

KATE WATERS NUTRITION

# 8 TOP TIPS

GET STARTED WITH THE BASICS



MY 8 TOP TIPS FOR VULVA, VAGINA AND BLADDER SUPPORT







## Kates note

One of the first things that I do with my clients is to go over some basic tips for their intimate health, and I wanted to pass these on to you.

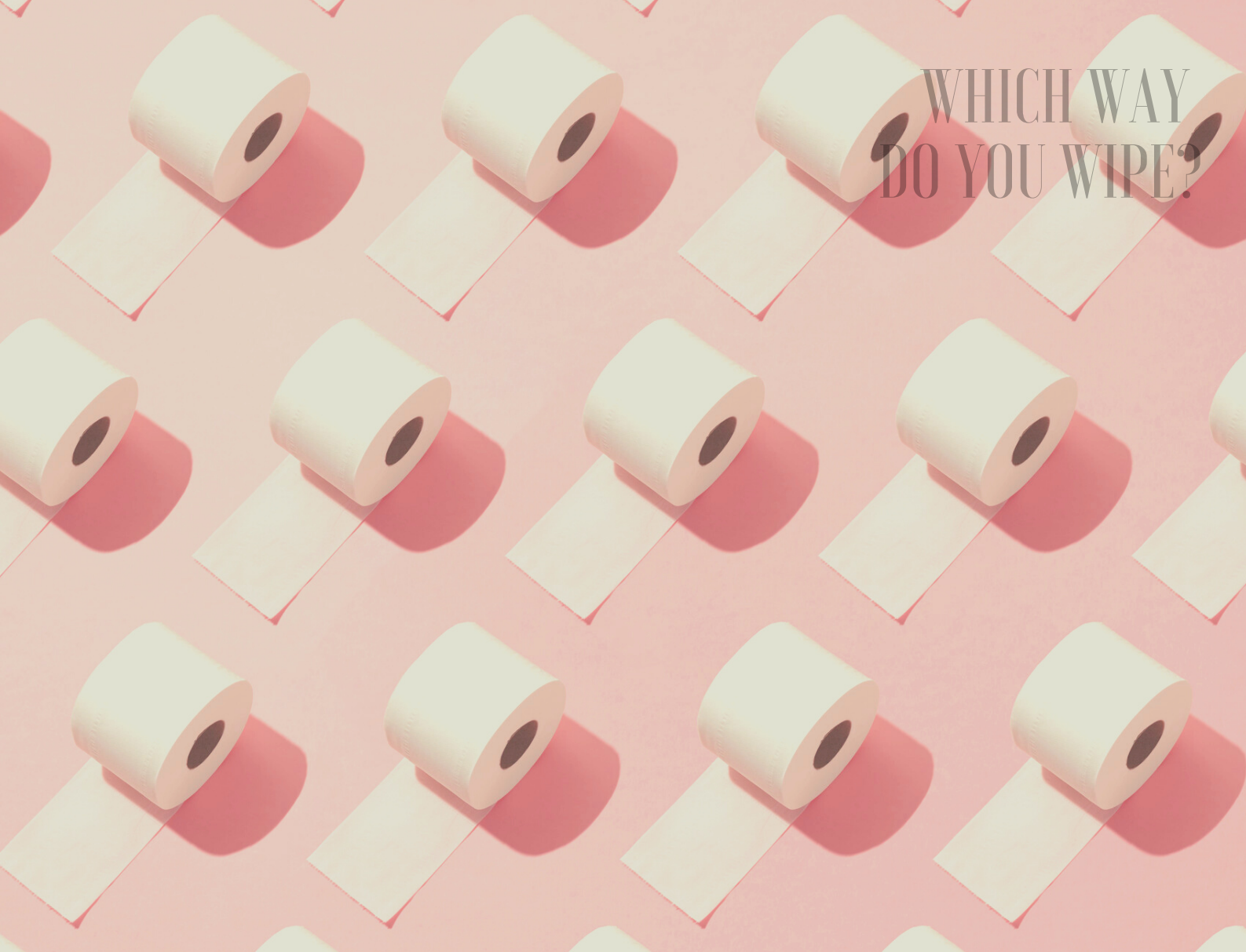
You will probably be doing many of these, but just in case, it's always good to ensure that you have these simple points covered right from the start.

If you are doing everything in this e-book already or want to take things further why not get in touch to discuss how I can support you in improving your intimate health. Just send me an email at [nutrition@katewaters.co.uk](mailto:nutrition@katewaters.co.uk).

In health,

**Kate x**





WHICH WAY  
DO YOU WIPE?

# WIPING

This might seem like an obvious suggestion, but you would be surprised by the number of people who wipe the wrong way.

They pull the paper forward to look at what is on it, e.g., to see their vaginal discharge or to see if there is any mark on the paper from their stool etc.

Wiping with paper, using your hand coming around from behind rather than through the legs, means you can still pull the paper out to look at it if you want to, without the risk of transferring those microbes forward to the vulva or urethral area.

Do not to use scented wipes, if you need the tissue to be wet just use some water on it.

- Always wipe front to back and remove the paper from the back or drop straight into the toilet.
- Avoid scented wipes.
- Use warm water instead, gently spray the vulva area with water, pat dry (again moving backwards not forwards).

# SOAP CHANGES YOUR SKIN'S PH

## WATER IS ENOUGH



# NO SOAP?

The vulva – the labia, urethral opening, clitoris and the outside of the vagina - doesn't need soap! Amazing isn't it! Water is enough. Even a pH balanced soap can disrupt a fragile microbiome. We have our own special skin microbiome on the vulva that we want to keep robust to stop any pathogenic microbes from coming past. If you must use soap make sure it is pH balanced, fragrance free and as clean from chemicals as possible but try going without!

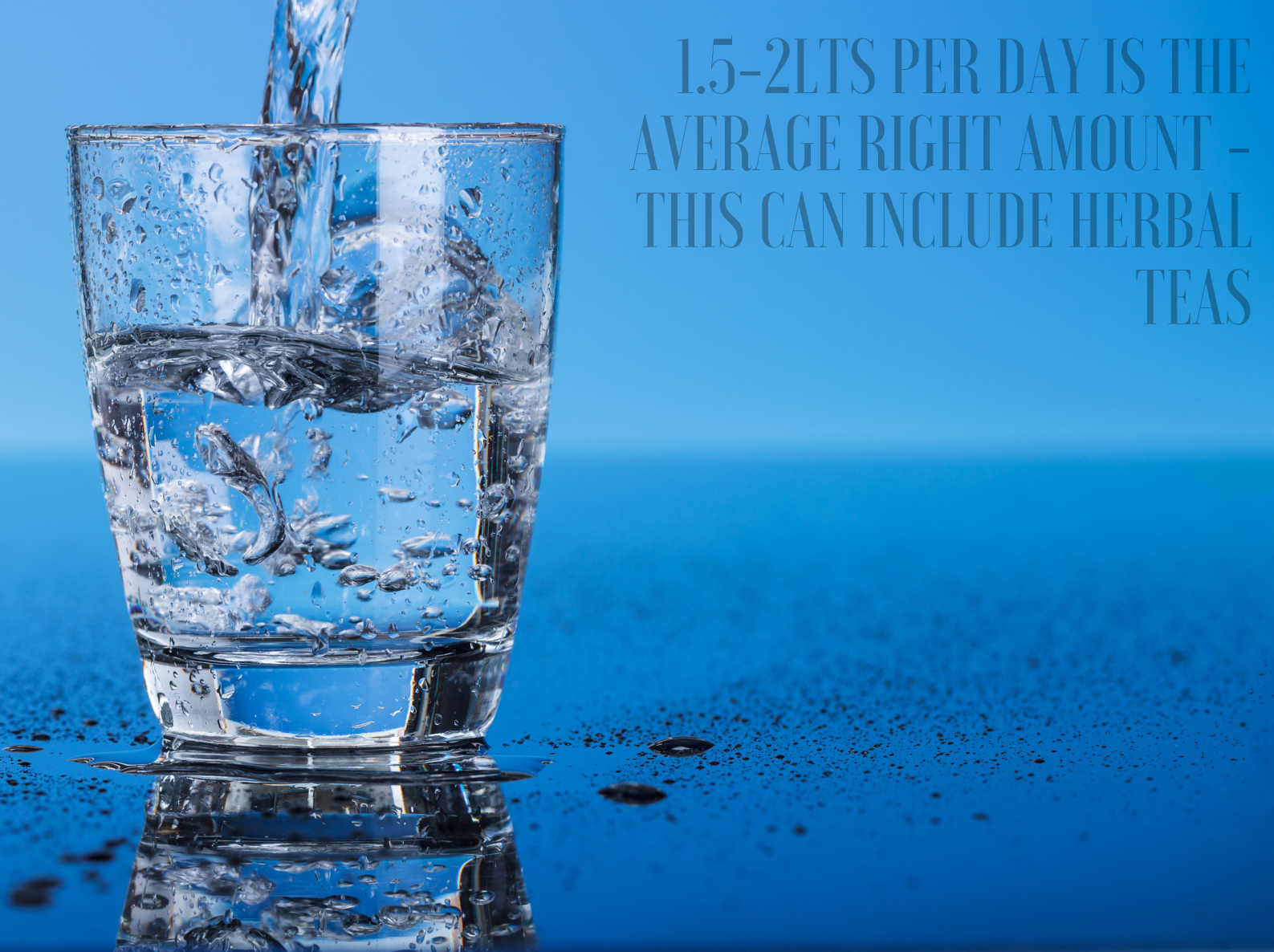
No douching either!

The vagina is a self cleaning space, it definitely doesn't need any help here. If we try to wash it out, we raise the pH. This is something we do not want to do as it makes it more alkaline and it should be an acidic environment. When we make it more alkaline, bacteria that may cause problems in large numbers grow. Douching has been linked to BV, pelvic inflammatory disease and pregnancy complications.

### How to wash

- With one hand, form a V with your first two fingers to hold back the outside skin and spread out the folds of your vagina.
- Gently rinse the area with water until you feel it is clean.
- Using a clean towel, pat the area dry.





1.5-2LTS PER DAY IS THE  
AVERAGE RIGHT AMOUNT -  
THIS CAN INCLUDE HERBAL  
TEAS

# HYDRATION

It is important to be drinking enough water, but not too much! Too little water and you concentrate the urine which can irritate the bladder lining. If we drink too much water we dilute our electrolytes (minerals) which can have a negative impact as they are needed for muscle contraction and energy production. Too much water will also increase your frequency of urination. Drink enough for your urine to be a clear and pale in colour.

But what if you don't like the taste of water? Add fresh fruit or veg - this will be dependant on what you can tolerate

- Lemon or lime - if adding the actual skin to the water, make sure it is unwaxed
- Some slices of orange or some strawberries
- Crush some raspberries or watermelon into your glass
- Peel some cucumber or cut into slices and add

Add some herbs from your garden:

- Mint, basil, thyme, oregano, marjoram or rosemary
- All of these are easy to grow! Some are stronger flavoured than others though but all have beneficial health benefits, even just the smell of the essential oil, rosemary can invigorate the brain and make you feel more awake.
- Or add loads of them and mix it up eg. - Lime, cucumber and rosemary or raspberry, mint and lemon!





NO G-STRINGS!

# UNDERWEAR

Synthetic underwear is not breathable, this can create the perfect breeding ground for bacteria and fungi.

Use underwear that is breathable made from natural fibres like cotton or even better bamboo (it seems to be the best for not harbouring bacteria).

This is the same for gym wear too, changing over to bamboo gym wear if you are suffering from recurrent vaginal health conditions, especially fungal ones, can be a good idea.

G strings may look great and give you no visible lines in tight clothing but they tend to ride up and can sit against the anus, moving when you walk. This action can help with the transferal of microbes.

I always talk to my clients about 'big girl pants'! The comfier the better. The same goes for tight trousers, anything that rubs or chafes the area needs to be considered and perhaps avoided.

- Avoid g-strings and thongs
- Change your underwear and gym wear to bamboo if possible, or cotton.





## FRAGRANCE FREE LAUNDRY PRODUCTS

# LAUNDRY

When we have an overactive immune system, that is overreacting to even normal amounts of bacteria or fungi, it is a good idea to reduce the excess burden on our body and go fragrance free.

How do you think they make those fragrances?

Mostly they are fake and made from chemicals which can add to the toxic load on our already overburdened bodies.

These chemicals can stimulate our immune system even more, pushing it into hyperdrive which in turn, can lead to a worsening of symptoms.

- Use fragrance free laundry detergent that is as natural as you can find.
- There are several companies doing fragrance free:
  1. SMOL as it has no plastic packaging. You can get a free trial pack with them.
  2. Bio-D is very clean.
  3. You may find others at your local refill organic shop.
  4. Spolsh is an online recycling company for cleaning products .





USE A PH BALANCED  
LUBRICANT

# NATURAL LUBE

When you have intimate health conditions there can often be unusual discharge. Perhaps it is too watery, too thick or maybe there is just not enough! Using a lubrication which is as natural as possible, for when being intimate either with yourself or with others can limit the damage done to the skin tissue both on the vulva, clitoris and in the vagina.

If you are post-menopausal you want to look for an oil-based lubricant or a mix of water and oil based. You may find in a dry or peri/post-menopausal vagina that using a lubricant every day makes you feel more comfortable.

- Use natural pH balanced lube
- My favourite water based one is "Into The Wylde"
- My favourite oil based one is "YES!"
- If using condoms do not use oil and only use a water based lubricant as oil can damage the condom causing it to break



# USE VEGAN CONDOMS



# CONDOMS

Condoms, unfortunately, can cause irritation. But there are ways around this.

Using a decent lubricant when using condoms will help. Also vegan condoms do not have casein in them and tend to be less reactive for most people.

Spermicides can also have an effect on the vaginal balance and pH in some and are best to avoid. Check to see if the condoms you are using are spermicide free.

If you are using condoms, use a water based lube such as one mentioned on the previous page to reduce the risk of friction.

- Use brands like Skyn, Glyde, Royal. You can read more about this and these brands here:  
<https://www.uniguide.com/vegan-condom-brands>
- If using condoms do not use oil based lubricant, only a water based one.





# POST SEX

Semen, saliva, condoms, fingers.... all of these things upset the pH balance in the vagina. There are things that we can do to reduce the impact:

- Shower before and after sex to decrease the translocation of microbes.
- Making sure the environment for sex is right, that you are ready for it and relaxed.
- Get your partner to wash all of his genital area with a pH balanced, unfragranced soap, it can reduce the bacterial load that may come with his penile microbiome. Use pH balanced lubrication and be gentle, do not use oil based lubricants with condoms.
- If using condoms making sure it is a brand that doesn't irritate and has a nice feel, try using different brands and try them out to see what works well here.
- Oral dams can be used when having oral sex
- Urinating after sex, always - urine is there to flush out any bacteria and get rid of toxins.
- Wash after sex as well, reducing bacterial load. This does not mean douching! Just the external area.





**IF IT SPARKLES, GLITTERS,  
TINGLES OR SMELLS DON'T PUT  
IT NEAR YOUR VAGINA OR VULVA!**

This goes for sanitary products, toilet paper, creams, oils, hair removers,  
lubricants, as well as any sort of intimate jewellery.