



VAGINAL VILLAINS

*13 Ingredients Your Body Can't Tolerate Anymore
And the Natural Heroes That Heal*

By Isa Herrera MSPT CSCS

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ABOUT ISA

Isa Herrera, MSPT, CSCS, is a licensed physical therapist and a leading expert in integrative pelvic floor therapies.

She holds a Master's degree in Physical Therapy and a Certified Strength and Conditioning Specialist (CSCS) certification, the highest level of fitness trainer certification available.

With her extensive education and expertise, Isa has dedicated her career to helping women overcome pelvic floor dysfunction. Since establishing her NYC healing center, Renew PT, in 2005, Isa has assisted over 20,000 women.

She pioneered the integration of modalities such as Maya Massage, Cold Laser Therapy, Sound Healing, and Andean Energy Techniques with evidence-based physical therapy.

Isa's innovative approach was years ahead of the mainstream acceptance of integrative pelvic healing.

As a renowned author, Isa has written five books on pelvic floor dysfunction and pain, sharing her expertise with a wider audience. She is also a sought-after speaker, lecturing nationally on women's health topics.

Her online platform, www.PelvicPainRelief.com, and her Rootganic Total Fem supplement line further extend her reach, providing women worldwide with access to exercises, self-care techniques, and integrative tools for pelvic health.

Driven by her personal experience with pelvic floor dysfunction after the birth of her daughter, Isa has made it her life's mission to help 1 million women reclaim their pelvic health and well-being.



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CHAPTER 1: INTRODUCTION

WHY VAGINAL HEALTH AFTER 40 IS DIFFERENT



Let's get real for a moment.

No one ever sat us down and explained that after 40, our vaginas might feel... different. I know this because it happened to me.

I went through years of battling dryness, irritation, and pelvic pain. I felt like my body was betraying me. Even as a pelvic floor physical therapist, I found myself searching for answers that just weren't out there.

What made it worse? The very products I thought would help (lubricants, washes, and creams) were quietly making everything harder. Instead of healing, they dried me out, disrupted my hormones, and left me feeling frustrated, uncomfortable, and disconnected from my own body.

Here's what I want you to know:

- It's not your fault.
- You're not broken.
- And you're definitely not alone.

As estrogen naturally declines, our tissues thin, our natural lubrication decreases, and our microbiome shifts. These changes are normal. But the so-called "solutions" sold to women are packed with what I call the **Vaginal Villains**.

These hidden ingredients sabotage your health, feeding infections, accelerating dryness, and throwing hormones further off balance.

That's why I created **Rootganic**: a line of clinically tested, plant-based supplements and serums that are rooted in nature, backed by science, and made specifically for women over 40.

Because once you understand who the villains are, you can finally replace them with heroes that truly love your body back.

This guide will help you:

- Spot the 13 Vaginal Villains lurking in everyday products
- Learn how they impact your body after 40
- Discover science-backed swaps and rituals that restore comfort, balance, and vitality

This isn't about quick fixes. It's about reclaiming your confidence, your pleasure, and your freedom, one smart choice at a time.

CHAPTER 2

THE 13 VAGINAL VILLAINS

And the Heroes That Heal Instead



Villain #1: Glycerin - The Yeast Feeder

What it does: Glycerin shows up in countless lubricants and washes because it makes things feel slick. The problem? Inside the vagina, glycerin acts like sugar. And sugar is yeast's favorite food source, setting the stage for infections, irritation, and burning.

Why it's worse after 40: As estrogen drops, vaginal tissue becomes thinner, more fragile, and less forgiving. What your body tolerated in your 20s now creates a revolving door of yeast infections, dryness, and discomfort.



Your Hero Swap: *Hyaluronic Acid and Aloe Vera Juice* (in Total Fem Rejuvenator Serum) hydrate deeply and plump tissues naturally without feeding infections. Clinical studies show hyaluronic acid can be as effective as estrogen creams for vaginal atrophy, without the risks.

Villain #2: Propylene Glycol - The Flora Disrupter



What it does: This chemical solvent helps products spread smoothly, but inside your vagina, it disrupts the delicate balance of your protective flora. Wiping out the good bacteria, it leaves you vulnerable to infections and irritation.

Why it's worse after 40: The vaginal microbiome naturally changes with menopause, making it more fragile. When propylene glycol enters the mix, it tips the balance further, leading to recurrent BV, odor, or persistent irritation.

Your Hero Swap: *Organic Coconut Oil and Organic Vitamin E* (in Down There Oil) protect your flora while restoring comfort. Lauric acid in coconut oil provides gentle antimicrobial support, and Vitamin E helps rebuild elasticity and moisture.

Villain #3: Parabens - The Hormone Hijackers



What it does: Parabens are chemical preservatives found in lubricants, lotions, and washes. They're known endocrine disruptors, meaning they mimic estrogen and interfere with your body's natural hormonal system.

Why it's worse after 40: During perimenopause and menopause, your hormones are already in flux. The last thing your body needs is fake estrogen, making things more confusing. Parabens add to the chaos, fueling dryness, irritation, and potentially even raising long-term risks.

Your Hero Swap: *Wild Yam, DHEA, and Evening Primrose Oil* (in Rejuvenator) gently support your body's natural hormone balance. Instead of hijacking your system, they restore moisture, rebuild collagen in vaginal walls, and even revive libido.



Villain #4: Nonoxynol-9 - The Tissue Irritator

What it does: A harsh spermicide found in some lubricants, Nonoxynol-9 breaks down cell membranes and creates micro-tears in vaginal tissue. That damage leaves you wide open to infections and pain.

Why it's worse after 40: Thinner, less elastic vaginal tissue after menopause is far more prone to tearing. What might once have been a mild irritant can now cause lasting pain and discomfort.

Your Hero Swap: *Rose Water and Cocoa Butter* (in Rejuvenator) restore elasticity, soothe irritated tissues, and promote healing. Instead of tearing you down, they build your resilience back up.



Villain #5: Fragrance/Parfum - The Hidden Irritant

What it does: The word "fragrance" hides dozens of unlisted chemicals, many of which are known irritants. They make products smell "fresh" but leave sensitive skin inflamed and raw.

Why it's worse after 40: As tissues thin and your skin barrier weakens, these hidden irritants can cause burning, rashes, or allergic reactions faster than ever before.



Your Hero Swap: *Bulgarian Rosa Damascena Oil* (in Down There Oil) calms, soothes, and protects with natural antimicrobial properties while smelling like heaven. This is the most pristine, unadulterated, and pure rose oil available. No toxins required.

Villain #6: Alcohol - The Dryness Accelerator

What it does: Alcohol is often added to feminine products for "cleanliness," but it strips away natural oils and speeds up water loss in delicate tissues.

Why it's worse after 40: Natural lubrication is already declining. Add alcohol, and you're left with painful dryness, micro-tears, and heightened sensitivity.



Your Hero Swap: *Evening Primrose Oil and Coconut Oil* (in Rejuvenator) replenish essential fatty acids, lock in hydration, and restore a juicy, supple feel to intimate skin.



Villain #7: Chlorhexidine Gluconate - The pH Saboteur

What it does: This antiseptic ingredient kills bacteria indiscriminately, wiping out both harmful microbes and the protective good flora you need to thrive.

Why it's worse after 40: With age, your natural defenses are already lowered. Destroying healthy bacteria tips the scales toward more infections, irritation, and discomfort.



Your Hero Swap: *Coconut Oil* (in Down There Oil) is naturally antimicrobial yet gentle enough to support your body's protective flora. It helps you maintain balance instead of stripping it away.

Villain #8: Petroleum-Based Ingredients - The Bacteria Trappers



What it does: Cheap fillers like petroleum jelly coat your skin with a heavy barrier that suffocates tissue and traps bacteria underneath.

Why it's worse after 40: Thinner skin can't "breathe" under petroleum, so irritation, infection, and itching become more common.

Your Hero Swap: *Cocoa Butter* (in Rejuvenator) delivers deep, breathable nourishment that softens tissues without smothering them.

Villain #9: Benzocaine/Numbing Agents - The Pain Maskers



What it does: These chemicals numb vaginal tissue so you stop feeling discomfort. The problem? Numbing doesn't heal the cause; it just masks it.

Why it's worse after 40: Pain is your body's way of saying, "Help me." Covering it up means missing the chance to address dryness, atrophy, or imbalance before they worsen.

Your Hero Swap: *DHEA and Wild Yam Extract* (in Rejuvenator) work at the source, restoring hormones and tissue vitality so pain actually goes away without tricks or band-aids.

Villain #10: Triclosan - The Balance Breaker



What it does: An antibacterial once common in soaps, Triclosan kills bacteria broadly, leaving your vaginal ecosystem stripped and vulnerable.

Why it's worse after 40: With estrogen decline, your natural defenses weaken. When protective flora are destroyed, infections and irritation follow.

Your Hero Swap: *Vitamin E and Aloe Vera Juice* (in Rejuvenator) restore calm, moisture, and balance naturally, helping your body defend itself without harsh chemicals.

Villain #11: Sulfates (SLS/SLES) - The Harsh Strippers



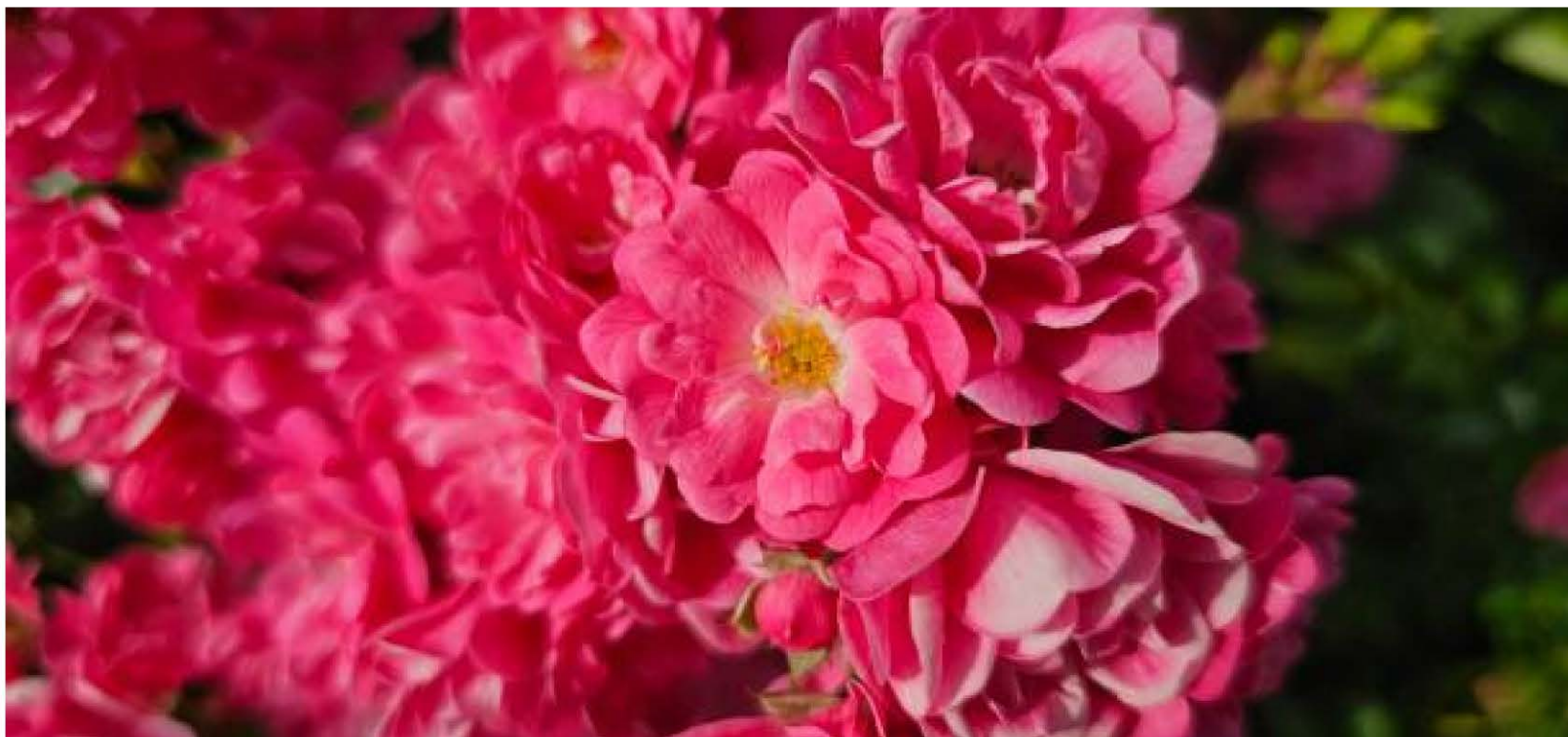
What it does: These foaming agents give soaps and washes their bubbles, but they also strip away oils and protective barriers from skin.



Why it's worse after 40: Already drier vulvar skin loses even more of its natural defenses. The result? Cracks, itching, and irritation where you least want them.

Your Hero Swap: *Bulgarian Rosa Damascena Oil* and *Organic Coconut Oil* (in Down There Oil) cleanse and hydrate gently, protecting instead of stripping away. Our Bulgarian Rosa Damascena is the most pristine, unadulterated, and pure rose oil available, and that's why it works.

Villain #12: Synthetic Dyes - The Chemical Pretenders



What it does: Added purely for color, these chemical dyes serve no purpose except irritation. They can trigger allergic responses or rashes.

Your Hero Swap: *Bulgarian Rosa Damascena Oil* (in Down There Oil) adds natural vitality and protection without synthetic fillers. Pure, unadulterated, and pristine.

Why it's worse after 40: Fragile mucosa is more reactive in midlife, making these "pretty" additives a recipe for burning and discomfort.

Villain #13: Mineral Oil - The Pore Clogger



What it does: Mineral oil coats the skin in a non-breathable film that blocks hydration from getting in and traps irritation under the surface.

Why it's worse after 40: With collagen and natural oils declining, your vaginal skin desperately needs true hydration. Mineral oil suffocates instead of nourishing.

Your Hero Swap: *Vitamin E and Cocoa Butter* (in Rejuvenator) deliver antioxidants, fatty acids, and deep nourishment that your tissues can actually absorb.



CHAPTER 3

5 TRANSFORMATIONAL TIPS FOR VAGINAL VITALITY

Clinically Proven Strategies Every Woman Can Use to Heal Naturally

1. Hydrate From the Inside Out



Drink plenty of water. Eat foods rich in omega-3s (like salmon, walnuts, and flaxseed). Avoid processed sugar and bladder irritants like caffeine, alcohol, and artificial sweeteners.

Then support your tissues topically with **Down There Oil** (external) and **Total Fem Rejuvenator Serum** (internal). True hydration works from both directions.

2. Read Your Labels Like a Detective

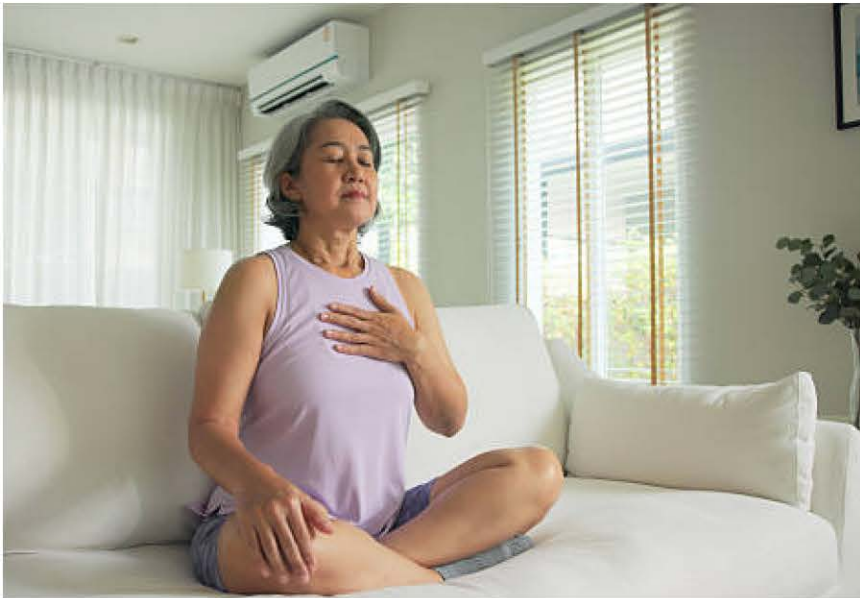
Before you buy any lubricant, wash, or cream, flip it over and scan the ingredient list. If you see any of the 13 Vaginal Villains, put it back on the shelf.

Red flags to watch for: Glycerin, Propylene Glycol, Parabens, Nonoxynol-9, Fragrance/Parfum, Alcohol, Chlorhexidine Gluconate, Petroleum, Benzocaine, Triclosan, Sulfates (SLS/SLES), Synthetic Dyes, and Mineral Oil.

Your vagina deserves better than mystery chemicals.



3. Notice and Release Tension in Your Belly, Pelvic Floor, and Hips



Most women don't realize they're clenching all day. Tension in your belly, pelvic floor, and hips restricts blood flow, worsens pain, and keeps tissues tight and undernourished.

Try this: Set a reminder on your phone for every few hours. When it goes off, pause. Notice if your belly is braced, your pelvic floor is gripping, or your hips are tense. Take a slow breath and consciously let go. Soften. Release.

This simple practice, done consistently, can transform how your body feels.

4. Ditch the Irritants in Your Daily Life

Sometimes the culprits aren't in your medicine cabinet. They're in your laundry room, your underwear drawer, and your daily habits.

Quick wins:

- Wear cotton underwear (or go commando at night)
- Switch to fragrance-free laundry detergent
- Never douche (your vagina cleans itself)
- Always wipe front to back

These unsexy basics matter more than you think



5. Reconnect With Pleasure (Not Just Function)



Your body isn't just something to "fix." It's something to enjoy.

After years of discomfort, many women disconnect from their bodies entirely. They stop touching themselves. They avoid intimacy. They lose the relationship with their own pleasure.

Healing isn't just about eliminating pain. It's about rediscovering what feels good. Self-touch. Body awareness. Releasing shame. Remembering that your vagina is not your enemy.

You deserve to feel alive in your body again.

CHAPTER 4

THE PELVIC PT LIFESTYLE

Movement, Breath & Fascia for Vaginal Vitality

Why Movement Matters as Much as Ingredients

In my 15+ years as a pelvic floor physical therapist, I've seen that healing doesn't come from supplements alone. Movement, fascia release, and breathwork are medicine, too.

Your vagina, bladder, and pelvic floor are not isolated. They're connected to your hips, jaw, diaphragm, and even your nervous system. When you restore circulation, free up fascia, and calm your stress response, you don't just relieve symptoms. You create lasting transformation.

Here's how to add simple PT-approved lifestyle shifts into your day.

Fascia Release: Free the Tissues, Free the Flow

Tight fascia (the connective tissue web wrapping your muscles and organs) can restrict blood flow to your pelvic floor, worsening dryness, pain, and urgency.

Action Step: Try the Supported Butterfly Stretch. Lie on your back, bring the soles of your feet together, let your knees fall open, and place pillows under each knee. Breathe deeply here for 2 to 3 minutes. This melts fascia tension around the hips and pelvis, boosting blood flow to vaginal tissues.

✓ **Rootganic Hero Pairing:** Improved circulation helps ingredients like Hyaluronic Acid and Wild Yam (Rejuvenator) absorb more effectively, so your tissues get maximum benefit.



Breathwork & The Reverse Kegel: Oxygenate & Calm Your Pelvic Floor

Your pelvic floor is a mirror of your diaphragm. When you breathe shallow and tight, your pelvic tissues stay tense and undernourished.

Action Step: Place your hand on your pelvis. Inhale slowly, letting your pelvic floor soften and drop. When the diaphragm drops, the pelvic floor drops. This is my signature technique called the Reverse Kegel, which I coined in 2004. Do this for 10 breaths, twice a day. This lowers cortisol (stress hormone) and pumps fresh oxygen and blood into your vaginal walls.

✓ **Rootganic Hero Pairing:** Stress depletes sex hormones. Supporting calm with breath plus Total Fem Hormone Balance restores energy and comfort from both directions.



Posture & Pelvic Alignment: Small Shifts, Big Relief



Poor posture equals pelvic pressure. Slouching compresses your pelvic organs and makes tissues weaker over time.

Action Step: When sitting, plant your feet flat, sit tall, and imagine a string lifting your head. Keep a neutral spine, not tucked or arched. Set a reminder every hour to check your posture.

✓ **Rootganic Hero Pairing:** Better alignment plus Total Fem Collagen equals stronger connective tissue that supports your vagina and bladder long-term.

Nervous System Reset: The Jaw-Pelvis Connection



Tension in your jaw mirrors tension in your pelvic floor (they develop from the same embryological tissue!). If your jaw is clenched, chances are your vagina is, too.

Action Step: Practice "Lion's Breath." Inhale deeply, then exhale with your mouth wide open, tongue out, and jaw relaxed. Repeat 3 times. Follow with a gentle jaw massage along your cheekbones.

✓ **Rootganic Hero Pairing:** When fascia and nerves relax, Down There Oil with Bulgarian Rosa Damascena Oil and Organic Vitamin E enhances soothing at the external vulva level, making calm even more complete.

Movement + Rootganic = Transformation

Healing is never one-dimensional. Supplements restore balance, yes. But when you pair them with daily fascia release, breathwork, posture, and nervous system resets, your body unlocks its full healing potential.

This is the integrated approach I've used with thousands of women: science-backed ingredients on the inside, therapeutic movement and breath on the outside.

Your Next Step: Choose one new ritual today, whether it's nightly Rejuvenator Serum, a supported stretch, or just 10 deep breaths. Small, consistent actions add up to lasting transformation.

Because your vagina doesn't just deserve relief. It deserves vitality, freedom, and joy every single day.

CHAPTER 5

THE ROOTGANIC DIFFERENCE

Join the Happy Vagina Revolution



Why Rootganic Exists

For years, I lived with the same struggles so many women face but rarely talk about: vaginal dryness, painful intimacy, and pelvic floor pain that left me feeling disconnected from my own body.

I remember standing in the pharmacy aisle, desperate for relief, scanning the shelves for anything that might help. I tried creams, washes, and lubricants, only to discover that most made things worse. The burning, the irritation, the cycle of frustration... it was exhausting.

And I wasn't alone. In my clinic, I saw woman after woman walk through my door carrying the same pain, shame, and unanswered questions.

That's when it hit me: **women deserve better.**

We deserve products that are safe, transparent, clinically effective, and designed specifically for our bodies, especially after 40.

That's why I created **Rootganic.**

Not Just Another Supplement Line

Rootganic is different because it was built out of both personal struggle and professional expertise. It's not a faceless supplement company. It's a healing system designed by a pelvic floor physical therapist who's lived this journey alongside you.

We stand for:

- ZERO Untested Supplements
- ZERO Hidden Ingredients
- ZERO Misleading Marketing

Instead, every Rootganic formula delivers:

- Evidence and clinically backed ingredients used in real women's health research
- Therapeutic dosages (not "fairy dust" levels you'll find in most products)
- Complete transparency, so you know exactly what's going into your beautiful body

Rootganic isn't just about symptom relief. It's about long-term transformation: helping women stop leaks, ditch pain, clear brain fog, and restore confidence through nature, science, and clinical wisdom.

Our R3 Healing Framework

Healing isn't just a quick fix. Rootganic is built on the **R3 Healing Philosophy**, a three-phase system that mirrors the way I guide women in my clinic:

Remove Phase:

First, eliminate villains: irritation, inflammation, and imbalances. Relief begins here, as redness fades and tissues start to feel soothed again.

Repair Phase:

Next, go deeper. Tissues rebuild hydration, collagen, and strength. Energy returns. Brain fog lifts. Intimacy feels safer and more enjoyable again.

Rejuvenate Phase:

Finally, maintain long-term vitality. Daily Rootganic rituals protect vaginal health, bladder strength, hormones, and even memory, helping you live with energy, balance, and joy at every stage of life.

This is the transformation I experienced myself, and it's what I now see daily in my patients and Rootganic customers.

What Women Are Saying

"Miraculous. I can sit, walk, and even wear underwear comfortably again." - Therese, Rejuvenator customer

"No more dryness and burning. Just moist and comfortable down there. I would never want to be without DTO." - Lois, Down There Oil customer

"My skin looks better, my pelvic floor feels stronger, and dryness is gone." - Janet, Collagen customer

These are just a few of the thousands of women who decided to replace the villains with Rootganic heroes and found their lives transformed.

Our Promise to You

Every Rootganic formula is:

- **Rooted in nature** with therapeutic botanicals proven to heal
- **Backed by science** with ingredients supported by clinical research
- **Triple-tested for purity** with safety and quality in every batch
- **Designed exclusively for women over 40** because your body deserves specialized care

And because I believe so deeply in this line, every product is backed by a **60-day money-back guarantee**. If you don't feel the relief you've been waiting for, you risk nothing.

CHAPTER 6

CONCLUSION



You Are Not Broken

After 40, too many women are told to "just live with it." Live with the dryness. Live with the leaks. Live with the pain.

But I want you to know this: you are not broken.

Your body isn't betraying you. It's simply asking for support.

Now you know the truth about the Vaginal Villains. You've learned the strategies I've used for over 15 years in my clinic. You've seen the simple lifestyle shifts, the PT techniques, and the science-backed Rootganic heroes that can help you heal from the inside out.

The choice is yours. You can keep letting villains call the shots... or you can begin your own ritual of renewal, vitality, and freedom.

When you choose Rootganic, you're not just buying supplements. You're joining the **Happy Vagina Revolution**: a community of **Unbreakable Queens** who are reclaiming their health, their confidence, and their joy.

Your vagina deserves more than survival.

It deserves vitality, pleasure, and power.

And so do you.

Your Next Step: Explore the Rootganic line or take the "What's Your Va-jay-jay Type Quiz" to discover your personalized healing roadmap.

Because your best years don't end at 40, 50, or 60. They begin there.

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The Top 10 Vaginal Villains

You Deserve Better:

Join Rootganic's Clean Yoni Revolution

Top 10 Vaginal Villains

- ✗ **Glycerin:** Feeds yeast, potentially leading to infections.
- ✗ **Propylene Glycol:** Disrupts vaginal flora, can cause irritation and dryness.
- ✗ **Parabens:** Endocrine disruptors, linked to hormonal imbalances.
- ✗ **Nonoxonyl-9:** Increases infection risk by irritating vaginal tissues.
- ✗ **Fragrances/Parfum:** Hidden irritants that can disrupt pH balance.
- ✗ **Alcohol:** Dries out vaginal tissues, potentially leading to irritation.
- ✗ **Chlorexidine Gluconate:** Disrupts vaginal pH and beneficial flora.
- ✗ **Petroleum-based Ingredients:** Can trap bacteria, increasing infection risk.
- ✗ **Benzocaine or other numbing agents:** Masks pain that could be a warning sign.
- ✗ **Triclosan:** Another pH disruptor that can lead to bacterial imbalance.

The Rootganic™ Difference

- ✓ **100% Organic Ingredients:**
No pesticides or harmful chemicals.
- ✓ **Non-GMO Commitment:**
Pure, natural genetics only.
- ✓ **Pristine Sourcing:**
Ethically harvested from the cleanest environments.
- ✓ **Therapeutic Levels:**
Potent, effective doses of active ingredients.
- ✓ **Science Backed Formulations:**
Proven efficacy through rigorous testing.

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Ingredients That Love Your Yoni

Total Fem Rejuvenator™

Revolutionary internal serum that rejuvenates and restores vaginal health from within.

- ✓ **Aloe Vera:** Soothes, hydrates and supports tissue health.
- ✓ **Hyaluronic Acid:** Promotes hydration and tissue repair.
- ✓ **Wild Yam:** Supports hormonal balance and vaginal tissue health.
- ✓ **Cocoa Seed Butter:** Moisturizes and soothes sensitive vaginal tissues.
- ✓ **DHEA:** Supports vaginal tissue elasticity and moisture.
- ✓ **Evening Primrose:** Promotes hormonal balance and vaginal comfort.

Down There Oil™

Soothing external serum that nourishes and protects delicate vulvar tissues.

- ✓ **Organic Vitamin E:** Supports tissue health and natural lubrication.
- ✓ **Organic Coconut Oil:** Moisturizes and provides antimicrobial properties.
- ✓ **Bulgarian Rose Otto:** Soothes, nourishes and promotes balanced vaginal flora.

**Ask Your Practitioner
About Rootganic's
Clean Yoni Products**

Unlock Your Ultimate Feminine Wellness Potential with Isa's Revolutionary Total Fem Supplements & Life-Changing Programs

Isa Herrera, MSPT, CSCS, is a pelvic floor physical therapist and pioneer in the field of pelvic floor dysfunction. She is committed to designing supplements and pelvic floor healing programs that uplift your health and rebuild your inner strength.

Isa's supplements and programs are your ultimate destination for women's wellness from head to toe, including your pelvic floor. Take the first step to elevate your health and pelvic floor today and reclaim your vitality.

Say goodbye to untested supplements, hidden ingredients, and misleading marketing and programs that don't deliver the healing goods they promise.

Our supplements are science-backed, non-GMO, organically grown, and transparently labeled solutions, so you know exactly what's going into your beautiful body.

Our pelvic healing programs are based on Isa's clinical protocols, which have helped heal over 20,000 women.

Discover the life-changing benefits of Isa's supplements and programs for yourself!

Don't miss out on this opportunity to transform your health and reclaim your feminine wellness.

Check below for more details and start your journey to a stronger, more confident you today!



Get Rid Of The Pantyliners

- ✓ Promotes urinary tract health
- ✓ Sleep through the night again
- ✓ Helps prevent UTI
- ✓ Less bathroom trips
- ✓ Anti inflammatory

Find out more at www.rootganic.com



TOTAL FEM ULTIMATE BLADDER HEALTH

The first step to a strong bladder, UTI prevention and sleepless night

My Ultimate Bladder Health supplement is designed to give your bladder the daily support it needs to stay strong, leak-free, and UTI-free. The best part? It's filled with all-natural ingredients that work together to nourish your body instead of work against it, like antibiotics can do. [Click here to check it out now.](#)

Are You Fed Up With Feeling Bloating, Gassy, Or Constipated?

- ✓ Reduce risk of yeast infection
- ✓ Better vaginal taste
- ✓ Improves vaginal scent
- ✓ Balances pH



Find out more at www.rootganic.com

TOTAL FEM BIOME GUARD PROBIOTIC

De-bloat and heal your gut

Now's your chance to scoop up a bottle of the all-new Total Fem Biome Guard Probiotic at a discount — we only have a limited number of bottles left! This unique formula is spore-based, includes prebiotics, survives the trip to your large intestine, and — it's the highest-quality probiotic out there. With probiotics, it's important that you continually take them to see the best benefit...and that's why I've set up a subscribe and save option for you! **[Click here to learn more.](#)**

TOTAL FEM COLLAGEN

Tap into the Fountain of Youth! Stay young from the inside & Get Glowing Skin

Collagen is the ultimate anti-aging tool. It's literally the fountain of youth for your skin. And I'm not just talking about the skin on your face, either. Collagen helps your pelvic floor stay more supple and your lady parts fuller. Collagen powder gives you a boost from head to toe — and it's so easy to add to your diet. Just put a scoop in your morning coffee and you'll never even know it's there! **[Click here to check it out now.](#)**

Do your nails keep breaking?

- 1 Help your hair become fuller, healthier, and far less brittle
- 2 Skin hydrating, lifting, and firming
- 3 Keeps your joints and tendons flexible and strong
- 4 Helps prevent arthritis & osteoporosis
- 5 Enhance the production of dopamine and serotonin



www.rootganic.com

Are you tired of your mood swings?

- ✓ Sleep better
- ✓ Have more energy
- ✓ Reduces hot flashes and night sweats
- ✓ Reduces belly fat
- ✓ Reduces Mood swings
- ✓ Reduces Pelvic Atrophy Syndrome



Find out more at www.rootganic.com

TOTAL FEM HORMONE SUPPORT- PLANT BASE AND NON-HORMONAL

End the hormonal crashes and get balanced again

When your estrogen and progesterone start to wane as you near menopause, you've got to make sure you're giving your body everything it needs to make up for the difference. My Total Fem Hormone Support is that difference. With herbs that have been used for millenia to work with your body during "the change" this formula gives you the power to re-write your menopause story. **[Click here to check it out now](#)**

Are you tired of feeling constant burning "down there"?

- ✓ Estrogen & Hormone free
- ✓ Boost libido
- ✓ Rejuvenates dry *V* Tissues
- ✓ pH balanced to support *V* Microbiome
- ✓ Increases internal hydration
- ✓ Supports skin elasticity



Find out more at
www.rootganic.com



TOTAL FEM RE-JUVENATOR INTERNAL VAGINAL SERUM- NON-HORMONAL

*The **ULTIMATE** menopause hack for vaginal dryness*

My Total Fem Re-Juvenator is applied internally. And once your tissues begin to absorb its magic, hold on for a wild ride — because this is infused with natural ingredients that will make your desire take off like a rocketship, leave you feeling juicy down there, and even take the edge off your other meno-symptoms. **Click here to give it a try. But don't say I didn't warn you!**

DOWN THERE OIL EXTERNAL VAGINAL SERUM

Get Relief From Vulvar Dryness, Burning, And Itching

Talk about a game-changer. This little oil packs a one-two punch down there. It helps keep everything feeling silky-smooth. And it helps everything smell its best — thanks to the power of rose oil. **Click here to check it out now.**

Want to stop itching "down there"?

- ✓ Balance vaginal pH
- ✓ Improving Intimacy
- ✓ Has antibacterial powers
- ✓ Heals vaginal dryness and pain
- ✓ Increasing moisture in your most delicate areas



Discover Total Calm & Clarity with Our 3:1 Rare Herbal Formula

- ✓ Ease Stress
- ✓ Reduce Anxiety
- ✓ Relieve Pelvic Tension
- ✓ Improved mental clarity and focus
- ✓ Calmer and more peaceful mind



Find out more at
www.rootganic.com



TOTAL FEM CALM & CLARITY

Find inner peace, better sleep, and heal more quickly

You know you need to relax and stop stressing about, well, everything. But then when your head hits the pillow at night — you can't sleep. Anxious thoughts are racing through your head. And you wake up feeling like a zombie the next day. While you can't unsubscribe from stress, you can give your body what it needs to chill out and get real restful sleep. Because here's the thing... when you're stressed, it affects your entire body. Your heart, your brain, and your pelvic floor. You can't ignore this forever. **Check out the ultimate chill pill by clicking here.**

TOTAL FEM BEAUTIFUL BRAIN

Optimize & Protect Brain and Say Good-Bye to Brain Fog

When you want to protect what you've got — and not lose any more of your precious brain power... it's time to try Beautiful Brain. This all-natural formula combines the most potent nootropics with a proprietary blend of essential oils to calm the mind and support focus like nothing else can. A must for all women who want great memory, focus and healthy brains. [Click here to check it out now](#)



Did you forget your car Keys?

- ✓ Sharper memory and recall
- ✓ Calmer and more peaceful mind
- ✓ Increased creativity and inspiration
- ✓ Improved mental clarity and focus

Find out more at www.rootganic.com



Do you feel tired all the time?

- ✓ No more draining your daily vitality
- ✓ No more fragile bones
- ✓ Boost immune system
- ✓ No more muscle soreness
- ✓ Helps Pelvic Organ Prolapse
- ✓ Supports skin elasticity



Find out more at www.rootganic.com



TOTAL FEM VITAMIN D PROTECT

Optimize Hormones, Pelvis, Breasts, and Brain

Vitamin D is essential for healthy bones as you age... and it's also important for your pelvic floor health and your hormones and your brain. Basically, it's a wonder nutrient — that most of us just aren't getting enough of. Plus, with the increasing strength of the sun's rays, it's just not safe to get your vitamin D from standing outside without sunscreen on anymore. Luckily, I have the perfect solution for you. [Click here to learn more.](#)

B-HEALTHY BREAST DEFENSE SERUM

Protect Your Girls and Increase Your Sensuality and Self-Love

Welcome to your new self-care addiction. My B-Healthy Breast Defense Oil is a luxury...but it's also a great way to boost oxytocin, get in some calming aromatherapy, and perform that all-important self-check for cancer. All it takes is a couple of moments post-shower, and you'll feel insanely hydrated, relaxed, and happy — especially knowing that you've done something that's just for you. [Click here to learn more.](#)

Do you feel tired of feeling sore?

- ✓ Supports Healthy Inflammation Level
- ✓ Tightener skin
- ✓ Antioxidant
- ✓ Makes your skin feel amazing, hydrated, and soft
- ✓ Tame menopausal mayhem
- ✓ Reduces the "emotional" symptoms associated with PMS



Find out more at www.rootganic.com

