production of collagen. When the skin absorbs red and near-infrared light, it stimulates new skin cell production while protecting skin cells from damage and infection.

Red light therapy also changes sebum production, the natural oils in your skin. People who are dealing with severe acne may find that a few red light sessions dramatically reduce the extent of acne outbreaks.

Fat Loss

If you need to lose a few pounds, red light therapy can help. The red light stimulates metabolic functions, increasing your metabolic rate. At the same time, the red light mobilizes body fat for use as fuel during the day.

An overweight person may see tremendous benefit from 10 red light therapy sessions designed for weight loss.

Other Interesting Advantages of Red Light Treatment

Red light therapy also assists in muscle recovery, as well as fading your scars and stretch marks. The treatment is an effective tool for accelerating wound healing, supporting the function of the thyroid gland, and reducing joint pain caused by degenerative bone diseases like arthritis.

3. Blue Light Therapy

The Health Benefits of Blue Light Therapy

Blue light is part of the visible spectrum, and it plays a critical role in adapting our body to light and dark cycles, helping us establish our circadian rhythm. You might already know about the effects of blue light on the brain, and that's why many reading glasses filter out blue light.

Blue light keeps us awake at night, simulating sunlight. It tricks the brain into believing it's still daytime, and that's why you struggle to get to sleep after checking your phone and playing around on Instagram before you settle down for the night.

However, blue light therapy in a regulated and controlled setting can be beneficial to your health. The use of a blue light laser provides your body with several advantages.

What Is Blue Light?

A blue light laser is a variety of electromagnetic radiation wavelengths within the known electromagnetic spectrum. You get both invisible and visible light, with UV and infrared light sources accounting for the invisible ranges, while the rest are visible.

Colors occur due to the different wavelengths of light moving in the spectrum. Out of all the colors in the visible spectrum, blue light has a wavelength of 446 – 477-nm, promoting the strongest reaction in our circadian rhythms and physiology.

The pigments in your skin and eyes react to this blue light wavelength, allowing for treatments to enhance your skin and vision.

What are the Health Benefits of Blue Light Therapy?

Eliminate Bacterial Vaginosis

BV is a bacterial infection caused by several factors. Douching or cleaning the vagina after sex can strip it of its beneficial bacteria, creating an imbalance of the microorganisms living in your vagina. We all have beneficial bacterial in our tummy and our vagina, and when they get out of balance, it starts to cause issues.

Blue light therapy can help to resolve BV faster than leaving it alone. Your doctor will likely prescribe your antibiotics and probiotics to help you bring the situation under control. Adding blue light therapy to your treatment program can accelerate your recovery.

Control Depression

During the winter in the Northern Hemisphere, the skies turn grey, and so does the demeanor of the population. It's common for people to experience a drop in mood around the beginning of the winter. It's such a common occurrence that it even has a medical term – SAD (Seasonal Affective Depression).

While SAD will lift when the weather improves, it can ruin your sense of well-being if it gets out of hand. Blue light therapy can assist with elevating serotonin levels in the brain, lifting the affected individual out of their seasonal depression.

Resolve Skin Problems

People living with skin disorders like psoriasis, eczema, keratosis, and acne may have issues affecting the health of their immune system, and its effects on the skin. The increase in immune system T-cells increases the presence of localized inflammation, promoting the formation of keratinocytes.

Blue light therapy has an anti-inflammatory effect on the IL-1 α cytokine production, with the high-intensity light radiation killing off the excess T-cells causing the issue.

Stop Fatigue

If you're dealing with chronic fatigue during the day, blue light therapy might help you recover your normal energy levels. By using blue light, you can alter the circadian rhythms, keeping your brain in rhythm with its wake and sleep cycles.

4. Female Dryness

3 Common Causes of Female Dryness

Vaginal dryness can ruin your relationship and leave you feeling insecure about yourself. It's a challenge many women face for several reasons. Almost two-thirds of all women over the age of 60-years old, list vaginal dryness as a significant sexual health problem.

While vaginal dryness usually affects seniors, young women can experience the onset of the condition as well. Vaginal dryness leads to painful intercourse, and it may cause the woman to avoid sex wherever possible, placing strain on the relationship dynamic.

It's possible to resolve vaginal dryness issues using medications like hormone replacement therapy (HRT), and lubricants designed for sexual intercourse. Here are three common causes of vaginal dryness.

1. Changes in Your Hormone Production

One of the most common causes of female dryness is a decrease in estrogen production. Estrogen is the primary female hormone, and when the body is deficient, it causes all kinds of health issues in women.

The decrease in estrogen after experiencing menopause is the most common cause of vaginal dryness, and it typically affects women over the age of 55 to 60-years old.

According to data from the American Congress of Obstetricians and Gynecologists (ACOG), other times where women might experience a drop in estrogen production include perimenopause, childbirth, or breastfeeding.

Your physician will prescribe you HRT to boost your estrogen levels and return your vagina to health.

2. Use of Certain Medication

Cold and allergy medications can have a drying effect on the vagina. The anti-histamine compounds found in these OTC drugs have a drying effect on the body, increasing female dryness.

3. Chemical Irritants

If you're experiencing vaginal dryness, it could be due to changes in your cosmetics or hygiene products. The chemicals found in these beauty products may cause adverse reactions in your body, resulting in the onset of vaginal dryness.

Many women have allergies to soaps, fragrances, and hair dyes due to the chemicals found in these products. You can also find irritants on new clothes, bed linen, and towels.

How to Treat and Prevent Vaginal Dryness

The treatment protocol for vaginal dryness depends on the cause of the condition. Seniors can benefit from HRT, but young women shouldn't have problems with their hormone levels, meaning they won't qualify for the treatment.

Non-pharmaceutical and medical interventions that assist women with managing vaginal dryness include the following.

Lubricant – There is a vast range of lubricants to ease vaginal dryness during sexual intercourse. Choose a water-based product and avoid silicone lubes.

Moisturizer – OTC vaginal moisturizing products can take care of your dryness, with one application lasting several days.

Speak to a Medical Professional about Your Female Dryness

Experiencing vaginal dryness can have a lasting effect on your physiology and mind. If you're currently in a relationship, vaginal dryness can drive a wedge between you and your partner, leaving you estranged.

Speak to a medical health professional about your vaginal dryness, and the available solutions for your treatment. Vaginal dryness is treatable, and with the right management, you can still enjoy a healthy sex life with your partner.

5. Vaginal Atrophy

Dealing with Vaginal Atrophy

Going through menopause is challenging for every woman. The condition comes with plenty of annoying and frustrating symptoms, including hot flashes, changes in mood – and vaginal dryness. Vaginal dryness places pressure on sexual relationships.

Intercourse hurts, and you'll find yourself doing everything you can to avoid sex with your partner. As a result of your absence from this part of the relationship, your partner might start to think you are no longer interested in them – worse yet, they could believe you are having an affair.

Stopping vaginal atrophy is vital to maintain a happy and healthy lifestyle with your partner. Here are some tips you can use to overcome the condition and restore your reproductive system's health.

Menopause and the Vagina

During menopause, women experience a significant drop in estrogen production. The lack of this female hormone in the body starts to cause all kinds of physiological and psychological issues. Here is what you can expect to happen to your before and after menopause.

- Tissues in the vagina become thin and dry, losing elasticity.
- Vaginal secretions dry up
- Vaginal infection risk increases
- Changes in the vagina cause pain during intercourse leading to abstinence from sex with your partner
- As a result of abstinence, the vagina becomes shorter, tighter, and less elastic.

Women dealing with vaginal atrophy find that it impacts their quality of life, relationships, and sexual pleasure significantly.

Is Vaginal Atrophy the End of My Sex Life?

Many women are under the impression that menopause and vaginal atrophy signal the end of their sex life. However, the reality is that modern medicine has the answer to this problem. Today, women don't need to stop having sex after menopause.

Innovations in products and drugs mean that women can now enjoy a healthy sex life well into their senior years.

Vaginal Atrophy Treatment

Fortunately, there are exercises and medications you can use to prevent vaginal atrophy.

Vaginal lubricants – Water-based lubricants can remove friction and pain from intercourse.

Vaginal moisturizer – These products are different from lubes. They have a longer-lasting formula with a single application every few days. Avoid using the silicone-based lubricants; keep them for your toys.

Hormone Replacement Therapy (HRT) – Your doctor may prescribe HRT medications to raise your estrogen levels artificially. This treatment is effective for both pre and post-menopausal women. HRT options for vaginal atrophy treatment include the following options.

- Vaginal creams, you can use them two to three nights per week.
- Estradiol tablets for twice-weekly use.
- Estradiol ring placed in the vagina and changed every 2-months.

HRT is the most popular means of ramping up your estrogen production. However, it's important to note that there are risks attached to this treatment. Women who have a history of uterine or breast cancer may experience adverse effects from HRT, particularly over long durations.

Vaginal exercise – Kegels and pelvic floor exercises can help to slow vaginal atrophy and keep the muscles loose. You can use Kegel balls to strengthen the pelvic floor and restore the use of the muscles in your vagina.

6. Pelvic Floor Therapy

Control Your Bladder with Pelvic Floor Therapy

Are you dealing with a leaky bladder? Urinary incontinence is an embarrassing and inconvenient condition that dramatically reduces your quality of life.

However, it's possible to recover the control of your bladder using pelvic floor therapy. Stretching the pelvic floor is good for resolving incontinence issues, and it's a great way to recover from the effects of childbirth and improve your sexual health.

We can't see the pelvic floor muscles, but you know they are there when you try to control them. The pelvic floor is a "hammock" type network of ligaments and muscles that support the bladder and uterus. When these muscles lose resilience, it leads to the onset of incontinence.

By training your pelvic floor every day, you can recover the strength in your pelvic floor muscles, eliminating the incontinence from your life.

What Are the Benefits of Pelvic Floor Therapy?

There are plenty of benefits to doing pelvic floor therapy at home. Stretching the pelvic floor can assist with providing relief and recovery to many problems, including the following.

- Improving bladder and bowel control
- Recover quickly after childbirth
- Heal from pelvic surgeries faster
- Heightened sensations during sex with stronger orgasms
- Prevent prolapse of the pelvic region
- Improve your self-confidence

How Do You Locate Your Pelvic Floor?

Before you start the exercises, you need to take a few minutes to locate your pelvic floor. If you've never tried this exercise before, it may take some time on your first few attempts as you establish the mind-muscle connection. After a few weeks of practice, you'll be able to locate the pelvic floor in seconds.

For newcomers to the stretches, we recommend you follow this 4-step process.

1. Sit in a chair or lie on your bed and relax.
2. Relax the muscles in your thighs, glutes, and tummy
3. Squeeze your anal muscles in your sphincter like you want to control wind escaping
4. Squeeze the muscles that you would usually use to stop the flow of urine

The first time you try, it's best to do it when you're urinating. Try to squeeze the muscles that stop your stream. After locating your pelvic floor, you can start with your exercises.

How Long Does It Take to See Results?

The results you see differ from person to person, depending on the severity of their incontinence, age, and how often they do the exercises.

To complete your exercises, locate your pelvic floor using the method described above. When squeezing your pelvic muscles, try to “pull” your vagina into your stomach. Hold the squeeze at the high point for 5-seconds, and then release.

Try to complete 20-reps of this exercise, three times a day for best results. You can also change the squeeze times, alternating between shorter and longer periods.

You should start to notice results after a few days, and your incontinence will eventually clear up if you keep up the exercises. The biggest challenge with resolving incontinence is completing your exercises every day.

Make your pelvic floor therapy part of your daily routine, and you’ll start seeing the results you want.

7. What Is Vaginal Rejuvenation

What is Vaginal Rejuvenation? – A Brief Guide

Aging and childbirth reduce the presence of collagen in the vagina. As a result, affected women notice the onset of vaginal dryness, incontinence, and a host of adverse health conditions. Fortunately, there are methods to restore the vagina to health.

Vaginal rejuvenation is a new medical technology that helps to rebuild women's sexual health, confidence, and quality of life.

So, what is vaginal rejuvenation, and should you be interested in it? Let's unpack everything you need to know about this procedure.

What is Vaginal Rejuvenation?

Vaginal rejuvenation is a medical term describing non-surgical and surgical interventions to tighten the muscles and tissues around the vagina. There are tons of advantages to getting this procedure. Women who undergo vaginal rejuvenation can relieve incontinence, resolve vaginal dryness, and increase sexual pleasure.

Hormone changes, childbearing, and the aging process all take a toll on collagen production in the body. Doctors use vaginal rejuvenation technology to restore the health and function of the vagina to its prime condition.

Doctors rely on a few tools and methods for vaginal rejuvenation. The CO2 laser is the most common tool for the surgery, and it works by affecting the outer layer of superficial tissue. The laser causes the body to produce more collagen naturally. The patient doesn't feel any pain in the vaginal lining, allowing doctors to use the CO2 laser on the internal walls of the vagina.

Radiofrequency treatments are another popular approach to this therapy. Like the previous technique, radiofrequency therapies work to help the body produce more collagen naturally. With the body producing more collagen, you increase glycogen levels, enhancing the ability of cells to turnover, creating lubrication.

Women who receive radiofrequency treatments experience a dramatic improvement in urinary incontinence symptoms. Some doctors also notice that the combination of therapies can yield exceptional results in some cases.

What are the Costs Involved with Vaginal Rejuvenation?

The reality is that most women only need a combination of labiaplasty and vaginoplasty. Depending on the treatment, you could end up spending as much as \$12,000 on vaginal rejuvenation. However, non-invasive treatments can be much more affordable, costing as little as \$2,000 for a few sessions.

The cost of the therapy might seem expensive, but it's worth it when you consider the benefits it brings to your life.

What to Do After Your Vaginal Rejuvenation?

After receiving a vaginal rejuvenation therapy, the patient will feel like they have control over their bladder and vagina again. Some women claim that they feel like their vagina and brain are in sync again, and they experience enhanced orgasms because of the improvement in the mind-muscle connection.

With these innovative medical technologies, women can maintain their sexual health well into their senior years. Vaginal rejuvenation is not only a medical procedure but also a way of practicing vital self-care as you age.

Vaginal rejuvenation can make you feel like a twenty-something in the bedroom. You and your partner will experience a lift to your sex life that strengthens your relationship. Contact your medical professional today and discuss the possibilities of vaginal rejuvenation.

8. Why Does My Vagina Itch

5 Common Causes of Vaginal Itching

Do you find yourself wondering, “why does my vagina itch?” If you’re running to the bathroom stall at work to relieve the itching, it’s an embarrassing and irritating inconvenience. Relax. You’re not the only one dealing with vaginal itching.

Hundreds of thousands of women complain about an itching feeling affecting the vulva, labia, or tissues in and around the vagina. Chronic itching can strip women of their confidence and dramatically affect their sex life.

If things are feeling a bit itchy downstairs, read through this list of five common causes of vaginal itching. Make an appointment with your doctor for a diagnosis. Your doctor sees this type of infection all the time, and they’ll know what to do to help you recover.

1. Bacterial Vaginosis

If you’re dealing with vaginal itching and smell, then you could be suffering from a case of Bacterial Vaginosis (BV). BV is not an STI, it’s an imbalance of the bacteria in your vagina. Yes, you read that right – you have bacteria in your vagina.

However, sometimes, the bad bacteria can outnumber the good stuff, resulting in BV. Arrange a consultation with your doctor for a diagnosis. It’s common for women to confuse BV with STIs like gonorrhea and chlamydia.

Your doctor will prescribe antibiotics to stop the spread of the bad bacteria, returning your vagina to balance.

2. Candida Albicans – Yeast Infections

Another reason why vaginal itching occurs in women is due to a yeast infection. While your vagina relies on a delicate balance of bacteria, it also must manage the presence of the fungi, *Candida albicans*. If the candida starts to get out of control, it can lead to itching and some discharge.

3. Allergic Reactions to Irritants

If you’re experiencing an itchy vagina, it could be due to chemical irritants in your underwear. Some people might also have a mild allergy to certain household cleaners or hygiene products, resulting in an allergic reaction.

Allergies can lead to itchiness, so check your recent purchases. Did you change your

laundry detergent, your body wash, or your shampoo? If so, that could be the culprit responsible for your itching.

4. Sexually Transmitted Infections (STIs)

Vaginal itching might be a sign that you have an STI you're not aware of causing the issue. Sexually transmitted diseases that can cause itching include trich, chlamydia, herpes, and gonorrhea. All these conditions present a health threat that can cause severe complications.

If you have promiscuous sex with multiple partners, then book a consultation with your doctor right away. Your doctor will take a blood test and send it to the lab for analysis. When they receive the results, they'll start planning your treatment.

Most STIs are treatable using antibiotics or antiviral medications.

5. Synthetic Materials

Women's clothes are often tight and hug their bodies. As a result, things can get sweaty down there when exercising. Your running leggings may keep your legs feeling good on your run, but they might also be causing the itching in your crotch.

The fashion industry ensures that our lady-parts have a tight fit to clothes. If they encounter a seam, the synthetic materials can start to irritate your vagina – stick to loose-fitting clothes and cotton undies when you can.

9. How To Strengthen Pelvic Floor

Tips on How to Strengthen Pelvic Floor Muscles

Are you dealing with a sensitive bladder? Is incontinence ruining your sense of well-being? Fortunately, you can get your unruly bladder back under control with a few simple exercises each day.

Physical therapy to condition the muscles in your pelvic floor will help you overcome incontinence. Statistics show that one in three women deal with some form of urinary incontinence, whether it's due to old age, hormone issues, allergies, or anxiety.

By implementing an exercise regimen to strengthen your pelvic floor, you stop the problem in its tracks.

What Are Your Pelvic Floor Muscles?

The pelvic floor is a network of muscles and ligaments in the pelvis. These tissues form a sling that supports the uterus and bladder.

Aging and childbirth can reduce the strength of the pelvic floor, resulting in incontinence. By training the pelvic floor, you can regain control over your bladder.

How Do You Do Pelvic Floor Exercises?

To strengthen pelvic floor muscles, we recommend you complete a training session every day. As with every other biological system in your body, if you don't train it – you lose its functionality.

It's easy to train your pelvic floor, and you can do it right now as you read this article. Follow these ten steps as you read along.

1. Squeeze your muscles that stop your urine flow.
2. Close your eyes, and focus on finding the pelvic floor.
3. Focus only on moving the pelvic muscles.
4. Pretend your vagina is on an escalator and lift it towards the bottom of your tummy.
5. Make sure you don't squeeze your stomach muscles – focus on the pelvic floor.
6. Hold the squeeze for three to five seconds and then release.
7. You'll find that the more often you train, the higher you can "lift" the pelvic floor.

8. As you improve, extend your hold to 10 to 15-seconds.
9. Breathe in slowly during the hold, and exhale as you release the tension on the pelvic floor.
10. Make sure you complete 20-reps of this exercise, three times during the day.

You can test your training skills to see if your workouts are making a difference in your pelvic floor. When urinating, try to stop the stream as fast as possible. If you can cut off the stream multiple times, with no leaks, then you know that the exercises are working.

Change Up Your Exercises

To strengthen pelvic floor muscles, you need to take a dual approach in how you train. Mix up your training with long and short squeezes for the best results. Repeat the exercises until you feel the muscle tiring.

There are two kinds of pelvic floor exercises.

The Long Squeeze – Squeeze for 5-seconds, and release for 5-seconds. As you get better, increase the time to 10-second and then 15-second intervals.

The Short Squeeze – Tighten for one second, and then relax.

Add Your Pelvic Floor Exercises to Your Daily Routine

Some people think they don't have time to do their exercises. However, with a little practice, you can give your pelvic floor a workout wherever you are – even on the road!

Whether you're driving, cooking, watching TV, or reading, you can do your pelvic floor exercises in a few minutes, and no-one around you will even realize you're exercising your pelvic floor.

10. Bladder Control Products

How Can I Solve Bladder Control Problems?

Around 10% of women and men over the age of 65 struggle with bladder control. These individuals are suffering from a condition known as “Urinary Incontinence.” It’s more common for women to experience this condition than men, especially pregnant women or those who recently had a child.

When we urinate, the muscles in the bladder start to contract, forcing the urine through the urethra. The muscle around the urethra relaxes, allowing the urine stream to pass. If the bladder contracts or the urethra relaxes without any warning, incontinence occurs.

Persistent cases of urinary incontinence may occur due to issues with weakened or overactive bladder muscles. Other problems that can cause incontinence are damaged nerves controlling the bladder or blockage due to an enlarged prostate in men.

Poor Bladder Control is Treatable

Fortunately, poor bladder control is a treatable condition. In most cases, it’s possible to minimize the incontinence effect, and some patients may find they can cure themselves of the issue with the right treatment.

If you start to experience urinary incontinence, speak to your doctor. Your physician will ask you to keep a urine record and monitor you over a few weeks.

There could be numerous reasons why you’re experiencing urinary incontinence.

- ❑ Stress Incontinence – If you pass urine when sneezing, laughing, or any other involuntary response.
- ❑ Urge Incontinence – If your bladder always feels full, and you feel like you can’t hold your urine.
- ❑ Overflow Incontinence – When your bladder is full, and you leak small amounts of urine.
- ❑ Functional Incontinence – When you have normal bladder control, but start to leak before you get to the bathroom.

There are various bladder control products and incontinence products to help you deal with this condition. However, it’s also possible to train the body and stop your incontinence. Doing pelvic floor exercises every day will help to reduce the dysfunction.

Your doctor will assess your situation and make their diagnosis before recommending a course of treatment.

Drugs, Plugs, and Incontinence Products

If your doctor determines that you can't resolve your incontinence issues with natural methods like Kegel exercises, they may resort to other strategies. Bladder control products such as urethral and vaginal plugs and inserts are effective for treating women who are dealing with stress incontinence.

Medications are available to help the bladder and urethra relax during urination. As a result, the affected individual can urinate without the urethra or bladder muscle contracting to disturb the flow. Other medications may tighten the urethra or bladder muscle to stop the leaking.

In severe cases, the affected individual may require surgery to remove a blockage in the prostate or reposition the bladder. A common type of surgery to treat stress incontinence involves the pulling of the bladder up towards the lower abdomen before securing it surgically.

Don't Be Embarrassed – Speak to Your Doctor

Many people avoid going to the doctor for urinary incontinence issues. However, without a diagnosis and treatment program, the incontinence will eventually get worse.

Don't feel embarrassed about speaking to your physician about your incontinence. It's a reasonably common condition, and doctors treat it all the time.

11. Pelvic Floor Dysfunction Itching

5 Things You Need to Know About Pelvic Floor Dysfunction

It might surprise you to learn that 24% of American women are living with some form of pelvic floor dysfunction. The pelvic floor is a network of muscles controlling the pelvis region, and when it's dysfunctional, it creates plenty of issues in the affected individual.

From urinary incontinence to pelvic floor itching, dysfunction in this area can eventually lead to the onset of Pelvic Inflammatory Disease (PID). This life-threatening condition starts with symptoms of the vagina itching inside and can lead to severe cramping, pain, and the need for hospitalization.

Here are five things you need to know about pelvic floor disorders.

1. The Pelvic Floor Is not a “Floor”

The name “pelvic floor” might give the impression of a flat, rigid surface. However, the pelvic floor is a network of muscles forming a “sling” in the pelvic region, supporting your bladder and uterus.

2. Kegels are Not a Miracle Cure

Kegels help to tone and tighten the pelvis. These exercises are efficient at strengthening the muscles, assisting women in dealing with issues like incontinence. Research shows that up to 70% of women experiencing incontinence symptoms will see a marked improvement in their condition by adding Kegels into their daily routine.

However, Kegels aren't always a miracle cure. You could be suffering from underlying health conditions that start to cause inflammation in the pelvic region. STIs and other infections create pelvic floor dysfunction itching and discharge.

3. Moms are not the Only Victims of Pelvic Floor Dysfunction

Some women assume that if they don't have children, they won't have to deal with incontinence after childbirth. However, the reality is that pelvic dysfunction can occur in seniors, even if they have never had any kids. After age 65, all women are at equal risk of developing the condition.

Incontinence can start to create problems like urinary tract infections and may eventually lead to prolapse of the pelvic region.

Other significant risk factors contributing to pelvic floor dysfunction include smoking cigarettes, obesity, and genetics. Some medical experts state that they see young women develop pelvic floor disorders, even if they have no risk factors.

4. Treatments are either Surgical or Non-Invasive

Doctors treat patients for pelvic floor dysfunctions on a case-by-case basis. Your doctor or OB-GYN will tailor your treatment to suit your specific situation. Women experiencing the onset of prolapse or incontinence will need to book an appointment with a urogynecologist for specialist consultation.

Non-invasive treatment options include pelvic floor physical therapy and other products, such as a specialist tampon for resolving stress incontinence. A diaphragm-like pessary will help to support the pelvic region, holding the organs in place.

Minimally invasive surgical operations involve treatments like Botox injections to treat incontinence and laparoscopic procedures.

5. Don't Believe the Hype Around the Jade Egg

There are plenty of celebrities touting the benefits of using the jade egg or similar products to strengthen the muscles around the pelvic floor. This device might benefit healthy women who are yet to experience incontinence or pelvic dysfunction.

However, if you are dealing with incontinence already, the use of the jade egg may compound your problems. Speak to your doctor for advice,

12. Vagina Tightening Treatment

5 Ways to Tighten Your Vagina

The first few years of marriage are great. However, after starting a family, your sexual health starts to decline without regular maintenance. Your vagina might not feel tight during sex anymore, and your partner might start losing interest in sex.

Childbirth and inflammatory conditions can cause dysfunction in the pelvic muscles that support the bladder and uterus. As a result, you might start to develop the symptoms of urinary incontinence.

However, it's possible to enhance your sexual health and restore the strength of the pelvic muscles. Follow these five tips for DIY vaginal tightening at home.

1. Follow a Clean Diet Plan

The first place to start your vagina tightening treatment is on your dinner plate. What foods are you eating? Avoid refined carbohydrates like sugar, bread, pasta, and other foods containing gluten.

These foods cause inflammation in your digestive system, and the inflammatory cytokines will spread into the bloodstream, increasing the presence of inflammatory disorders and disease.

Avoid fast food, and focus on eating more fruit, whole grains, and healthy fats. Avocados, sprouts, and legumes are good choices to replace unhealthy carbs in your meal plan.

2. Try Kegel Exercises

Kegels are the number-one exercise treatment for tightening your vagina. They're so easy to do, and all you need is a few minutes for a workout. Tighten your vagina on your commute to work or while you and your partner Netflix and chill.

Start by locating the pelvic floor muscle. This muscle group is what you use to stop the flow of urine. When you create a mind-muscle link between your brain and the pelvic floor, you'll find you can control this movement.

Close your eyes and clench the muscle by pulling it up and inwards toward the center of your abdomen, below your navel. Hold the top squeeze position for 5-seconds and relax. Complete that process for 5 to 10-sets. After a few weeks, you'll notice your symptoms of incontinence declining.

3. Do Squats

The squat is an example of a “compound” exercise where the movement works on multiple muscle groups at the same time. The squat is great for building your legs and glutes, and it’s also a great movement to help strengthen the pelvic floor.

We recommend you work with bodyweight squats and complete a few reps in the morning after you get out of bed. Focus on perfect form.

Keep your knees over your toes and shoulder-width apart. Bend your legs at the knees, sinking into the movement as deep as you can. When your glutes touch your ankles, explode upwards to the start position.

4. Stretch the Pelvis

Sit on the edge of a chair, spread your legs open wide, and bend your knees at a 90-degree angle. Put your elbows on the inside of your knees and hold your ankles.

Shift your weight from one side to the other, and you’ll feel a stretch in your pelvis. Hold it for 10-seconds on each side.

5. Start a Yoga Routine

Yoga is the art of stretching, breathing, and meditation. All of which can benefit your sexual health and strengthen your pelvis. Look for a yoga studio in your area and try a class.

13. Vaginal Discomfort During Sex

5 Reasons Why Your Vagina Hurts

If you're starting to feel vaginal discomfort during sex, it might be due to several reasons. From muscular disorders and imbalances to bacterial infections and fungal overgrowth, many things can go wrong with your vagina.

If your vagina hurts, then don't ignore it. Whether the pain is coming from inside or outside, you should seek medical attention, especially if the pain or discomfort persists. Here are five reasons why your vagina hurts.

Bacterial, Fungal, and Viral Infections

Why does it hurt when I have sex? Many different bacterial diseases cause this condition. Gonorrhea, herpes, and yeast infections all create pain during sex due to dryness in the vagina.

However, these conditions often come with other contributing symptoms, making them easier to identify. Itching, inflammation, and discharge are among some of the additional symptoms included with infection.

STIs require immediate treatment. Speak to a medical professional and go for a checkup. Your doctor or OB-GYN will prescribe you medication to clear up the infection.

Vulvodynia

The underlying cause of this condition is still a mystery to medical science. Your physician or OB-GYN may diagnose you with vulvodynia if you have persistent vaginal pain lasting more than 3-months. You'll find sex very painful, and intercourse results in rawness, burning, throbbing, and itching.

Women with vulvodynia need to pay special attention to their diets, avoiding poor food choices that spark inflammation. Keep the vulva dry and avoid contact with chemicals, such as chlorine, in hot tubs. Stop using scented perfumes and creams, and wear loose-fitting, comfortable underwear.

Endometriosis

Endometriosis describes a condition where the uterine lining grows over other tissues in the pelvis. This condition can cause infertility, and affected women may experience pain during sex. Other symptoms include painful bowel movements and urination, constipation, nausea, fatigue, and stomach pain.

Endometriosis can be a life-threatening condition if left undiagnosed and untreated. There are some studies showing links between endometriosis and ovarian cancer. If you

experience any symptoms, consult with a medical professional immediately.

Some OTC medications may help the condition. However, in severe cases, the doctor may have to use surgical options to stop the disorder.

Bartholin's cyst

These cysts commonly develop due to blockages in the Bartholin glands responsible for lubricating the vagina. The cysts take the form of tender lumps at the opening of the vaginal canal. The cysts contain pus and feel painful.

Bathing in warm water may ease the pain. However, you'll need to speak to your doctor about medication to treat the condition. Your physician will prescribe antibiotics to clear up your infection and return your Bartholin glands to health.

Pelvic Floor Issues

Dysfunction in the pelvic floor muscles can lead to the development of painful sex and urinary incontinence. These issues can end up placing strain on your relationship with your partner. Women over the age of 60 are most at risk of losing control over the pelvic muscles.

Fortunately, physical therapy can help you gain control over the pelvic muscles. Doing Kegel exercises at home will help to strengthen your vagina, enhancing your sexual health.

14. Vaginal Pain And Itching

5 Home Remedies to Treat an Itchy, Burning and Painful Vagina

Is your vagina feeling itchy? There could be several reasons for that burning feeling down there, and it's hard to pinpoint the cause of your condition without understanding your lifestyle and your specific symptoms.

Vaginal pain and itching can occur from something as simple as changing the laundry detergent. However, it could also be a sign of something much more alarming, such as a sexually transmitted infection.

We recommend you arrange an appointment with your doctor to uncover the cause of the problem. In the meantime, try these five home remedies to help you with vaginal burning and itching.

1. Bathe in Baking Soda

Run yourself a hot bath and add one cup of Epsom salts along with ¼ to ½-cup of baking soda. Baking soda baths have an excellent track record of helping to control yeast infections and itchy skin. Baking soda has anti-fungal and anti-inflammatory properties that help to lower inflammation markers in the vagina.

However, the most significant advantage of using a baking soda bath is the pH balance. Baking soda turns the water in your bath alkaline, improving the bacterial balance in your vagina. The baking soda will help sort out your vaginal flora, reducing the itching.

2. Raw Honey

Raw honey is another outstanding natural treatment for reducing the symptoms of vaginal itching. Raw honey is different from the stuff you buy in the supermarket. When harvesting the honey, organic bee farmers don't filter it before bottling and selling it to the public.

As a result, the honey maintains all its polyphenol antioxidants, anti-inflammatory properties, and health benefits. Smearing some raw honey onto your vagina and inside on the walls helps to promote healthy bacterial balance and reduce vaginal itching.

3. ACV Bath

Apple cider vinegar is one of nature's miracle cures for a range of ailments. ACV works well to neutralize the overgrowth of fungus in the vagina that leads to the start of a yeast infection. Add two capfuls of ACV to your bathwater to receive the benefits.

Like raw honey, you'll need to choose a raw-brand ACV product. Filtering the ACV removes "the mother." The mother is the brown suspension you see in the ACV, and it's responsible for its health benefits.

4. Extra-Virgin Coconut Oil

According to data from a 2016 study, applying extra-virgin coconut oil to your vagina can kill the fungi that cause Candida Albicans. Extra-virgin coconut oil is unfiltered and contains live enzymes with a potent anti-microbial and anti-bacterial characteristic.

Smear some extra-virgin coconut oil on the inside and outside of your vagina for anti-bacterial protection and moisture retention. Extra-virgin coconut oil also makes an excellent natural lubricant for sex.

5. Probiotic foods

Probiotic foods can change the bacterial balance in your vagina, restoring it to health. You are what you eat, and if your diet is garbage, then you can't expect your health to be any better.

Stop eating refined carbohydrates like sugar. Avoid fast food and soda, and change your diet choices to healthy options with plenty of probiotic bacteria and prebiotic fiber.

Include the following probiotic foods in your diet to help you control your vaginal pain and itching.

- Greek yogurt
- Kombucha
- Kefir
- Kimchi and sauerkraut
- Japanese miso

Eating these foods can help your body combat the effects of a yeast infection, dropping the presence of Candida Albicans in your vagina.

15. Burning Sensation Inside Vagina

The 3 Most Common Vaginal Problems

Several issues can cause a burning sensation inside vagina walls. Whether you're experiencing vaginal discharge, itching, or severe irritation, it dramatically reduces your quality of life when things go wrong downstairs.

When your vagina starts feeling itchy, it's somewhat scary. You've heard all the stories – and you're probably not sure whether you're dealing with a simple UTI or something severe like an STI. In this article, we're going to unpack the three most common reasons for an itchy vagina.

Yeast Infection

Yeast infections occur due to an overgrowth of the fungi, *Candida Albicans*, in the vagina. *Candida* is usually present in the vagina, and it also exists in the gut and the mouth.

Most people maintain a delicate bacterial balance in their bodies. However, there are specific triggers that may disrupt the balance and cause aberrations like a yeast infection. A poor diet with too many refined carbohydrates can cause an overgrowth of *Candida*. *Candida* feeds on the sugar, growing stronger, exacerbating the condition.

Without diagnosis and treatment, the *Candida* will continue to colonize the vagina, causing an increase in itching symptoms. Statistics show that three out of every four women experience a yeast infection in their lifetime, and most women experience more than one.

Doctors can treat most *Candida* infections with antifungal medications. However, you'll need to change your lifestyle to stop future overgrowth. Limit alcohol intake, change your diet, get regular exercise, and stop smoking.

Trichomoniasis

Trichomoniasis, or "trich" for short, occurs due to parasitic infection. This bug spreads through unprotected sex and causes a slew of adverse health disorders in the affected individual. One of the most noticeable symptoms of the disease is a burning sensation in vagina walls, leading to severe irritation and inflammation of the vulva.

Trich occurs in both men and women, but it's more common in women. The parasite can incubate in your body for up to 4-weeks before you start to present symptoms.

Up to 85% of women don't ever experience any symptoms. However, those that do will notice an itchy sensation in the vagina, foul-smelling discharge, and inflammation in the vulva. Patients may also experience pain during sex.

Your doctor treats you for the infection using antibiotics. If left undiagnosed and untreated, you have a higher risk of contracting other STIs, such as HIV.

Bacterial Vaginosis (BV)

BV is the most common cause of itching and vaginal discharge. BV occurs not due to an STI, but rather a bacterial imbalance in the vagina, like a yeast infection. However, with BV, women notice a strong fishy odor emanating from the vagina.

The terrible smell may also accompany a green or grey discharge from the vagina. BV develops due to a shift in the balance of Lactobacillus bacteria, colonizing the vagina.

There are several reasons you might develop this imbalance, including having sex with multiple partners, pregnancy, the use of vaginal douches, and using an intrauterine device (IUD).

Doctors treat bacterial vaginosis using antibiotics to kill off the harmful bacteria, causing the issue. If you have a male partner, they won't experience any cross-infection. However, those women with female partners may transmit the infection.

16. Led Light Treatment

Is Red Light Therapy the Fountain of Youth?

You'll think it's the Holy Grail of anti-aging health treatments when you first encounter red light therapy.

The concept sounds mystifying – with the flick of a switch, a device emits red light, penetrating deep into the layers of your skin. This dose can help with anything from fatigue to weight loss, with no chemicals, supplements, or changes to your lifestyle.

With health professionals touting the benefits of red-light treatment, you might find yourself curious about the topic. Let's unpack everything you need to know about RLT.

How Does Red Light Therapy Work?

The red light treatment delivers a concentrated wavelength of light into your skin. The light penetrates up to 10mm deep, reaching deep into muscle fibers and tissues. Your cells absorb the light, convert it into ATP energy, stimulating the production of crucial compounds like fibroblasts, collagen, and elastin.

Red light therapy provides a revitalizing effect on your energy levels, boosting circulation. As a result, the body absorbs more nutrients and oxygen into tissues and cells. The red light activates a potent self-healing response in the body at a cellular level. The regenerative effect from red light treatment will give you younger-looking skin, diminished scarring, higher vitality, and enhanced muscle recovery.

The technology is not just any red light source. The red light therapy bulbs used in our practice operate on two wavelengths— 660 and 850 nanometers. These wavelengths deliver the optimal biological response to the therapy.

The 660 wavelength absorbs into the skin quickly. Therefore, it's the better choice for cosmetic treatments, such as clearing up the appearance of lines and wrinkles on the skin. The 850 wavelength is more for deep muscular relief, speeding up recovery for muscle and ligament injuries.

What Does Red Light Therapy Do?

Red light therapy is a useful treatment for a variety of adverse health disorders. Some of the more common uses of the therapy include the following.

- Recovery from childbirth
- Minimize menstrual pain

- Recover faster from sporting injuries
- Accelerate fat loss programs
- Reduce the signs of aging on the skin

Booking Your Red Light Therapy Course

When signing up for a red light therapy treatment, a course will require numerous sessions. Depending on your health goals, you might need up to 20-sessions to complete your treatment. The sessions are usually at least 48 to 72-hours apart to ensure that there is no inefficient cross over of the therapy, and the body recovers between treatments.

There are full-body treatments available. You can also choose to work on a specific area, such as a muscular injury, or fat loss around the neck and love handles.

Is Red Light Therapy Harmful?

Researchers are yet to find the optimal dose for red light treatment. However, most practitioners of the therapy will advise you to get a 20 to 40-minute treatment every 48 to 72-hours, until you achieve your health goals – whether that be anti-aging or weight loss.

Red light therapy is not harmful, and you don't have to work about any toxicity problems with overexposure to the light.

17. Red Light Benefits

Does Red Light Therapy Work for Weight Loss?

Starting a weight loss diet is a challenge that many of us fail at miserably. Dealing with the stresses of life while maintaining a caloric deficit and an exercise program is enough to send anyone screaming to the cookie jar for comfort.

However, what if there is a way to lose weight without changing your current lifestyle? Let us introduce you to red light therapy. There are plenty of red light benefits for people running a fat loss diet. Let's look at the advantages of dieting with red light technology.

How Does Red Light Therapy Work for Fat Loss?

Some researchers are skeptical about the benefits of red light therapy. We can't say we blame them. A technology that promises to shave inches off your waistline without reducing your food intake or increasing exercise sounds too good to be true.

However, the reality is that red light therapy can help you lose weight, even without any changes to how you work out or what you eat. Red light therapy emits light at wavelengths designed to increase ATP energy at a cellular level.

As a result, you expect an elevation in your metabolic rate. Think of it as someone turning the thermostat on your furnace up a few degrees. You start to burn more body fat in a resting state, leading to effortless fat loss.

The red light therapy benefits for weight loss are astounding, and it goes beyond boosting your metabolism. The red light helps to mobilize your adipose tissue stores, allowing you to burn them for energy.

Red Light Therapy and Hunger Control

Our body relies on a balance of the hormones ghrelin and leptin to control our hunger. Ghrelin stimulates appetite, while leptin helps to regulate your control over your desire to eat. Without sufficient leptin in your system, you would want to eat anything that's not nailed down.

Red light therapy helps to enhance leptin release, minimizing your hunger pangs throughout the day. As a result, you can start dieting without feeling the adverse effect of cravings for candy, junk food, and other foods that ruin your figure.

How Do I Use Red Light Therapy for Weight Loss?

Red light therapy for weight loss requires around 12 to 24-sessions, depending on your weight loss goals. Those individuals with more weight to lose will need more treatment than those looking to lose a few pounds.

Speak with a therapist about the right treatment protocol to suit your situation. Your consultant will explain your treatment plan and arrange dates for you to receive treatment in line with the most effective protocol for weight loss.

Can I Reduce Calories and Use Red Light Therapy?

Sure. Red light therapy works well as a weight loss solution by itself. However, many of our patients decide to combine the benefits of red light therapy with exercise and healthy eating. The use of both strategies enhances your results, and you can expect to see an accelerated fat loss using both at the same time.

18. How To Create Natural Lubrication

5 Foods for Vaginal Health

Did you know that your vagina relies on a delicate pH balance? That's right; the vagina needs a pH balance of between 3.8 to 4.5 to stay healthy. When things get too acidic or alkaline, then bad things start to happen.

If your vagina pH balance is off, you're at risk of developing conditions like a lack of vaginal lubrication and bacterial vaginosis. You also have a higher risk of contracting STIs from unprotected sex.

Fortunately, it's possible to maintain the health of your vagina by changing what you eat. In this post, we'll look at five foods for vaginal health.

1. Cranberry Juice for UTIs

A urinary tract infection is an irritating and frustrating experience for any woman to handle. You can pick up a UTI for various reasons, from unprotected sex to drinking too much alcohol. However, when a UTI strikes, it leaves you with a burning sensation and pain when you pee.

Drinking cranberry juice resolves a mild UTI without the need to visit the doctor. Always ensure that you're drinking raw cranberry juice with no sugar added. The sugary stuff might exacerbate the symptoms of your UTI.

2. Probiotics Support Your Good Bacteria

Probiotic foods are great for vaginal health. The digestive and reproductive systems rely on a delicate bacterial balance. When that balance shifts too far to one side, it leads to the onset of conditions like BV and yeast infections.

Fortunately, you can control your digestive health through eating right and supplementing with a one-a-day probiotic complex. Introduce fermented foods like kefir, Greek yogurt, and sauerkraut into your diet.

These foods come packed with live enzymes and probiotic bacteria that boost your gut and vaginal health.

3. Fatty Acids for Mood Balance

Include some essential fatty acids in your diet. We recommend you look to include Omega-3 EFAs in your diet in the form of oily fish like salmon. You can also pick up salmon or krill oil from your online supplement supplier.

If you're wondering how to create natural lubrication, EFAs help the Bartholin's glands

function properly. EFAs also assist with relieving the pain and cramping associated with menstruation.

We also like to include evening primrose oil with our fish or krill oil in a 3:1 ratio. We take 3,000mg of fish or krill oil and 1,000mg of evening primrose oil every day. The evening primrose oil helps with mood regulation, keeping you calm and controlled throughout the day.

4. Avocados for a Tight Vagina

Avocado toast is our favorite way to start the morning, and it's a great way to get a serving of healthy fats and slow-digesting carbs. Avocados are a superfruit that's rich in polyunsaturated and monounsaturated fats.

These fats help to strengthen the walls of your vagina, assisting with efficient lubrication during sex. The fruit also has libido-boosting properties that enhance your sexual experience. Along with all that, you get a potent boost of potassium and vitamin B-6. Both of these nutrients have a libido-boosting effect.

5. Leafy Greens Stop Vaginal Dryness

Dark leafy greens like spinach, kale, and chard are useful for boosting vaginal health. These greens contain polyphenol antioxidants that detoxify your bloodstream and enhance circulation.

Leafy greens are rich in calcium, magnesium, and vitamin E, all of which are beneficial to your vaginal muscles.

19. At Home Vaginal Rejuvenation

5 Yoga Techniques and Exercises for Vaginal Rejuvenation

If you're a new mom looking to recover your vagina after childbirth – give yoga a try. Both natural birth and C-section leave women with a need to recondition and recover their pelvic region.

Yoga offers you a time-tested way to strengthen and condition your pelvic floor and vaginal muscles back to full health.

Here are five yoga exercises for new moms. The exercises also work great for women who need to strengthen their pelvic floor to stop conditions like incontinence.

1. Kegel Exercises

Kegels are an excellent way to start your at-home vaginal rejuvenation program. These exercises strengthen the pelvic floor, which is the network of muscles supporting your bladder and uterus.

Arnold Kegel invented the exercises in 1940 as a method of reducing incontinence.

The technique involves locating the pelvic floor by squeezing the muscles to stop the flow of urine when peeing.

You clench these muscles and imagine pulling them upward and in towards your navel. Hold the squeeze for 5 to 10-seconds, and release. Repeat for sets of 10 to 15-reps.

Change up the variations of the squeezes. You can make short, rapid squeezes, followed by longer ones, and finish your Kegel workout with one long repetition for 30 to 45-seconds.

Do these exercises as often as you can during the day, and you'll notice an improvement in your incontinence and vaginal strength in a few weeks.

2. Chinese Vagina Balls

This training tool helps you gain strength in your vagina. It features two balls connected by a rope, and inside the balls are two smaller balls.

You position the device in your vagina like a tampon, and then perform Kegel exercises, squeezing and relaxing the pelvic floor.

Chinese vagina balls come in different weights and sizes; you'll have to build up your strength and start slowly.

Don't train for more than 5-minutes as a beginner, slowly add a minute every week until you can do it for 15-minutes straight.

3. Vertical Scissor

The vertical scissor is a great bodyweight exercise for vaginal rejuvenation treatment. Lying on your back, looking up, perform a scissors-style movement with your legs.

You should feel the stretch in your pelvis. Complete three sets of 20-reps once a day.

4. Hip Thruster

Lie on your back on the floor. Bring your feet halfway to your glutes, and space your feet shoulder-width apart with your knees facing the ceiling.

Lift your hips towards the ceiling while keeping your shoulders on the floor. At the top of the movement, squeeze your glutes and pelvic floor, hold for three to five seconds, and relax. Repeat 10 to 12 reps, for up to three sets.

5. Squats

Squats are a fantastic compound movement that works your legs, core, pelvis, glutes, abs, lower and upper back.

Stand with your feet shoulder-width apart, and your arms stretched in front of you. Dip your glutes you're your ankles, and then explode from the bottom to the top of the movement.

In the explosion, focus on tightening your pelvic floor. Repeat three sets of 10 to 12 repetitions.

20. How To Make My Vagina Stop Itching

Things that Make Your Vagina Itch – What Is Bacterial Vaginosis?

If your vagina is feeling itchy, there could be a few problems causing the issue. Most women assume the worst when they smell a foul odor coming from their vagina, and it starts to itch. It could be a sign of an STI like chlamydia, or something less dangerous, such as bacterial vaginosis.

Research shows that one in three women will experience the onset of bacterial vaginosis (BV) in their lifetime. Some women are predisposed to the issue more frequently than others. When the vagina experiences a shift in bacterial balance, it leads to changes that result in the overgrowth of harmful bacteria.

As a result, the affected individual starts to notice a foul smell emanating from their vagina during intercourse. A light discharge may also accompany the smell during sex, and they'll feel itchy during the day.

If you're wondering how to stop vaginal itching and odor from BV, here is a brief guide to managing the condition.

What Is the Cause of Bacterial Vaginosis?

Medical professionals have a hard time determining the exact cause of BV. The condition can occur in women for many different reasons. One of the most common reasons is personal hygiene habits.

Some women may feel the need to "douche" after sex while taking a bath. They attempt to clean out their vagina using bath gels and soaps. However, this practice disturbs the bacterial balance in the vagina, resulting in the onset of BV.

Bacterial vaginosis usually features reductions in lactobacilli bacteria in the vagina that produce hydrogen peroxide. As a result, the anaerobic bacteria that grow in the absence of oxygen start to flourish.

As a result, it's challenging for doctors to make an accurate diagnosis of the cause of the imbalance. There is a set of risk factors making more women prone to BV than others. Those risk factors include the following.

- Having sex with multiple partners
- New sexual partners
- The use of IUDs (intrauterine devices) for purposes of birth control
- Antibiotic use
- Vaginal douching

- Smoking cigarettes

Some medical experts believe that BV cannot occur in women that haven't had sexual intercourse. However, other medical professionals remain divided on that point. Women who have an STI are more likely to contract BV.

Is BV Common?

Bacterial vaginosis is a common condition affecting over 29% of women. If you're wondering "how to make my vagina stop itching," then all it takes is a trip to your doctor's office. Bacterial vaginosis is as common as a yeast infection in women, and it's easy to treat using a course of antibiotics from your doctor.

If you're wondering what to do for vaginal itching, it's best to make an appointment with your medical professional for a checkup. Your doctor will run some tests and issue you with medication to rebalance the flora in your vagina.

In a few weeks, your vagina will be back to normal. During this time, abstain from sex and try to eat a clean diet.

BV Can Be a Sign of an Underlying Health Condition

BV might also occur as a side-effect of another dangerous underlying health condition, such as an STI. While BV cannot spread to men, women can spread it to each other during sex. If you notice pelvic pain or fever along with your symptoms, speak to your doctor immediately.

21. How To Treat Vaginal Dryness

5 Natural Treatments for Female Dryness

Female dryness happens to every woman eventually. The number one cause of the condition is a reduction in estrogen, the primary female hormone responsible for governing sexual health.

As we age, our bodies start to experience a decline in protein synthesis. This action affects every biological system in our body, resulting in a steady decline in estrogen production after the age of 40.

However, the decline becomes more noticeable as we enter our 60s. Estrogen production slows to a near halt, and some women might start to notice the effects of vaginal dryness. Dryness can ruin sexual relationships with your partner, even though it's usually a quick fix.

Speak to your doctor about the best treatments to suit your situation. Your physician might prescribe Hormone Replacement Therapy (HRT) to help you restore your estrogen balance.

However, female dryness can occur in young women as well. If you're searching for how to treat vaginal dryness, try these home remedies before you make an appointment with your doctor.

1. Clean Up Your Diet

The first place to start your vaginal dryness treatment is in your kitchen. What are you eating? If you eat junk food, candy, and drink soda or alcohol, it's time to take your health seriously. Re-invent your diet by taking a few cooking classes and hire a nutritionist to calculate your calorie needs.

Choose to add more fruits and vegetables in your diet and try a plant-based diet for a few weeks to see how your body responds. Avoid refined carbohydrates like sugar and gluten. Stay away from bread and white flour food products. Switch to whole grains and healthy sources of monounsaturated and polyunsaturated fats.

Swap out the In-and-Out Burger for some avocado on wholegrain toast, and the soda for tea or water. You'll start to notice a significant difference in your overall feeling of well-being as your body shifts away from eating garbage food.

2. Natural Hormone-Boosting Supplements

We mentioned HRT earlier. However, it's possible to naturally boost your hormone production using supplements available from your local GNC or online health food store.

Hormone-boosting formulas for women come with natural ingredients like Black Cohosh, passionflower, Wilford's cyanchum, and giant angelica.

Combining the polyphenols found in these potent natural supplement products helps boost

estrogen production, reducing issues like night sweats, vaginal atrophy, and female dryness.

3. Ayurvedic Herbs – Shatavari

Asparagus racemosus, otherwise known as Shatavari, is an Ayurvedic herb native to India. The translation of the name of the herb works out to “she who possesses 100 husbands.” It gets this moniker from its use as a natural fertility booster and reproductive system enhancer.

Mix the powder with warm almond or coconut milk and create a tea. The herb is high in vitamins A, C, and plant-based proteins. It’s an excellent choice for getting rid of hot flashes in the summertime.

4. Borage Oil

Borage contains plenty of essential fatty acids and antioxidant compounds. The gamma-linoleic acid (GLA) in borage oil reduces hormone deficiency symptoms in menopause, including hot flashes and vaginal dryness.

5. Extra-Virgin Coconut Oil

Extra-virgin coconut oil is an excellent natural lubricant for penetrative sex. The unrefined oil is high in GLA, and it has an antibacterial effect, helping the vagina maintain a good bacterial balance, avoiding the onset of bacterial vaginosis.

22. Bladder Control For Women

5 Tips to Get Your Bladder Under Control

Do you always feel like you need to run to the bathroom? Do you struggle to contain yourself before making it to the stall at work? Urinary incontinence is an embarrassing, uncomfortable, and frustrating condition to handle. As many as 30% of all women experience some form of incontinence in their lifetime.

For most, it comes after pregnancy, particularly after a natural birth. The ligaments and muscles around the pelvis experience severe disruption, and without physical therapy, they can be slow to recover. As a result, the new mom might start to find that she experiences the onset of incontinence symptoms.

Losing your bladder control can also occur in your 60s, as the body slows protein synthesis and lowers collagen and elastin levels. These nutrients are vital in supporting the pelvic floor, and the affected individual will start to notice the beginnings of incontinence.

Here are a few ideas to improve bladder control for women. Try them out and let us know what you think.

Limit Alcohol and Caffeine

Both alcohol and caffeine produce a diuretic effect on your body. Diuretics flush excess water from the body, increasing your urinary rate. If you're having issues with controlling your bladder, it might be because you're drinking too much tea or coffee during the day.

Stop Using Artificial Sweeteners

If you do enjoy a cup of coffee in the morning, make sure that you're not adding any artificial sweeteners to your warm beverage.

Artificial sweeteners like aspartame, acesulfame K, sodium saccharin, and aspartame, may irritate your bladder, causing the urge to urinate more frequently. Instead of using artificial sweeteners, try using stevia as a natural alternative instead.

Avoid Certain Foods

Certain foods may also cause a loss of bladder control in women. Avoid eating any of the following items on this list.

- Tomatoes and other nightshades
- Apples
- Citrus fruits

- Spicy food
- Foods that contain HFCS

Locate and Exercise the Pelvic Floor

An overactive bladder is a problem in women that are dealing with incontinence. By completing a few sets of Kegel exercises each day, you can train your pelvic floor to optimal health. The pelvic floor muscles are the same ones that you use to stop the flow of urine.

Close your eyes and try to locate these muscles. When you feel you can control the pelvic floor with your mind-muscle connection, start the exercise.

Clench the pelvic floor muscles and try to draw them upwards and in towards your navel. Hold the top position of the move for five seconds, and release.

Repeat these five to ten times, with five to ten-second holds. You can do your Kegels on the drive or commute to work, at your desk, or home on the couch – the more you practice, the stronger your pelvic floor.

Retrain your bladder

Your doctor may recommend that you retrain your bladder. Some people may end up going to the bathroom at the slightest complaint from the bladder. Physicians recommend you try to wait for an extra 10 to 15-minutes longer before going to the bathroom.

23. Best Way To Tighten Vagina

3 Non-Surgical Options for Tightening Your Vagina

Pregnancy and aging can cause your vagina to feel loose. The muscles in the walls weaken due to less sexual contact in your life, or the onset of menopause.

This loosening effect on the vagina can reduce sexual pleasure for both partners in the relationship – resulting in pressure on the couple as one partner may feel frustrated with their sex life.

Fortunately, there is a way to recover your sexual health at any age. The medical community developed technologies to tighten up vagina walls using surgical techniques. This procedure is useful after childbirth, helping mothers recover from the stress on the vagina muscle during natural birth.

However, some women might not want to go under the knife for a surgical procedure to tighten their vagina. In this case, the best way to tighten vagina muscles is by using non-surgical methods.

Here are three non-surgical alternatives for tightening your vagina and improving your sex life.

Electrical Stimulation

If you're wondering how to tighten your vagina without ending up on the operating table, the best place to start is with an electrical stimulation device. There are several devices available that women can use to create contractions in the pelvic floor muscles, stimulating the effects of exercises like Kegels.

Electrical stimulation machines are useful for women that have lost control of their pelvic floor through issues like childbirth. This machine helps to provide stimulation to the pelvic floor muscles, allowing the affected individual to start their recovery.

After a few weeks with the machine, the affected individual notices they start to recover control over the pelvic floor, limiting incontinence caused by childbirth or aging.

Radio-Frequency Stimulation

This technology works with the same goal as electrical stimulation. A device emits radio waves into the vagina, causing the heating of tissues in the vaginal wall.

With repeated treatments, women will find that they start to experience a tightening effect on the vaginal canal.

Women can see results from radio-frequency therapy in as little as three sessions. However, research shows that the effects of the treatment tend to be temporary.

To get the most out of your radio-frequency therapy, we recommend combining it with electrical stimulation and CO2 laser therapy. By utilizing all the treatments you can, you achieve the best results.

CO2 Laser Therapy

The most popular non-surgical method for tightening the vagina is the use of the CO2 wand. This technology treats vaginal looseness and incontinence in three 10-minute sessions with your therapist. With this treatment, a wand emits a 360-degree CO2 laser into the vaginal canal.

The laser stimulates the production of collagen and elastin in the vaginal walls, leading to a tighter vagina in only three sessions. The effects of the CO2 wand are incredible, and the system works for women of all ages.

You'll see better effects in tightening your vagina with the CO2 wand than in a few months of doing Kegels. Book for your professional consultation today and experience the impact of the CO2 wand on your vagina and sex life.

24. How To Get Your Pussy Tight

What Are the Types of Vaginal Cosmetic Surgery?

Are you lying awake in bed at night wondering if your boyfriend is thinking, “Why does my girlfriend feel loose sometimes?” Childbirth, aging, and weight fluctuations can leave your vagina feeling loose. Loose when the vaginal muscles lose strength and integrity, it affects sex, and penetration might start to feel painful and dry.

Fortunately, there is a pragmatic and affordable solution to this common problem. Stop searching for tips on how to get your pussy tight and read this post. We cover everything you need to know about vaginal rejuvenation, and if it’s the right treatment.

The definition of vaginal cosmetic surgery differs from doctor-to-doctor, depending on the process involved. You have both invasive and non-invasive procedures, depending on the work the client requires.

The needs of a 65-year old are going to be vastly different from a 28-year old that just had her first child. Typical procedures to get your “designer vagina” include labiaplasty or vaginoplasty. These procedures reshape the vaginal area, tightening the vaginal and pelvic muscles that atrophy with childbirth.

Vaginoplasty

With this procedure, surgeons tighten a loose vagina through creating a smaller vaginal opening. The doctor will also strengthen the vaginal walls and remove excess tissue from the vaginal lining. The purpose of this surgery is to enhance sexual pleasure and performance for the patient and her partner.

Labiaplasty

This surgery reshapes the labia on the outside of the vagina. Some women might want a thinner inner labia minora to look more aesthetically pleasing. This procedure will also help to provide more comfort during sex and prevent irritation during activities like bike riding.

Hymenoplasty

This procedure involves the complete reconstruction of the vagina, including rebuilding the hymen. Doctors create a thin membrane at the opening of the vagina, creating the impression of a virgin vagina. This surgery may be necessary for some women to undergo a religious wedding service.

G-Spot Amplification

This option sounds like a surgery every woman would want in their life. Surgeons inject collagen into the front wall of the vagina, which is supposed to house the infamous G-spot. The additional collagen supposedly provides an enhancement in sexual stimulation.

Vaginal Rejuvenation – Is It Safe?

According to data from the International Society of Cosmetogynecology, Vaginal enhancement surgery is the number-one area of plastic surgery in 2019, with that trend expected to continue. Most women undergoing these treatments state that the procedure had a substantial positive impact on their sex life and relationship.

However, there is some level of risk attached to these cosmetic procedures. There is potential for the following complications.

- Infections
- Altered sexual sensation
- Painful and dry intercourse
- Scarring of the internal walls of the vagina
- Fistulas and adhesions (bands of scar tissue abnormally connecting organs)

Are there Natural alternatives to Invasive Cosmetic Surgery?

Yes, you can tighten your vagina naturally using options like Kegels, radio-frequency-therapy, and CO2 laser therapy. All these options provide proven results, with no severe health risks or complications associated with the treatment.

25. Why Is My Pussy Dry

How Kegel Exercises can Improve Your Sex Life

Conditioning and strengthening your pelvic floor can dramatically enhance the quality of your sex life. Stronger orgasms and better control during sex add up to more enjoyment for you and your partner. If you want a fantastic sex life, then it's time to start training your pelvic floor.

As we age, women have to deal with all sorts of problems affecting our sexual health. One of the more common conditions affecting women is the atrophy of the vagina and pelvic muscles. As a result, women run into all sorts of complications related to this condition.

What are Kegel Exercises?

If you're wondering, "why is my pussy dry?" or "why does my vagina hurt during sex?" The problem could be with your pelvic floor muscles. Arnold Henry Kegel was an American gynecologist. He's responsible for inventing Kegel exercises, otherwise known as pelvic floor exercises.

To complete Kegels, you clench the muscles you use to cut off your urine stream while peeing. To find these muscles, it helps if you close your eyes to increase the "mind-muscle" connection. After locating the pelvic floor, squeeze it and try to pull it up to the bottom of your tummy, just below the navel.

Hold the top of the squeeze for 5-seconds and release. Repeat for 15 to 20-reps three to four times a day when you have a spare moment.

You can change up the duration of the squeeze for longer and shorter holds. Training your pelvic floor will provide noticeable results in the bedroom in a few weeks. You'll also stop wondering, "why is my vagina dry?" and "why am I struggling to get to the bathroom without peeing myself?"

What are the Benefits of Performing Kegel Exercises?

Kegels are beneficial for both men and women. Kegels strengthen the pelvic floor, stopping the progression of issues like urinary incontinence in women. Women that have children through natural birth or C-section experience a disruption in the muscular structure of the pelvis.

Completing pelvic floor exercises helps to bring your pelvic muscles back under control, restoring your reproductive health. Some women may require physical therapy to help them recover the pelvic muscles after giving birth.

Childbirth and aging can cause a condition known as "Urinary Incontinence." UI causes women to feel like they need to pee all the time. You might also find that you start leaking small amounts of urine as well.

Kegels help to restore the resilience and health of your pelvic floor muscles, allowing you to get your bladder back under control. Kegels are a great alternative to surgeries that have a limited success rate. If you don't strengthen the pelvic floor muscles, surgery will provide little relief from incontinence issues.

How Do I Start with Kegel Exercises?

Kegels are easy to start, and you can do them right now while reading this article. Follow this routine to get the most out of your Kegels.

- After you understand the movement, make sure you do your Kegels three to four times a day.
- Do your Kegels when your bladder is empty.
- You can do your Kegels sitting in a chair or lying down – at the office or watching TV.
- Tighten the pelvic floor muscles and count to 7.
- Release and tighten again, counting to 10.
- Release and repeat for 12 to 15-repetitions.
- Try to do this workout three to four times a day.

26. Vaginal Redness And Burning

3 Common STIs Confused with Bacterial Vaginosis

Bacterial Vaginosis (BV) is an imbalance in the natural bacteria found inside your vagina. Yes, you read that right – there are trillions of bacteria living inside your vagina right now.

Wait! Before you start running off to fetch the Clorox wipes, you need to understand that these bacteria are not dangerous. The bacteria in your vagina serve a specific purpose to keep your anatomy working perfectly. Without them, you start to experience health issues – So, put down the disinfectant and continue reading.

If you're experiencing vaginal redness and burning, then there is something wrong down there. BV causes symptoms of itching, and you'll notice a fishy odor emanating from your vagina during sex. BV is reasonably common, with almost a third of American women experience the condition each year.

However, when your partner says that your vagina smells fishy, and you start to notice a burning vaginal area, you're probably going to freak out. Many women confuse the symptoms of BV with an STI. However, BV is not an STI, and it's entirely curable with the right medical treatment.

Here are three common STIs that women confuse with bacterial vaginosis.

1. Human Papillomavirus (HPV)

HPV is a very nasty STI, and it's shocking to learn that 14-million people contract HPV each year, with more than 80-million people in the United States dealing with the effects of this disease. It's the most common STI in the US, and it seems like most teenagers end up catching it sooner or later.

HPV can cause the presence of genital warts that break open and weep pus, causing a foul smell in the vagina, and plenty of irritation. According to statistics, around one in every 100 sexually active Americans suffer from genital warts.

The virus behaves differently in others, and some may remain asymptomatic, never presenting symptoms – but they still pass the disease onto others during sexual contact. HPV is tremendously infectious, and it's for this reason that medical science developed the HPV vaccine.

2. Chlamydia

Every year, there are more than 1.7-million cases of chlamydia reported in the United States. This disease has the highest risk of infection in sexually active women under 25 years of age. If you come down with itching and bad odors in your vagina, your doctor will also test for the presence of chlamydia.

Women who have BV, and continue to have sex, are at much higher risk of contracting an STI. One of the most common cross-infections, in this case, is chlamydia. Chlamydia spreads through vaginal, oral, or anal sex. Similar to HPV, many people with the disease never show any symptoms, but still spread it to others.

3. Trichomoniasis

Otherwise referred to as “trich,” trichomoniasis is a parasitic infection that’s a strong contender for the most common STI in America. Trich affects around 3.7-million Americans, and many people with this parasitic infection will never show any symptoms.

Trich may also give your symptoms of feeling worms burrowing into your muscles, with some users reporting other symptoms like muscle aching.

Trich eventually goes away without medical intervention. However, if you do notice the symptoms, then speak to a doctor for treatment advice.

27. How To Use Red Light Therapy At Home

7 Tips to Get the Most Out of Red Light Therapy

Red light therapy is gaining traction as a popular therapy tool for home use. There are so many benefits of the technology, from helping you lose weight to toning your skin.

The first time you experience an RLT session, it's an exciting and rejuvenating experience. The technician will show you how to use the machine and how to get the best results from your therapy. After learning how to use the device, you can conduct red light laser therapy at home, provided you have the right equipment.

Follow these 7 tips to get the most out of your red light therapy at home.

1. Choose the Right Device

There are many different models and designs of RLT devices. Choose one that suits your lifestyle and your health requirements. Ask a professional for some tips on choosing the right RLT device for you.

2. Follow the Treatment Guidelines

Learning how to use red light therapy at home isn't as challenging as you think. A qualified professional can show you how to get the most out of your device with every session. RLT devices are designed for use anywhere from 2 to 4-times a day, or once every 48-hours, depending on the model.

RLT is not harmful, but extended use might cause complications with other treatments, or not provide any additional benefit to your body. Ask your RLT therapist for the best advice for using your RLT device at home.

3. Give Your Skin a Cleansing

Before you start using your RLT device, give your skin a thorough cleansing, and exfoliate your face for neck and cheek treatments. Starting with clean skin allows the red light to penetrate deep into the layers of your skin, providing the best results.

4. Don't Look into the Light

As mentioned, RLT is not dangerous. Looking at red light won't harm your eyes like staring into the sun. However, prolonged exposure may cause complications with your vision after a session, leaving your eyes feeling heavy.

5. Stay with Your Beauty Routine

Don't make the mistake of thinking that RLT replaces your current beauty routine. Moisturizing and using other foundational cosmetics are still a crucial aspect of maintaining good skin health, especially around your face.

However, when using your device, make sure you cleanse first to remove any creams or cosmetics that might interfere with the skin's absorption of red light.

6. Record Your Results

If you don't record your results, you might not notice the subtle changes occurring. With each passing treatment session, your skin and physiology should see some improvement. Take a selfie every day and try and spot the difference after a month of RLT.

7. Speak to Your Doctor

Before you start any red light therapy, it's vital to speak to your doctor. You might not have any issues if you are a healthy person. However, if you're using any chronic medication, or recovering from a surgery, speak to your doctor for advice before adding any RLT protocol to your recovery therapy.

RLT may also cause interactions with some medications. Consult with your doctor if you are taking any chronic medication that could cause complications during your treatment.

28. Discomfort In Vaginal Area

5 Reasons for Vaginal Discomfort

Are you feeling some vaginal discomfort this morning? Is there pain and inflammation down there? Or is it itchy and uncomfortable?

There could be several reasons why you're not feeling like yourself today. Here are five common reasons for vaginal discomfort and what to do to sort out your situation.

1. Vaginitis

This condition occurs due to inflammation occurring due to bacterial or fungal infection or imbalance. With vaginitis, affected women experience vaginal pain and discomfort, along with itching, discharge, and a burning sensation.

Yeast infections are a contributing condition to the development of vaginitis. According to research, more than 75% of all women will experience a yeast infection in their lifetime. When you have a yeast infection, your vagina produces a white, creamy discharge that has a bad odor.

Doctors prescribe anti-fungal treatments to stop the growth of the fungus, causing the yeast infection while enhancing the strength of the beneficial bacteria in the vagina and gut. Probiotic use can help to speed up recovery from a severe yeast infection.

2. Gonorrhea

The CDC estimates that there is 820,000 diagnosis for gonorrhea in the US each year. This sexually transmitted infection causes a yellow or green discharge from the vagina.

Affected individuals will also notice plenty of discomfort in the vaginal area and pain during urination. Doctors treat gonorrhea with the use of penicillin and antibiotics. It's advisable to stay away from sexual activity until the body recovers.

3. Chlamydia

Chlamydia is one of the most reported STIs in the US, with more than 1.7-million infections occurring each year. Some people are only carriers of the disease, and they don't ever show any symptoms.

However, those who experience symptoms may notice vaginal discomfort, itching, and a white to grey discharge from the vagina. Your doctor will treat chlamydia using antibiotics to kill the invading bacteria.

4. Trichomoniasis

Trich is a parasitic infection spread through sexual intercourse. After Chlamydia and HPV, it's one of the most common STIs in America. Many people that have trich don't show any symptoms, and the parasitic infection will eventually resolve.

If you do start displaying symptoms, it's common for women to experience vaginal discomfort and a burning sensation in the vulva, along with a pale discharge. Doctors can treat trich with medications to kill the parasites.

5. Bacterial Vaginosis

BV is a common condition affecting women between the ages of 15 and 45-years of age. BV occurs when there is an imbalance of bacteria in the vagina. If you douche your vagina after sex, you're making a mistake.

However, the reality is that you're cleaning out all the beneficial bacteria in your vagina, starting the onset of bacterial vaginosis. There could be a variety of reasons for developing the condition, but most of them relate to female hygiene problems.

It's easy for doctors to correct this imbalance by using antibiotics to stop the spread of harmful bacteria. If left undiagnosed and untreated, BV can lead to other complications with venereal diseases, STIs, and pelvic inflammation.

29. How Do You Make Your Vagina Tighter

What are the Top Benefits of Vaginal Rejuvenation?

Vaginal rejuvenation is a godsend to all women dealing with the effects of natural childbirth and the aging process. Both end up wrecking your vagina – and you need help to get things back to normal down there.

Concern for your vaginal health is a vital part of your womanhood. Ensuring that you have a happy and healthy vagina is good for your relationships and your physical and mental health.

So, how do you make your vagina tighter? You have a few options to help you tighten things up down there. Let's look at some vaginal rejuvenation technologies that can revolutionize your sexual and reproductive health.

What Exactly is Vaginal Rejuvenation?

Also known as vaginoplasty, vaginal rejuvenation will give you're the designer vagina of your dreams. This form of reconstructive plastic surgery consists of a cosmetic procedure on the vaginal canal and labia, restoring the tightness and integrity of the vaginal walls and labia.

This cosmetic procedure restores the vaginal canal, mucous membrane, and the vulvovaginal structure of your uterus. Vaginoplasty procedures tighten a vagina that's slack or loose due to traditional childbirth or the aging process.

5 Top Benefits of Vaginal Rejuvenation

- Tailored treatment customized to your needs
- Restore the tightness and sensitivity to your vagina
- Enhance the cosmetic appearance of your vagina
- Improve your sexual gratification and your partner's sexual experience
- Stop medical conditions like urinary incontinence

How Does Vaginal Rejuvenation Work?

The toll of childbirth on your vagina can leave you feeling different down there for months afterward. Physiotherapists will recommend that you start training your pelvic floor as soon as possible after childbirth.

Kegels and pelvic stretches help to strengthen the pelvic muscles supporting your bladder and uterus. If you don't retain and strengthen these muscles, it could lead to bladder issues

like urinary incontinence.

Vaginal rejuvenation techniques help to restore the health and structural integrity of your pelvis. There are non-invasive surgical options, such as CO2 laser therapy and radio-frequency treatments. These therapies help strengthen the vagina's muscles, without the need to go under the knife.

Are there Non-Surgical Options for Vaginal Rejuvenation?

Is there a way to tighten your vagina naturally? Yes, there is – and you don't need any form of surgical procedure.

If you're wondering how to make vagina tight the natural way, then you have a few options. Natural vaginal rejuvenation methods include Kegel exercises and pelvic stretches designed to give you control over your pelvic muscles.

Speak to a Professional About Vaginal Rejuvenation Therapies that Work

Vaginal rejuvenation can revolutionize your sex life and breathe new life into your intimate relationship. If you think you could benefit from this treatment, ask a professional for help. We have top experts in the field available to you.

A consultant will review your unique situation and make the best recommendations on treatment for your specific set of circumstances. We believe that no two vaginas are alike – so why have a generalized solution? Let us tailor your vaginal rejuvenation experience, guiding you along every step of the way.

30. Pelvic Floor Therapy For Incontinence

What Is Incontinence and How Can You Stop It?

After the birth of your first child, it takes some time to recover from the effect on the body. If you endured a natural birth, then the chances are that you're feeling fairly wrecked for a few months afterward as everything settles.

However, some women notice that in the first few months after bearing their child, they experience involuntary leaking of urine on the way to the bathroom. You might also notice that your bladder feels full all the time.

These urinary incontinence symptoms can be frustrating to live with, causing embarrassing situations for you at work or with your friends. However, using pelvic floor therapy for incontinence helps to train and strengthen the pelvic muscles, bringing you back to health.

What Causes Urinary Incontinence?

There are several reasons why you might be dealing with urinary incontinence.

- Pregnancy, childbirth, or menopause
- Diseases like diabetes, MS, and Parkinson's can cause urinary incontinence
- Urinary tract infections
- Infections
- Stroke and pelvic cancer
- Underperforming kidneys
- Medication
- High fluid intake
- Certain foods and beverages that have a diuretic effect

What are the Types of Incontinence?

There are five different forms of urinary incontinence.

Stress incontinence - Common in new mothers that give birth naturally

Urge incontinence - Common senior women. You'll feel the need to urinate, even when your bladder isn't full.

Overflow incontinence - You urinate frequently and have a hard time controlling your bladder.

Functional incontinence - You can't get to the bathroom in time because you can't

communicate your need.

Mixed incontinence - This is an occurrence seeing a combination of all symptoms.

What Are the Treatments for Incontinence?

You can start your incontinence treatment today, right as you're sitting here reading this post.

Kegels

This exercise is a great way to regain control of your pelvic floor. With this exercise, you locate the muscles in your pelvis that control your flow of urine.

Try to activate these muscles and draw them up and inward to your navel. At the top of the squeeze, hold the movement for 5 to 10-seconds, and then release.

Attempt 10-repetitions of these exercises, and then rest for a few hours. Complete three to four of these training sessions each day, and you'll find your incontinence improves dramatically in the first week.

Behavioral Modification Therapy

This strategy involves making changes to your diet, such as removing coffee and other caffeinated beverages. Your doctor may also advise you to try and hold your urine for longer.

A Pessary

This device is a vaginal insert designed to support your urethra. These inserts can be beneficial for women suffering from overflow or dribbling.

Medication

Some drugs block nerve signals around the bladder, allowing you to hold your urine for longer. Other medicines help you empty your bladder, preventing you from dribbling after using the toilet.

Botox

Botox can be useful in relaxing an overactive bladder. The injections provide several months of relief, but you'll need them two or three times a year.

Ask Your Medical Health Professional for Advice

Speak to your doctor or female health specialists about the benefits of incontinence treatments to overcome your condition.

31. Pelvic Pain And Pain During Intercourse

Why Does My Pelvis Hurt When I Have Sex?

Sex is supposed to be a pleasurable act between two consenting adults. So, when it starts to hurt, you know that something isn't right. Some women experience persistent pain symptoms during and after sex. This condition, known as "dyspareunia," typically occurs during penetration of the vagina.

Inserting female hygiene products like tampons may cause pain, and deep thrusting during sex may also be responsible for pain symptoms. The degree of your pain varies from person-to-person.

Unfortunately, in most cases, medical science is still at a loss to explain the reasons for the development of pelvic pain and pain during intercourse. The treatment for the condition requires your physician to understand your symptoms. They also need to know how the situation is affecting your well-being and lifestyle.

Here are four reasons why you're experiencing pain during intercourse.

1. A Vaginal Infection

Infections can cause inflammation and pain in the vagina, along with other symptoms like discharge and a bad odor. More than 30% of women experience bacterial vaginosis each year, which creates a bacterial imbalance in the vagina. If left unmanaged and untreated, it can lead to dryness and pain during sex.

Other STIs like gonorrhea, chlamydia, trich, and HPV all cause pain during intercourse, as well as symptoms of discharge, and in some cases, genital warts.

Milder infections such as UTIs and yeast infections can also cause vaginal dryness and pain during intercourse. Women must get themselves checked out if they experience any of these symptoms. Delaying treatment could expose you to higher health risks.

2. Irritation or Injury to the Vagina or Vulva

The vaginal opening and the vulva have delicate and sensitive skin. It's not uncommon for injuries to happen to these areas during sex, especially if the vagina feels dry. The additional friction from penetration may cause swelling, sensitivity, and pain.

Other traumas that can occur to the vulva and vagina include surgery, female circumcision, piercings, or an episiotomy to widen the birth canal. Some skin conditions like eczema or a condition called lichen planus may also cause pain and irritation to the vagina and vulva.

3. Vaginismus

This medical condition describes the involuntary contraction of the pelvic floor and vaginal muscles, resulting in tension. As a result, the woman's partner may have trouble penetrating her during sex. This involuntary muscular response can occur at any time and for any reason. It may happen when you're putting in a tampon or before sex.

Medical science is still unclear on the cause of the conditions, and treatment may include physical and psychological therapies.

4. Vulvodynia or Vestibular Vulvitis

If you're experiencing severe pain during penetration, then vestibular vulvitis or vulvodynia is a likely cause. This condition creates significant amounts of pain during sex, or even during activities like riding a bicycle.

Medical science is unable to explain the cause of the condition. However, some experts believe it might be an inflammatory response from nerves at the vulva and the vagina opening, causing pain and hypersensitivity.

Unfortunately, there is no cure from this condition, but it's possible to manage the pain symptoms with medication use.

32. What Can Cause Vaginal Pain

Reasons Why Your Vagina Needs a Yoga Retreat

Yoga is the art of moving meditation. The practice harnesses stretching and posing the body with breathing techniques. There are plenty of different yoga styles, from Kundalini to Bikram, all offering a different perspective and strategy on training your body and mind.

The idea behind yoga is to allow you better control over your body using your mind. The stretching and breathing exercises forge a “mind-muscle” connection that gives you better control over your muscular and nervous system response.

With yoga, you can train yourself to control both your body and your mind. Through breathing, you can reduce your heart rate and slow your brainwaves, entering a state of peace and calm within minutes.

For dealing with pelvic floor pain, and other issues with incontinence or vaginal matters relating to childbirth or aging, yoga can help.

Stop Vaginismus

If you're wondering what can cause vaginal pain in women, you might find it surprising to learn how many adverse health disorders affect your vagina.

Vaginismus describes a medical disorder affecting the vagina—women living with this dysfunction experience an involuntary clenching of the vaginal muscles. The muscles clench so tightly that the penetration of the vagina is near impossible.

Yoga can help to loosen the body and relieve tension and stress. Mindful meditation will help you connect with the vaginal muscles, relieving the pressure.

Many women find that their symptoms of vaginismus relate to their negative emotions, and symptoms are worse when they are feeling depressed or down. Regularly practicing yoga helps to remove these negative emotions, allowing you to regain control of your mind.

Yoga Poses to Benefit Your Vaginal Health

Find a yoga studio near you and arrange to take a few classes. Some of the most effective yoga positions to prevent vaginismus include the following.

Balasana (The Child Pose) – A resting pose that calms the mind. This pose stretches the thighs, hips, glutes, and lower back, expanding your pelvis with every breath you take.

Malasana – This squat position requires you to hold in the bottom of the movement, providing you with grounding and a sensation of calm. This position activates the pelvic floor muscles, helping loosen and tension in your pelvic region.

Supta Baddha Konasana – This simple pose stretches the groin, inner thighs, and knees. This pose helps to induce calm and relieve stress while removing feelings of depression.

Ananda Balasana (The Happy Baby) – If you sit in an office chair all day, try this pose. It's a great stretch for the pelvic muscles and lower back.

Wrapping Up – Embrace the Grind

Savor the time you get to spend on your yoga mat each week. Take some time to be grateful for what you have in life and relish the opportunity you have to stretch. Every pose you take brings you closer to feeling calm and collected.

Practice as often as you can, and you'll start to notice a dramatic improvement in your pelvic floor's strength and health. Give yourself two to three weeks, and you'll find yourself looking forward to your daily dose of yoga.

33. What Is Photobiomodulation

Laser Therapy for Vaginal Rejuvenation – Is it a Thing?

Vaginal rejuvenation is a therapy designed to help young mothers and seniors recover their vagina due to the effects of childbirth or aging. There are many techniques used in vaginal rejuvenation, including physical therapy exercises and cosmetic procedures.

Some women choose to undergo invasive procedures in severe circumstances. However, most women can recover the health and use of their vagina using less invasive measures. One of the more popular methods of non-invasive vaginal rejuvenation includes “photobiomodulation.”

What is Photobiomodulation?

Photobiomodulation describes a therapy technique using low-level lasers to heal tissues and stimulate biological processes, such as forming collagen. Photobiomodulation is gaining traction as a popular vaginal rejuvenation technique available for new mothers and seniors.

Laser therapy involves visiting a vaginal rejuvenation clinic where a technician will use a CO2 laser to stimulate the tissues and nerves around your vaginal walls, opening, and labia. The laser tightens everything up, restoring the health and musculature of the vagina and pelvic region.

There are plenty of benefits to undergoing this procedure. Here are a few examples of how photobiomodulation can benefit you.

Photobiomodulation Therapy Benefits for Childbirth

Bearing children can distort the shape and structural integrity of the vaginal canal and the muscles in the vaginal wall. As a result, the mother may find she experiences a change in the way sex feels, and in some cases, it may stop being pleasurable.

C-section births still cause a significant amount of trauma to the tissues and muscular network around the pelvic. Women might take up to 3-months to recover from the effects of the pregnancy on the body.

Photobiomodulation during the recovery period can assist with tightening the vaginal canal and reshaping of the labia. The patient may require several therapies before restoring the vagina to health.

Photobiomodulation Therapy Benefits for Low Hormone Levels

Natural events like childbirth and the aging process influence your hormones, dropping estrogen production. Women dealing with declining estrogen levels start to experience the

onset of menopause, changing their biology as they move into their senior years.

By the time women are in their mid-60s, estrogen levels are deficient, causing symptoms of depression, a lack of energy, and a drop in desire for sexual contact. Estrogen deficiency also leads to changes in the vagina, vulva, and lower urinary tract.

These changes lead to the development of conditions like vaginal dryness, irritation, burning, and pain during intercourse. Vaginal discomfort and frequent urinary tract infections are also more common in women with estrogen deficiency.

A lack of available estrogen also hinders the body's production of collagen. Collagen is a protein that's vital for stimulating skin and muscle turnover, allowing for optimal health. Low-level laser therapy stimulates collagen production in the vulva and vaginal walls, helping speed up the recovery from childbirth.

Photobiomodulation Procedure and Results

With each CO2 laser therapy session, you get a tissue regeneration process that lasts several weeks. You get significant results after the first treatment, and you'll notice better hydration, firmer vaginal walls, and reduced incontinence as vaginal pH establishes.

Some women experience an increase in sexual function and arousal, but that is not the case across the board. Speak to a treatment professional on how Photobiomodulation can help you.

34. Red Light Laser Therapy

Answering FAQs About Red Light Laser Therapy

What do you know about red light laser therapy? RLT is getting more attention in the media and on social platforms with influencers and sports stars talking about how RLT changed their life. So, what is RLT? It's the application of red light to the skin's surface, offering you several health benefits.

You receive the therapy from a red light device specifically designed to emit wavelengths between 620 to 700-nm. These wavelengths penetrate around 10mm deep into the surface of the skin. There are a few different names for RLT, and you might have heard people refer to it as any of the following.

- Low-Level Light Therapy
- Light-Activated Biostimulation
- Phototherapy
- LED (Light Emitting Diode) Therapy
- Photobiomodulation

Regardless of the name of the therapy, they all use LED red light technology to produce the same effect. We realize you might have a few questions about red light therapy, and if it's the right choice. Check out this list of FAQs for more insight into the benefits of RLT.

What Is Red Light Therapy and How Does It Work?

The skin absorbs low-level red light therapy to energize the body at a cellular level. Red light boosts ATP production – making us feel alive and vital. These wavelengths also stimulate the production of the proteins collagen and elastin, helping restore a youthful look to your skin.

Red light therapy (RLT) helps to enhance your circulation, providing more oxygen to the muscular system and brain. As a result, you think clearer and feel energetic throughout the day.

As mentioned, red light therapy helps to boost the production of adenosine triphosphate (ATP). ATP is the source of cellular energy that powers metabolism, and enhanced ATP means a higher metabolic rate.

Therefore, with a higher resting metabolic rate, you'll start to burn off excess body fat stores, losing weight without ever setting foot in a gym.

What Can Red Light Laser Therapy Do?

There are so many advantages for RLT. The FDA already recognizes RLT for pain

management, anti-aging therapy, and acne treatment. However, the benefits of this technology go much further. There's plenty of anecdotal evidence that suggests red light therapy could offer the following health benefits.

- Enhanced wound healing times
- The stimulation of hair growth for people with alopecia
- Pain relief from carpal tunnel syndrome and arthritis
- Reducing inflammation in people suffering from eczema and psoriasis
- Anti-aging for treating sunspots, lines, and wrinkles
- Relief from recurring cold sores
- Healing of scar tissue
- Enhanced muscle recovery after exercise
- Improved recovery to joint injuries
- Helps improve mobility from muscle spasms and stiffness
- Reduce the appearance of unsightly stretch marks from weight loss or childbirth

While the need for clinical data exists to verify RLT as a valid treatment for these issues, the anecdotal evidence is substantial and worth noting.

Is Red Light Laser Therapy Safe?

Red light therapy is proven clinically safe for use on human beings. There is no toxicity from being exposed to red light for extended periods. However, the benefit of more prolonged exposure will eventually taper off.

If you're using a red light device at home, stick to the protocol recommended by your therapist. Extending your therapy sessions won't provide any additional benefit.

RLT contains no ultraviolet (UV) rays, and there is no risk that you can develop skin cancer from overexposure to a red light device.

How Many Red Light Laser Treatments Do I Need?

The amount of treatments you require depends on your needs. For anti-aging, we recommend two to three treatments for 20 to 30-minutes each session.

For injury recovery and healing, we recommend adding an extra session each week. Try to keep your RLT sessions at least 48-hours apart for the best results.

35. Make Your Vagina Tighter

3 Vagina Exercises to Enhance Your Sex Life

It's time to get your vagina into training. We're not talking about signing up for a gym contract here. We mean that you need to start exercising your pelvic floor muscles. Why would anyone want to do that? Well, there's considerable benefit to training the pelvic floor. Make your vagina tighter and enhance your sex life with your partner.

Exercising the pelvic floor also helps to stop conditions like incontinence. As we age, we lose control of the pelvic muscles, resulting in difficulty controlling the bladder. Training the pelvic floor muscles helps to provide you with greater control over your bladder, reducing symptoms of urinary incontinence.

Whether you want joyful sex or want to stop issues like incontinence, exercising the pelvic floor muscles can dramatically improve your well-being and quality of life. Try out these three exercises for your vagina, and work them into your daily exercise routine.

1. Kegels

If you want to strengthen the muscles in your vagina and learn how to have great sex, then Kegels are a must-know exercise. Kegels are a proven method of building your pelvic floor using stimulation of the vaginal and pelvic muscles.

To start your Kegels, you need to locate the pelvic floor. Sit on a chair or lie on your bed and close your eyes. Clench the muscles you would use to stop the flow of urine while peeing. When you locate those muscles, contract them, and pull up and in towards your navel.

At the top of the movement, hold the squeeze for 5-seconds, and then release. Repeat this exercise for 12-repetitions. We recommend you do this exercise three to four times throughout the day.

As the Kegels get easier, extend the length of the hold and the number of reps you do in a Kegel workout. End your workout by holding the top squeeze for as long as possible before releasing it. You should notice a considerable difference in the strength of your vaginal muscles after about two to three weeks.

2. Vaginal Weight-Lifting

Vaginal weight-lifting sounds intense – and it is, but it's the natural progression from Kegels. For this exercise, you use two balls connected by a chain. The first ball sits inside the vagina, and the second hangs outside of the vagina.

You use your vaginal walls to hold the ball firmly inside your vagina, preventing the weighted end from pulling it out. You start in a squat position, lifting until you can suspend the weight without any assistance.

3. Squats

Strong core muscles are essential for building a robust pelvic region. Squats are a great compound exercise for working out multiple muscle groups in your body. When you squat, it works your legs and glutes and your pelvis, lower back, abdomen, and upper back and shoulders.

Start with bodyweight squats and complete 20-reps for three to four sets, four to five times a week. When bodyweight becomes too easy, you can start adding weights. Goblet squats using a kettlebell are an effective way to increase your squat strength.

36. How To Make Your Pussy Tight Again

The Best Options for Vaginal Rejuvenation

Most women have never heard of vaginal rejuvenation. If you're wondering how to make your pussy tight again and please your man, then a vaginal rejuvenation is for you. There are a few ways doctors and health professionals can tighten things up down there.

If you're a new mother, and you had a natural birth, the chances are that it took you some time to recover from the trauma of childbirth. Some women end up with permanent physical changes in their vagina structure as a result of birth.

Vaginal rejuvenation can help to restore the structural integrity of the muscles in the vaginal canal. Depending on the process involved, the doctor can also clean up any loose skin in the vagina. Let's unpack the benefits of the best vaginal rejuvenation procedures.

Vaginal Rejuvenation Surgery

This invasive procedure requires a cosmetic surgeon to remove loose skin and restructure the vagina. Think of it as a complete overhaul where the surgeon builds you a brand new vagina. However, these procedures can be expensive, and they take a long time to recover.

Vaginoplasty and labiaplasty help to shape the vagina. These procedures remove extra skin on the labia, making your pussy look like it did in its glory years of college.

Pelvic Surgery

As we age, we may start to notice the signs of urinary incontinence appear. As the pelvic muscles lose their resilience, it results in issues where you feel like you have no control over your bladder. Most women will manage to recover the function of their pelvic floor using exercises like Kegels or using Kegel devices.

However, for a few women, there is no hope but to go under the knife to correct imbalances or damage to the pelvic muscles. After surgery, the affected individual will require many months of physical therapy to strengthen the pelvic region.

CO2 Laser and Radio-Frequency Treatments

As we age, the vagina walls start to turn thin due to a lack of collagen. Collagen is a protein responsible for building skin and tissues around the vagina. Aging reduces collagen production, and women may find that they start to experience female dryness and pain during sex.

Fortunately, CO2 laser treatment provides women with what they need to overcome the situation. The CO2 laser stimulates collagen production in the vaginal walls and the labia, helping restore the health of the vagina.

You'll need three or four treatments to start noticing results, but the procedures work, and it's a viable way to restore the health of your vagina.

What Treatment Provides the Best Results?

We recommend that you start your journey to vaginal rejuvenation with Kegels. Kegels help you build your pelvic floor muscles, strengthening the vagina. However, Kegels won't provide any aesthetic benefit to your vagina.

Therefore, after strengthening your pelvic floor, we recommend visiting a vaginal rejuvenation center for some CO2 laser therapy. The laser therapy helps to tighten up the labia, and the vaginal opening. Speak to a qualified, professional vaginal rejuvenation therapist about the right treatment to suit your situation.

37. Red Led Light Therapy Benefits

Red Light Therapy – The Key to a Healthy Thyroid?

Red light therapy (RLT) is a revolutionary technology with plenty of health benefits. One of the lesser-known benefits of RLT is its effect on the thyroid. The thyroid is the small butterfly-shaped gland at the front of your neck.

This organ produces thyroid hormones that stimulate your metabolism, setting your metabolic rate. Your MR determines how much energy you're using throughout the day, even when in a resting position. People who are deficient in thyroid hormone find that they experience fatigue and lethargy throughout the day. They never seem to have any energy, even after getting a full night's sleep.

Red LED light therapy benefits the thyroid, stimulating metabolism. By using red light therapy, you can assist thyroid treatments and help people recover from hypothyroidism. Here are some more benefits of RLT and how it can help improve thyroid function.

Detox Heavy Metals

We accumulate heavy metals like cadmium, arsenic, mercury, and nickel in our bodies over time. These heavy metals stay in our bloodstream and assemble in a more significant concentration in organs like the thyroid. Some women experiencing hypothyroidism may require a blood test to check for the presence of heavy metals in the bloodstream

If your doctor does determine that you need a heavy metal detox process, give red led light therapy a try. Red light therapy helps to eliminate toxins from the bloodstream and the thyroid, improving your energy levels.

Stimulates Weight Loss

As mentioned, RLT boosts your metabolic rate (MR). When your resting MR is higher than your standard baseline rate, your body begins to use body fat for fuel when in a caloric deficit. Therefore, adding a few RLT sessions to your weekly workout routine is a great way to lose body fat, even when you're sitting on the couch.

RLT is also effective at "spot-reduction" weight loss. The red light waves penetrate deep into the skin in problem areas like the neck, the triceps, and the love handles. The red light helps to mobilize fat stores for energy, helping you lose fat in those troublesome areas.

Rejuvenate Your Skin

The skin starts to experience wear and tear as we age. The decline in collagen production results in the appearance of fine lines and wrinkles on the face. You might also start to notice skin sagging in some areas, such as under your arms.

Red light therapy can help to restore the youthful appearance of your skin. IR saunas can help to encourage sweating, eliminating toxins from your bloodstream through sweat. NIR light penetration boosts your circulation, bringing more oxygenated blood and nutrients to the skin and tissues.

Anti-Inflammatory Therapy

RLT helps to reduce inflammation in the muscular system. If you have a hard workout, or you throw out your back, RLT can speed up the recovery process. RLT stimulates ATP production at a cellular level, triggering the regeneration and growth of cells and tissues.

Increase Immune Function

There is convincing anecdotal evidence that suggests RLT is beneficial for boosting your immune function. Strengthening your immune system helps to ward off disease and infection.

38. Vaginal Dryness Itching

My Vagina Is Itchy – Do I Have An STI?

The vagina is a fantastic part of the female physiology. It's self-cleaning and usually gives us no problems. However, when things go wrong down there, it's an uncomfortable and concerning experience that leaves you afraid to find out what's going on with you.

If you're dealing with vaginal dryness and itching, you're probably assuming the worst right away. You probably think that you have a nasty STI, and it's the end of your sex life. However, the reality is that there could be plenty of reasons for vaginal dryness itching its way through your underpants right now.

The First Thing You Need to Do

If you find that you have an itchy, dry vagina, the first thing you need to do – is to make an appointment with your doctor. Leaving these sorts of problems alone in the hope they disappear by themselves rarely works out. Don't leave things to chance; get a doctor's opinion.

You're Dealing with a Yeast Infection

After making your appointment with your doctor's office, you can take a stab at trying to self-diagnose yourself. Around three out of every four women experience a yeast infection at some point in their life. This infection is not an STI, it's an overgrowth of the fungi, *Candida Albicans*.

Symptoms of a yeast infection include a thick, curd-like discharge with a white color that makes it look like cottage cheese. You'll also experience a burning sensation during peeing.

You Recently Switched Shower Gel/ Laundry Detergent or Bought New Underwear

If your vagina is itching like it's on fire, but you have no discharge, it might be a problem with your clothing. Have you recently changed your detergent? Maybe you opened a new pair of underwear yesterday?

Ingredients in detergents and VOCs in new, unwashed clothing may spark allergic reactions that you mistake for an STI.

Bacterial Vaginosis (BV)

Does something smell fishy down there? Relax, it's probably not what you think it is. Bacterial vaginosis happens to around 30% of women. It's a condition where the woman experiences a shift in the bacterial balance of the vagina, resulting in an imbalance of the bad flora (anaerobes).

As a result of the imbalance, you might start to experience symptoms of itching, along with a strong fishy smell. The smell is stronger during sex and persists without treatment. BV puts you at a higher risk of contracting a sexually transmitted infection.

Doctors clear up BV imbalances using antibiotics to stop the overgrowth of the harmful bacteria and encourage the growth of good vaginal bacteria (lactobacilli). You should recover within a week with the right medications. While BV is not an STI, women can pass it between each other during sex.

Don't Panic – Call Your Doctor

Relax, as you can see – there are plenty of reasons why your vagina's feeling itchy today. Call your doctor and rely on a professional diagnosis and treatment protocol.

Never attempt to self-diagnose due to being embarrassed about your condition. Doctors see this type of thing all the time, and they want to help you get back to health.

39. How To Make My Vagina Stop Itching

What Do I Do If My Vagina Smells Fishy?

Do you smell less than fresh down there? Relax, it's not the end of the world. There could be a dozen reasons why there's a fishy smell coming from your vagina – but it's probably BV.

Bacterial Vaginosis affects three out of every ten women in the United States.

BV isn't an STI, so you don't have to worry about gonorrhea or syphilis. However, it's still a nasty condition that requires medical attention. If you leave BV alone and don't get treatment, you'll end up at a higher risk of contracting an STI, and you could also cause the onset of a pelvic inflammatory disorder.

Women with BV notice a strong fishy odor, especially during sex. This symptom is the calling card of the disorder. You may also see a thin greyish discharge during sex.

Doctors treat the condition with antibiotics to kill the anaerobes, causing the smell. We recommend you take probiotics to boost the presence of the healthy bacteria in your vagina, otherwise known as the "lactobacilli."

After resolving your condition, you can follow these preventative tips to stop future problems with BV.

Practice Proper Female Hygiene

When washing, don't wash the inside of your vagina, even after sex. Your vagina is self-cleaning. If you douche or use a loofah to clean out your vagina, you're upsetting the delicate bacterial balance between the lactobacilli and the anaerobes.

How to make my vagina stop itching? Stop trying to clean it out.

By removing the self-cleaning bacteria from your vaginal canal, it results in irritation and a higher risk of infection from STIs and other pathogens.

After an infection, avoid using scented bath soaps and gels to promote the growth of the good bacteria in your vagina.

Change Underwear Frequently

Another vaginal itching treatment most people never think about is changing their underwear. If you start to feel itchy, change your undies fast.

Ask yourself if you recently changed your laundry detergent. Changes in the ingredients between washing powders or softeners can spark allergic reactions that make you feel itchy.

Changing your underwear frequently ensures that you have a clean environment down there, giving the anaerobes no chance of getting out of control. Stick to light, breathable cotton undies.

Consider a Baking Soda Bath

Upsetting the pH balance in your vagina is another reason for the onset of BV. Take half a cup of baking soda and add it to your bathwater.

You should feel a relaxing effect on your vagina. The baking soda alters the pH of the water, providing a soothing effect against the itching symptoms while removing the bad fishy odor.

Use Coconut Oil and Lavender

Mix 1 drop of lavender essential oil with 1-teaspoon of extra-virgin coconut oil. Blend and apply it to your vagina for lubrication. The antibacterial effect of the coconut oil reduces the presence of harmful bacteria, causing the fishy smell emanating from your vagina.

The lavender oil helps to reduce inflammation and irritation. However, don't use too much, or you'll get an adverse reaction. Repeat the treatment a few times throughout the day.

40. Non Surgical Vaginal Rejuvenation

Is Your Sex Life Over After Pregnancy?

Are you a new mother? Congratulations! Starting a family was your dream, and now you have a baby. Many women don't even think about sex for the first few months after giving birth. If you had natural childbirth, it's going to take plenty of physical therapy to get all your internal organs and pelvis settled from the trauma.

A C-section might reduce the trauma on your vagina, but it's still an invasive procedure that wrecks your pelvic floor. As a result of these traumatic experiences, many women feel uneasy about returning to a healthy sex life with their partner when the baby gets a little older.

Fortunately, non surgical vaginal rejuvenation is available to help you get your vagina back into the swing of things in the bedroom after having your child.

What You'll Experience After Your Pregnancy

For the first few months after giving birth, both you and your partner are likely not to give a second thought to sex.

The demands of your newborn will keep your hands full 24-hours a day, seven days a week. The late nights, early mornings, and 3-hour feeding sessions will leave you both feeling like zombies as you bend to the whims of your baby.

Try to Get Some Sleep

For new mothers and new parents in general, your normal sleep cycle is a thing of the past. Forget about getting 8-hours straight for the foreseeable future.

You're both likely to be so tired, all the time, that you hardly think about going to the effort of having sex. Sleep has fantastic restorative powers and the more you can get of it, the faster your healing time.

When Can You Start Having Sex After Childbirth?

Most healthy mothers will receive the green light from their doctor to start having sex around the six to eight-week mark after giving birth. It's important to note that you need to ensure you have no more postpartum vaginal discharge, otherwise known as "lochia."

Whether you had a natural birth or C-section, all women go through this period for two to four weeks after giving birth. If you jump the gun and have sex before the discharge stops, you're putting yourself at risk of infection.

Before you jump back into sex, it might be a good idea to consider non invasive vaginal rejuvenation to help you speed up your recovery.

Vaginal Rejuvenation – Does it Work?

The difference between vaginal rejuvenation before and after the procedure is amazing. You get both invasive and non-invasive procedures. The invasive kind typically occurs under the hand of a cosmetic surgeon. They'll remove loose skin in the vagina and reconstruct the walls.

Non-invasive procedures such as the CO2 wand help to tighten and tone the labia and vulva, reconditioning your vagina back to health. The CO2 wand bumps up your production of collagen, increasing the recovery of the skin and tissues inside your vaginal canal.

Other treatments like radio-frequency therapy are useful at restoring the structural integrity of the vaginal canal. Vaginal rejuvenation can leave you feeling like a twenty-something again.

