



4 EASY TIPS TO BOOST YOUR VAGINAL HEALTH





When it comes to vaginal health, a pH of 4.5 is the magic number. This is slightly acidic. This slight acidity is perfect for keeping good bacteria colonies strong, discouraging bad bacterial overgrowth, and keeping yeast colonies small.

Your vaginal microbiome will become healthy and balanced when you treat it gently and supplement it with balancing probiotics. A healthy, well-supported microbiome will in turn keep itself balanced and healthy by fighting off bacterial and viral invaders and keeping yeast colonies at bay.



Biomegil by Vitagenis is formulated with 10 of the most effective strains of probiotics for vaginal health. This is specialized supplementation for vaginal health and comfort.

Biomegil includes lactobacillus crispatus which is a specific strain that is perfect for bringing a low pH up to 4.5 or a high pH down to 4.5. Lactobacillus crispatus has a perfect balancing act. When combined with our other 9 strains, it is a powerhouse for creating a healthy microbiome.

In addition to taking Biomegil by Vitagenis, we have some other tips that you can begin to implement today to give your body a boost toward balanced vaginal health.





1. DON'T DOUCHE.

Many women who are experiencing vaginal discomfort go to the store to buy a douche kit or other vaginal cleansing products. This is a terrible idea because these solutions are notorious for making the vaginal pH even higher or lower. All you need to stay clean is to wash with gentle fragrance-free soap in the shower. There is never a need to wash inside the vagina. This disrupts the natural microbiome and causes pain, itching, and bacterial overgrowth.





2. IGNORE “PH BALANCED” CLAIMS.

claims on douches, wipes, creams, and jellies. The vagina does not need pH-balanced interference. Clean only the outside during your daily shower and take your Biomegil probiotics.

Your vagina’s health will improve day after day. As the good bacteria regain ground in the vaginal microbiome, it will keep itself clean, balanced, and comfortable.



3. EAT FOODS THAT ARE RICH IN NATURAL PROBIOTICS.

Such as yogurt, kefir, kombucha, and naturally fermented sauerkraut. Keep sugar in check by opting for less sugar, or Greek yogurts that have a higher protein content and less sugar. Never put yogurt into your vagina. This treatment is an old wives' tale that does more harm than good.



4. CUT DOWN ON SUGAR.



Sugar is a major health threat for the whole body, vagina included. The higher your sugar intake, the more imbalanced your body becomes.

When you decrease your sugar intake you help to starve yeast like candida while boosting your healthy vaginal microbiome.

These tips for vaginal health that you can begin practicing today and keep up for the rest of your life. As your microbiome becomes stronger and healthier, you can expect to have better vaginal health and comfort.

Want to learn more about living a lifestyle that will create your Pathway to Optimal Health?

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and to get the personal support you
deserve.

