



# VAGINAL DRYNESS

Vaginal dryness is a condition where the vaginal tissue lacks moisture and lubrication, leading to discomfort, itching, or pain during intimacy.



## Possible Contributing Factors

- Hormonal changes:
  - Low estrogen, progesterone, testosterone
  - Estrogen-progesterone imbalance
- Chronic stress/high cortisol (blocks progesterone function which primes estrogen receptors)
- Hypothyroid function
- Nutritional deficiencies: vitamin D, vitamin E
- Dehydration
- Exposure to xenoestrogens (e.g., in plastics, personal care and cleaning products)
- Smoking: impacts blood flow, hormone levels, and tissue health
- Sedentary lifestyle and poor circulation
- Anticholinergic medications (cold/allergy meds, antidepressants)
- Naturally drying herbs (astragalus, rhodiola, nettle leaf, witch hazel, etc)
- High tannin consumption (coffee, black tea, green tea, red wine, yerba mate)
- Vaginal dysbiosis or disrupted microbiota
- Autoimmune conditions like Sjögren's syndrome

## Lifestyle & Dietary Recommendations

- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Include more DHA omega-3 sources like fatty fish, walnuts, chia seeds, or flaxseeds
- Eliminate processed & refined foods, fried foods, vegetable oils, and hydrogenated/trans fats
- Ensure adequate filtered/spring water intake to keep mucous membranes well hydrated
- Consume 2-3 Tbsp/day ground flaxseeds (phytoestrogens)
- Consume more mucilaginous foods like okra, chia seeds, and aloe vera to hydrate mucous membranes
- Consume more vitamin E-rich foods (e.g., sunflower seeds, almonds, spinach) or consider vitamin E suppositories to hydrate vaginal tissue directly
- Minimize or eliminate tannins found in coffee/caffeine, black/green tea, and red wine
- Regular movement; walk at least 30 minutes per day
- Stop smoking
- Stress reduction: grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, etc

## Supplement Considerations

- Vitamin E supplement (if low)
- Vitamin D (if low)
- Coconut oil or vitamin E oil as lubricants
- Bio-identical hormone replacement therapy or estriol cream applied vaginally (if needed)