Introduction to Midlife Intimacy

Why Vaginal Health Matters

Common Symptoms and Root Causes

Vaginal pH, Infections, and Incontinence

yoni yoni pink pearl pink pearl the magnolia the magnolia how about how about the holy grail or my favorite which is the holy grail or my favorite which is one of which one of which i was taught when i was a little girl i was taught when i was a little girl the pocketbook the pocketbook there are literally over a hundred there are literally over a hundred names nicknames monikers whatever you names nicknames monikers whatever you want to call it for the vajayjay or what want to call it for the vajayjay or what we can say in its normal sense the we can say in its normal sense the vagina and when things don't feel right vagina and when things don't feel right down there we don't feel right ladies down there we don't feel right ladies and and and today i want to navigate some major today i want to navigate some major points three to be exact how you can points three to be exact how you can master midlife master midlife in the bedroom all right because in the bedroom all right because regardless of our different roles as regardless of our different roles as women women women when our lady parts just don't feel when our lady parts just don't feel right right right we feel funny we feel off just like if we feel funny we feel off just like if we didn't have a good night's sleep just we didn't have a good night's sleep just like if our stomach is upset just like like if our stomach is upset just like we have a migraine etc etc we have a migraine etc etc it's it's it's it's a link and one of the tips has to it's a link and one of the tips has to do with something that i call the third do with something that i call the third brain i'm dr larissa i'm an integrative brain i'm dr larissa i'm an integrative gynecologist and a menopause health gynecologist and a menopause health expert and you know with women i want expert and you know with women i want you to get over the sea of overwhelm of you to get over the sea of overwhelm of the changes of life that perimenopause the changes of life that perimenopause and beyond can bring you and i want you and beyond can bring you and i want you to have a peace of mind about the to have a peace of mind about the solutions that can be intact and right solutions that can be intact and right for you because why there's a new modern for you because why there's a new modern way the traditional mainstream of way the traditional mainstream of medicine serves us well medicine serves us well but oftentimes is but oftentimes is boxed or in container of more of a sick boxed or in container of more of a sick care model and many times we want to care model and many times we want to make sure that we're leaning in and make sure that we're leaning in and leveraging on one of those things that leveraging on one of those things that we we we can not be about behind eight ball about can not be about behind eight ball about that we can be more proactive and get that we can be more proactive and get more results and less reactive and let's more results and less reactive and let's talk about when we talk when we think talk about when we talk when we think about our lady parts about our lady parts um it always brings up either the um it always brings up either the context of sex or intimacy and they're context of sex or intimacy and they're not the same not the same but when you're going through many of but when you're going through many of the changes of perimenopause some of the the changes of perimenopause some of the common symptoms that women can common symptoms that women can um um um can complain or know that hey i have a can complain or know that hey i have a problem because i have urinary problem because i have urinary incontinence vaginal dryness more incontinence vaginal dryness more itchiness and i remember itchiness and i remember um um um certain instances where i feel like it certain instances where i feel like it was a common thread of vaginal was a common thread of vaginal irritation and women who have had irritation and women who have had constant constant constant round cyclic bouts of it and then always round cyclic bouts of it and then always address antibiotic after antibiotic address antibiotic after antibiotic after antibiotic but many times just after antibiotic but many times just knowing the underlying cause of these knowing the underlying cause of these issues and especially as we're going issues and especially as we're going through these hormonal declines or these through these hormonal declines or these hormonal changes you want to make sure hormonal changes you want to make sure you're addressing so you can master you're addressing so you can master midlife come on just like the midlife come on just like the disconnection as i mentioned before the disconnection as i mentioned before the brain we can be totally disconnected or brain we can be totally disconnected or feel off when you're doing a little feel off when you're doing a little wiggle in your seat or you're running to wiggle in your seat or you're running to the bathroom or you feel like

hey i've the bathroom or you feel like hey i've had to had to go to the movies and know exactly where go to the movies and know exactly where the bathroom was or make sure that the bathroom was or make sure that hey hey hey i i feel like i can get to where i need i i feel like i can get to where i need to go because i'm itching and i here and to go because i'm itching and i here and i'm irritated and i will have to say i'm i'm irritated and i will have to say i'm one of those physicians that i go into one of those physicians that i go into retail stores i take a look around and retail stores i take a look around and see all the new products there and let see all the new products there and let me tell you something we have to get me tell you something we have to get into into into a way a way where when we start seeing the switch where when we start seeing the switch where someone's trying to make cuteness where someone's trying to make cuteness out of depends out of depends underwear and different colors and underwear and different colors and different patterns different patterns um um um that lets us know there is some that lets us know there is some attention that needs to be drawn to how attention that needs to be drawn to how we feel down there how we address those we feel down there how we address those so that brings me to my first part of so that brings me to my first part of understanding vaginal ph because if understanding vaginal ph because if we're truly mastering midlife in the we're truly mastering midlife in the bedroom because it's boardroom bedroom bedroom because it's boardroom bedroom and home and home we have to take a look at how we address we have to take a look at how we address the vaginal ph so normally vaginal ph the vaginal ph so normally vaginal ph is 4.5 for or less so it's more of an is 4.

Estrogen Loss and Treatment Options

The Third Brain and Whole-Body Connection

5 for or less so it's more of an acidic environment and i'm sure you've acidic environment and i'm sure you've heard people talk about microbiome heard people talk about microbiome bacteria good bacteria bad bacteria when bacteria good bacteria bad bacteria when it comes to the gut but the same thing it comes to the gut but the same thing when it comes to the vagina many women when it comes to the vagina many women especially in their reproductive years especially in their reproductive years have may have had a diagnosis of yeast have may have had a diagnosis of yeast infections or what we call bacteria infections or what we call bacteria vaginosis and all of those could be a vaginosis and all of those could be a component of changes in our vaginal ph component of changes in our vaginal ph but oftentimes there is a link to other but oftentimes there is a link to other things that we're exposed to offending things that we're exposed to offending agents and that's the thing oftentimes agents and that's the thing oftentimes we're trying new things or trying to we're trying new things or trying to understand exactly okay why am i having understand exactly okay why am i having this um this um recurrent irritation and on top of it as recurrent irritation and on top of it as i mentioned before many women are i mentioned before many women are encountering a lot of incontinence encountering a lot of incontinence issues meaning dribble when you pee or issues meaning dribble when you pee or or ping a little bit of squirt here or or ping a little bit of squirt here or there and you feel uncomfortable because there and you feel uncomfortable because that's causing a soapness a kind of that's causing a soapness a kind of wetness in the the panty area wetness in the the panty area and that can also shift and change in and that can also shift and change in our ph and so one of the biggest tips our ph and so one of the biggest tips that i always like to make sure to that i always like to make sure to understand is what is the most recent understand is what is the most recent symptoms what are some of the symptoms what are some of the environments that our lady parts are environments that our lady parts are around that makes us more subjective to around that makes us more subjective to changes to a shift in our ph because changes to a shift in our ph because oftentimes in perimenopause and oftentimes in perimenopause and menopause we get we got a normal menopause we get we got a normal increase in that is um in that acidity increase in that is um in that acidity but any time you get more out of the but any time you get more out of the range and not around that that nice range and not around that that nice tight middle tight middle there becomes an issue so always there becomes an issue so always understand what are those significant understand what are those significant things that are happening because that's things that are happening because that's the root cause you need to take care of the root cause you need to take care of all right so whether it's addressing all right so whether it's addressing um um um issues with prolapse or a sinking or um issues with prolapse or a sinking or um a disconnected vagina from the other a disconnected vagina from the other particular areas of what we call our particular areas of what we call our muscle pelvic floor can switch around muscle pelvic floor can switch around our vaginal ph which causes our vaginal ph which causes uncomfortable lady parts okay so really uncomfortable lady parts okay so really addressing what could be that offending addressing what could be that offending agent that is causing the change in our agent that

is causing the change in our vaginal ph and being able to address vaginal ph and being able to address that and then i'm going to tell you a that and then i'm going to tell you a little secret that i always do no matter little secret that i always do no matter what so hang on the other thing is the what so hang on the other thing is the loss of estrogen estrogen has over a loss of estrogen estrogen has over a hundred powerful functions in the body hundred powerful functions in the body one of which is in the vagina and did one of which is in the vagina and did you know there were three different you know there were three different types of estrogen and one in particular types of estrogen and one in particular that that that is loss in the vagina is has to do with is loss in the vagina is has to do with the tightness the collagen fibers those the tightness the collagen fibers those areas that make our tissues more plump areas that make our tissues more plump and moist and always say moisture is a and moist and always say moisture is a big factor in the m's that switch with big factor in the m's that switch with perimenopause or menopause and beyond perimenopause or menopause and beyond and so oftentimes this can be addressed and so oftentimes this can be addressed with either local hormone therapy with either local hormone therapy um which can range in different things um which can range in different things just based on what is your history what just based on what is your history what is um the vaginal canal look like and is um the vaginal canal look like and then it's another reason a lot of times then it's another reason a lot of times we've lost the art of actually taking a we've lost the art of actually taking a look down there and so i want you to look down there and so i want you to take a mirror and look down there if take a mirror and look down there if things looking a little flat a little things looking a little flat a little kind of off kind of off or if you've had your physician come to or if you've had your physician come to um to see it ask you know um to see it ask you know do i have prolapse does it look like i do i have prolapse does it look like i have a weakness of the muscles and most have a weakness of the muscles and most of the time ladies we do even if it's of the time ladies we do even if it's not frankly on exam because if you've not frankly on exam because if you've had children or you've lived heavy had children or you've lived heavy objects in your life there's been some objects in your life there's been some type of elasticity changes because of type of elasticity changes because of this hormonal decline and some of the this hormonal decline and some of the best things that you can do outside of best things that you can do outside of even kegel exercises is that i love the even kegel exercises is that i love the wave of where advanced technology comes wave of where advanced technology comes in because with this loss of technology in because with this loss of technology excuse me loss of estrogen you have excuse me loss of estrogen you have advancements where we're seeing advancements where we're seeing that women can not only address it in that women can not only address it in office they can really start educating office they can really start educating themselves how these different devices themselves how these different devices or or or that's outside of creams that are very that's outside of creams that are very safe that have a nature of of connecting safe that have a nature of of connecting with an application or something on a with an application or something on a device where you can start training and device where you can start training and get the education get the education between your first brain and your third between your first brain and your third brain brain brain and get some of the results that you and get some of the results that you need that can reduce um leakage that can need that can reduce um leakage that can reduce the shame that comes with vaginal reduce the shame that comes with vaginal problems and that you can connect more problems and that you can connect more with the intimate nature of really with the intimate nature of really enjoying sex because you want to master enjoying sex because you want to master it you want to be a novice especially if it you want to be a novice especially if you've lived all these years you want to you've lived all these years you want to feel like a baby or shameful in the feel like a baby or shameful in the bedroom okay so bedroom okay so the next one has to do with a big one the next one has to do with a big one and i call it literally the third eye and i call it literally the third eye all right and so when we're talking all right and so when we're talking about the third about the third um um um actually the third brain and i'm gonna actually the third brain and i'm gonna put it up here put it up here um when we're talking about the third um when we're talking about the third brain honestly it makes a big difference brain honestly it makes a big difference of how of how we connect and the reason why i call the we connect and the reason why i call the third brain is kind of like the third third brain is kind of like the third eye we evolve right we um connection eye we evolve right we um connection with the three eye is really third eye with the three eye is really third eye is really understanding those underlying is really understanding those underlying conditions and what i found is even conditions and what i found is even putting someone on a multi-strain putting someone on a multi-strain probiotic probiotic probiotic or a sense of having or a sense of having different strains of lactobacillus which different strains of lactobacillus which is one of the potent ones is one of the potent ones that help the vaginal area that help the vaginal area you can understand some of these lengths you can understand some of these lengths of loss of hydration or high sugar of loss of hydration or high sugar environment or women who have recurrent environment or women who have recurrent vaginal yeast infections that has to do vaginal yeast infections that has to do with with with hormone dysregulation

or meaning hormone hormone dysregulation or meaning hormone imbalances because of that disconnect of imbalances because of that disconnect of glucose and insulin how they're managing glucose and insulin how they're managing all of these things make a big all of these things make a big difference of how we feel in the bedroom difference of how we feel in the bedroom and addressing those things and and addressing those things and understanding how they connect and those understanding how they connect and those underlying feelers of improving your underlying feelers of improving your vaginal ph improving the elasticity or vaginal ph improving the elasticity or even if you decide to do hormone therapy even if you decide to do hormone therapy which can be done very safely very which can be done very safely very comfortably and get very good results if comfortably and get very good results if that fits you that fits you and then and then also also also countering and linking that connection countering and linking that connection of those dots of what are some of the of those dots of what are some of the underlying issues that could be linked underlying issues that could be linked to your first brain which is anxiety to your first brain which is anxiety depression or shame of our body our depression or shame of our body our second brain which has to do with our second brain which has to do with our gut with feeling like hey i feel off or gut with feeling like hey i feel off or having gut issues or constipation having gut issues or constipation because remember the three holes down because remember the three holes down there and they can be very connected and there and they can be very connected and once again affecting our third brain and once again affecting our third brain and when all of these things come together when all of these things come together ladies we don't want to be a novice in ladies we don't want to be a novice in the bedroom want to master midlife in in the bedroom want to master midlife in in a greater expansive area but most of all a greater expansive area but most of all is paying attention and being aware of is paying attention and being aware of what you can do now today what you can do now today and not feel the shame around it because and not feel the shame around it because i want you to master midlife today and i want you to master midlife today and beyond and feel comfortable and beyond and feel comfortable and understand that not only there are understand that not only there are things that you can use today things that you can use today but most importantly there are advances but most importantly there are advances that are happening in the fintech space that are happening in the fintech space that are really exciting that really that are really exciting that really connects the dots of how you can feel connects the dots of how you can feel more confident as you enter this era of more confident as you enter this era of midlife and most of all midlife and most of all master what is necessary master what is necessary all right i am dr lorisa welcome to the all right i am dr lorisa welcome to the l lounge and please if you've had issues l lounge and please if you've had issues or something comment subscribe share or something comment subscribe share and and and i'll meet you next thursday in the dr l i'll meet you next thursday in the dr l lounge where we're continuing the series lounge where we're continuing the series of master of master your life in midlife your life in midlife