

VAGINAS

AN OWNER'S MANUAL

"This is a book every woman should own."

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Dr. Carol Livoti and Elizabeth Topp

Vaginas An Owners Manual

Rachel Adams



Vaginas An Owners Manual:

Vaginas Carol Livoti, Elizabeth Topp, 2004-08-17 An engaging thorough and much needed explanation of the working vagina *Vaginas* is a book of accessible facts written by down to earth authors whose only agenda is female education The authors the mother is an ob gyn the daughter a writer avoid the flowery language and feminist agenda of other books on the subject They take readers from the mood swings of puberty to the hot flashes of menopause with warmth humor and candor Subjects include the lowdown on hymens a word on waxing tips on retrieving lost items heavy periods working out the vagina significant problems STDs ectopic pregnancies fibroids yeast infections herpes ways to keep an aging body performing and the fun stuff sex **Vaginas** Carol Livoti, Elizabeth Topp, 2004 A comprehensive guide to female genitalia written by women for women

The Vagina Book Thinx, 2020-08-18 The Vagina Book is an essential guide packed with invaluable information about sexual health that everybody should know but might be too afraid to ask With sections on anatomy periods hormones sex contraception fertility hair care and so much more this fun to read guide helps readers make healthy decisions for their bodies Compelling personal essays from a diverse group of luminary figures including Margaret Cho Roxane Gay and Blair Imani are sprinkled throughout enriching the pages with beauty strength and honesty From OB GYN Dr Jennifer Conti and the team behind the beloved Thinx period products Dispenses with taboos and misinformation about vaginas and bodies Provides the latest health research in easy to digest entries Advice includes yoga poses to help with PMS and cramping a cheat sheet for making sense of contraception options why you should care about your pelvic floor plus easy strengthening exercises and the illustrated history of feminine hygiene products from ancient Egypt through today This groundbreaking guide is a perfect gift for every modern woman and a vital addition to every modern bookshelf A must have handbook for anyone with a vagina Presented in a luxe cushioned case filled with more than a hundred vibrant illustrations Perfect unique gift for anyone who is passionate about sexual health feminism and learning more about their body as well as readers of Refinery29 and GOOP Add it to the shelf with books like *Come as You Are* *The Surprising New Science that Will Transform Your Sex Life* by Emily Nagoski PhD *WomanCode* *Perfect Your Cycle* *Amplify Your Fertility* *Supercharge Your Sex Drive* and *Become a Power Source* by Alisa Vitti and *Pussy A Reclamation* by Regena Thomashaue **Vagina** Judson Cone, 1974-06-01

Vaginas Carol Livoti, Elizabeth Topp, 2007-09-01 Dynamic mother daughter team Dr Carol Livoti Elizabeth Topp demystify the female anatomy discuss everything a woman needs to know about her reproductive system They describe each part of the female anatomy how it fits together offer advice on how to maintain reproductive genital health from first period to beyond menopause Giving an overview of what to expect from medical consultations they also explain contraceptive options abortion STDs pregnancy some of the most common gynecological problems Easy to read peppered with entertaining anecdotes from Dr Livoti s extensive career this book is certain to become a classic for women of all ages Illustrations *Women's Health Vagina University* Editors of Women's Health Maga, Sheila Curry Oakes, 2018-05-15 Class is in session From IUDs to UTIs

periods to pregnancy and menstrual cups to cervical caps Women s Health Vagina University teaches the modern woman everything you need to know about your most intimate parts even if you are uncomfortable saying vagina out loud Women s Health Vagina University challenges stigmas directed at women s bodies and sexuality offers advice and support and explains how your vagina s health can impact your overall health It also includes A quick overview of all things anatomical and biological that you learned in health class in middle school The birds and the bees haven t changed but even the teacher s pet can use a refresher Information on choosing the right gynecologist birth control period solution and anything else a woman might have to choose in any circumstance It is her right after all Eye opening and entertaining facts about the history of women s healthcare and vagina related issues all over the world Straightforward guide to all the signs and symptoms that show up when there is something wrong down there and a trip to the OB GYN is just what the doctor ordered Body and sex positive discussions about consent pleasure in its many forms and achieving the all important O in a world filled with stereotypes and misinformation Myth busting truth bombs that separate the cold hard facts from the old wives tales distortions and misleading political rhetoric Women s Health Vagina University aims to dispel the myths unpack the lies explain laws and define words that confuse and limit women and empower you to take full control of your health your bodies and your futures

The Vagina: A Literary and Cultural History Emma L. E. Rees, 2013-08-01 From South Park to Kathy Acker and from Lars Von Trier to Sex and the City women s sexual organs are demonized Rees traces the fascinating evolution of this demonization considering how calling the c word obscene both legitimates and perpetuates the fractured identities of women globally Rees demonstrates how writers artists and filmmakers contend with the dilemma of the vagina s puzzlingly covert visibility In our postmodern porn obsessed culture vaginas appear to be everywhere literally or symbolically but crucially they are as silenced as they are objectified The Vagina A Literary and Cultural History examines the paradox of female genitalia through five fields of artistic expression literature film TV visual and performance art There is a peculiar paradox unlike any other regarding female genitalia Rees focuses on this paradox of what is termed the covert visibility of the vagina and on its monstrous manifestations That is what happens when the female body refuses to be pathologized eroticized or rendered subordinate to the will or intention of another Common and often offensive slang terms for the vagina can be seen as an attempt to divert attention away from the reality of women s lived sexual experiences such that we don t look at the vagina itself slang offers a convenient distraction to something so taboo The Vagina A Literary and Cultural History is an important contribution to the ongoing debate in understanding the feminine identity

Vagina Handbook Rachel Adams, 2021-06-02 Do you want to know the function of pubic hair around the vagina Or how deep is the vaginal canal If your vagina is too tight or loose The truth is that there are so many important questions but so many contradictory and misguided information out there surrounding this vital subject It s no surprise if one gets easily overwhelmed by an overdose of wrong information from well meaning folks uneducated partners and even healthcare providers How do you get hold of the

right information so as to easily separate the facts from the myth The good news is that Rachel Adams the author of Vagina Handbook provides a book that debunks the popular myths and empowers women From reproductive health to common vaginal diseases and their prevention Inside this book you will learn The vaginal anatomy and it s microbiome Genital hygiene practices and the popular fallacies surrounding the vagina Changes to expect during menopause and pregnancy Valuable information that you must know about the vagina And many more Whether you are in your early twenties or close to your golden age you will benefit immensely from the information in this book so start reading this book now

Sexually Transmitted Disease Jill Ann Grimes MD,Lori Apffel Smith MD,Kristyn Fagerberg MD,2013-11-12 This up to date two volume work provides A Z coverage of all topics related to sexually transmitted disease ranging from anatomy to modern legal and social implications to past and present methods of prevention diagnosis and treatment Sexually transmittable diseases are a sensitive and embarrassing subject Many sexually transmitted diseases are silent providing no symptoms until they cause serious medical problems But with one in four Americans over the age of fourteen being infected with a sexually transmitted infection the topic of sexually transmitted diseases STDs is a highly relevant health issue This work contains over 230 entries that span the history and wide range of topics regarding STDs from the birth of condoms over 3 000 years ago through discovery of the infectious agents and the invention of effective vaccines to the legal and societal implications of STDs This two volume encyclopedia investigates the spectrum of sexually transmitted diseases and related topics and issues describing their microscopic origins the chronology of research and medical treatment the body parts affected and the modern day methods of diagnosis treatment and prevention of spread Additionally this work addresses legal implications of disease transmission psychosocial impacts as well as long term medical consequences such as potential infertility pelvic inflammatory disease and chronic pelvic pain

Sex Segregation in Sports Adrienne N. Milner,Jomills Henry Braddock II,2016-02-12 Why isn t segregation based on sex illegal in sports just as race segregation is This book examines the controversial issue arguing that separate but equal is neither achievable nor constitutional Will the creation of coed teams help mitigate issues of perceived sex discrimination in sports or will equity among male and female athletes come from better enforcement of the separate but equal ideal This book examines this highly charged issue specifically challenging the effectiveness of Title IX and arguing that it be ousted in favor of sex integration This is the first book to present both legal and social arguments for the elimination of sex segregation in sports and provide tangible solutions to address this issue Authors Adrienne N Milner and Jomills Henry Braddock II lay out the potential benefits of comingling male and female athletes illustrating how this process may translate to greater sex equality in social economic and political contexts In addition this forward thinking work offers specific recommendations for facilitating the integration of sexes in sports and discusses the importance of changing attitudes and ideology within the sports community and the general public to achieve this goal

The Men's Health and Women's Health Big Book of Sex Editors of Men's Health Magazi,Editors of

Women's Health Maga,2011-02-01 Good health and a fit body are inextricably entwined with great sex On a physical level fitness makes one a more attractive and skilled lover On an emotional level studies show that body image plays a key role in sexual desire and satisfaction Research has linked a healthy sex life to lower risks of cardiovascular disease diabetes depression and obesity Based on the latest research on sexual health behavioral psychology fitness and nutrition The Men s Health and Women s Health Big Book of Sex is brimming with useful tips exercise photos practical sidebars and more The two sided book also features the Better Sex Workout the Better Sex Diet a Trouble Shooter s Guide to Sexual Health and Q A columns from the Men s Health Girl Next Door and Women s Health Guy Next Door and leading sexual health experts

Scared Sh*tless Cary McNeal,2012-09-04 You ll laugh you ll cry you ll s t yourself Back by popular demand the mind blowing follow up to the bestselling 1 001 Facts That Will Scare the S t Out of You An all new collection of entertaining and horrifying truths about us our world and why we re totally screwed With more disturbing facts and fun new topics including weird celebrities boobs the internet clowns serial killers sexual fetishes bacon Elvis things that will eat you and more From stupid dead people to halitosis caused by constipation to a singer whose music can get you killed in some Jamaican neighborhoods it s all here everything you need to know about the scary s t that surrounds all of us FACT Men are four times as likely as women to be struck by lightning FACT McDonald s McRib sandwich contains some of the same ingredients used to manufacture gym mats and running shoes FACT M bius syndrome is a rare neurological disorder that renders victims unable to move their faces FACT You can get an STD from a bikini wax Things I Didn't Expect (when I was expecting)

Monica Dux,2013-03-01 Pregnancy is natural healthy and fun right Sure it is if you re lucky For others it s an adventure in physical discomfort unachievable ideals kooky classes and meddling experts When Monica Dux found herself pregnant with her first child she was dismayed to find she belonged firmly in the second category For her pregnancy could only be described as a medium level catastrophe So three years later and about to birth her second child Monica went on a quest to figure out what s really going on when we incubate Monica explores the aspects of baby making that we all want to talk about but which are too embarrassing unsettling or downright confronting She also looks at the powerful forces that shape women s experiences of being pregnant in the west the exploitative industries and the medical and physical realities behind it all Along the way she fends off sadistic maternal health nurses attempts to expand then contract her vagina and struggles to keep her baby s placenta off her hippy brother s lunch menu

The High School Sex Pot Mrs. R,2005-04-20 Did you ever wonder what your teens wanted to know about sex without asking Do you need a book to jump start your discussion of sex with your teen Mrs R has been able to generate discussion in her classroom by having her students anonymously submit questions each class period that she would answer The questions that the students submitted were blunt and honest She attempted to answer all questions submitted and tied the answers to the physiology of human sexuality and the maturity needed for responsible decision making The frank and innocent questions are contained in the book and her candid

informative and sometimes humorous answers are captured in the pages *The High School Sex Pot* gives readers the opportunity to get inside the minds of teenagers today Mrs R has compiled sex related questions that she has anonymously received from teens over the past several years and has answered them scientifically humorously and with a frankness that puts adults and teens at ease about today's sexual issues This book is a must read for teens parents and educators Everyone is bound to learn something and may come away inspired to more frankly discuss sexuality with those closest to them The last taboo Karin Lesnik-Oberstein,2013-07-19 This is the first academic book ever written on women and body hair which has been seen until now as too trivial ridiculous or revolting to write about Even feminist writers or researchers on the body have found remarkably little to say about body hair usually ignoring it completely It would appear that the only texts to elaborate on body hair are guides on how to remove it medical texts on hirsutism or fetishistic pornography on hairy women The last taboo also questions how and why any particular issue can become defined as self evidently too silly or too mad to write about Using a wide range of thinking from gender theory queer theory critical and literary theory history art history anthropology and psychology the contributors argue that in fact body hair plays a central role in constructing masculinity and femininity and sexual and cultural identities It is sure to provide many academic researchers with a completely fresh perspective on all of the fields mentioned above *Natural Wellness Strategies for the Menstrual Years* Laurel Alexander,2013-06-01 Menstruation or moontime is special for a woman and shifts in mind body and spiritual energy can cause both challenge and opportunity This practical health guide reconnects women to the experience of an important stage of human development The book examines and teaches how to work with the different menstrual energy patterns through natural self help strategies that include nutrition and herbs the Triple Goddess meditations and imagery vibrational healing using quartz crystals and flower essences and hand reflexology Using a down to earth nature connected approach to menstruation women will learn to embrace this essential process of their womanhood *Doing It Right* Bronwen Pardes,2013-03-05 Enjoy responsibly Sex Sometimes it feels like everybody's doing it Maybe you are Maybe you're thinking about it Maybe it's years away Whatever You need to be ready in your head and down there You have to know the right stuff in order to do it Got questions Who doesn't The Sex Lady will break it down for you Does size matter How do you prevent STDs What birth control options are there If someone says they're a virgin what does that mean Am I ready Am I normal The more you know the easier it is to make safe and smart decisions about sex **Organ Orgasms** Robert Ian Rollwagen,2020-06-29 Conscious blood flow CBF is about enhancing our physical mental and spiritual wellbeing through the pleasurable and mindful exercising of your body's internal arteries and organs This is brought about by becoming attuned to your natural abilities to just be and by learning to sense your interior body and then being able to consciously direct and control the flow of your blood And one can orgasm many organs hence the book's title of Organ Orgasms Despite the catchy but true title this book is about the mystery and joy of experiencing one's existence in a unique way an aspect of being and

about discovering our bodies and nourishing them so we can experience our lives in the healthiest and longest way possible an aspect of wellbeing Thus *Organ Orgasms* is really about being and wellbeing It will enable people no matter what stage they are at in life to see more clearly into themselves and then use the book as a guide in developing their own personal plan for living more joyously and healthily *Organ Orgasms* is not formulaic or like other self help books but it will help people learn how to take care of themselves better and get them re thinking about their purpose in life and ensure their wellbeing The book is written for the lay reader and includes over 150 extremely useful illustrations Yet it has also been cleverly crafted to meet the needs of the scholarly reader by the use of endnotes and appendices which provide a stunning amount of scientific evidence for how the body brain and mind work to make CBF possible *Our Bodies, Ourselves: Menopause* Boston Women's Health Book Collective, Judy Norsigian, 2008-06-16 FROM THE EDITORS OF THE CLASSIC BIBLE OF WOMEN S HEALTH A TRUSTWORTHY UP TO DATE GUIDE TO HELP EVERY WOMAN NAVIGATE THE MENOPAUSE TRANSITION For decades millions of women have relied on *Our Bodies Ourselves* to provide the most comprehensive honest and accurate information on women s health Now in *Our Bodies Ourselves Menopause* the editors of the classic guide discuss the transition of menopause With a preface by Vivian Pinn M D the director of the Office of Research on Women s Health at the National Institutes of Health *Our Bodies Ourselves Menopause* includes definitive information from the latest research and personal stories from a diverse group of women *Our Bodies Ourselves Menopause* provides an in depth look at subjects such as hormone therapy and sexuality as well as proven strategies for coping with challenges like hot flashes mood swings and night sweats In clear accessible language the book dispels menopause myths and provides crucial information that women can use to take control of their own health and get the best care possible *Our Bodies Ourselves Menopause* is an essential resource for women who are experiencing or expecting menopause **Fast Beauty** Rona Berg, 2005-01-01 A comprehensive richly illustrated compilation of quick and easy beauty tips from the author of *Beauty* features step by step directions professional techniques and advice insider tips makeovers and brand and product comparisons in a handbook that features onethousand effective solutions to a variety of beauty problems Original

The Enigmatic Realm of **Vaginas An Owners Manual**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Vaginas An Owners Manual** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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