

# THE PHYSIOLOGY OF VAGINAL HEALTH

Estrogen supports the development of glycogen, which is a form of stored carbohydrates. Glycogen is consumed by lacto-bacilli, a naturally occurring "good" bacteria. The lacto-bacilli produce lactic acid which maintains a healthy acid/alkaline balance. If this cycle is interrupted vaginitis, or inflammation of the vagina can occur.

The cycle can be interrupted by changes in the estrogen level from natural changes or using synthetic hormones; from changes in the glycogen level due to changes in health states and from killing off lacto-bacilli with antibiotics, vaginal grooming products or constant use of tight, synthetic panties which restrict air to the vaginal area.

