



What is Vaginal Dryness?

At some point most women will experience [vaginal dryness](#). It can **affect women of all ages** but your chance of [vaginal dryness](#) increases most often during and after [menopause](#) – this occurs between the ages of 40 and 59. Women on hormone replacement therapy, who are pregnant or breastfeeding are also susceptible to [vaginal dryness](#).

Stress and anxiety has also been known to contribute to [vaginal dryness](#) and irritation. If the vagina is not lubricated properly, it not only feels uncomfortable but also causes **[sexual intercourse](#) to be incredibly painful**.

As a result, women who suffer from [vaginal dryness](#) tend to steer away from [sexual intercourse](#) and often experience a drop in libido. Fortunately, there are a number of medications and natural remedies that can be used together with self-care measures to **alleviate [vaginal dryness](#)**.

Symptoms and signs of vaginal dryness

- [Itching](#)
- Burning
- Pressured feeling
- Urgency to urinate or urinating frequently
- Pain or light bleeding with sex

What Causes Vaginal Dryness?

Many factors may contribute to [vaginal dryness](#) and these include:

- Intercourse
- Diaphragms
- Condoms
- Tampons
- Medications such as antidepressants, antibiotics, antihistamines and decongestants
- Cancer treatments such radiation or chemotherapy
- Allergens such as fragrances and dyes in toilet paper and laundry detergents
- Douches
- Drying soaps
- Autoimmune disease such as Sjogren's syndrome

[Vaginal dryness](#) is the primary symptom of lower estrogen levels. Estrogen, a



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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

female hormone helps to **keep the vagina well lubricated, maintains acidity** and tissue elasticity and creates a natural defense against infections. It causes the vagina to thicken but when estrogen levels decreases, the vaginal tissue starts thinning, loses its elasticity and become more fragile.

Low estrogen levels may decrease as a result of:

- [Menopause](#), perimenopause or postmenopause
- Hysterectomy or surgical removal of ovaries
- Menstrual cycle changes
- Pregnancy
- Childbirth
- Breastfeeding
- Cancer therapy which includes radiation therapy, hormone therapy and chemotherapy
- Hormonal contraceptives
- Immune disorders
- Stress & fatigue
- Cigarette smoking

Diagnosing Vaginal Dryness

[Vaginal dryness](#) is based on a pelvic exam as well as the symptoms presented. Certain tests such as a **sample of cervical cells or vaginal secretions** may be taken and sent for further testing. If you have urinary symptoms, a urine sample may also be taken.

Help for Vaginal Dryness


Natural and holistic treatments have also proven to be quite effective in reducing [vaginal dryness](#). Herbs such as Dong Quai, a very well known Chinese herb helps to **support balance of female hormones and to promote hormonal health** during the [menopause](#) and perimenopause. Other herbal ingredients such as Black Cohosh and Wild yam and isoflavones may also help to relieve [vaginal dryness](#) in some women.

More Information on Vaginal Dryness

There are some helpful ways to alleviate the discomfort of [vaginal dryness](#) and these include:


- Use an unscented, hypoallergenic soap – non alkaline and pH-balanced
- Avoid substances that may trigger an allergic reaction such as scented soaps, bubble bath, laundry detergents and toilet paper
- Increase your water intake by drinking at least eight glasses of water daily
- Have sex regularly to encourage more lubrication
- Communicate with your partner by talking about your sexual preferences, what you like and what you do not
- Learn to be intimate, as an alternative to sex – try holding each other, sensual massage or touching
- Wear cotton underwear

The Natural Approach



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**Michele Carelse, Clinical
Psychologist**



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical

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evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Dong Quai: Promotes a healthy reproductive system, premenstrual, menstrual and menopausal health

Dong Quai, one of the most important of the Chinese tonic herbs, is used as a **nourishing blood tonic and to support the menstrual cycle**. Dong Quai has been used for centuries by Asian healers to support **balance of female hormones** and to promote hormonal health during the menopause and perimenopause. More recently, clinical research has confirmed the effectiveness of this tonic herb.

[Learn more about Dong Quai](#)

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