



Tantra Magick

Yoni: (Sanskrit) "sacred space" aka Vagina

Yoni Health

1

FINDING EMPOWERMENT AND FREEDOM

Alkaline Diet & Drink Lots of Water

This is my go to recommendation for basically everything: clean, pure, mineralized water! With your diet, avoid yeast and acidic foods: dairy, bread, alcohol, sugar, lemons, tomatoes, that sort of thing. **Do Not** eat these. You want to try to Alkalinize your diet with lots of fresh vegetables.

4

Refrain from Sex while you're rebalancing

Ok... I love Sex just like anyone, BUT, you must know that the flora in your Vagina is so sensitive. And semen can have it's own PH imbalances. So if you are treating your symptoms yet still having sex, you can be aggravating the condition and continually spreading it. Honestly if you can, abstain for a good two weeks-months while you recover. Also if you're solo, try not to penetrate yourself, your vaginal walls may be inflamed and we don't want to irritate them more while healing.

Learn some new Tantric practices and discover other forms of intimacy & pleasure ;)

2

Wear Cotton Underwear

With the invention of thongs and beauty and cheap commercialism, our yoni health really started to suffer!

Our Yoni's need to breathe!!! Wear cotton undies or nothing at all, give her some oxygen! Keep her clean, dry and cool.

5

Notice what YOUR Yoni needs

We are all different and unique. Our yoni's all crave something different and unique. Notice how you smell throughout the month, see what foods or maybe what sexual partners change your smell. As I mentioned, some men's semen has an unhealthy PH imbalance so you either need to abstain from sex with them or have them alter their diet as well. It's always a good idea to gently cleanse your colon (you can use triphala powder) and then offer a good dose of probiotics for 3 months.

Our Bleed is a natural cleanse for the body. If you can, Do Not use tampons or pads. Use a menstrual cup or period panty instead!

3

Wash with Water (ONLY!)

No douches here, No Soaps!! The Vagina has a natural flora that heals and cleanses itself. The second you use soaps or even toilet paper, you are wiping away all of the good bacteria.

Try if you can to only use water. Do wash well, but no soaps!

Epsom Salt baths are great for the Yoni, as are yoni steams with fresh herbs <3

6

Suppositories to manage Symptoms

- For yeast infections: use a clove of garlic overnight in the Vagina
- For Bacterial Vaginosis: use a capsule of Boric Acid in the Vagina overnight

These are not long term solutions but short term management.

You can get antibiotics or oral medication for both issues, however please follow up with three months of probiotics to rebalance the intestinal flora.

Please note I am not a doctor or nurse. This is not medical advice; just knowledge shared from one woman to another

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