

Baritz Wellness Center, PC

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Vaginal Dryness

06/08/10, 06/21/12

Vaginal dryness is a very common problem for young women and increases with age. Women might notice feminine dryness around their monthly periods with tampon use; after childbirth, while nursing, during times of stress, or after excessive exercise. Dryness also results from menopause, douching and certain medications. Common symptoms include chronic irritation, itching, burning and soreness. If ignored, vaginal dryness can lead to inflammation (vaginitis), bleeding, urinary discomfort, bladder infections, and painful intercourse.

Protocol

Chlorophyll Ointment

Plants use chlorophyll to trap sunlight and convert solar energy into the nutrients that provide the basis for all plant and animal life. Chlorophyll is considered to be the greatest natural healer known. Most chlorophyll supplements are water soluble and deficient in fat-soluble antioxidant vitamins and sex hormone precursors. We use a fat soluble preparation that absorbs well into skin and mucus membranes. It is a stimulant for regeneration and healing and often recommended for vaginal yeast infections, burns, leg ulcers, skin lesions, wounds, and hemorrhoids. Genuine chlorophyll can be identified by the green stain it leaves (think grass stains).

- Before bed apply Chlorophyll Ointment to labia, labial folds and vaginal canal, especially to any affected area. Wear a sanitary pad to prevent chlorophyll from staining. A towel may be placed beneath the pelvis to ensure sheets are not stained. Chlorophyll Ointment may be used at other times of day if that is more convenient. It is best not to apply before intercourse, but may be applied after.
- Because chlorophyll contains sex hormone precursors and not hormones it is safe for use long term.
- Use chlorophyll at least five days a week for three months. Stop chlorophyll treatment during menstrual bleeding. After three months chlorophyll can be applied once a week to help maintain vaginal health.

Orchex capsules

Support hydration of skin and epithelial tissues in general; may diminish or eliminate age spots and may reduce excessive facial and body hair in women. Results usually begin to appear within the first two weeks of use.

- 3 capsules 2x/day for three months

If dryness is associated with Menopause add Wild Yam Complex tablets or liquid

For menopausal conditions including, excessive perspiration, hot flashes, dry vagina and mood changes. Results usually begin to appear after two to four weeks of use.

- Tablets are more convenient but the liquid is more bio-available and faster acting
- Tablets: 2 tabs 2x/day till symptoms improve then 1 tab 2x/day for the remainder of the three months
- Liquid: 15ml 2x/day till symptoms improve then 15ml per day for the remainder of three months

During the healing period

- Drink more water a woman can't make her own secretions without adequate fluid intake. See my Health Tip "Water Intake"
- Continue any hormones you have been taking, after healing you can wean off them if that is desired
- Kegel Exercises to improve blood flow & tissue integrity; see my Health Tip "Kegel Exercises"

To have a custom program created for you or for a free consult call 508 583-2565

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