



Isaiah 3:24 - And it shall come to pass, *that* instead of sweet smell there shall be stink; and instead of a girdle a rent; and instead of well-set hair baldness; and instead of a stomacher a girding of sackcloth; *and* burning instead of beauty.



Caring for Our Flower Naturally

1. TMH designed our flower to be self-cleaning, from the inside out. Douching is not necessary. The outer labia and hair should be cleansed with soaps made for cleansing this delicate area (ex. The V Bar - this is a milder soap sold at Walmart or sulfate/paraben free wash).
2. Epsom salt baths with essential oil or add a few drops of your favorite essential oils to your bath. Additionally, a few drops of tea tree oil, which is a natural antiseptic, can be added. Do not use any bubble baths, this is harmful to the vagina, changing the pH and causing an imbalance that can lead to yeast infections or irritation.
3. Make your own vaginal spray for odor with 1/4 cup ACV and 3/4 cup water plus a few drops of tea tree oil and your favorite essential oil. ACV and tea tree oil have antiseptic properties and help to kill bacteria that cause odors.
4. Yeast or bacterial infections - boric acid vaginal suppositories sold at izzymetics.com or vaginal suppositories at <https://www.cocoafresh.com/>. Frequent infections can be a sign of HPV or other serious issues (consult your physician for persistent or recurring infections)
5. Vaginal steaming - herbs can be purchased from [Izzymetics.com](http://izzymetics.com), <https://www.cocoafresh.com/>, or herbal supply shops. This is good for freshening up after your period but also reportedly helps to heal the vagina from fibroids, irregular menstrual cycles, & fertilization issues. Not safe if you are pregnant or possibility of pregnancy.
6. Probiotics and diet change help control bad flora in the stomach/intestines that can contribute to yeast infections and stronger vaginal odors. Minimizing sweets and breads limits sugars which feeds the bad flora, enabling them to multiply.
7. Cotton panties and NO thongs. Thongs positioned near the anus move back and forth and can carry E. coli to the vagina, which can cause both yeast and bacterial infections.
8. Commercial pads and tampons contain chemicals that are harmful to our reproductive organs. Seek out chemical free pads izzymetics.com and <https://www.cocoafresh.com/>, many retailers now carry them as well.

We have been taught by our oppressors how to care for our bodies, but it is time to return to healing and caring for our bodies in the ways of our foremothers.



Susanna 1:17 - Then she said to her maids, Bring me oil and washing balls, and shut the garden doors, that I may wash me.

