Vaginal Health Test Kit & Consultation

Stop Guessing. Start Understanding.

Answers, balance, and support for women at every stage of life.

Why a Healthy Vaginal Microbiome Matters

Keeps pH Balanced

Creates an environment that protects against irritation and overgrowth

Prevents Infections

Helps reduce yeast, BV, and recurring vaginal issues

Strengthens Natural Defenses

Supports your body's built-in immune protection

Supports Hormonal Transitions

Helps the vagina adapt during perimenopause and menopause

Protects Vaginal Tissue

Maintains a healthy, resilient vaginal lining

Supports Reproductive Wellness

Contributes to a healthier environment for fertility and pregnancy

Vaginal Health Kit Benefits

- **Stop Guessing and Get Clear**
  Understand what's really happening with your vaginal health.
- **Restore Comfort and Balance**
  Address the root of dryness, irritation, and recurring issues.
- **Break the Cycle of Recurring Problems**
  Support your body's natural defenses for lasting relief.
- **Make Confident, Personalized Choices**
  Move forward based on your body—not trial and error.
- **Feel Supported Through Hormonal Changes**
  Navigate midlife transitions with clarity and reassurance.
- **Regain Peace of Mind**
  Know your body isn't broken—it's communicating.

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Why Work With Me

Clear insight. Personalized guidance. Confident next steps.

Here's What's Included—and What You'll Learn

- **Understand What's Really Happening**
  A functional vaginal microbiome analysis that shows the balance of key microorganisms—so we stop guessing and start supporting.
- **Get a Personalized Roadmap**
  Your results guide clear, informed decisions about restoring comfort, balance, and long-term vaginal health.
- **See What Matters Most**
  The test identifies:
  - Beneficial **Lactobacillus species** (including the 4 most dominant)
  - **Opportunistic bacteria** that may disrupt balance
  - **Candida** levels
- **Focus on Root Causes**
  Instead of repeatedly treating symptoms, we look at what's contributing to imbalance and how to gently support restoration.
- **Guided Support Included**
  You'll receive a detailed report **plus a 30-minute one-on-one consultation** with Tammy to review your results and discuss personalized recommendations.
- **Restore Balance, Gently**
  With insight and guidance, we focus on supporting your body's natural ability to restore balance and enhance overall wellness.

CONTACT TAMMY TO ORDER YOUR TEST KIT & SCHEDULE YOUR CONSULTATION
Call: 212.838.8884 or Email: thermographyny@outlook.com

Because your body deserves understanding—not assumptions.
And you deserve guidance, not guesswork.

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