



# *Her Sacred Place*

Sacred Hydrotherapy Academy

Course 102

Vaginal Steaming & Vaginal Infections

Workbook

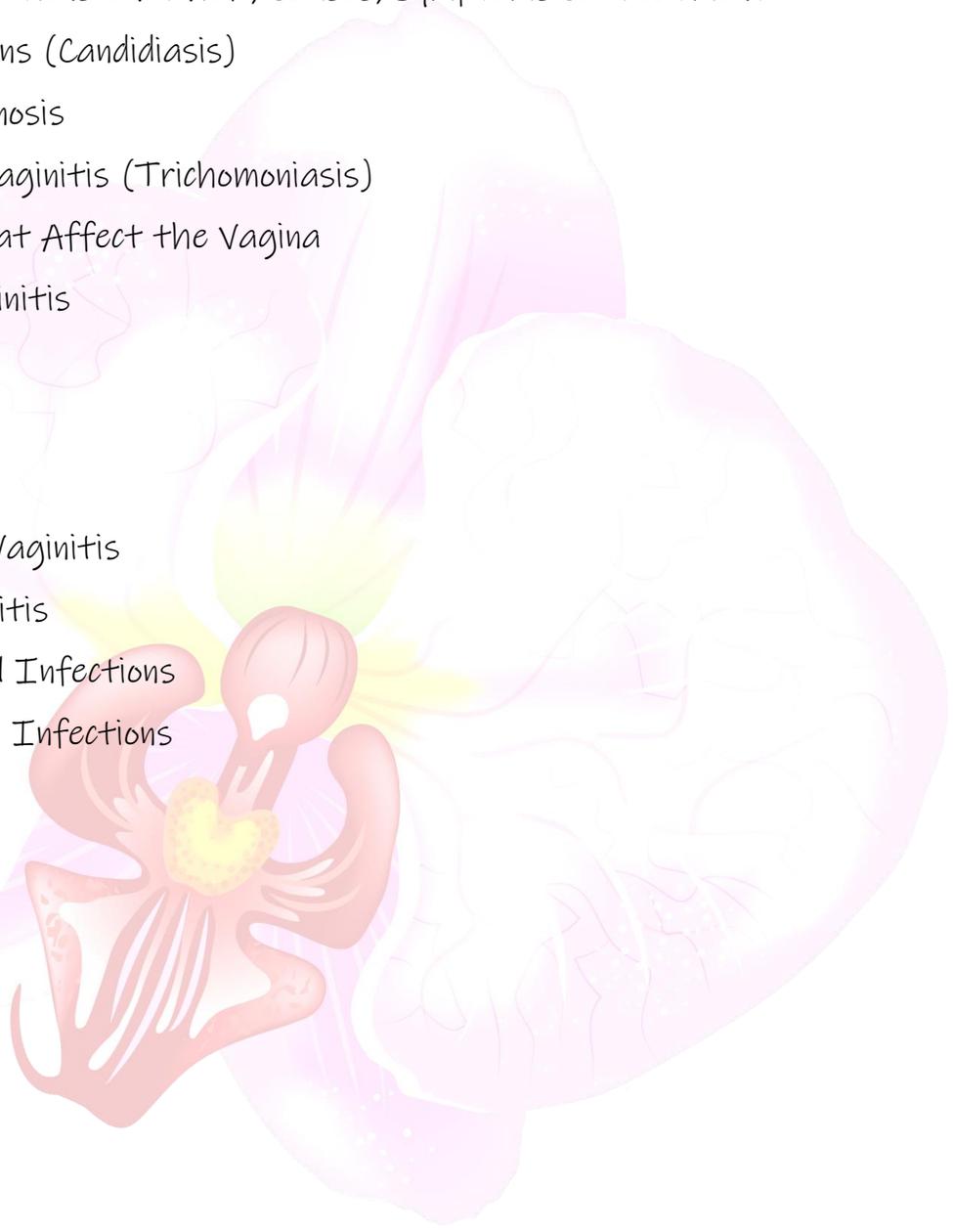
January - March 2022

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- 🌸 Color-Coded Guide to Vaginal Discharge
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- 🌸 Other Conditions That Affect the Vagina
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- 🌸 Prevention of Vaginal Infections
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Infections After-Care

Quiz

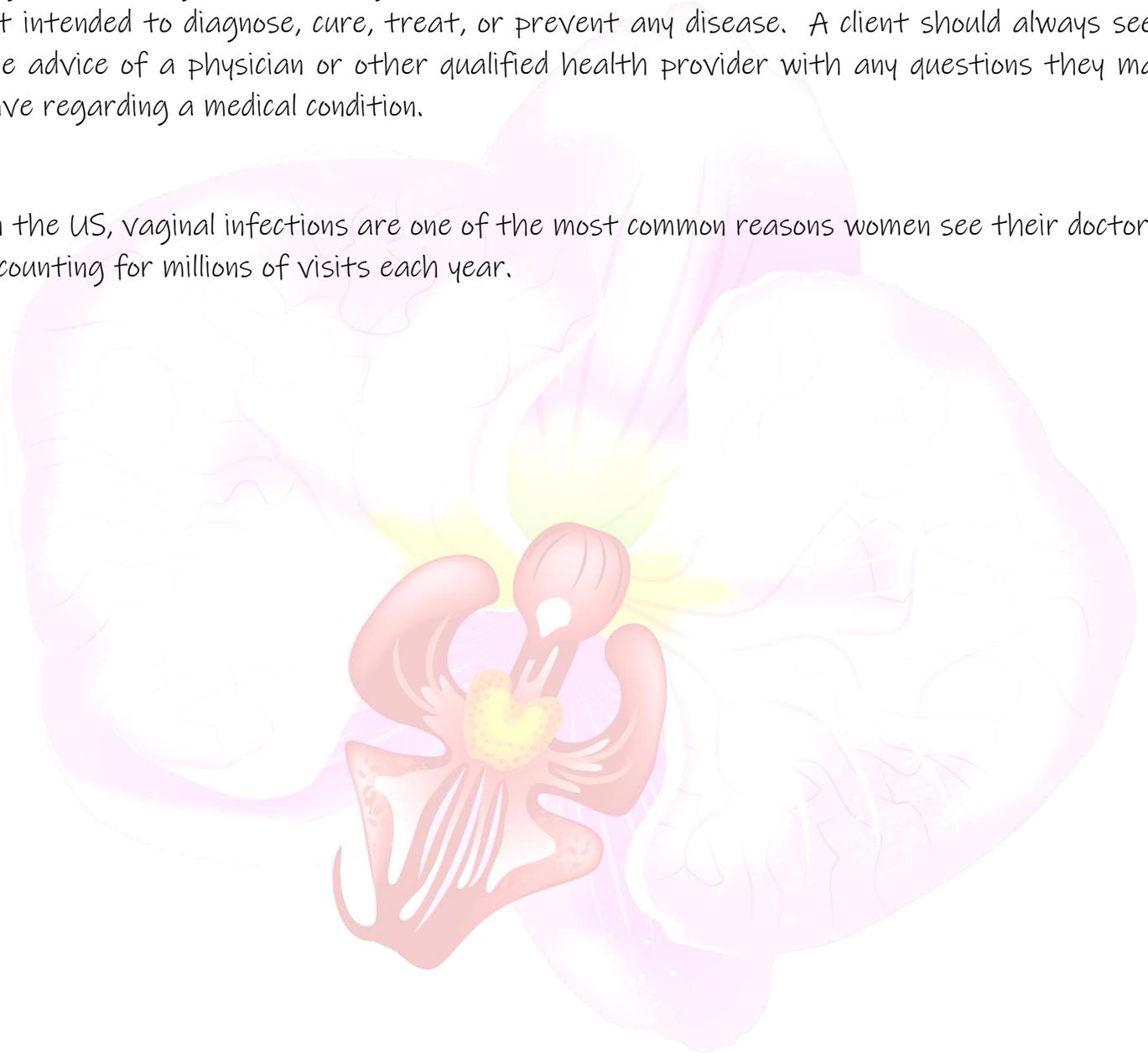


## Introduction

Disclaimer:

Vaginal Steaming Facilitators are not licensed medical professionals. Offering vaginal steaming at your facility does not take the place or advice of a licensed medical professional. Vaginal steaming, yoni steaming, hip baths, etc. have not been evaluated by the FDA and is not intended to diagnose, cure, treat, or prevent any disease. A client should always seek the advice of a physician or other qualified health provider with any questions they may have regarding a medical condition.

In the US, vaginal infections are one of the most common reasons women see their doctor, accounting for millions of visits each year.



## What Upsets Normal Vaginal Flora (pH)

What is pH?

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What does vaginal pH matter?

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A pH of less than 7 is considered \_\_\_\_\_.



A pH of more than 7 is considered \_\_\_\_\_.



A pH of 7 is considered \_\_\_\_\_.

A normal vaginal pH level is between \_\_\_\_\_, which is moderately \_\_\_\_\_. However, what constitutes "normal" pH can vary depending on your stage of life. Usually pH increases \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

A woman with a high vaginal pH, \_\_\_\_\_, is more susceptible for unhealthy bacteria to grow and is at a greater risk for vaginal infections. An acidic vagina **usually doesn't cause disease**, but if the acidity rises too much, it might reduce your fertility.

Sperm thrives in an \_\_\_\_\_ with the optimal pH for them to swim between \_\_\_\_\_. During sex, the pH level inside the vagina temporarily rises, making the normally acidic environment more alkaline to protect the sperm so they can make their way to the egg.

## What Causes an Unbalanced Vaginal pH?

1. Unprotected Sex.

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2. Antibiotics.

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3. Douching.

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4. Menstrual Periods.

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5. Female hormone level change.

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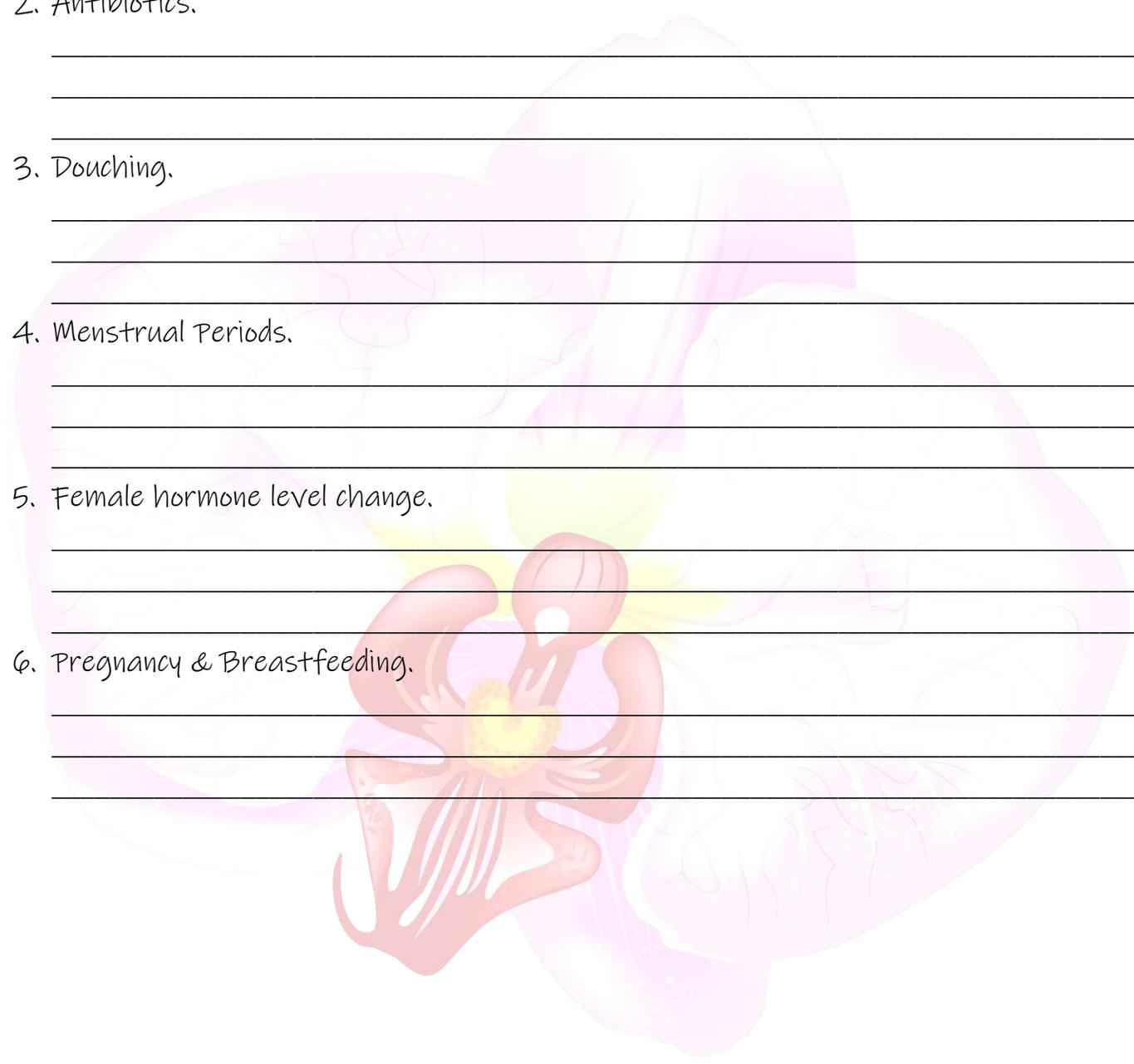
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6. Pregnancy & Breastfeeding.

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## Color-Coded Guide to Vaginal Discharge

It is common to wonder whether the color or consistency of vaginal discharge is normal or needs to be checked out. Vaginal discharge can be many colors, and several indicate a healthy body.

### What is vaginal discharge?

Vaginal discharge is fluid secreted from glands in the \_\_\_\_\_ and \_\_\_\_\_. This fluid leaks **daily** to remove old cells and debris, keeping the vagina and reproductive tract healthy and clean. The amount of discharge varies from person to person and changes depending on where the person is in their menstrual cycle.

### Healthy Vaginal Discharge during Each Phase of the Menstrual Cycle

🌸 Days 1-5 (Period).

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🌸 Days 6-14 (Pre-Ovulation).

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🌸 Days 14-25 (Ovulation).

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🌸 Days 25-28 (Post-ovulation).

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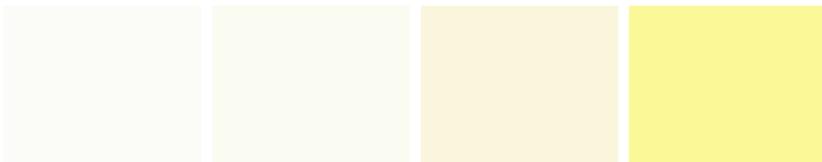
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## Red Vaginal Discharge



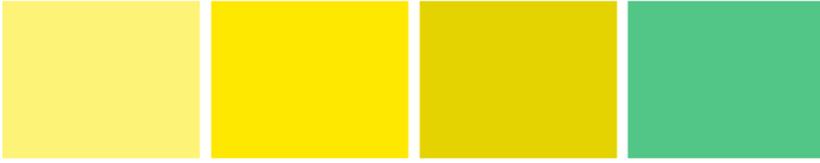
- 🌸 The shade of red can vary from bright to dark rust color, but red is most \_\_\_\_\_ . Menstrual bleeding happens, on average, around every 28 days, typically lasting for 3-5 days.
- 🌸 Anyone who experiences bleeding between menstrual periods should see a doctor. Typically, this could be a sign of \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ , or \_\_\_\_\_ ,
- 🌸 Anyone who has gone through menopause and not had a period for at least 1 year should see a doctor if they experience vaginal bleeding. It can sometimes be a sign of \_\_\_\_\_ .

## White Vaginal Discharge



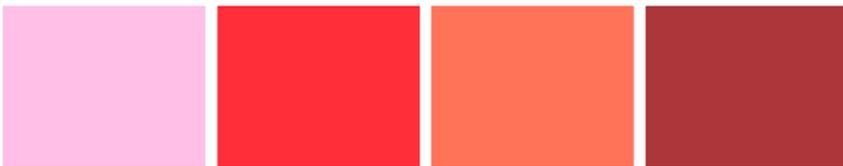
- 🌸 The shade of white can extend to include cream or light yellow. If a person has **no other symptoms**, white discharge is most likely a sign of healthy lubrication.
- 🌸 However, if the white discharge has a consistency like \_\_\_\_\_ or accompanied by a \_\_\_\_\_ , it is usually associated with a \_\_\_\_\_ , which can also cause itching or irritation.

## Yellow-Green Vaginal Discharge



- 🌸 If the discharge has a very slight yellow hue, it may not indicate a problem. This is especially likely if the hue coincides with a \_\_\_\_\_.
- 🌸 Discharge that is a darker shade of yellow, **yellowish-green**, or green usually signals a \_\_\_\_\_.

## Pink Vaginal Discharge



- 🌸 Discharge that is light or a much deeper pink \_\_\_\_\_.
- 🌸 Pink discharge most commonly occurs with spotting before a period. However, it can also be a \_\_\_\_\_.
- 🌸 Some people experience a little bit of spotting after ovulation, which can also cause pink discharge.
- 🌸 Discharge can be pink after sexual intercourse if the sex has caused small tears or irritation in the vagina or cervix.

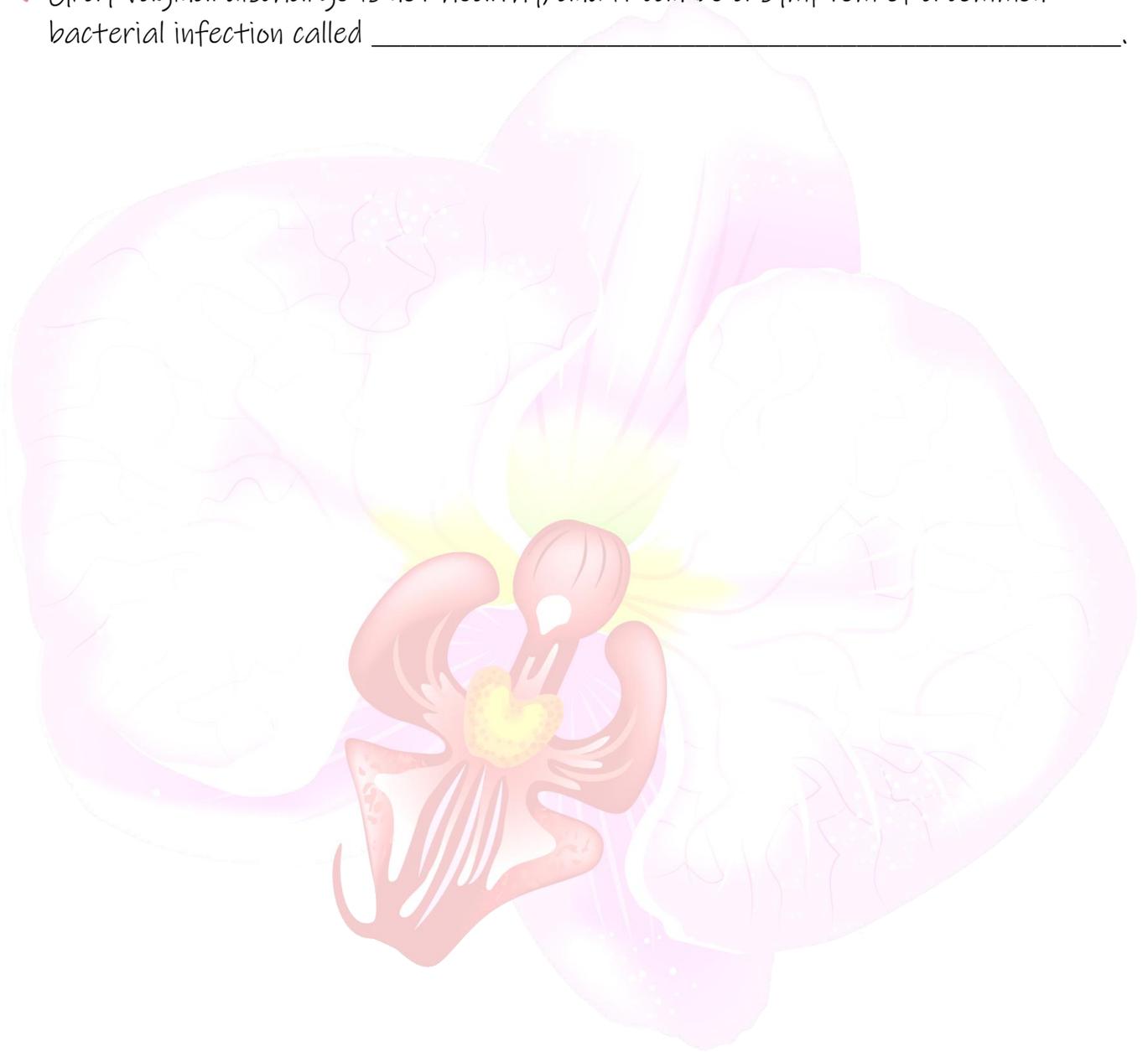
## Clear Vaginal Discharge

- 🌸 Most ordinary vaginal discharge is clear or whitish. It may be slippery or have the consistency of egg whites.
- 🌸 A person is likely to experience more clear, slippery discharge just before \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

## Gray Vaginal Discharge



🌸 Gray vaginal discharge is not healthy, and it can be a symptom of a common bacterial infection called \_\_\_\_\_.



# Yeast Infections (Candidiasis)

## Overview/Cause(s)

The most common type of **vaginitis**, or inflammation of the vagina, is a yeast infection caused by one of the many types of fungus known as \_\_\_\_\_. Candida lives harmlessly in the body in small numbers, but under some conditions, an overgrowth can occur and cause a vaginal infection.

Yeast infections can result from



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## Symptoms

Symptoms include:



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## Treatment

Because yeast results from a fungus, **antifungal** agents are prescribed or can be bought over the counter. They are usually in the form of cream suppositories or oral pills.

The most common brand names are Femstat, Mycelex, Terazol, Vagistat, **Diflucan**, and Monistat.

# Bacterial Vaginosis (BV)

## Overview

When acidity in the vagina is reduced (increased pH), the protective bacteria (lactobacilli) that normally lives in the vagina gets too low, and can lead to bacterial vaginosis. It can result from:



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Most women found to have BV reported no symptoms. BV affects women who have not had vaginal, oral, or anal sex.

## Symptoms

Symptoms include



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*\*\*\*It is not likely to itch or burn.\*\*\**

## Treatment

BV must be diagnosed by a medical professional and usually prescribed **Flagyl** or Cleocin. With recurrent BV, a second course of antibiotics may extend treatment. It is common for BV to go away on its own without medical help once the bacterial flora is reestablished.

## Natural Remedies for BV

🌸 Natural Probiotics.

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🌸 Apple Cider Vinegar.

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🌸 Garlic.

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🌸 Boric Acid.

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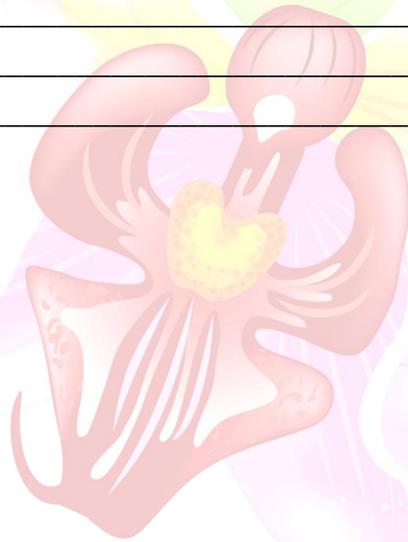
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🌸 Tea Tree Oil.

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# Trichomonas Vaginitis (Trichomoniasis)

## Overview

Trichomoniasis is an STI caused by a parasite called *Trichomonas Vaginalis*. Up to half of people with Trich do not have any symptoms.

If left untreated, it can result in infertility.

## Symptoms

For those with symptoms, they include:



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## Treatment

Must be diagnosed by a medical professional and usually treated with antibiotics, usually Flagyl or Tindamax.

# Chlamydia Vaginitis

Chlamydia is a STD that can cause inflammation of the vagina. Some women will have discharge while other may not. If the infections spreads beyond the vagina and cervix, women may experience bleeding between periods or after sex.

Most women with gonorrhoea do not have any symptoms. Even when a woman has symptoms, they are often mild and can be mistaken for a bladder or vaginal infection. Women with symptoms may notice



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Sexually active women should be tested annually for chlamydia because it so often comes without symptoms and can linger interfere with fertility.

## Gonorrhoea

Gonorrhoea is a highly contagious bacterial STD that often does cause any symptoms but can cause



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Women who usually have gonorrhoea often have chlamydia, so a woman who tests positive for one of the infections will often also be treated for the other.

## Vulvodynia

Vulvodynia women have chronic pain or discomfort of the vulva without a known cause. The symptoms are similar to vaginal infections:

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Symptoms may be constant or occasional.

## Viral Vaginitis

Most viruses that affect the vagina are spread through sexual contact. The \_\_\_\_\_ is a common cause of viral vaginosis. Symptoms can include pain in the area from lesions or sores.

Not everyone with genital herpes has symptoms, but it can cause painful blisters around the genitalia. Although the blisters will heal, once you're infected, it remains in your body. The symptoms may flare up again if the virus is reactivated.

\_\_\_\_\_ are caused by \_\_\_\_\_, which is usually spread through sex. They appear as small growths on or around the vulva, cervix, vagina or anus and can sometimes be painful and itchy or bleed. The warts may go away on their own but it may take a long time and become uncomfortable. Sometimes medical attention must be used to get rid of the warts.

## Noninfectious Vaginitis

This occurs when the skin around the vagina become sensitive to an irritant, such as scented tampons, perfumed soaps, or fabric softeners. This is not an infection, and the woman should simply not be exposed to whatever she is reacting to. Atrophic vaginitis is a form of this.

## Atrophic Vaginitis

Atrophic vaginitis is a disorder that usually happens after menopause. When estrogen levels fall, the **vaginal walls may become thin, dry, and inflamed**. Most post-menopausal women experience symptoms, but do not seek treatment. Symptoms include painful intercourse, and an increase in Urinary Tract Infections (UTIs.)

Because this is related to a decrease in estrogen levels, some women also experience atrophic vaginitis after giving birth.



## Other Causes of Vaginitis

- 🌸 Hypersensitivity to hygiene sprays or perfumes
- 🌸 Menstrual pads
- 🌸 Laundry soaps
- 🌸 Bleaches
- 🌸 Fabric Softeners
- 🌸 Fabric Dyes
- 🌸 Synthetic Fibres
- 🌸 Bathwater Additives
- 🌸 Toilet Tissue
- 🌸 Spermicides
- 🌸 Vaginal Lubricants and Creams
- 🌸 Latex Condoms (if allergic)
- 🌸 Contraceptive Rings
- 🌸 Diaphragms
- 🌸 IUDs



# Prevention of Vaginal Infections

🌸 Poor Hygiene.

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🌸 Tight, nonabsorbent underwear.

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🌸 Wiping the Wrong Way.

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🌸 Menstrual Products.

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🌸 Sex.

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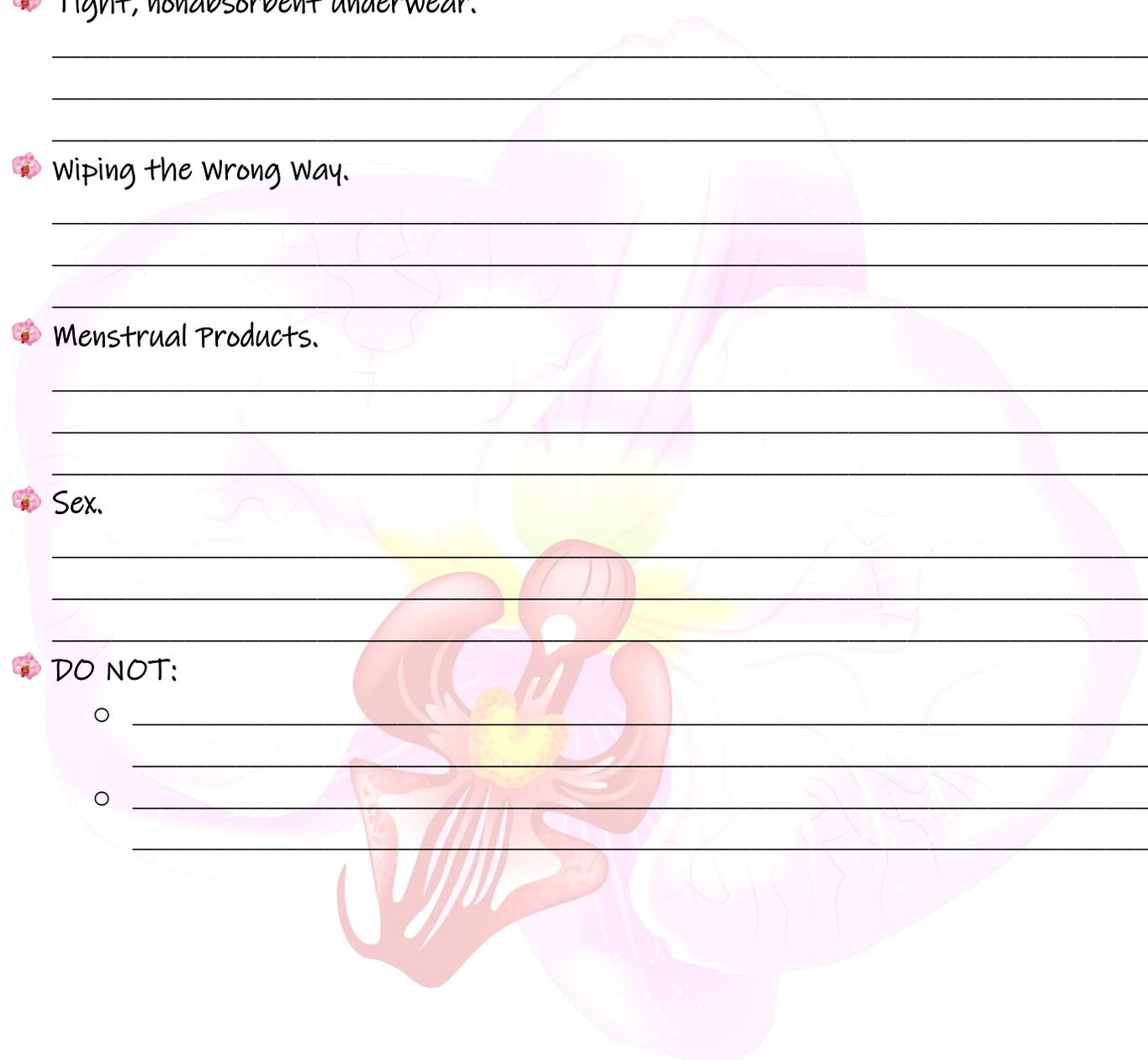
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🌸 DO NOT:

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## Steaming for Vaginal Infections

Clients with mild symptoms of BV or Yeast Infections

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\_\_\_\_\_

\_\_\_\_\_

If someone has short menstrual cycles (<27 days), we should always go with the \_\_\_\_\_.

If the client has an abnormal discharge or increase in discharge and periods every 28+ days, use \_\_\_\_\_.

If the client states they have itchiness without any discharge (dry yeast infection), use \_\_\_\_\_.

Only steam 30 minutes.

Clients with active BV or Yeast Infections

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If someone has short menstrual cycles (<27 days), we should always go with the \_\_\_\_\_.

If the client has an abnormal discharge or increase in discharge and periods every 28+ days, use \_\_\_\_\_.

If the client states they have itchiness without any discharge (dry yeast infection), use \_\_\_\_\_.

Only steam 30 minutes.

## Clients with STI (Trichomonas, Gonorrhea, Chlamydia)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If someone has short menstrual cycles (<27 days), we should always go with the \_\_\_\_\_.

If the client has an abnormal discharge or increase in discharge and periods every 28+ days, use \_\_\_\_\_.

\*\*\*These clients should ALWAYS be referred to a medical professional whether they choose to steam or not.\*\*\*

## Clients with Vulvodynia, Noninfectious vaginitis, and Atrophic Vaginitis

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If someone has short menstrual cycles (<27 days), we should always go with the \_\_\_\_\_, Otherwise, \_\_\_\_\_ should be used for these clients.

## Clients with Viral Vaginitis (Herpes or Genital Warts)

There is no cure for viral vaginitis, so the client would only be steaming to help the outbreak heal occur. Rebalancing herbs should be used. Only steam 30 minutes.

# Infections After-Care

All-Natural Products

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Soak

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Sex Protocol

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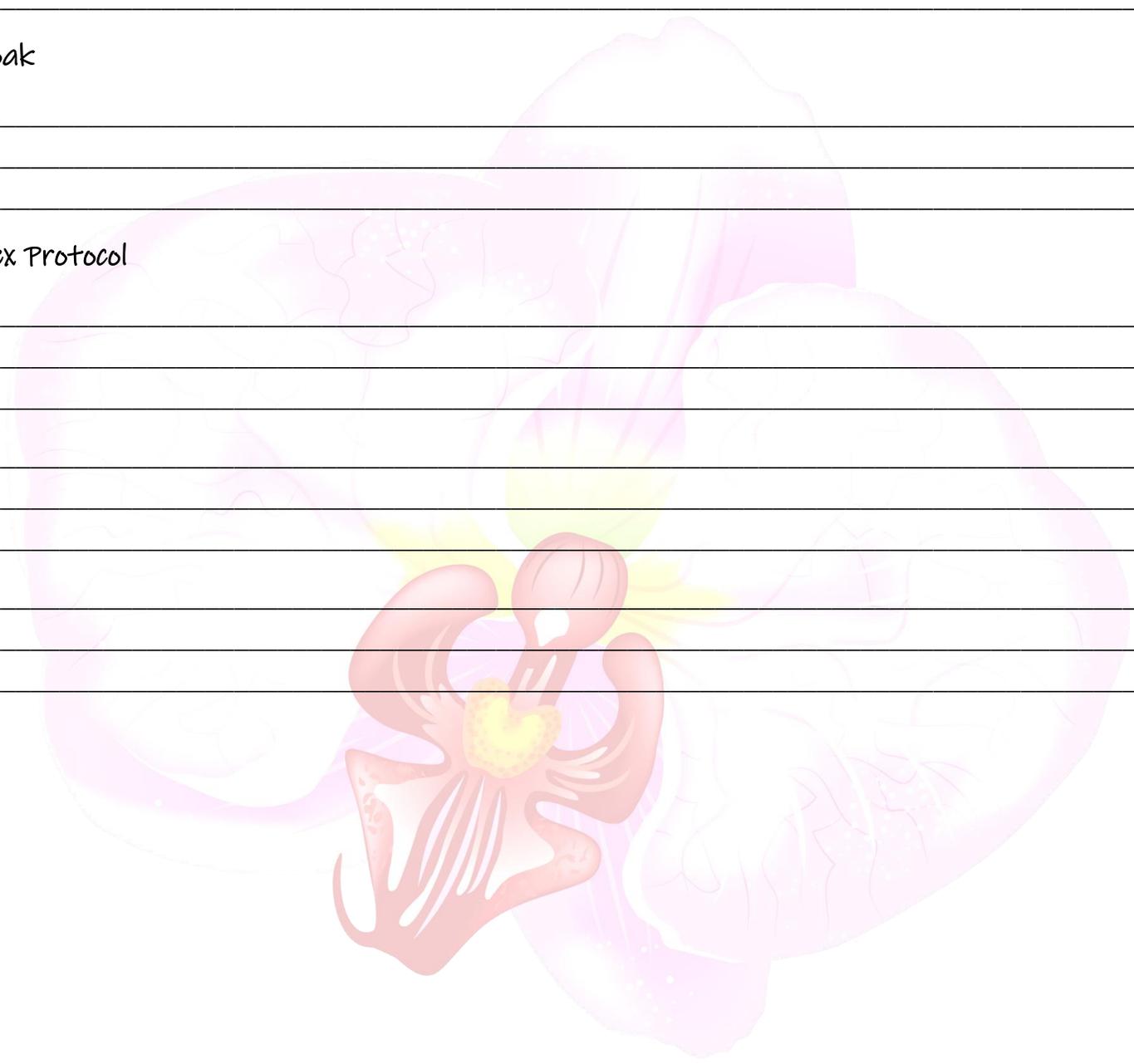
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## Quiz

1. What is a healthy vaginal pH?

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2. How should healthy vaginal discharge be?

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3. Client A has 25-26 day long cycles, hot flashes and green discharge. In her words: "I have a recurring infection that flares up after each cycle, and if my hubs ejaculates inside. I treat any flares with boric acid suppositories for a couple of days afterwards."

*What do you think this client suffers from?*

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*Would you set her up to steam? If so, how long and what type of herbs.*

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4. Client B reports bacterial infections, blood tinted discharge and malodorous discharge. Her cycle is every 30 days.

*What do you think this client suffers from?*

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*Would you set her up to steam? If so, how long and what type of herbs.*

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5. Client C reports a bacterial infection with a fishy smelling discharge. Her cycle is 28-29 days long. She also has nightsweats.

*What do you think this client suffers from?*

*Would you set her up to steam? If so, how long and what type of herbs.*

6. Client D has 25-26 day menstrual cycles. She reports bacterial infections and a thick vaginal discharge. She describes her issue: "Constant vaginal pH imbalance which began 4 years ago. No odor at all. No itch at all. Sometimes clear watery discharge to white creamy and thick. Discharge has a very sour taste that is not what I would consider to be normal. I believe there is an overgrowth of some type of bad bacteria."

*What do you think this client suffers from?*

*Would you set her up to steam? If so, how long and what type of herbs.*

7. Client E has 28-30 day menstrual cycles. She reports a thick vaginal discharge and itchiness. Odor and discharge are daily.

*What do you think this client suffers from?*

*Would you set her up to steam? If so, how long and what type of herbs.*

8. Client F reports Yellow Vaginal Discharge, Thick vaginal discharge, Foul Smelling Discharge. She doesn't know how long her cycles are but skips her period entirely every now and again

*What do you think this client suffers from?*

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*Would you set her up to steam? If so, how long and what type of herbs.*

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9. Client H reports 1-2 days of foul-smelling discharge after her period ends. She has 28-30 day cycles.

*What do you think this client suffers from?*

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*Would you set her up to steam? If so, how long and what type of herbs.*

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10. Client I has thick foul discharge. She writes: "I have had infections on and off in the past year (since having a new partner), and though this month seemed improved - my menses smell weird and different, not nice - like old or fermented kind of rotten smell (!) eek. Before my bleeding (which I'm in the middle of today), I had some mildly thick liquid discharge - just simply white-ish thick-ish stuff." She has 25 day cycles and nightsweats.

*What do you think this client suffers from?*

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*Would you set her up to steam? If so, how long and what type of herbs.*

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11. "I have chronic yeast infections. This current one I've had months but really I've had one for a year. Usually not super symptomatic. It's always up on my cervix. Feel itching around cervix & in belly. Sensitive & raw feeling vaginal walls. No discharge." Cycles are 32-38 days long. She reports heat radiating from her bones and extreme vaginal dryness.

*What do you think this client suffers from?*

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*Would you set her up to steam? If so, how long and what type of herbs.*

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12. Client M has yeast infections and sometimes thick yellow and white clumpy discharge. She says: "I have been getting yeast infections for years. I've gone to a doctor many times that told me there is nothing I can do and provided no solutions. I also have discharge often." Cycles are irregular and lately been coming a week early making them 21-22 day cycles.

*What do you think this client suffers from?*

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*Would you set her up to steam? If so, how long and what type of herbs.*

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13. Profile N has recurring BV with malodorous green discharge that she addresses with anti-biotics. Without fail a couple days after she starts the anti-biotics she also gets a yeast infection with itchiness and irritation. Cycles are usually 27 days long.

*What do you think this client suffers from?*

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*Would you set her up to steam? If so, how long and what type of herbs.*

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