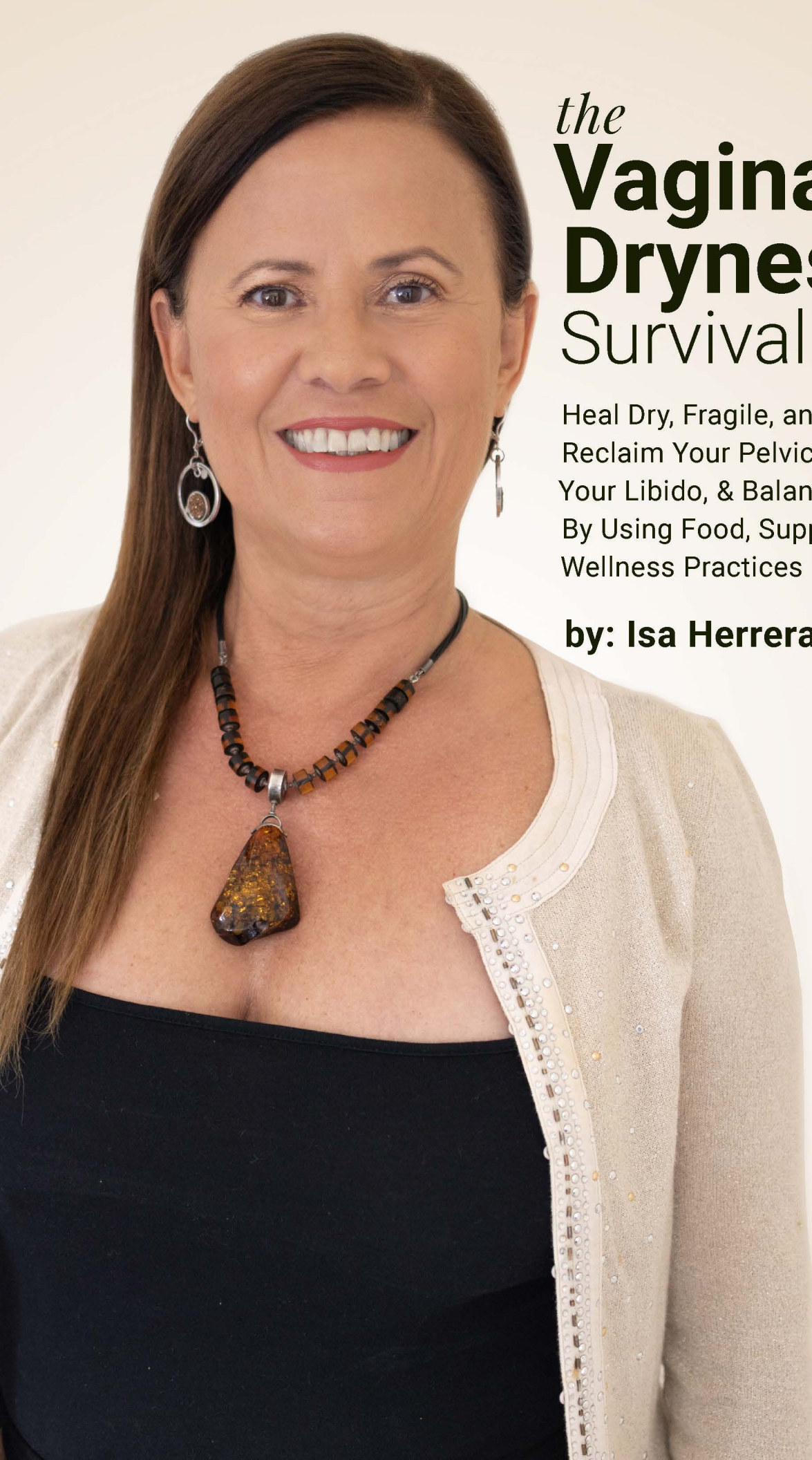




the
**Vaginal
Dryness**
Survival Guide

Heal Dry, Fragile, and Itchy Tissues.
Reclaim Your Pelvic Vitality, Enhance
Your Libido, & Balance Your Hormones
By Using Food, Supplements, &
Wellness Practices

by: Isa Herrera, MSPT, CSCS

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ABOUT ISA HERRERA MSPT, CSCS

Isa Herrera is a licensed physical therapist, as well as an expert in integrative pelvic floor therapies. She developed her expertise in diagnosing and treating pelvic floor dysfunction by helping over 15,000 women since 2005 at her NYC healing center Renew PT. Isa pioneered the use of integrative modalities like Maya Massage, Cold Laser Therapy, Sound Healing, and Andean Energy Techniques with evidence-based physical therapy in ways that had never been done. All long before integrative pelvic healing had become mainstream.

She is also the author of five books on the topic of pelvic floor dysfunction and pain including the newly released international bestseller, **Female Pelvic Alchemy**.

Isa's new online school, www.PelvicPainRelief.com brings all of her expertise to a global audience, incorporating exercises, self-care techniques, and integrative tools to maximize patient healing and professional training. After suffering from pelvic floor dysfunction herself after the birth of her daughter, Isa has made it her life's mission to help 1 million women overcome pelvic floor dysfunction.





A Special Note from Isa: I Care Because I've Walked In Your Footsteps and Here's What I Discovered

**You don't
need
medications...**

**You don't
need
numbing
creams...**

**You don't
need
surgeries...**

When I first started out in my pelvic healing journey, I was miserable and knee-deep in catastrophic thinking, and I had no idea about the importance of pelvic self-care. I felt something was missing in my healing journey, yet I couldn't put my finger on it. I was out of sorts and looking for someone to save me. I'm being brutally honest with you because I know these experiences are not unique to me. They happen to many of us who are struggling with pelvic pain, pelvic organ prolapse, leaking and other "Downstairs Issues".

The truth is that I simply forgot the basics. I outsourced my care to my doctors who frankly knew less than me, yet I trusted them. I continued to suffer, thinking that the next set of medications or injections was going to help heal me completely, but it didn't. The medications under-delivered and had such harmful effects that I was getting worse and even more depressed.

You see, I opted out of my own care and gave up my power. I thought healing happened to me. I thought healing was something done for you. I believe the dark times, the pain, and the misery are here to remind us of our truth. These dark moments are here to help you remember who you truly are and how to live your life.

One day I was curled up in bed, and I couldn't take it anymore – I had an epiphany. I know about the body. I am a physical therapist – why don't I apply what I've already learned about other muscles to my "Lady Parts." That's when I realized...

You don't need medications...

You don't need numbing creams...

You don't need surgeries...

I started to care for myself. I started eating right and eliminating wheat, gluten, and dairy. I started exercising, moving, and slowly I started to feel better. I felt empowered and hopeful about my body and my recovery. I even started meditating, which helped me with my anxiety and depression. When it was all said and done, I changed my career and became a pelvic floor therapist.

Self-care is not selfish. Self-care is an act of love and the only way out. It provides clarity, pain relief, symptom reduction, and most importantly, self-care will help you to come home to your radiant self.

Know that you hold the answers to your own healing. Listen deeply to the messages of your body and respond to them with love, gratitude, and action.

Big love,



CHAPTER 1

Benefits of the Anti-inflammatory Diet for Women's Vaginas, Hormones and “Down-There Dryness”

I talk a lot about the importance of keeping your body strong, your mind stronger, and your pelvic floor in top shape and as a matter of fact I'm doing a special challenge

But I realized there's something that compliments these lifestyle building blocks — a secret ingredient, if you will, that is the underlying foundation of health.

And it's a diet.

Not diet in the sense that we need to “go on a diet” to restrict calories or overly restrict certain food groups.

I mean diet in the broader sense of the word. As in what we eat, and how we eat it.

The basic diet that I recommend is the one that's been most well-studied and proven to be the healthiest over the course of many years — the anti-inflammatory diet. (1) This is also known as the Mediterranean diet, and it's the easiest way to eat to keep inflammation down, which creates positive health outcomes.

Plus, it's a truly delicious way to eat! A true win-win.

WHAT EXACTLY IS INFLAMMATION?

Inflammation is the way your body responds to something like an injury or an infection. When you're hurt, blood goes flowing to the injury — and your white blood cells work to heal you. This is when inflammation is considered a positive thing.

But trouble starts to brew when your body is chronically inflamed.

When this happens, your body gets confused. It thinks that it's injured, and keeps trying to reduce inflammation in several ways and several locations. It creates a near-constant inflammatory response that makes everything work overtime.

Add in processed, sugary foods, fried foods, fast foods, and carbs like muffins, cakes, bread, and cereals — all of which increase inflammation in the body...and things just get worse.



Restore your “lady parts” from the inside using the new science of intra-cell feeding. Say goodbye to dryness, burning, itching, and low libido without dangerous hormones, lasers, or injections

WHAT IS AN ANTI-INFLAMMATORY DIET?



Enter the anti-inflammatory diet.

This diet aims to include all of the foods that decrease inflammation in your body.

Foods like:

- Lots and lots of vegetables
- As much fiber as you can eat
- Fruits, Nuts, Seeds
- Legumes, Beans
- Truly whole grains (like barley and oats, not grains that have been ground and powdered into flours)
- Olive oil
- Omega-3s (like those found in flax or wild-caught Salmon)
- High-quality animal protein a few times a week (like eggs, chicken, or yogurt)

This style of eating also recommends decreasing the following foods:

- Saturated fats
- Red meat (especially if it's not grass-fed)
- White flour
- Dairy
- Sugar

The Mediterranean diet also encourages adding certain ingredients to your routine that help decrease inflammation, like:

- Turmeric
- Garlic
- Ginger
- Green Tea
- Cinnamon

Some basic choices to consider if you're thinking about going Mediterranean:



- Extra Virgin Olive Oil is a staple of the anti-inflammatory diet and the main source of dietary fat in the Mediterranean. It can make veggies taste oh-so-good, and it's known for being heart-healthy and anti-aging. ^(2,3)
- Vegetables are queen in this diet — leafy vegetables like spinach, chard, and kale can be eaten in large quantities.
- Berries and apples are also ideal anti-inflammatory choices. They're filled with antioxidants and fiber.

- Lentils and beans are easy to cook and inexpensive. There's no need to break the bank if you want to eat to fight disease.

Basically, this diet isn't super restrictive.

The idea is to eat mostly real foods — especially plants, and get in as much fiber as you possibly can. That's it.

Isn't that simple?

WHAT ARE THE BENEFITS OF AN ANTI-INFLAMMATORY DIET?

Science has shown that following an anti-inflammatory, Mediterranean inspired diet can actually decrease the likelihood of developing:

- Cancer (especially digestive cancers) ⁽⁴⁾
- Heart disease ⁽⁵⁾
- Diabetes ⁽⁶⁾
- Metabolic Syndrome ⁽⁷⁾

Since these are the conditions that take far too many lives and serve as pre-existing conditions that exacerbate any other potential infections — it seems to me like the anti-inflammatory diet is the way to go.

CHAPTER 2

How & What to Eat for a Healthy, Happy Vagina

You've probably heard the old adage, "you are what you eat"...

But have you considered the fact that what you eat can actually affect your vaginal health?

That's right!

Your vagina is home to a complex ecosystem of microscopic bacteria known as the vaginal microbiome. And when this colony of bacteria is strong, it can protect you from yeast infections, sexually transmitted diseases, and urinary tract infections. When it's weak, the bad actors from the bacterial colony and outside sources are more likely to be able to wreak havoc on your poor va-jay-jay.

And that's not all. What you eat can also affect your hormones. Which in turn affects your vagina. You see, when estrogen levels drop, your vulva and vaginal tissues tend to thin.

Which means you've got a greater chance of developing those pesky vaginal infections. Making sure you're not exacerbating the situation with foods that bring *more* hormones into your body is critically important.

So, what's a responsible vagina owner to do?

Glad you asked. In this article, I'm breaking down what foods to avoid, what foods to get more of in your diet, and my best overall tips for keeping things running smoothly down there.

Let's dig in.

First off, let's talk about what foods can make things difficult for your vagina to function at its best.

Maybe not surprisingly, this is actually a list of the most common foods we're told to avoid for many health reasons.

FOODS TO AVOID

1. Sugar



Excess sugar is bad news for your gut and vaginal microbiome. Sugar is added to just about everything these days, from spaghetti sauce to salad dressing — so you can easily go over your daily limit without even enjoying something sweet! Sugar is a favorite food of those bad bacteria lurking in your microbiome, so when you eat too much, it's easy for the bad bacteria like candida to overrun the population... and yeast infections can result.

2. Wheat and Gluten

Gluten is a protein that's found in wheat, barley and rye — and it's common in heavily processed foods. Gluten can cause issues, even if you don't have celiac disease (an autoimmune disease where eating gluten destroys the small intestine lining). So, you may want to try cutting it out for a while and see how your vagina feels as a result.

3. Processed Foods and Refined Carbohydrates

A diet that's rich in processed foods is dangerous because these foods often contain higher levels of unhealthy fats, sugars, and calories than less refined options. Processed foods are often easier to chew and swallow which means you're more likely to consume more...which means excess weight and the health risks that accompany it. And, as researchers showed, the negative effects from overly refined foods don't just come from cookies, cakes, and french fries. Processed foods include canned soups and grains in a microwave pouch.

4. Alcohol

Alcohol can rob your body of moisture... hence the dehydrated, hangover feeling you get when you've had too much. And since your vagina is lined with a mucous membrane that relies on moisture to function properly, alcohol is generally a not-so-great beverage to consume if you're concerned about keeping your vagina juicy. Plus, drinking alcohol in excess can lead to sexual dysfunction and interrupt sleep, two things that certainly do not make for a happy woman.

5. Meat and Dairy Containing Artificial Hormones

Some common and conventional farming methods involve treating livestock with hormones to increase growth and milk production. Unfortunately, this means that the steroids, estrogen, progesterone, and testosterone that animals may be implanted with can wind up in the animal products you're eating... which can disrupt the delicate balance of hormones that help control vaginal health. Try to opt for humanely raised, free-range, and organic options when you can.

TOP 5 FOODS FOR YONI AND BLADDER HEALTH



So now that we've covered what foods to minimize in your diet, let's talk about the foods you want to get MORE of in your life.

This is where things get fun and interesting...because when it comes to a healthy vagina, the key is really to **simply eat real food**. It's not complicated. But it can be difficult in these times of convenience foods and drive-thru everything. Believe me, I get it.

So here are my top 5 foods to pack more of on to your plate (no restrictions — just add in and that way you're sure to get more of the nutrients that matter).

1. Fermented Foods

Foods that are rich in probiotics, like kimchi, greek yogurt, sauerkraut and kefir work wonders for keeping your gut and vaginal microbiomes strong. Probiotics are the good bacteria that keep the bad ones, like candida, in check. So when you eat foods that contain them, you're constantly reinforcing a healthy balance that encourages a happy vagina.

2. Prebiotics

While you're adding in tons of probiotic-rich foods, you should also be sure to add in prebiotics. Prebiotics are the food that the probiotics like to eat. Bonus: they also tend to keep you feeling full for hours. When you've got a healthy mix of pro and prebiotics colonizing happily in your gut, your vaginal microbiome is similarly content. Prebiotics are found in foods like garlic, onions, asparagus, green bananas, chickpeas, oats, and cooked and cooled starches like white rice and potatoes.

3. Omega-3 Fatty Acids

Omegas are wonderful for reducing inflammation in your body, and that's always a good thing. Studies have shown increased Omega-3 consumption can reduce risk of heart disease, anxiety, and even improve brain health. They also help boost estrogen levels, which means more moisture in the vagina. You can find Omega-3s in salmon, flax seeds, and sardines.

4. Water

Ah, good old H₂O. Steady consumption of filtered water is one of the best things you can do for your vagina and your body. Water helps keep mucous membranes hydrated, and since your vagina is lined with one — ample amounts of water keep things nice and juicy down there.

5. Fresh Fruits and Vegetables

Last and certainly not least, fresh veggies and fruits should make up a large part of a happy-vagina-diet. Both are full of fiber and antioxidants that help: 1) keep your microbiome strong (can you detect a theme here?) and 2) lower inflammation. Bodies with lower levels of inflammation have healthier vaginas that are more likely to be free of infections and candida. Be sure to get in plenty of apples, kale, and broccoli.

WELLNESS PRACTICES FOR KEEPING A HAPPY, HEALTHY VAGINA

I hope these diet guidelines help to keep your vagina happy, healthy and vibrant.

And remember, to keep things at their best down there consider the following health tips...



- **Avoid antibiotics if you possibly can**
— antibiotics destroy the delicate balance of your microbiome. If you do absolutely have to take them, follow them up with a strong course of pro and prebiotics to help rebuild your strength.
- **Keep your immune system strong**
— keeping your gut microbiome at its strongest is crucial for vaginal health, since most of your immune system is housed there. A strong and prepared immune system can help stave off infections, which can derail your healing progress.

- **Manage your stress levels**



— did you know stress can destroy your immune system? See my point above for why that's so important to your vaginal health...and it's also imperative to keep stress at bay for your mental and overall physical health. When your body is stressed, cortisol levels rise, which can cause low grade inflammation and weight gain. Stress affects anxiety levels and can seriously compromise any healing you're trying to do. So learn to just let it go.



- **Keep your environment free from toxins** — your home is probably full of endocrine disruptors that could be messing with your hormones and by extension, your lady parts. Look around your house and ditch those chemical cleaning products. Same for any cosmetics with questionable ingredients like parabens, benzophenones, bisphenols, and phthalates. Rubbing these on your skin and hair can create massive hormone imbalances and a sad, sad va-jay-jay.

Has this article inspired you to add in some of my favorite vagina-happy foods to your diet?

Wait until you join me for my live masterclass where I will dig deeper into all things that will help you to attain a happy healthy vagina.

Say Goodbye to Dryness, Burning, & Itching with Isa's Down There Oil Vaginal Serum



Isa's Down There Oil

is a big part over pelvic health.

[Click Here to learn more](#)

CHAPTER 3

The 8 Best Supplements for a Happy Vagina and Bladder

So far we've talked about the importance of eating an anti-inflammatory diet, and broken down which foods to eat and which to avoid when you're trying to heal your pelvic problems.

But sometimes, it's really difficult to get everything you need from your diet alone. Many key nutrients are nearly impossible to consume in therapeutic amounts, or they just aren't practical to consume...*ever try finding fresh sea buckthorn berries at the grocery store?*

So we have to turn to supplementation for the best results for our bodies. Which can also be *kinda* scary because many of the supplements out there are full of fillers, preservatives, artificial ingredients...or low quality and of questionable origin.

It's really frustrating, and you know that any supplement brand I ever recommend I've tried myself for at least 3 months. It can be so hard

to find high-quality suppliers who actually test and verify ingredients and ratios of the supplements they're selling. Since I'm in this wellness world, I put it upon myself to test and vet everything so you don't have to.

Probiotics



Your gut microbiome is responsible for the management of so many bodily functions, from your mood to your heart health. It's even estimated

that over 70% of your immune system is located in your gut microbiome.

What's a gut microbiome, you ask?

Well, it's a colony of trillions of bacteria, yeast, even viruses, that live in your intestine. In most adults, it actually weighs about 4 pounds! When your gut microbiome is functioning properly and healthy, an overwhelming population of good bacteria that reside in it are able to overwhelm and defeat any bad bacteria that show up in your body.

Probiotics are the live and healthy good bacteria that you want more of working on your behalf down in your gut.

The vagina has a similar microbiome ecosystem that's also heavily influenced by dietary probiotics.

A high-quality probiotic taken daily can help bolster both the gut and the vaginal microbiome which can help possibly ward off a myriad of conditions including:

- Yeast infections ⁽¹⁾
- Bladder infections⁽²⁾
- Heart disease ⁽³⁾
- Diabetes ⁽⁴⁾
- Depression ⁽⁵⁾

Aloe Vera



Aloe is one of those traditional remedies that goes back thousands of years. People have historically used aloe topically for help with burns and it's even said Cleopatra herself ingested it for its beauty-enhancing benefits. ⁽⁶⁾

Aloe is also being studied for its potential role in helping to heal bladder infections. Of note is its potential for alleviating symptoms of interstitial cystitis (IC), a condition that causes pelvic pain and bladder pressure. In a small study in 1995, researchers found that 87.5% of participants received relief from their symptoms of IC in six months. ^(7,8)

Collagen

When you think of supplements that help improve your skin, you probably think of collagen. I know I do.

Collagen is that precious material your body makes that helps skin elasticity. Problem is, production becomes less abundant as you age.

Enter collagen powders.

As your body starts to make less collagen, you can simply start ingesting more.

Studies show that collagen supplementation can increase skin elasticity and hydration. Not just the skin on your face, either. The skin of your vagina and vulva can benefit from extra collagen too. ^(9,10)

Collagen is important for bone health, too — bones are mostly made up of it. And studies suggest collagen supplementation can help ward off osteoporosis.

One showed a 7% increase in bone density in the femurs of study participants after one year of taking collagen. ⁽¹¹⁾

Give Your Skin, Bones, Lady Parts, and Fascia a “Do-Over”, Erasing Decades of Wrinkles, Dryness & Discomfort*



Isa's Total Fem Collagen

is a vital part of pelvic fascia health, specially formulated as a complete protein

* This statement has [These statements have] not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

D-mannose

This supplement is a type of sugar that's found in fruits and vegetables like cranberries and broccoli.

When you ingest D-mannose, it's eliminated through your urinary tract. While it's passing through, it can help attack the bad bacteria hanging out there and causing your bladder infection...which is why researchers have begun to study its effects on urinary tract infections. (UTIs).

Preliminary studies suggest that D-mannose could help women who are struggling with UTIs, especially those recurring ones that are so frustrating. ^(12, 13, 14)

Strengthen Your Bladder Naturally Without Pills, Surgeries, or Antibiotics*



Isa's Ultimate Bladder Health Formula

contains D-mannose and other herbs for bladder wellness.

* This statement has [These statements have] not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Sea Buckthorn Oil



Ever seen advice to get more Omegas? If you haven't, now is the time to start. Omegas are crucial for reducing inflammation, which is the primary driver of non-communicable disease.

And sea buckthorn oil is loaded with Omegas — 3,6,7, and 9. Plus, it's got a ton of vital nutrients, from vitamin C to magnesium. It's a powerful antioxidant that's shown to have anti-cancer properties. And it's also amazing for your skin. ^(15,16,17)

What's more, in a study of post-menopausal women, three grams of sea buckthorn oil daily improved their vaginal dryness. ⁽¹⁸⁾

Be sure that you buy only the highest-quality sea buckthorn, as there can be a wide range in quality of the finalized product depending on the type of berries and how their oil is extracted.

Vitamin E

Another great option for improving vaginal dryness and thinning is good old vitamin E. Preliminary studies have shown that topical treatment and suppositories of vitamin E can help improve vaginal atrophy in post-menopausal women. ^(19,20)



Isa's Down There Oil Vaginal Serum contains organic Vitamin E to soothe dry tissues

Vitamin D

Vitamin D is one of those nutrients most of us just don't get enough of. Especially in the winter time. Proper levels of vitamin D are crucial to your health — particularly your immune system.

But one of the lesser known relationships is between vitamin D and vaginal tissues. Studies indicate that like vitamin E, when vitamin D is administered via suppository, it can help reverse vaginal atrophy in post-menopausal women. ^(21,22)

One study even showed vitamin D applied topically was effective in treating bacterial vaginosis (BV). ⁽²³⁾

Adaptogens

If you've ever felt a little stressed or maybe even found yourself in the depths of hypothalamus-pituitary-adrenal (HPA) axis dysfunction (commonly referred to as adrenal fatigue) then you may be familiar with the class of herbs known as adaptogens.

Adaptogens are so named because they help your body "adapt" to stress. More specifically, they support your body's systems that deal with stressors, like your nervous system or your adrenal glands. ⁽²⁴⁾

You'd be surprised at how quickly some of these herbs can boost your energy levels and help to balance your hormones while they're at it. While they may not affect your vagina or bladder directly, I think we'd all agree that reduced stress = a happier vagina.

HERE ARE SOME OF MY FAVORITES:

Ashwagandha



This herb is a powerhouse. Ashwagandha has been used in Ayurvedic medicine for thousands of years, and for good reason. Research shows it can help reduce cortisol levels (the stress hormone) and reduce general anxiety. ^(25,26)

Rhodiola



Rhodiola is another classic herb that's been used for centuries. Found in high altitudes in cold climates, rhodiola is plant medicine at its best. Adept at reducing cortisol and supporting the adrenals and thyroid, rhodiola has shown to possibly help alleviate depression and anxiety. It could even help improve learning and memory. ^(27,28,29)

Eleuthero Or Siberian Ginseng



Another herb that goes back thousands of years. Eleuthero, or siberian ginseng, has a great reputation for improving feelings of well-being and memory. Preliminary studies indicate that it can help people perceive an overall improved quality of life. It was also used in a study (combined with a few other things) that showed increased bone density in post-menopausal women. ^(30,31)

American Ginseng



American ginseng can help improve cognition and possibly even lower blood sugar. One study showed significant improvement in working memory and feeling of calmness after participants took 100g of American ginseng. ^(32,33,34)

Maca

A root vegetable grown in the Andes, maca is another traditional medicinal that's been used to improve sexual dysfunction for ages. Modern studies suggest that it could help improve libido, anxiety, and depression in post-menopausal women. ⁽³⁵⁾

More Info About Isa's Total Fem Products

Take a moment to read more about my Rootganic Total Fem products for women. All formulations by a woman (me!), for women. I have spent years recommending various ingredients to my patients and now I have developed this special line of products that will benefit all women with vaginas. I use these products myself everyday and I stand behind the research and clinical results after personally treating over 15,000 women with pelvic floor dysfunction. More importantly, I too suffered in silence for years with debilitating symptoms and have found these products instrumental in my ongoing healing. I am in your corner now and always, Isa

Down There Oil Vaginal Serum



Total Fem Collagen



Total Fem Hormone Balance



Total Fem Ultimate Bladder Health



Total Fem Rejuvenator



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