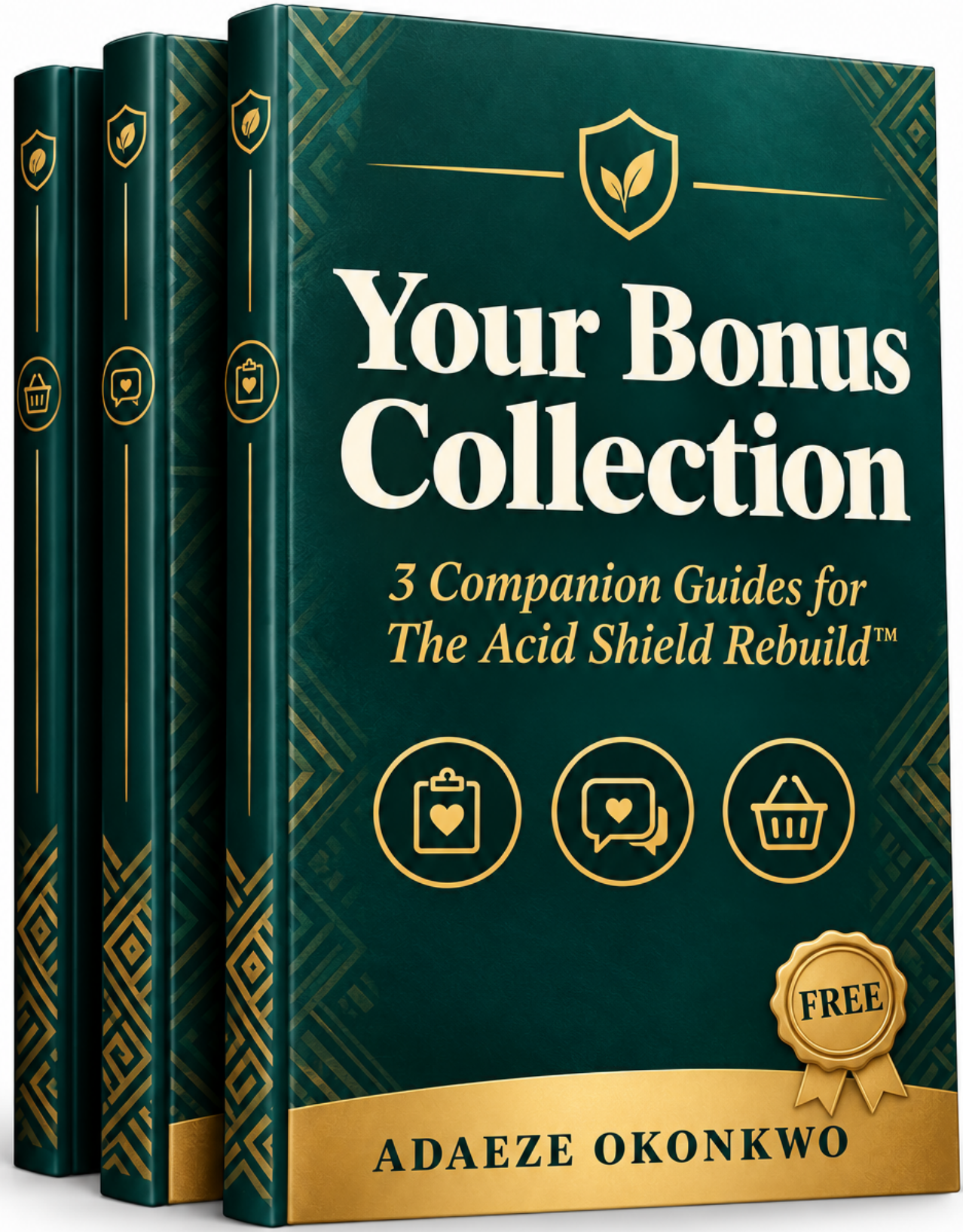

Your Bonus Collection
3 Companion Guides for The Acid Shield Rebuild™
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BONUS #1

The “Say It Without Shame” Doctor Visit Kit

Scripts, questions, and two printable pages, so you can finally walk in and say it.

Let me guess what has stopped you from going.

It is not that you do not know you should. It is the moment in the room. The waiting. The doctor’s face. The words you cannot find. The fear that you will be judged, or rushed, or told “it’s nothing” and sent home with a prescription and the same heavy feeling you came with.

If that is you, please hear this: **nothing you are about to say is new to them.** Doctors, nurses, and pharmacists hear about discharge, smell, itching, and pain every single week. To them, you are a person with a health question. That is all.

This kit gives you the words, the questions, and a simple plan. Use it before your visit, during it, and after it. By the end, you will have something better than courage. You will have a script.

Step 1: Choose Who You Will See

You have more options than you think. Pick the one that feels most doable today.

A pharmacist. A pharmacist is a good place for a first conversation, and a good person to ask which products to avoid. But a pharmacist cannot test you. Please do not buy antibiotics over the counter and start guessing. In many places this is very easy to do, and it is one reason the problem keeps returning. Treating the wrong thing can leave you worse off.

A doctor or nurse at a clinic or hospital. In Nigeria, this could be a private clinic, a general hospital, a teaching hospital, or a women’s health clinic. A gynaecologist is a specialist in women’s health, but you do not always need one for a first visit. A general doctor can start the tests.

If you live in the UK, US, or Canada. You can book with your GP or family doctor. In the UK, sexual health clinics can test for the everyday causes of discharge and smell, and in many areas you can book without a GP referral. In the US, community health centres, Planned Parenthood, and urgent care clinics are also options. Do not let the words “sexual health” put you off. These clinics test for common infections, and it does not mean anyone assumes anything about you.

If you would feel more at ease with a woman, ask for a female doctor or nurse when you book. It is a very normal request.

Step 2: Prepare in the Week Before

A little preparation makes the visit far less scary. Here is what I would do.

1. **Fill in the Symptom Log** on the printable page at the end of this kit. Do it for up to seven days. Doctors love facts, and this also stops you forgetting things when you are nervous.
2. **Ask when you book:** *“Is it a problem if I am on my period?”* Some clinics prefer a different day for a swab test. Ask first, and please do not cancel on your own.

3. **For 24 to 48 hours before, if you can,** avoid douching, vaginal creams, inserts, and lubricants, and do not wash inside. Wash the outside only with plain warm water. These things can change a test result. Some clinics also ask you to avoid intimacy for a day or two beforehand, so ask when you book.
4. **Do not scrub extra hard for the visit.** Many women do this out of embarrassment, and it is exactly the Clean-Rebound Loop in action. It can also hide what the doctor needs to see. You will not be judged for what is there.
5. **Write down your medicines,** including supplements, herbal products, and your contraception.
6. **Wear something easy to change out of,** like a loose dress or a skirt.
7. **Take someone you trust** to wait with you, if that would help. You do not have to.

Step 3: Say the First Sentence

The first sentence is the hardest. Once it is out, the rest gets easier. Choose the one that sounds most like you, and say it out loud once at home before you go.

If you want to be direct:

> *"I have had a recurring smell and discharge for a while, and I would like to be tested for the cause."*

If you are nervous:

> *"This is embarrassing for me to talk about, so I may go slowly. I have had a smell that keeps coming back, and nothing I have tried has worked."*

If you have been through this before:

> *"I have been given antibiotics for this before, and it keeps coming back. I would like to understand why, and I would like a test before any more treatment."*

If your appointment is short:

> *"I only have a few minutes, so let me say the main thing first. I have recurring discharge and smell, and I would like a test."*

Step 4: When the Conversation Gets Hard

Sometimes the room does not go the way you planned. Here is what to say when it does not.

If they say "it's normal" or "it's just stress" and move on:

> *"I understand it can be common. But it is affecting my daily life, and I would like to be tested so we know for sure."*

If they offer treatment without a test:

> *"Could we do a test first, so we treat the right thing? This has come back after treatment before."*

If you feel you are being rushed or brushed off:

> *"Could you please note in my file that I asked for testing? And what is the next step if this does not improve?"*

If you freeze:

> *"Can I take a moment, please?"*

It is completely fine to pause. It is also fine to read from your phone or your notes. Doctors are used to it.

If you are asked about your sexual history, know that this is a routine question. It is not an accusation. It helps them choose the right tests. You can answer honestly and keep it brief.

If you are offered an examination, you are allowed to ask what they will do and why before they start. You can ask them to go slowly, ask for a female clinician or a chaperone, and say "stop" at any point.

Step 5: What Testing Usually Involves

Every clinic is a little different, but here is what many women can expect, so nothing surprises you.

- **A few questions** about your symptoms, your cycle, your contraception, and your daily routine. This is where your Symptom Log helps.
- **A look at the outside,** and sometimes an internal examination using a small tool called a speculum. It can feel strange or a little uncomfortable, but it should not be very painful. Tell them if it hurts.
- **A swab.** A soft cotton swab takes a small sample from the vaginal wall. It is quick.
- **A pH check.** Remember the acid shield from Chapter 3? A simple test can show how acidic your discharge is, and this is one of the easiest clues for a doctor to read.
- **A look under a microscope, or a lab test.** Some clinics do this on the spot. Others send it to a lab and call you with the results.
- **Sometimes a urine test, or tests for common infections.** This is routine. It does not mean anyone thinks anything about you. It means they are being thorough so they can treat the right thing.

Before you leave, ask: *"When will I get my results, and how will I be told?"* And: *"Who do I call if I do not hear back?"*

Step 6: Your Question Checklist

Bring these questions with you. You can tick them off in the room. Nobody minds.

- [ ] What exactly did my test show? Please write down the name.
- [ ] What is my treatment: the name, the dose, and how long?
- [ ] Is there anything I should avoid while taking it, including alcohol?
- [ ] What can I do afterwards to support my body's natural balance?
- [ ] Is there anything about my contraception, my blood sugar, or my routine that could be involved?
- [ ] Does my partner need to be checked or treated?
- [ ] When can I be intimate again?
- [ ] If this comes back, what is the next step? Are there longer-term options?
- [ ] When should I come back, and which warning signs mean I should come sooner?

After the Visit

The visit is not the end. Do these things the same day, while it is fresh.

1. **Fill in the Visit Notes page** at the end of this kit, with the name of the problem, the medicine, and the follow-up date.
2. **Take your medicine exactly as prescribed,** even if you feel better early. Do not stop halfway.
3. **Keep following Phase 1 of the Acid Shield Rebuild™ alongside your treatment:** plain warm water, cotton underwear, and no products. Medicine deals with the invaders. The plan protects your guards. They work together. If your doctor gives you different advice, follow your doctor and tell them about anything you have been using.
4. **Book your follow-up** if one was suggested.
5. **If you have not heard about your results** in the time promised, call. It is not a bother. It is your health.

When It Cannot Wait

Please do not wait for a booked appointment if you have any of these: **fever or feeling very unwell, severe pain in your lower belly, heavy bleeding,** or a very strong, foul smell with dark or brownish discharge, especially if a tampon may have been left in. Go to urgent care or an emergency department the same day.

If you are pregnant and notice any change in discharge, smell, or pain, contact your doctor or midwife the same day.

You Have Already Done the Hard Part

If you are reading this page, you have already decided that you deserve an answer. That is the bravest step, and everything after it is only a list of things to say and do.

Print the next two pages, take them with you, and say your first sentence. You are not a problem to be embarrassed about. You are a woman taking care of her body.

Your Symptom Log

Fill in one row each evening for up to seven days before your visit. There are no wrong answers, and short notes are fine.

Day / date	Discharge (colour, amount, thickness)	Smell (none, mild, strong)	Itching, burning, or pain	Period, intimacy, or products used	Notes
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Bring With Me

- ☐ This Symptom Log
- ☐ My list of medicines, supplements, and contraception
- ☐ My question checklist from Step 6
- ☐ My hospital card, insurance card, or ID, if the clinic needs it
- ☐ A pen, and this kit on my phone or printed
- ☐ A friend or family member, if I would like company

Your Visit Notes

Fill this in during or straight after your appointment, while you still remember.

Date, and who I saw

What they said the problem might be

Tests done or ordered, and when results are due

Medicine: name, dose, and how long to take it

What to avoid or do while I am on treatment

My follow-up date

Questions I still have

BONUS #2

The Conversation You've Been Avoiding

Word-for-word scripts, phrases to avoid, and a page you can hand to him.

There is one part of this problem that no routine, soap, or doctor can fix for you: the silence between you and him.

You may have carried it for months. You turn the lights off. You say you are tired. You pull away, and he does not know why. Maybe he has said something, or maybe he has said nothing at all, which is somehow worse.

I want you to know this before we go any further. **Silence does not protect a marriage. It only gives fear more room.** He is filling the gap with his own guesses, and so are you. Neither set of guesses is true.

This bonus is here to help you say it. Not everything, and not perfectly. Just enough for the two of you to stop being alone with it.

Two People, Two Fears

Let me tell you what is usually going on behind the silence.

You are afraid he is disgusted. You imagine him turning away, or thinking less of you, or wondering what kind of woman you are.

He is afraid you are unhappy with him. He sees you pulling back and thinks, *Did I do something? Does she still want me? Is there someone else, or something she is not telling me?*

Two people, both frightened, both quiet. Chioma, the woman you met in the main guide, told me that when she finally spoke, her husband's first words were: "I thought you were tired of me." He had been carrying that fear for months.

That is why this conversation matters so much. It is not only about your body. It is about telling him the truth of what has been happening between you.

Step 1: Decide What You Want From the Conversation

Before you say anything, get clear on the goal. It is much smaller than you think.

You are **not** trying to confess, because you have done nothing wrong. You are **not** trying to explain every detail, because he does not need the science.

You **are** trying to do three things:

1. Tell him you have been dealing with a health matter.
2. Let him know your distance was never about him.
3. Tell him what would help you right now.

That is all. If you get those three things across, the conversation has worked.

Step 2: Pick Your Moment

The moment matters as much as the words. A good message at a bad time can fall flat.

Choose a time when:

- You are both calm, fed, and not rushed
- You are in private, with no phones, no children listening, and no visitors
- You are sitting side by side or in the car, not facing each other in bed

Avoid right before or after intimacy, in the middle of an argument, when he is stressed about work or money, or when either of you is tired or hungry.

If you are worried he will panic, give him a soft warning earlier in the day:

> *"Can we talk tonight? Nothing is wrong between us. There is just something I would like to share with you."*

That one sentence takes away the fear before the conversation even starts.

Step 3: Choose Your Situation, and Your Words

Every marriage is different. Find the situation that sounds most like yours, and use the words as they are, or change them to sound like you.

Situation A: He has not said anything, or you think he has not noticed.

> *"There is something I want to share with you, because I do not want to keep it from you. I have been dealing with a health issue that has made me very self-conscious. I did not know how to say it, so I have been pulling away. It has nothing to do with you, and I am sorry I did not explain."*

Situation B: He has noticed, and you can feel the distance.

> *"I know I have been distant lately, and I can see it has been hard for you. I want you to know it is not because of anything you did. I have been struggling with a health problem, and I felt embarrassed to talk about it. I am taking care of it now, and I would like you to understand."*

Situation C: He said something hurtful about it before.

> *"There was something you said a while ago that stayed with me. I know you may not have meant it that way, but it hurt, and it made me hide this from you even more. I am telling you now because I need us to be on the same side."*

Situation D: You are not ready to say everything yet.

That is completely fine. Start small.

> *"I am working on a health matter, and it is getting better. I am not ready to talk about all of it yet, but I wanted you to know it is not about you, and I would love your patience."*

You can always say more later. Saying a little is much better than saying nothing.

Situation E: You need to explain why you have avoided being close.

> *"I have not been avoiding you. I have been avoiding my own fear. I have been worried about how I feel in my body, and it made me pull away. I would like us to find a way to be close that feels comfortable for me while I sort it out."*

Step 4: When He Does Not React the Way You Hoped

Not every husband responds perfectly the first time. Here is what to say when it does not go as planned.

If he goes quiet:

> *"You do not have to say anything right now. I just wanted you to know. Take your time, and we can talk more whenever you are ready."*

If he laughs it off or makes a joke:

> *"I understand it may feel awkward. For me, this is serious, and it has really been affecting me. I would appreciate it if we could talk about it without jokes."*

If he gets defensive ("So you are saying I am the problem?"):

> *"No, I am not saying that at all. I am telling you because I trust you, and because I do not want to carry this alone."*

If he asks, "Who have you been with?" or jumps to blame:

> *"I understand why that thought might come up, but please do not jump to conclusions. There are many common reasons for this that have nothing to do with anyone being unfaithful. My doctor can explain what my tests show. Let us wait for the facts."*

If he asks, "What do you need me to do?"

> *"Mostly I need your patience, and for you to know I am not rejecting you. If the doctor thinks you should be checked too, I would like you to do that without blame. That is routine."*

Step 5: Words and Phrases to Avoid

Even with the best intentions, some words can make things harder. Here are the swaps.

Instead of saying…	Try saying…
“It is your fault.”	“I am working on a health matter, and it is not about blame.”
“Something is wrong with me.”	“I have a common health issue, and I am getting it looked at.”
“Do not touch me.”	“I am not ready tonight, and it is not about you. Can we be close in another way?”
“You would never understand.”	“I would like your patience while I sort this out.”
“I am so sorry I am disgusting.”	“I am sorry I pulled away without explaining.”
“You gave me an infection.”	“The doctor will tell us what it is. Let us not guess.”

Step 6: Keep Closeness Kind While You Heal

You do not have to force yourself to be intimate while you are uncomfortable or in the middle of treatment, but you also do not want distance to become a habit. Talk about ways to be close that feel safe right now: a long hug, a walk together, sitting close while you watch something, a back rub. Ask him what he needs too. If intimacy is painful, please tell your doctor.

Step 7: After the Conversation

One talk is a beginning. Here is how to keep things moving.

1. **Thank him for listening,** even if it was awkward, and **agree on one next step,** such as “I am seeing the doctor on Thursday,” or “Would you like to come with me?”
2. **Check in gently** a week later. A short “How are you feeling about everything?” is enough.
3. **Give him time.** Some men need a day or two to take it in, and trust rebuilds slowly, one honest moment at a time.

If He Does Not Respond With Care

Most husbands, once they understand, respond with relief and support. But if he mocks you, shames you about your body, threatens you, or makes you afraid, that is not about your health. That is about how you are being treated.

Please do not face that alone. Speak to a trusted friend, a family member, a counsellor, or a support service. And you can always see a doctor first and share only as much as you feel safe sharing.

Your health question is never a reason for anyone to make you feel small.

Say your first sentence. Take a breath. And when you are ready, give him the next page.

For Him: What Your Wife Wants You to Know

Your wife has given you this page because she trusts you.

She has been dealing with a common health problem that has caused her a lot of worry. She is taking care of it, and she wants you to understand.

What is happening. Every woman's body has friendly bacteria that keep things in natural balance. Sometimes that balance gets upset. It can happen because of heat and sweat, periods, antibiotics, strong soaps or cleaning products, stress, or sometimes for no clear reason. When it happens, it can cause an unusual smell or discharge, and it can make a woman feel very self-conscious. It is common, and with the right care it can usually be managed.

What it is not. It is not a sign that she is dirty. It is not a sign that she has stopped loving you or wanting you. And it is not proof of anything about anyone's faithfulness. A doctor can explain what her tests show. Please do not guess, and please do not accuse.

How you can help.

1. **Listen without joking or pulling a face.** Your reaction is the thing she has been most afraid of.
2. **Say "thank you for telling me."** Those words mean more than you know.
3. **Be patient about closeness for now.** She may need time, and she may be uncomfortable.
4. **Offer to go with her to the doctor,** or help her remember her follow-up and her medicine.
5. **If the doctor suggests you be checked too,** do it without blame. It is routine, and it is part of taking care of each other.

Please avoid. Making jokes about it. Comparing her to other women. Talking about it with family or friends without her permission. Rushing her to feel better.

She is not asking you to fix it. She is asking you to be on her side. That is all she needs from you.

BONUS #3

The Shield-Safe Shopping & Swap List

What to buy, what to leave on the shelf, and a checklist to screenshot before you shop.

Here is a quiet truth about this problem: someone is always trying to sell you the next fix.

A wash that promises “freshness.” A spray that promises “confidence.” A tablet, a tea, a cream, a herbal something that a stranger swears by. Every one of them costs money, and many of them feed the very loop we broke in the main guide.

This list is here to save you money and stop you bringing the Clean-Rebound Loop home in a bottle. It takes the guesswork out of the shop, the pharmacy, and the market, so you know what to pick up and what to walk past.

The Golden Rule of the Shelf

If it is scented, antiseptic, or promises to “deep clean,” “deodorise,” or “tighten” down there, **put it back.**

Remember what you learned: the inside cleans itself, and the outside only needs plain warm water. You do not need a special product for this area. If you want to use soap, a mild, fragrance-free one on the outer skin only is plenty.

That one rule will keep you away from most of the products that do harm.

How to Read a Label in 30 Seconds

You do not need to be a scientist. You only need to know a few words.

Look for…	Put it back if it says…
Fragrance-free	Fragrance, parfum, perfume, “fresh scent”
Mild, gentle, or for sensitive skin	Antiseptic, antibacterial, or medicated (unless your doctor prescribed it)
A short, simple ingredient list	Deodorising, odour control, or “freshness” for intimate use
100% cotton on the underwear tag	Tightening, whitening, brightening, detox, or herbal cleanse
Unscented pads and liners	Scented pads, liners, tampons, or wipes

Two small tips. First, “fragrance-free” is the safest wording. “Unscented” products can sometimes contain a masking fragrance, so check the ingredients. Second, words like “pH-balanced,” “dermatologically tested,” or “gynaecologist approved” are marketing. They do not prove that you need the product.

What to Put in Your Basket

At the pharmacy:

- Plain, unscented pads, and tampons or a menstrual cup if you use them
- A mild, fragrance-free soap or body wash for the outer skin only
- A water-based, unscented lubricant, if you use one
- Condoms, if your doctor suggests them while you recover (ask which kind)

And one question worth asking the pharmacist: *"Is there a probiotic with good evidence for someone like me, and which one?"* That single question can save you a lot of money.

At the supermarket or market:

- Cotton underwear (more on this below)
- A mild, fragrance-free laundry detergent for washing underwear
- Clean cotton towels and soft cotton cloths for washing
- Loose, breathable clothes for hot days, long journeys, and workouts
- A small cotton pouch for the spare underwear in your handbag
- A water bottle you will actually use

What to Leave on the Shelf

I know some of these are in nearly every bathroom, so please do not feel bad if you own them. Just stop buying them.

- Dettol and antiseptic liquids for your body
- Scented pads, liners, and wet wipes
- Sprays, powders, and "freshness" washes for the intimate area
- Fabric softener for underwear
- Herbal inserts, steaming products, and "tightening" items
- Anything that promises to cure this in a few days

The Underwear and Fabric Guide

Underwear is the one place worth spending a little care, because it is next to your skin all day.

Best: 100% cotton. It lets air through and does not trap heat and moisture.

Good: Cotton with a cotton lining (often called the gusset). Lace trim is fine if the part touching your skin is cotton.

Use sparingly: Nylon, polyester, satin, and lace. They hold heat and damp. An occasional special outfit is fine, but they should not be your everyday pair.

Check the fit. If the elastic leaves deep red lines, go up a size. Tight underwear is a Shield Breaker too.

Wash before wearing. New underwear should be washed with a mild detergent, rinsed well, dried fully in the sun, and ironed, just like in Chapter 5.

Own enough. Aim to have enough cotton pairs that you can change daily without stress, plus a spare or two for hot days and hard days.

Watch your outer layers. On long, hot days, choose loose or breathable trousers, skirts, and dresses over skin-tight leggings or jeans.

Sleep loose. Wear loose cotton to bed, or nothing at all if you are comfortable.

Replace when tired. When the fabric wears thin or the elastic gives up, let it go.

Marketing Traps That Waste Your Money

You now know what to look for. Here is what to watch out for.

- **"Natural" and "herbal" do not mean gentle.** Plenty of natural things irritate.
- **Expensive does not mean safer.** Some of the harshest products cost the most.
- **Testimonials are not tests.** A stranger's success story does not tell you what is in the bottle.
- **A promised cure is a red flag.** No shop product can honestly promise to cure recurring odour in a few days.
- **Antibiotics without a test are a gamble.** Buying them over the counter and guessing is one of the fastest ways to end up back in the loop.

If a product makes you feel hopeful, ask yourself one question: *"Does this remove something that feeds the loop, or does it add something new?"* The best changes are almost always the ones that take something away.

Your Screenshot Checklist

Screenshot this page and keep it on your phone. Open it before you shop.

SHIELD-SAFE SHOPPING CHECKLIST

Ask before you buy

- [ ] Is it fragrance-free?
- [ ] Is it for the outside only, with nothing that goes inside?
- [ ] Is it free of antiseptic, antibacterial, deodorising, tightening, whitening, and “cleansing” claims?
- [ ] Does the underwear tag say cotton?
- [ ] Do I already have something at home that does this job?

Put in the basket

- [ ] Unscented pads (and tampons or a cup, if I use them)
- [ ] Mild, fragrance-free soap for the outer skin only
- [ ] Water-based, unscented lubricant, if I use one
- [ ] 100% cotton underwear, or cotton-lined
- [ ] Mild, fragrance-free laundry detergent
- [ ] Clean cotton towels and soft cloths
- [ ] Loose, breathable clothes for hot days and workouts
- [ ] A small cotton pouch for my handbag spare

Leave on the shelf

- [x] Dettol and antiseptic liquids for the body
- [x] Scented pads, liners, and wet wipes
- [x] Sprays, powders, and “freshness” washes
- [x] Fabric softener on underwear
- [x] Herbal inserts, steaming, and “tightening” products
- [x] Anything that promises a cure in a few days