

Feminine Reproductive Hygiene Part II

In the integral approach to female reproductive health, we look at all the influences that affect a woman's reproductive health, while retaining the gems of empirical wisdom from ancient and modern cultures. We throw out the myths, superstitions, and false beliefs, while validating useful practices with medical science.

Our post-modern society continues to blindly overlap myth, superstition, religious belief, and lifestyle habits with medical science. Much of our modern day ethical and moral rules governing reproductive health and hygiene developed from ages old experience and trial and error. In some cases, the rules, intended to ensure better reproductive hygiene and therefore survival of mother, child, and tribe turned out to be superstitious remnants with no scientific merit. Perhaps the best examples of this are male and female circumcision. Although originally circumcision was used as a way to distinguish one tribe from another, it later became a crude hygienic practice in the Eastern African continent. Arguably in the Middle East, where one crossed the desert on camel for three weeks at a time without access to water, circumcision may have served its purpose.

Modern day religious leaders have continued to blindly promote circumcision without questioning its scientific validity. Indeed, for decades now, the *AMA* and the *American Pediatric Association* have formally declared that there is no medical or scientific purpose for male or female circumcision. Today, it is still legally practiced in the U.S., even though it is outlawed in almost every other non-Muslim, non-Judaic nation in the world. So how do these and other bizarre superstitious practices continue in postmodern civilization?

To understand how “*unsane*” reproductive hygiene practices have persisted for so long, it is important to consider the historical context inside of which they arose. Today, we often wonder how and why such a sacred act as conceiving a human being could simultaneously carry with it the implication of being sinful, dirty, and dangerous. In ancient times, sexually transmitted diseases not only caused very serious degenerative disorders, they were often fatal. In other words, when someone contracted a sexually transmitted disease like syphilis or gonorrhea, it was a slow but sure path to a painful death.

Indeed, it is well documented in the *Bible* and other texts that entire tribes were wiped out from STD epidemics. Therefore, it is no wonder why ancient religious leaders felt it was their duty to enforce moral rules regarding sexuality – promoting chastity and marriage to limit the spread of disease and to ensure survival of their people. Ancient religious leaders intentionally associated promiscuity with sinfulness – ostracizing or even killing women and men for sexual relations outside of wedlock (i.e. monogamy).

Cleanliness is Next to Godliness

Cleanliness has been associated with holiness in every religion, with each religion having a core hygienic ritual. Lets not throw the baby out with the bath-water – as the great hygienic saying goes. By communicating the historical context for why reproductive hygiene has such real implications for the health and well-being of women and the children they bare, clinicians will be more effective at convincing their female patients to integrate reproductive hygiene practices into their daily routines.

Today, society has the ability to re-evaluate long held hygienic rituals and religious beliefs governing sexuality to arrive at a balanced scientifically based approach that assigns the designation of “ancient wisdom” to some practices while discarding others that no longer serve society. And since reproductive hygiene is one of the great blind spots in modern medicine, let's review two of the most important examples of “ancient wisdom”.

Abstinence During Menstruation. As it turns out, the “old” blood being eliminated during menstruation congests a man’s prostate by introducing blood born infections. In addition, sexual intercourse during this delicate time can introduce infection into a woman’s slightly open uterus.

Bathing Before and After Sexual Intercourse. A simple “hygiene bath” consisting of salt (preferably sea salt) and 4 oz. of 3% hydrogen peroxide or two tablespoons of potassium iodide substantially reduces the overload on the immune system, gently washing out the genital area and preventing externally cultured infections from upsetting the delicate vaginal terrain of a woman. It also has been shown to reduce the risk of contracting STDs. This is preferable to douching, which can force pre-existing infections high up into the vagina, increasing the risk of contracting infection.¹

Reproductive Potential: A Woman’s Biological Age vs. Chronological Age

Evolution has designed a woman’s body not only to sustain herself into maturity, but to successfully bare children. When a girl is born, her ovaries contain approximately 1,000,000 eggs. By the time she reaches sexual maturity, not only has the number of viable eggs dropped to less than 300,000, the eggs will have aged. Nature knows that it is the quality of the woman’s eggs and not the quantity that will give rise to healthy children.

In Dr. Ward Dean’s landmark book, “Biological Age Measurement”, he goes into great detail on how to objectively measure one’s biological age. One of the ways a woman can powerfully reverse her biological age is to prevent and eliminate infections. Although the age of the eggs is not something a woman can control, the epigenetic environment and biological age of her body is something she can powerfully influence. For instance, a woman can have a chronological age of 42 and a biological age of 28 or vice versa. In other words, the younger the eggs and the more robust the ovarian environment, the healthier the baby.

Fortunately, a woman’s body has three natural barriers designed to protect a woman’s eggs from infection. The three protective barriers, the labia minora and majora, the hymen, and the cervix, prevent dangerous pathogens from entering the uterus - the most powerful yet vulnerable organ in a woman’s body.

As a woman enters sexual maturity and the hymen is broken, she is left with two protective barriers. If a woman contracts an infection, it can have devastating effects on a woman’s physical and mental health, hence understanding why women are instinctively more cautious than men about who they sleep with. It is her successful choice of sexual partners, her reproductive hygiene, her diet, and her internal terrain that will determine the epigenetic environment, which will influence as much as 50% of the genetic potential of her future offspring.

In this post genomic age, research shows that both nature (genes) and nurture (internal / external environment) are equally important to actualizing our full potential. To understand how all of these factors affect conception, and therefore evolution, we must look more closely at the functional environment of the female reproductive system.

¹ Do not mix hydrogen peroxide with potassium iodide. Do not introduce potassium iodide directly into the vagina. Washing in a bath containing potassium iodide is enough.

Functional Environment of the Female Reproductive System

In Chinese medicine, we say that a woman's physiological function is internalized (more "yin"), while a male's physiological function is externalized (more "yang"). This internalization is protective yet means that infections remain hidden. Fortunately, her internal organs and immune system are stronger than her male counterpart, which means that her liver and kidneys are better able to handle the toxic load. This represents an evolutionary advantage. The disadvantage is that women often suffer from chronic infections that remain "asymptomatic" and therefore untreated.

The female reproductive system was designed by nature to *absorb* sperm. And that's not all that women absorb. Women absorb 30% more alcohol than men and are more likely to suffer the ill effects of environmental toxins. With stronger internal organs, she has the ability to eliminate more toxins. Unfortunately, oftentimes, this elimination takes place during the early stages of pregnancy, dumping a toxic load directly into the developing fetus. Often, it is the first-born child that bears this toxic burden, whereas subsequent offspring are often much stronger and healthier than the first.

Just how important is a woman's reproductive system to her overall health? The word hysterical comes from the Latin word "hyster" meaning "uterus" and describes a sort of craziness that was only attributed to women. It was often thought that a crazy woman had an unhealthy uterus and was not suitable to bare children.

All acupuncture meridians in a woman's body have an *end point* in the cervix, which means if a woman has an infection in the cervix, it affects her entire body, including her future ability to bare children. *Conversely*, by strengthening the cervix, the whole body becomes stronger and more beautiful. For example, in Sri Lankan medicine (10,000 year old Deha Dhamma tradition), the health of a particular breast is indicative of the health of the corresponding ovary on the same side. If a woman has been on estrogen therapy, including birth control pills, for an extended period of time, or if her mother was on birth control pills before conceiving her, this excess or imbalanced estrogen congests the ovaries and often causes the breast tissue to lose tone and sag. A simple regimen of diindolylmethane (DIM), and other aromatase inhibitors helps to bind the harmful estradiol and estrogen-mimicking chemicals.²

Human females usually stop growing approximately one year after they begin menstruating (menarche). Generational statistics show that girls are reaching puberty younger and younger these days. This implies an already existing generational weakness in the female reproductive organs. Evidence points to generational use of birth control pills, copper toxicity, estrogen mimicking chemicals, heavy metals, and other bio-burden toxicity such as pesticide accumulation in the ovaries. Early puberty in girls is a sign of advanced aging, evidenced by the fact that a growing number of American girls already show signs of bone loss equivalent to that of post-menopausal women.

The uterus develops from the same embryological tissue as the prostate in men. Both organs are susceptible to thrombotic conditions or in Traditional Chinese Medicine to *blood stagnation*. When practiced in the bedroom, intra-vaginal reproductive massage, something that has been excluded from a massage therapist's scope of practice, can increase circulation, improve the flow of chi, and therefore reduce inflammation and disperse stagnant chi and blood. When combined with the elimination of infection, reproductive massage can be a powerful tool. When recommending intra-vaginal massage to your clients, make sure that they follow the hygiene guidelines outlined previously in Part I of my article entitled, "*Female Reproductive Hygiene & Its Relationship to Human Fertility, Candida, & STDs*", where I

² I recommend the well researched and expertly formulated DIM product by Dr. Michael Zelig; BioResponse DIM 150®; BioResponse, LLC, Boulder, CO 80301

discuss the importance of scrubbing underneath the fingernails with hygiene soap before and after engaging in reproductive massage.³

Figure 1: Infection > Chi Stagnation > Blood Stagnation > Inflammation > Cysts, Fibroids, Tumors

Figure 1 outlines the etiology of fibroid tumor formation in women according to Traditional Chinese Medicine theory (TCM). According to TCM, unchecked infections can lead to the eventual formation of cysts, fibroids, and tumors due to chi stagnation, blood stagnation, and chronic inflammation. Women that drink from plastic bottles left in the hot sun, use synthetic makeup containing phthalates, drink water from copper pipes, take birth control pills, and/or have been exposed to copper IUDs often have excessive inorganic copper levels that spur the growth of bacterial and viral infections.

So often, scientific research finds a correlation between one isolated infection, like Chlamydia, and cancer. However, researchers do not follow the progressive road traveled between the initial exposure to Chlamydia and the end result, cancer. In other words, there are ways to interrupt the disease progression and to normalize the reproductive tissue. Decongesting, detoxifying, and rebalancing the bioterrain to prevent the proliferation of opportunistic infections in the body breaks the cycle of tissue damage due to infection and resulting inflammation.

Determining a Woman's General Reproductive Health

The quality of a woman's menstrual cycle is a good indication of her general reproductive health pattern. For example, if a woman experiences excessive cramps during her cycle, she is likely to experience intense morning sickness during pregnancy and a more challenging labor. Additionally, headaches during her period are an indication of liver congestion. A pre-conception protocol should always start with a complete rebalancing of the menstrual cycle until the menstrual cycle is symptom-free.

From the time a woman reaches puberty to the time she bares her first child, a woman's cumulative choices play an integral role in her long-term health and the health of her children. Integral medicine is based on the philosophy of prevention – the science of awareness. As the great Zen master once said, "pain is inevitable, but suffering is optional". Everyone experiences some amount of pain. Whether it is prolonged or brief is given by our cumulative choices. There is great peace and serenity in loving, honoring, and maintaining your body for yourself and for your future children.

Our job as clinicians is to move our clients from unconscious living to intentional living. For example, choosing birth control methods that do not open the cervix to infection or create an estrogen imbalance is intentional living – living for oneself and for one's future children. To dramatically illustrate how a young woman's life filled with great possibility can turn into a life victimized by suffering, I have created a fictitious chronology of an American woman's life. Keep in mind as you read this tragic but all too common story of an American woman's life that Gautama Buddha once said: "the root cause of human suffering is ignorance". Ultimately there are two ways we can learn in life – through understanding or suffering.

A Probable Woman's Life in America vs. Her Possible Life

At 14, she may go out on her first date. By 16, her dates include alcohol. Statistics show that she is likely to have several sexual partners before she turns 18, and may have used illegal drugs. In addition,

³ The underneath of the fingernails contains the most common and dangerous bacterial and viral strains on the human body. I recommend following a daily external hygiene protocol using the hygiene kit sold by Garden of Life called the "Clenzology® Kit" (www.gardenoflife.com).

several colds and flues she obtained from partying late into the night landed her on several courses of antibiotics, destroying her intestinal flora.

Her consumption of Frappuccinos® and other sugary treats has led to a series of chronic yeast infections, which her mom has urged her to treat with over-the-counter yeast medication, which further destroyed the flora in her vagina, leaving her more vulnerable to contracting an STD once she heads off to college.

Before heading off to college, she goes in for her annual exam and inquires about birth control. Her OBGYN suggests a copper IUD. After having the IUD implanted, she notices that her menstrual cycle is a bit more painful. No worries – she pops a couple of Advil® every 4 hours. Little does she know that the copper IUD is prying her cervix open just enough to break the third and final protective barrier between the outside world and her eggs, allowing viral and bacterial infections to spread to her uterus. These infections slowly cause micro-ulcers and scars to form on the wall of her uterus, compromising her ability to carry a baby to term when she gets pregnant.

In college, the intense mental and emotional stress gets to her. Her immune system is compromised from drinking, partying, and sleep deprivation. She goes to a few fraternity parties, “hooks up” with a couple of guys. Unfortunately, she does not “know” that she has just contracted Chlamydia, because she is asymptomatic. Six weeks later she finds out she is pregnant. But who is the father? After careful consideration, she decides to get an abortion, which includes a DNC, a scraping of the uterus wall, something that causes additional scarring in her uterus.

After the abortion, she returns a bit more cautiously to “life as usual” – the occasional party, the occasional boyfriend, only now her menstrual cramps are getting worse. She takes a trip down to the drug store and buys Advil® and an over-the-counter disposable douche that she uses after her period is over to “freshen up” – something her mother taught her to do. The douche further strips the microflora in her vagina, which causes her to experience some of the uncomfortable symptoms of Chlamydia. A visit to the school nurse confirms the diagnosis of Chlamydia and she is prescribed more antibiotics.

Now, in addition to getting regular yeast infections, she now suffers from *excruciating* menstrual cramps. Her OBGYN schedules a diagnostic laparoscopy – a simple procedure that cuts through the belly button and inserts a scope. Her doctor tells her that she has endometriosis and several fibroids. He suggests that there are two ways to handle the endometriosis – birth control pills or pregnancy. She chooses birth control pills, which raises her copper toxicity, leaving her more susceptible to infection and tumor growth.

Now she is 22 years old. She leaves college and begins grad school. She meets a nice man. They fall in love. She wants to start a family, but her husband and parents convince her to complete grad school first before trying to conceive. She completes her graduate program at 28 years old. Science shows that her eggs have already aged significantly. But no one ever told her that.

She stops using birth control pills and then immediately begins trying to conceive. She conceives and loses the first baby two months later. They wait several months and try again. This time the pregnancy lasts 3 months. After several years of failed pregnancies, they trace the source of the infertility back to her. She is devastated. Now they turn to in-vitro fertilization, only IVF doesn't work, because there is too much scarring left over from the abortion and the chronic infections that reached her uterus.

Later that year, she goes to the dentist. Her gums have been bleeding every time she flosses and she is concerned. Her dentist tells her that she has an advanced case of gum disease. He tells her that he cannot even clean her teeth until she takes antibiotics or else the bacteria could migrate to the rest of her body causing all sorts of possible disasters. Disasters? Like what? she says. Her dentist tells her that oral bacteria has been linked to miscarriage, diabetes, and heart attacks. She is stunned. She asks if

her miscarriages could be related to her gum infections and the dentist says, “possibly.” She finally decides to take her health into her own hands.

She makes an appointment with a naturopath, who works up a detailed health history and tells her that her miscarriages could be due to scarring left over from any combination of factors: her past sexual history, the Chlamydia, the abortion, the endometriosis, the fibroids, or the chronic gum infections. What to do? She finally gets on a comprehensive program to rebuild her bioterrain which reduces her systemic yeast condition, re-alkalizes her internal terrain, strengthens her uterus, and balances her hormones, which begin to control her endometriosis and fibroids. Unfortunately, her naturopath was a vegetarian who recommended that she go off of all dairy, meat, and eggs in order to cleanse her body. This works wonders . . . for a while, until she finds out that the estrogenic soy products make her more copper toxic, which re-ignites her fibroid growth.

Now, several years have passed. She is 38 years old with a biological age of 55. She has divorced her first husband. She is at a health convention and meets her second husband. They fall in love and decide to start a family again. Only no one ever told her that her chances of getting pregnant after 35 have dropped into the single digits. Then again, she is much healthier now. After three years of trying, she finally conceives at 41 years old and gives birth to a beautiful *autistic* baby boy.

Where did she go wrong? Why didn't society teach her differently? She lived a normal American life, right?

Now, picture conceiving a baby under these circumstances! Conceiving a child today without completing a pre-conception protocol that reduces the future mother *and* father's bio-burden is like playing Russian roulette with your baby's life. In fact, it is much worse. In Russian Roulette, you only have 1 bullet out of 6. Today, the toxic environment has upped the game to include 4 bullets out of 6 chambers— all of which are hidden from view. It is the greatest blind spot in modern medicine – *conception without pre-conception planning*. And society is paying the price, with as many as 1 in 2 children born with one or more subtle birth defects. In my next article, I will summarize my pre-conception protocols, designed to rebalance the intrauterine bioterrain environment and optimize the epigenetic potential of our future children. In this article, I would like to conclude by outlining my female reproductive hygiene protocol – an important step in my integral pre-conception protocol.

Female Reproductive Hygiene Protocol:

In addition to building up the internal G.I. terrain, it is important to fortify the vaginal terrain and strengthen the vaginal tissue, since vaginal ecology provides the first line of defense against intruding microbes – microbes that can impact her future children as well as her long-term survival.

Rebuilding the vaginal terrain involves: (1) minimizing the strength and number of opportunistic microbes using an advanced hydrosol nano-silver vaginal wash, (2) rebalancing using a zinc citrate vaginal wash, (3) remineralizing using Quinton® Hypertonic as a pre-biotic vaginal implant, and (4) rebuilding the probiotic colonies using a probiotic vaginal implant.⁴

Published research on ASAP® hydrosol nano-silver solution conducted in 2004 at Brigham Young University by Dr. Ron W. Leavitt concluded that regular use of ASAP® as a vaginal suppository directly reduced the following microbial colonies: *Saccharomyces cerevisiae*, *Candida albicans*, *Streptococcus agalactiae* Group B, and *Escherichia coli* using American Biotech Laboratory's 32ppm silver in 94% and 5% concentrations when combined with gelling agents. And, unlike other silver solutions that unselectively kill probiotic colonies, independent research conducted by Viridis BioPharma Pvt. Ltd.

⁴ I recommend Ther-Biotic Complete® by Klaire Labs / ProThera or Theralac®.

(India) in 2004 confirmed that hydrosol nano-silver does not kill healthy probiotic flora that match the resonant frequency of the human body.

Applying zinc citrate directly to the cervical tissues is an important breakthrough in understanding cervical-uterine health. The metallo-enzyme, zinc transcriptase, is responsible for DNA transcription in every cell of the human body. Zinc deficiency has been noted in dozens of published papers to be correlate with cell abnormality, including reproductive cancers. There are over 2000 zinc-dependent transcription factors involved in gene expression. Zinc is an enzymatic cofactor involved in the synthesis and degradation of carbohydrates, lipids, proteins, and nucleic acids. In addition, zinc provides an endogenous antioxidant defense that prevents carcinogenesis. Several studies have correlatetd low zinc levels to the development of trophoblastic tumors.

Physiologically, zinc is antagonistic to copper, which means that women with excessive copper levels often exhibit symptoms of zinc deficiency, since it is the competitive ratio of zinc to copper that matters. Today, the majority of women are copper “toxic” meaning that they are retaining inorganic copper within their tissues, thereby creating a zinc imbalance. Copper levels have been on the rise in recent decades due to a combination of factors such as: copper piping, copper IUDs, birth control pills, the overuse of soy and rice based products, and estrogen mimicking chemicals in the environment.

Researcher Dr. Lae Ok Park and her colleagues at the Department of Obstetrics and Gynecology, Division of Gynecologic Oncology, Kangnam St. Mary’s Hospital, The Catholic University of Korea, College of Medicine, published their research on the impact of a simple Zinc-Citrate based vaginal wash called SeLava® on both ovarian cancer and choriocarcinoma cell lines, a dangerous reproductive cancer that is relatively more common in Orientals than Westerners.⁵

Quinton® Marine Plasma (QMP) has a full spectrum of all 85 minerals in their organic crystalloid state, enabling cells to reach their full genetic expression. Bioavailable minerals are the catalysts for all enzymatic and co-enzymatic reactions within all life forms. An abundant source of sodium bicarbonate, QMP helps to promote conception, which is mediated by the cervical-vaginal mucosa. Marine plasma sourced sodium bicarbonate has also been used in cancer therapies throughout the world – making it an ideal preventative vaginal wash. Quinton helps to normalize the body’s self-regulating pH mechanism. According to Marie Jose Stelling, Ph.D., chief scientist at the Swiss Institute of Hematology, QMP also helps to stimulate cellular immunity.

The clinical observations of my colleagues and me are that consistent vaginal implants of QMP Hypertonic helps to restore the cervical tone and tissue integrity. QMP is also a powerful prebiotic, which helps to feed the healthy probiotic vaginal flora, assisting in the normalization of Candida Albicans, and is non-irritating to the vaginal mucosa. When combined with a full spectrum probiotic, QMP+probiotic implants have successfully restored balance to vaginal flora following Candida outbreaks. In addition, women subjectively report improvement in their complexion and the quality of their skin following consistent use of QMP vaginal implants.

Below is a list of suggested vaginal hygiene protocols that can be used to support the body as it moves through an outbreak of yeast, during a UTI, before and after sexual intercourse, before conception, and as a general reproductive tonifying protocol. The following protocols provide a positive benign intervention to ensure optimal feminine hygiene, and to prevent and address infection. [Clinical Note: the

⁵ Zinc-Citrate Vaginal Wash: SeLava® Unisex Genital Cleanser. S.N. Bae, J. Kim, Y.S. Lee, J.D. Kim, M.Y. Kim, L.O. Park. “Cytotoxic Effect of Zinc-Citrate Compound on Choriocarcinoma Cell Lines.” Placenta. 2006.01.003.

ideal way of applying QMP, probiotics, zinc citrate, and/or hydrosol nano-silver implants is while lying down in a bathtub, or sitting on a bidet, or a toilet.

Regular Maintenance / Pre-Conception Protocol: Tonifying Reproductive Organs & Normalizing Reproductive Tissue

Twice a month, use 1 to 3 10ml vials of Quinton® Hypertonic as a vaginal implant. Retain fluid for 10 to 15 minutes before releasing.

At least twice a month, use 1 SeLava® Zinc Citrate vaginal implant. Retain fluid for 10 to 15 minutes before releasing.

STD Prevention / Yeast Overgrowth / Burning Urination / After Sexual Intercourse Protocol

Combine one 10ml vial of QMP with 10ml of ASAP® hydrosol nano-silver and retain for 10 to 15 minutes. Follow with SeLava® implant either immediately following the Quinton®/Silver Implant for symptoms of burning urination or rashes. For less severe symptoms, utilize the SeLava® implant later that day or the next day.

Additionally, combine one 10ml vial of QMP with two capsules of a full-spectrum probiotic and retain for 10 to 15 minutes.

Drink 2 vials of Quinton® Hypertonic 10 minutes prior to food in the morning along with one to two capsules of a broad spectrum probiotic formula.

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