

love wellness vaginal probiotic

Love Wellness Vaginal Probiotic: Your Ultimate Guide to Vaginal Health

Are you experiencing vaginal discomfort or imbalance? Feeling frustrated with recurring issues despite trying various remedies? You're not alone. Millions of women struggle with vaginal health concerns, and finding effective, natural solutions can feel overwhelming. This comprehensive guide dives deep into Love Wellness Vaginal Probiotic, exploring its benefits, how it works, potential side effects, and everything you need to know to make an informed decision about incorporating it into your wellness routine. We'll cover frequently asked questions and dispel common myths, empowering you to take control of your vaginal health.

Understanding the Importance of Vaginal Microbiome Balance

Before we delve into Love Wellness's specific probiotic, it's crucial to understand the delicate ecosystem within your vagina. Your vagina is home to a diverse community of bacteria, fungi, and other microorganisms collectively known as the vaginal microbiome. A healthy microbiome is dominated by *Lactobacillus* bacteria, which produce lactic acid, maintaining a slightly acidic pH that protects against harmful bacteria, yeast, and infections. When this balance is disrupted – a condition known as vaginal dysbiosis – it can lead to various uncomfortable symptoms.

Factors contributing to vaginal microbiome imbalance include:

Antibiotics: While vital for treating bacterial infections, antibiotics can inadvertently wipe out beneficial bacteria, leaving the vagina vulnerable.

Hormonal changes: Fluctuations in estrogen levels, such as during menstruation, pregnancy, or menopause, can affect the vaginal microbiome.

Douching: This practice disrupts the natural balance and can increase the risk of infections.

Poor hygiene: While proper hygiene is crucial, over-cleaning can also disrupt the delicate balance.

Stress: Believe it or not, stress can significantly impact your overall health, including vaginal health.

What is Love Wellness Vaginal Probiotic?

Love Wellness Vaginal Probiotic is a supplement designed to support vaginal health by replenishing beneficial bacteria. It typically contains a blend of *Lactobacillus* strains specifically selected for their ability to colonize the vagina and restore a healthy pH. Unlike some other probiotics, it's formulated for vaginal use, meaning the strains are carefully chosen for their ability to survive the journey through the digestive system and thrive in the vaginal environment.

How Does Love Wellness Vaginal Probiotic Work?

The probiotic works by introducing beneficial *Lactobacillus* strains into the vagina. These bacteria compete with harmful microorganisms, reducing their numbers and restoring the natural acidic pH. This process helps to:

Prevent and treat bacterial vaginosis (BV): BV is a common condition caused by an imbalance of vaginal bacteria.

Reduce yeast infections: While not a cure for yeast infections, a balanced microbiome can help prevent recurrences.

Improve vaginal comfort: By restoring balance, it can alleviate symptoms like itching, burning, and unusual discharge.

Support overall vaginal health: Maintaining a healthy microbiome is essential for overall vaginal well-being.

Love Wellness Vaginal Probiotic: Benefits and Potential Side Effects

Benefits:

Reduced risk of infections: By restoring the natural balance of the vaginal microbiome, it can reduce the likelihood of bacterial vaginosis and yeast infections.

Improved vaginal comfort: Many users report a reduction in symptoms like itching, burning, and unusual discharge.

Natural approach to vaginal health: It offers a natural alternative to harsh chemical treatments.

Easy to use: The application method is typically straightforward and convenient.

Potential Side Effects:

While generally considered safe, some users may experience mild side effects such as:

Mild discomfort: Some initial mild discomfort or irritation may occur, but this usually subsides quickly.

Increased discharge: A temporary increase in discharge may be experienced as the microbiome rebalances.

Allergic reactions: As with any supplement, allergic reactions are possible although rare. If you experience severe reactions, discontinue use and consult a doctor.

How to Use Love Wellness Vaginal Probiotic Effectively

Always follow the manufacturer's instructions carefully. Typically, this involves inserting the probiotic capsule or suppository into the vagina according to the recommended dosage and frequency. Maintaining good hygiene practices, such as wearing breathable underwear and avoiding douching, is crucial for supporting the effectiveness of the probiotic.

Love Wellness Vaginal Probiotic vs. Other Vaginal Probiotics: What's the Difference?

The market offers various vaginal probiotic products. Love Wellness distinguishes itself through its specific blend of *Lactobacillus* strains, formulation, and focus on overall vaginal wellness. Choosing the right probiotic depends on individual needs and preferences. It's always best to consult with your healthcare provider to determine the best option for you.

When to See a Doctor

While Love Wellness Vaginal Probiotic can be a beneficial addition to your wellness routine, it's not a replacement for medical advice. If you experience persistent or severe symptoms such as intense pain, heavy bleeding, fever, or foul-smelling discharge, seek medical attention immediately.

Conclusion

Love Wellness Vaginal Probiotic offers a natural and potentially effective way to support vaginal health. By restoring the balance of the vaginal microbiome, it can alleviate discomfort, reduce the risk of infections, and promote overall well-being. Remember to always follow the manufacturer's instructions, practice good hygiene, and consult with your doctor if you have any concerns or experience persistent symptoms. Taking a proactive approach to your vaginal health is a vital step towards feeling your best.

Frequently Asked Questions (FAQs)

1. Can I use Love Wellness Vaginal Probiotic while pregnant or breastfeeding? It's crucial to consult your doctor before using any new supplements during pregnancy or breastfeeding.
1. How long does it take to see results from using Love Wellness Vaginal Probiotic? Results can vary depending on the individual and the underlying condition. Some users experience improvements within a few days, while others may see changes over several weeks.
1. Can I use Love Wellness Vaginal Probiotic with other vaginal treatments? It's advisable to discuss this with your healthcare provider to avoid potential interactions or complications.
1. Is Love Wellness Vaginal Probiotic safe for long-term use? While generally safe, long-term use should be discussed with a healthcare professional.

1. Where can I buy Love Wellness Vaginal Probiotic? Love Wellness products are often available online through their website and various retailers. Always purchase from reputable sources to ensure product authenticity and quality.

love wellness vaginal probiotic: The Probiotics Revolution Gary B. Huffnagle, Sarah Wernick, 2007-05-29 If the thought of bacteria conjures images of germs that should be avoided at all costs—and certainly not ingested—think again! Some friendly bacteria, called probiotics, are not only beneficial to your health, they're essential. Now an internationally recognized scientist at a top U.S. medical school—one of the leading researchers in the field—sheds light on the extraordinary benefits of these natural health superstars. Thanks to an explosion of research in recent years, one thing is clear: probiotics, the healthy bacteria that inhabit the digestive tract, are the body's silent partners for good health, optimizing the power of the immune system to fight disease and the "bad" germs we fear. But how do they work? And in the face of factors like stress and poor diet, which decrease their numbers, how do you keep your supply well stocked? Here is an up-to-the-minute, highly accessible guide to probiotics and the foods and supplements that contain and support them—many of which may be in your diet already. Discover: The key role of probiotics and prebiotics in restoring healthy balance to our bodies, improving immune system functioning, and curbing inflammation How to use probiotic foods and supplements to prevent and relieve allergies, inflammatory bowel disease, irritable bowel syndrome, yeast infections, and the negative side effects of antibiotic use New evidence that probiotics may help fight asthma, cardiovascular disease, breast and colon cancer, autoimmune diseases, chronic fatigue, fibromyalgia—and even obesity Natural sources of prebiotics, the nutrients that help make the digestive tract more hospitable for probiotic bacteria The Probiotics Revolution also includes a step-by-step plan for incorporating the many food sources of probiotics and prebiotics into your diet, a complete buyer's guide to probiotic supplements, and how to introduce probiotics to your family and children.

love wellness vaginal probiotic: Probiotic Bacteria and Postbiotic Metabolites: Role in Animal and Human Health Naheed Mojgani, Maryam Dadar, 2021-05-13 This book covers all aspects of probiotic bacteria and their metabolites, as well as their role and significance in human and animal health. Given the role of probiotic bacterial strains in the production of short chain fatty acids, butyrate etc probiotics may be considered as an alternative approach for the prevention or treatment of intestinal dysbiosis, cancers, cardiovascular diseases, hypertension. Additionally, the significance of probiotics added in aquaculture systems for improving health, performance and growth of aquatic organisms has been highlighted. In this book, the multi-functional role of probiotics and their post-biotic metabolites in improving overall health status of man and animals, is discussed. It is a comprehensive compilation useful for researchers, academics, veterinarians and students in the field of microbiology, food technology and biotechnology.

love wellness vaginal probiotic: Clinical Case Studies for the Family Nurse Practitioner Leslie Neal-Boylan, 2011-11-28 Clinical Case Studies for the Family Nurse Practitioner is a key resource for advanced practice nurses and graduate students seeking to test their skills in assessing, diagnosing, and managing cases in family and primary care. Composed of more than 70 cases ranging from common to unique, the book compiles years of experience from experts in the field. It is organized chronologically, presenting cases from neonatal to geriatric care in a standard approach built on the SOAP format. This includes differential diagnosis and a series of critical thinking questions ideal for self-assessment or classroom use.

love wellness vaginal probiotic: The Probiotic Cure Martie Whittekin, 2016 A guide to overcoming allergies, gum disease, GERD, colds/flu, colitis, fatigue, cholesterol, IBS, constipation,

diabetes, excessweight, psoriasis, sinus infection, Crohn's and more--Cover.

love wellness vaginal probiotic: *The Gynae Geek* Anita Mitra, 2019-03-06 Information is everywhere and yet many women still don't truly understand how our bodies work and specifically, how our lower genital tract works. Dr Anita Mitra, AKA The Gynae Geek, believes that we can only be empowered about our health when we have accurate information. This book will be that source. This book takes you from your first period to the onset of menopause and explains everything along the way. From straightforward information about whether the pill is safe, which diet is best for PCOS, what an abnormal smear actually means, if heavy periods are a sign of cancer, right through to extraordinary tales from the Clinic. This straight to the heart, sharp shooting guide will become the go-to reference book for all young women seeking answers about reproductive health as well as a way to dispel the swathe of misinformation that's out there. Dr Anita Mitra shares her personal experiences with stress and anxiety and her learnings about how the gynaecological health of women can be influenced by lifestyle choices.

love wellness vaginal probiotic: *The Healthy Life* Jessica Sepel, 2015-08-01 This is a specially formatted fixed layout ebook that retains the look and feel of the print book. Jessica Sepel, a young Sydney-based nutritionist, is following in the footsteps of health bloggers such as Lee Holmes, Lola Berry and Sarah Wilson. Jessica is a trained nutritionist with a burgeoning private practice and a hugely popular health blog. Her philosophy is simple: good health starts in the kitchen. Her focus is on fresh produce, prepared simply and with love. Her work with girls and young women has taught her that the common practice of counting calories and restricting food groups is counterproductive to a healthy relationship with food. Her message is 'get healthy' rather than 'lose weight'. The Healthy Life is fully photographed, and has 100 recipes, meal plans, and a kind approach to creating better health and stress-free living.

love wellness vaginal probiotic: *Maternal Child Nursing Care - E-Book* Shannon E. Perry, Marilyn J. Hockenberry, Kitty Cashion, Kathryn Rhodes Alden, Ellen Olshansky, Deitra Leonard Lowdermilk, 2022-03-05 Master the essentials of maternity and pediatric nursing with this comprehensive, all-in-one text! *Maternal Child Nursing Care*, 7th Edition covers the issues and concerns of women during their childbearing years and children during their developing years. It uses a family-centered, problem-solving approach to patient care, with guidelines supported by evidence-based practice. New to this edition is an emphasis on clinical judgment skills and a new chapter on children with integumentary dysfunction. Written by a team of experts led by Shannon E. Perry and Marilyn J. Hockenberry, this book provides the accurate information you need to succeed in the classroom, the clinical setting, and on the Next Generation NCLEX-RN® examination. - Focus on the family throughout the text emphasizes the influence of the entire family in health and illness. - Expert authors of the market-leading maternity and pediatric nursing textbooks combine to ensure delivery of the most accurate, up-to-date content. - Information on victims of sexual abuse as parents and human trafficking helps prepare students to handle these delicate issues. - Nursing Alerts highlight critical information that could lead to deteriorating or emergency situations. - Guidelines boxes outline nursing procedures in an easy-to-follow format. - Evidence-Based Practice boxes include findings from recent clinical studies. - Emergency Treatment boxes describe the signs and symptoms of emergency situations and provide step-by-step interventions. - Atraumatic Care boxes teach students how to manage pain and provide competent care to pediatric patients with the least amount of physical or psychological stress. - Community Focus boxes emphasize community issues, provide resources and guidance, and illustrate nursing care in a variety of settings. - Patient Teaching boxes highlight important information nurses need to communicate to patients and families. - Cultural Considerations boxes describe beliefs and practices relating to pregnancy, labor and birth, parenting, and women's health. - Family-Centered Care boxes draw attention to the needs or concerns of families that students should consider to provide family-centered care.

love wellness vaginal probiotic: *The Lo-Down* Lo Bosworth, 2011-01-11 Reality TV personality Lauren Lo Bosworth has witnessed her fair share of bad dating and has experienced some herself. As a star on two reality shows, she is no stranger to drama and what comes along with

it. Now she is offering her advice gleaned from her and her famous friends' relationship experiences on dating and love. Featuring personal photos and anecdotes about her experiences on Laguna Beach and The Hills, *The Lo-Down* is a further glimpse into the lives of the people that have enthralled so many.

love wellness vaginal probiotic: The Microbiome Solution Robynne Chutkan, MD, 2015-08-25 The author of *Gutbliss* and one of today's preeminent gastroenterologists distills the latest research on the microbiome into a practical program for boosting overall health. Michael Pollan's widely discussed New York Times article, "Some of My Best Friends Are Germs," was just the tip of the iceberg. The microbiome—the collective name for the trillions of bacteria that live in our gut—is today's hottest medical news topic. Synthesizing the latest findings, Dr. Robynne Chutkan explains how the standard Western diet and lifestyle are starving our microbiome, depleting the "good bugs" that keep us healthy and encouraging overgrowth of exactly the wrong type of bacteria. The resulting imbalance makes us more prone to disease and obesity and negatively affects our metabolism, our hormones, our cravings, our immunity, and even our genes. But beyond the science, what sets this book apart is Dr. Chutkan's powerful three-level program for optimizing your gut bacteria for good health. Dr. Chutkan shares: Why hand-sanitizing gels and antibiotics are stripping our bodies of their natural protective systems Essential prebiotics and probiotics Recipes with ingredients that replenish the microbiome for each rehab level Cutting-edge research on the connection between the microbiome and the brain An intro to the stool transplant, the superfix for a severely troubled microbiome Dr. Chutkan is one of the most recognizable gastroenterologists working in America today, and this is the first book to distill the research into a practical, effective plan for replenishing our microbiomes. *The Microbiome Solution* will bring welcome relief to the millions who want to grow a good "gut garden"—and enjoy healthier, happier lives.

love wellness vaginal probiotic: Development and Manufacture of Yogurt and Other Functional Dairy Products Fatih Yildiz, 2016-04-19 While the science of yogurt is nearly as old as the origin of mankind, there have been rapid changes in yogurt development since the turn of the 19th century, fueled by continuing developments in biological sciences. *Development and Manufacture of Yogurt and Other Functional Dairy Products* presents a comprehensive review of all aspects of yogurt and

love wellness vaginal probiotic: The Sex Issue The Editors of GOOP, 2018-05-01 A conversation-sparking book that explores the big questions of sexuality, seduction & sex. *The Sex Issue* is an informative, revelatory read that gets at everything we've always wondered about sex and relationships. GOOP editors introduce the experts they rely on, and dive into Q&A's on the ins and outs of sexual health, pleasure, and ways to evolve the conversations we have with ourselves, our partners, and each other. Part 1, *Seduction*: Mines the deeper layers of seduction—with suggestions for assessing attraction, reigniting the flame once it's gone out, and navigating dating, unconventional relationship scenarios, the sex toy aisle, and more. Part 2, *Sexuality*: Different takes on what sexuality means, looks, and feels like today, and options for tapping into sexual power—including a chapter on strengthening libido and tantric practices to up sexual energy. Part 3: *Doing It*: Antidotes to bedroom boredom, the psychology behind oral sex, how to figure out and pursue what you want—and play out fantasies that may seem beyond reach. Part 4, *Orgasm*: A closer look at enduring sex myths, with expert advice on closing the orgasm gap, doing away with the pressure to perform, and the benefits of self-pleasure. Part 5, *Sex Ed*: Covers the essentials (like clean lube and condoms), hormone health, and how to talk to your partner when something is up—all with an eye toward pleasure (as opposed to just avoiding calamity). Throughout the book you'll find goopasutra-style takes on the reality of experiences ranging from plain vanilla to menage a trois, plus personal anecdotes from the GOOP team.

love wellness vaginal probiotic: Raising Goats For Dummies Cheryl K. Smith, 2010-01-28 Learn to raise goats and start reaping the benefits of owning these fun and useful animals *Raising Goats* is a major part of human life (and survival) around the world. The movement has increased in popularity in recent years as consumers embrace a more sustainable lifestyle, reject commercialism,

move to organic food options, and raise concerns about industrial agriculture practices. Raising Goats For Dummies provides you with an introduction to all aspects of owning, caring for, and the day-to-day benefits of raising goats. Breaks down the complicated process of choosing and purchasing the right goat breed to meet your needs and getting facilities for your goat set up. Provides in-depth information on proper grooming, handling, feeding, and milking Covers the basics of goat health and nutrition Offers tips and advice for using your goat to produce milk, meat, fiber, and more You'll quickly understand what makes these useful and delightful creatures so popular and gain the knowledge and skills to properly care for and utilize their many offerings with help from Raising Goats For Dummies.

love wellness vaginal probiotic: Beyond the Pill Jolene Brighten, 2019-01-29 All women need to read this book.—Dave Asprey, author of The Bulletproof Diet Groundbreaking solutions for the common hormonal struggles women face both on and off birth control.—Amy Medling, founder of PCOS Diva and author of Healing PCOS A natural, effective program for restoring hormone balance, normalizing your period, and reversing the harmful side effects of 'The Pill'—for the millions of women who take it for acne, PMS, menstrual cramps, PCOS, Endometriosis, and many more reasons other than contraception. Out of the 100 million women—almost 11 million in the United States alone—who are on the pill, roughly 60 percent take it for non-contraceptive reasons like painful periods, endometriosis, PCOS, and acne. While the birth control pill is widely prescribed as a quick-fix solution to a variety of women's health conditions, taking it can also result in other more serious and dangerous health consequences. Did you know that women on the pill are more likely to be prescribed an antidepressant? That they are at significantly increased risk for autoimmune disease, heart attack, thyroid and adrenal disorders, and even breast and cervical cancer? That the pill can even cause vaginal dryness, unexplained hair loss, flagging libido, extreme fatigue, and chronic infection. As if women didn't have enough to worry about, that little pill we're taking to manage our symptoms is only making things worse. Jolene Brighten, ND, author of the groundbreaking new book Beyond the Pill, specializes in treating women's hormone imbalances caused by the pill and shares her proven 30-day program designed to reverse the myriad of symptoms women experience every day—whether you choose to stay on the pill or not. The first book of its kind to target the birth control pill and the scientifically-proven symptoms associated with taking it, Beyond the Pill is an actionable plan for taking control, and will help readers: Locate the root cause of their hormonal issues, like estrogen dominance, low testosterone, and low progesterone Discover a pain-free, manageable period free of cramps, acne, stress, or PMS without the harmful side effects that come with the pill Detox the liver, support the adrenals and thyroid, heal the gut, reverse metabolic mayhem, boost fertility, and enhance mood Transition into a nutrition and supplement program, with more than 30 hormone-balancing recipes Featuring simple diet and lifestyle interventions, Beyond the Pill is the first step to reversing the risky side effects of the pill, finally finding hormonal health, and getting your badass self back.

love wellness vaginal probiotic: The Hormone Fix Anna Cabeca, DO, OBGYN, FACOG, 2023-08-29 NATIONAL BESTSELLER • For women approaching or in menopause, a revolutionary diet and holistic lifestyle program for easier weight loss, better sleep, diminished hot flashes, a clearer head, and a rejuvenated sex drive. "Hormone balance is within reach, and this is the definitive guide for reaching that goal."—David Perlmutter, MD, author of Grain Brain As women approach menopause, many start to experience the physical and emotional indignities of hormonal fluctuation: metabolic stall and weight gain, hot flashes and night sweats, insomnia, memory loss or brain fog, irritability, low libido, and painful sex. Too often, doctors tell us that these discomforts are to be expected and that we will have to wait them out during "the change"; some of us even agree to be unnecessarily medicated. But Dr. Anna Cabeca's research and experience with thousands of her patients show that there is a fast-acting and nonpharmaceutical way to dramatically and permanently alleviate these symptoms. The Hormone Fix introduces Dr. Cabeca's unique Keto-Green protocol, a plan that pairs the hallmarks of ketogenic (low-carb/high fat) eating with diet and lifestyle changes that bring the body's cellular pH to a healthy alkaline level. The proven result:

balanced cortisol and reduced output of insulin, the hormones most responsible for belly fat and weight gain, plus an increase in oxytocin, the “love and happiness” hormone. Whether you are perimenopausal, menopausal, or postmenopausal, *The Hormone Fix* offers an easy-to-follow program, including • a 10-day quick-start detox diet to jump-start weight loss and reduce symptoms immediately • daily meal plans and weekly shopping lists to take the guesswork out of a month’s worth of Keto-Green eating • 65 delicious and easy-to-make recipes for breakfast, lunch, dinner, smoothies, and soups • detailed information on vitamin and mineral supplementation that optimizes hormone balance • simple self-assessments and recommended optional lab testing for a better understanding of your hormonal status • tested and trusted stress-reduction and oxytocin-amplifying advice and techniques With *The Hormone Fix* you can expect to trim down, tap into new and unexpected energy levels, enhance intimacy, and completely revitalize your life! Ready for your fix? “*The Hormone Fix* is a treasure trove of accurate and user-friendly information that all women who are suffering during menopause need to know and apply.”—Christiane Northrup, MD, author of *The Wisdom of Menopause*

love wellness vaginal probiotic: *Keto-Green 16* Anna Cabeca, DO, OBGYN, FACOG, 2024-01-02 An innovative 16-day plan that combines the fat-burning benefits of a ketogenic diet with the brain-clearing and keto-flu protection of alkaline food, by the USA Today bestselling author of *The Hormone Fix*. “A powerful program that paves the way for lasting health, longevity, and disease resistance.”—David Perlmutter, MD, New York Times bestselling author of *Grain Brain* Are you having a hard time losing weight? Do you suffer from brain fog, lack of focus, or poor memory? Do you run out of energy halfway through the day? Do you have unwanted cravings? If you answered “yes” to any of these questions, join the club! In this revolutionary book, Dr. Anna Cabeca shares a proven way to finally give you the results you want, need, and deserve. There is no question that going keto works. This strict high-fat/low-carb diet denies the body glucose as a main source of energy and instead promotes the production and use of ketone bodies as fuel. It’s a great way to move you off a weight plateau, gain willpower, and get results fast. But going keto also often results in gastrointestinal discomfort, low energy, and moodiness—known as the “keto flu”—which makes the diet hard to sustain. The solution? Add alkaline foods—leafy greens, other vegetables, broths, healthy oils, nuts, and seeds—for a lifestyle that’s more sustainable and easier on your body. In other words: Go Keto-Green and thrive! A triple-board-certified physician, Dr. Anna Cabeca developed her method through years of careful patient and test-panel research. In *Keto-Green 16*, she explains the science behind her innovation: Hormone production dips as a woman ages, leading to increased visceral fat. By pairing keto-diet staples with foods that bring the body’s pH to a more alkaline level, you’ll shed belly fat while balancing the hormones responsible for that bulkier midsection. And by fueling your brain with ketones—like rocket fuel instead of gasoline—you’ll make better decisions, including healthier choices for what to eat. The unique nutritional balance of the Keto-Green 16 diet also boosts mood. With 16 days of what-to-eat instructions (including a version for vegetarians and vegans); more than 50 delicious breakfast, lunch, dinner, and snack recipes; information about the 16 best alkaline foods; a 16-hour intermittent-fasting strategy; 16-minute HIIT exercise routines; and a chapter outlining the specifics of the nutritional plan just for men; *Keto-Green 16* will ensure that you skip the flu and get on with rapid and amazing weight loss.

love wellness vaginal probiotic: *Inside of Me* Shellie R. Warren, 2004-06 After multiple abortions and deep depression, Shellie Warren found healing and recovery in God. She draws young women who are dealing with sexual misuse to a place where they can be real and find wholeness and healing.

love wellness vaginal probiotic: *The Dialectical Behavior Therapy Wellness Planner* Amanda L. Smith, 2015-09-15 Set goals and map your route to success using this DBT planner designed to build a life worth living.

love wellness vaginal probiotic: *The Normal Bar* Chrisanna Northrup, Pepper Schwartz, James Witte, 2013-02-05 Based on data obtained from nearly 100,000 respondents, here is the ultimate resource for anyone who wants to learn the relationship-tested ways couples can achieve

satisfaction and contentment in areas such as communication, sex, affection, and financial cooperation. What constitutes “normal” behavior among happy couples? What steps you should take if that “normal” is one you want to strive for? To help answer those questions, wellness entrepreneur Chrisanna Northrup teamed with two of America’s top sociologists, Yale Ph.D. Pepper Schwartz and Harvard Ph.D. James Witte, to design a unique interactive survey that would draw feedback from around the world. What has resulted is the clearest picture yet of how well couples are communicating, romancing each other, satisfying each other in the bedroom, sharing financial responsibilities, and staying faithful – or not. Since the Normal Bar survey methodology sorts for age and gender, racial and geographic differences and sexual preferences, the authors are able to reveal , for example, what happens to passion as we grow older, which gender wants what when it comes to sex, the factors that spur marital combat, how kids figure in, how being gay or bisexual turns out to be both different and the same, and –regardless of background -- the tiny habits that drive partners absolutely batty. The book is dense with revelations, from the unexpected popularity of certain sexual positions, to the average number of times happy – and unhappy -- couples kiss, to the prevalence of lying, to the surprising loyalty most men and women feel for their partner (even when in a deteriorating relationship), to the vivid and idiosyncratic ways individuals of different ages, genders and nationalities describe their “ideal romantic evening.” Much more than a peek behind the relationship curtain, *The Normal Bar* offers readers an array of prescriptive tools that will help them establish a “new normal.” Mindful of what keeps couples stuck in ruts, the book’s authors suggest practical and life-changing ways to break cycles of disappointment and frustration.

love wellness vaginal probiotic: *Geriatric Gastroenterology* C. S. Pitchumoni, T. Dharmarajan, 2012-07-26 As aging trends in the United States and Europe in particular are strongly suggestive of increasingly older society, it would be prudent for health care providers to better prepare for such changes. By including physiology, disease, nutrition, pharmacology, pathology, radiology and other relevant associated topics, *Geriatric Gastroenterology* fills the void in the literature for a volume devoted specifically to gastrointestinal illness in the elderly. This unique volume includes provision of training for current and future generations of physicians to deal with the health problems of older adults. It will also serve as a comprehensive guide to practicing physicians for ease of reference. Relevant to the geriatric age group, the volume covers epidemiology, physiology of aging, gastrointestinal physiology, pharmacology, radiology, pathology, motility disorders, luminal disorders, hepato-biliary disease, systemic manifestations, neoplastic disorders, gastrointestinal bleeding, cancer and medication related interactions and adverse events, all extremely common in older adults; these are often hard to evaluate and judge, especially considering the complex aging physiology. All have become important components of modern medicine. Special emphasis is be given to nutrition and related disorders. Capsule endoscopy and its utility in the geriatric population is also covered. Presented in simple, easy to read style, the volume includes numerous tables, figures and key points enabling ease of understanding. Chapters on imaging and pathology are profusely illustrated. All chapters are written by specialists and include up to date scientific information. *Geriatric Gastroenterology* is of great utility to residents in internal medicine, fellows in gastroenterology and geriatric medicine as well as gastroenterologists, geriatricians and practicing physicians including primary care physicians caring for older adults.

love wellness vaginal probiotic: *Gutbliss* Robynne Chutkan M.D., 2014-10-07 A renowned physician shares her complete 10-day digestive tune-up for women, with important revelations about good gastrointestinal health. Many so-called cures for women’s bloating and indigestion, from juice cleanses to specialty diets, are based on junk science. For women seeking true relief from that overall feeling of discomfort in any size jeans, Dr. Robynne Chutkan has the perfect plan for feeling light, tight, and bright in ten days. *Gutbliss* offers: A primer on the real reasons for gastrointestinal distress, and why it’s much more common in women A look at the debilitating side effects of supposedly healthy habits—from Greek yogurt to bloat-inducing aspirin An expert analysis of symptoms that could indicate a serious underlying condition An indispensable checklist to pinpoint the exact cause of your bloating Just a few small changes in diet, lifestyle, and exercise can make a

huge difference in a woman's digestive health, but the changes have to be the right ones. Going beyond the basics of top sellers such as *Wheat Belly*, Dr. Chutkan's *Gutbliss* empowers women to take control of their gastrointestinal wellness.

love wellness vaginal probiotic: *Super Gut* William Davis, 2022-02-01 The bestselling author of the *Wheat Belly* books brings his next big, game-changing idea—how the human microbiome is evolving, and potentially wrecking, our health, and how we can fix it. Because of our highly processed diet, pesticides, and overuse of antibiotics, our guts are now missing so many of the good bacteria that we require to be healthy. As a result, many of us have lost control over our health, weight, mood, and even behavior. The ancient bacteria that keep our digestion moving have been dying, replaced by harmful microbes that don't keep us physically and mentally fit. With cutting-edge research, Dr. Davis connects the dots between gut health and modern ailments. There are entire species of microbes that have disappeared, which creates health issues that were uncommon one hundred, or even fifty, years ago. The result is SIBO (small intestinal bacterial overgrowth), a silent and profound epidemic, which affects one out of three people and is responsible for an astounding range of human health conditions. *Super Gut* shows us how to eliminate bad bacteria and bring back the "good" bacteria with a four-week plan to reprogram your microbiome. This not only gets to the root of many diseases, but also improves levels of oxytocin (the bonding/happy hormone), brain health, anti-aging, weight loss, mental clarity, and restful sleep. Also included are more than forty recipes, a diet plan, and resources so you can pinpoint your gut issues, correct them, and maintain your long-term health and well-being.

love wellness vaginal probiotic: *Hormone Intelligence* Aviva Romm, M.D., 2021-06-08 INSTANT NEW YORK TIMES BESTSELLER • WALL STREET JOURNAL BESTSELLER • #1 GLOBE AND MAIL BESTSELLER • USA TODAY BESTSELLER You are not broken. Being a woman is not a diagnosis. Take your body back with the groundbreaking new science for women in *Hormone Intelligence*. Hormonal. We all know what it means when we hear it – and feel it. While hormonal shifts are natural throughout women's lives, too many experience distressing period symptoms, struggle daily with PCOS, endometriosis, a fertility challenge, pain, low sex drive, sleep problems, acne, bloating, hot flashes, and more – all due to hormone-related problems. And too many are unable to get the answers they're really seeking from their doctors. There is a solution. In *Hormone Intelligence*, Yale trained and internationally renowned women's health expert, Dr. Aviva Romm, helps you identify the root causes of your symptoms and guides you through a 6-week proven program to achieve lifelong hormonal and gynecologic health. Using a holistic, dietary and lifestyle changing approach, *Hormone Intelligence* goes beyond treating symptoms to the deeper factors impacting women's health, so you can reclaim your body, hormones, and self. Inside *Hormone Intelligence*, you'll find:

- Hormone Health 101: Understand the key components of the hormone epidemic and associated dietary and lifestyle triggers.
- Symptoms and Root Causes Demystified: Discover what your symptoms are saying about your hormones with quizzes, checklists, trackers, and more.
- A 6-Week Action Plan: Learn what foods you should indulge and avoid, how to repair your microbiome to support hormone health, how to identify environmental hormone disruptors, engage your body's natural detoxification systems and reduce hidden inflammation, and the lifestyle changes that lead to happy, healthy hormones.
- Delicious, done-for-you meal plans to take you through the entire program, including vegan options.

Hormone Intelligence is an invitation to a whole new relationship with your body and hormones, the exhale you've been waiting for, and the first step on the road to realizing that a diagnosis does not have to be your destiny. Extended references, a complete index, and additional resources for *Hormone Intelligence* can be found at the author's website.

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ND, knows the healing power of bone broth. The cornerstone of her booming health practice (as well as so many family recipes), bone broth is packed with fat-burning, skin-tightening collagen; has anti-inflammatory properties; helps heal the gut; and warms and satisfies the entire body. In Dr. Kellyann's Bone Broth Diet, Dr. Petrucci couples delicious bone broth recipes with a groundbreaking intermittent fasting plan, helping you achieve spectacular weight loss and more youthful looking skin in just 21 days. Dr. Petrucci walks you through the science of why bone broth works, then arms you with a plan to lose weight safely and easily--with no cravings, weakness, or hunger pains. She'll introduce you to simple but gourmet recipes for beef, turkey, chicken, and fish bone broths and soups that are loaded with flavor and nutrients, and easy ways to cut down on time spent in the kitchen. Also incorporating easy resistance training routines and mindful meditation exercises, Dr. Petrucci gives you everything you need to succeed.

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love wellness vaginal probiotic: Healthy Gut, Healthy You Michael Ruscio, 2018-02-06 Thousands of years ago, Hippocrates said that all disease begins in the gut. Scientific research has proven this idea to be true. In Healthy Gut, Healthy You, clinician and researcher Dr. Michael Ruscio shows how modern lifestyle changes and the widespread use of antibiotics have made our guts more vulnerable than ever before.

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overall health.” —Daphne Miller, MD author of *Farmacology: Total health from the Ground Up* and *The Jungle Effect* “Virtually every aspect of health and vitality is influenced by the collection of microbes living within us. The Good Gut empowers the reader with the opportunity to embrace this leading edge science in an actionable, user-friendly way.” —David Perlmutter, MD and author, #1 New York Times Bestseller, *Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar: Your Brain's Silent Killers* The groundbreaking science behind the surprising source of good health Stanford University's Justin and Erica Sonnenburg are pioneers in the most exciting and potentially transformative field in the entire realm of human health and wellness, the study of the relationship between our bodies and the trillions of organisms representing thousands of species to which our bodies play host, the microbes that we collectively call the microbiota. The microbiota interacts with our bodies in a number of powerful ways; the Sonnenburgs argue that it determines in no small part whether we're sick or healthy, fit or obese, sunny or moody. The microbiota has always been with us, and in fact has coevolved with humans, entwining its functions with ours so deeply, the Sonnenburgs show us, humans are really composite organisms having both microbial and human parts. But now, they argue, because of changes to diet, antibiotic over-use, and over-sterilization, our gut microbiota is facing a “mass extinction event,” which is causing our bodies to go haywire, and may be behind the mysterious spike in some of our most troubling modern afflictions, from food allergies to autism, cancer to depression. It doesn't have to be this way. The Good Gut offers a new plan for health that focuses on how to nourish your microbiota, including recipes and a menu plan. In this groundbreaking work, the Sonnenburgs show how we can keep our microbiota off the endangered species list and how we can strengthen the community that inhabits our gut and thereby improve our own health. The answer is unique for each of us, and it changes as you age. In this important and timely investigation, the Sonnenburgs look at safe alternatives to antibiotics; dietary and lifestyle choices to encourage microbial health; the management of the aging microbiota; and the nourishment of your own individual microbiome. Caring for our gut microbes may be the most important health choice we can make.

love wellness vaginal probiotic: The 12-Step Mind-Body-Food Reset Jessica Sepel, 2019-09-24 Clinical nutritionist and health blogger Jessica Sepel has helped tens of thousands of people transform their health by improving their relationship with food and their body. Through her own experiences and those of her patients and online audience, Jessica knows that the most reliable path to creating sustainable health habits is to address the emotional component first. She offers a wholesome, balanced way of eating, relaxing and exercising that allows women to reconnect with their body and mind and shut off the noise of fad diets and mixed messages. In *The 12-Step Mind-Body-Food Reset*, Jessica shares her 12 key pieces of practical advice for overcoming disordered eating, achieving weight balance and creating good habits for life. Learn how to: * Speak to yourself with kindness * Set up a nourishing morning and evening routine * Spend an hour prepping for a healthy week * Manage your stress so it doesn't manage you * Combat sugar cravings, for life * Focus on your health, not your weight. Each chapter contains a single principle that is simple, achievable and self-contained, allowing readers to focus on one issue at a time, one step at a time, one day at a time. This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

love wellness vaginal probiotic: The Vagina Bible Dr. Jen Gunter, 2019-08-27 Instant New York Times, USA Today, and Publishers Weekly bestseller! Boston Globe bestseller #1 Canadian Bestseller OB/GYN, The New York Times columnist, host of the show *Jensplaining*, and internationally bestselling author Dr. Jen Gunter now delivers the definitive book on vaginal health, answering the questions you've always had but were afraid to ask—or couldn't find the right answers to. She has been called Twitter's resident gynecologist, the Internet's OB/GYN, and one of the fiercest advocates for women's health...and she's here to give you the straight talk on the topics she knows best. Does eating sugar cause yeast infections? Does pubic hair have a function? Should you have a vulvovaginal care regimen? Will your vagina shrivel up if you go without sex? What's the truth about the HPV vaccine? So many important questions, so much convincing, confusing,

contradictory misinformation! In this age of click bait, pseudoscience, and celebrity-endorsed products, it's easy to be overwhelmed—whether it's websites, advice from well-meaning friends, uneducated partners, and even healthcare providers. So how do you separate facts from fiction? OB-GYN Jen Gunter, an expert on women's health—and the internet's most popular go-to doc—comes to the rescue with a book that debunks the myths and educates and empowers women. From reproductive health to the impact of antibiotics and probiotics, and the latest trends, including vaginal steaming, vaginal marijuana products, and jade eggs, Gunter takes us on a factual, fun-filled journey. Discover the truth about: • The vaginal microbiome • Genital hygiene, lubricants, and hormone myths and fallacies • How diet impacts vaginal health • Stem cells and the vagina • Cosmetic vaginal surgery • What changes to expect during pregnancy and after childbirth • What changes to expect through menopause • How medicine fails women by dismissing symptoms Plus: • Thongs vs. lace: the best underwear for vaginal health • How to select a tampon • The full glory of the clitoris and the myth of the G Spot . . . And so much more. Whether you're a twenty-six-year-old worried that her labia are "uncool" or a sixty-six-year-old dealing with painful sex, this comprehensive guide is sure to become a lifelong trusted resource.

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love wellness vaginal probiotic: The Gut Stuff Lisa MacFarlane, Alana Macfarlane, 2021-02-02 Demystifying the buzz words of gut health and microbiome, this book explains clearly the importance of fiber in our diets. Most people now know just how important the gut is to our health and wellbeing, including its impact on our digestive and immune systems and on diseases such as cancer, Alzheimer's, Parkinson's and even mental health, but so much of the information out there is hard to understand or doesn't offer realistic solutions. Alana and Lisa Macfarlane have spent the past few years interviewing top-notch gut pros: scientists, academics, chefs and foodies to get the real scoop and science behind what we eat. The book offers practical and achievable advice in a fun and accessible way and explains what gut health is and why it is so relevant today. The science behind mind and body and how they are linked, including the gut's effect on sleep, anxiety, immunity, and skin are covered, along with practical advice on what can be done to improve gut health.

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wheat and nightshades. Five years on, Hanna is free from all skin complaints and has gathered a huge online audience. Following the success of her first book, *Radiant*, and the launch of her new skincare range, for which she won support from Peter Jones and Tej Lalvani on BBC's *Dragons' Den*, this new book shows you how to apply Hanna's skincare advice to your everyday life with small, achievable changes that yield long-term, sustainable results. Based around 5 key areas or pillars, Hanna covers Diet with delicious recipes to heal you from within, Mind with advice on meditation and self-care, Exercise with tips on how to get into a healthy routine, Sleep with advice and remedies for a good night's rest, and Skincare with luxurious homemade lotions and creams. It's everything you need to take control of your health and achieve calm, clear skin.

love wellness vaginal probiotic: The Adrenal Thyroid Revolution Aviva Romm, M.D., 2017-01-31 A Yale-trained, board-certified family physician with a specialty in women's health and obstetrics delivers a proven 28-day program to heal the overwhelmed, overloaded systems, and prevent and reverse the myriad of symptoms affecting the vast majority of women today. Weight gain, fatigue, brain fog, hormonal imbalances, and autoimmune conditions—for years, health practitioners have commonly viewed each as individual health problems resulting from a patient's genetic bad luck, poor lifestyle choices, or lack of willpower. Patients, too, have turned to different doctors to alleviate their specific symptoms: an endocrinologist for a thyroid problem; a gynecologist for hormonal issues; an internist for weight, diabetes, and high blood pressure; a rheumatologist for joint problems, and even to therapists or psychologists. While these ailments may seem unrelated, Dr. Aviva Romm contends that they are intrinsically connected by what she calls Survival Overdrive Syndrome, a condition that occurs when the body becomes overloaded. SOS can result from childhood survival patterns or adult life stressors that are compounded by foods we eat, toxins in our environment, viral infections, lack of sleep, disrupted gut microflora, and even prescribed medications. Two of the systems most affected are the adrenal system and the thyroid, which control mood, hormones, inflammation, immunity, energy, weight, will power, blood sugar balance, cholesterol, sleep, and a host of other bodily functions. When these systems become overwhelmed they lead to symptoms that can develop into full blow illnesses, including diabetes, hypertension, osteoporosis, and heart disease—all of which have medically provable origins in SOS. The Adrenal Thyroid Revolution explains SOS, how it impacts our bodies and can lead to illness, and most importantly, offers a drug-free cure developed through Dr. Romm's research and clinical work with tens of thousands of patients. In as little as two weeks, you can lose excess weight, discover increased energy, improve sleep, and feel better. With *The Adrenal Thyroid Revolution*, you can rescue your metabolism, hormones, mind and mood—and achieve long-lasting health.

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love wellness vaginal probiotic: Student Workbook for Understanding Medical Surgical Nursing Paula D. Hopper, Linda Sue Williams, 2006-12-27 Provides students with a study tool that reinforces learning through fun-to-do exercises. Each chapter follows along with the text and

features a host of critical thinking exercises, basic matching and true/false tests, word scrambles, crossword puzzles, vocabulary review exercises, and NCLEX-PN-style questions.

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