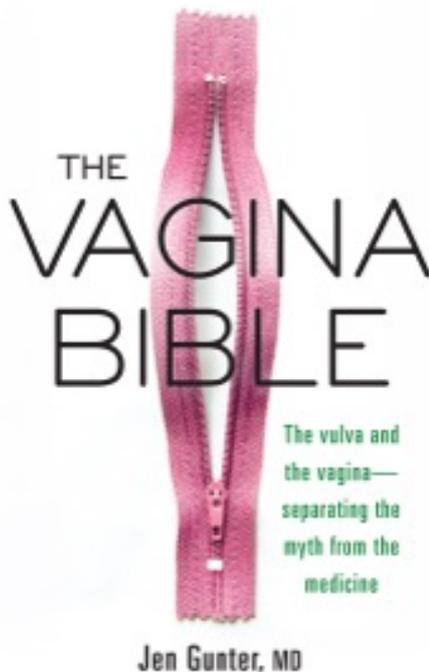


Download The Vagina Bible Free eBook PDF/ePub/Mobi - Dr. Jennifer Gunter



Download or Read Online The Vagina Bible Dr. Jennifer Gunter Free eBook PDF/ePub/Mobi/Mp3/Txt, OB/GYN, writer for The New York Times, USA Today, and Self, and host of the show Jenspaining, 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, after childbirth, and 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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Download or Read Online The Vagina Bible Dr. Jennifer Gunter Free eBook PDF/ePub/Mobi/Mp3/Txt, The regular type of help documentation is really a hard copy manual that's printed, nicely bound, and functional. It operates as a reference manual - skim the TOC or index, get the page, and stick to the directions detail by detail. The challenge using these sorts of documents is the fact that user manuals can often become jumbled and hard to understand. And in order to fix this problem, writers can try and employ things I call "go over here" ways to minimize the wordiness and simplify this content. I've found this approach to be extremely ineffective most of the time. Why? Because **the vagina bible** are considered unsuitable to get flipped through ten times for just one task. That is what online assistance is for.

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