

THE WOMEN'S INTIMATE HEALTH CHECKLIST™



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50 Everyday Habits That May Help Support Intimate Comfort, Protect Your Skin Barrier, and Reduce Common Irritants



GENTLE DAILY CARE



SMART CLOTHING CHOICES



REDUCE COMMON IRRITANTS



SUPPORT OVERALL WELLNESS



SIMPLE DAILY CHECKLISTS

Small Habits. Big Comfort. Better Health.

PRACTICAL EASY TO FOLLOW MADE FOR REAL WOMEN

- ✓ Hygiene Habits
- ✓ Clothing Tips
- ✓ Lifestyle Habits
- ✓ Weekly Planner
- ✓ Monthly Review

A COMPANION WORKBOOK TO THE BARRIER RESET METHOD™

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By Dr. Purity Ayodeji

Companion Guide to: *The Barrier Reset Method™*

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Introduction

Small Daily Habits Create Big Health Wins

When people think about improving their health, they often imagine making huge changes.

Joining a gym.

Buying expensive supplements.

Following complicated routines.

But that's rarely where lasting change begins.

Real change usually starts with small decisions you make every single day.

Think about brushing your teeth.

It takes only a few minutes.

Yet doing it consistently protects your smile for years.

Your intimate health works the same way.

Healthy daily habits don't guarantee you'll never experience irritation.

But they can help reduce exposure to common irritants, support your skin's natural barrier, and make it easier to notice when something isn't right.

This workbook is designed to help you build those habits—one checklist at a time.

You don't have to remember everything.

Simply follow the lists.

Chapter 1

Your Morning Comfort Routine

How you begin your day often influences how comfortable you feel for the rest of it.

The goal isn't perfection.

The goal is consistency.

Morning Checklist

- Bathe using lukewarm water.
- If using a cleanser, choose one that is gentle and fragrance-free for external use.
- Pat the area dry gently.
- Wear clean underwear.
- Choose breathable clothing whenever practical.
- Drink your first glass of water.
- Take any prescribed medication as directed.
- Check how your body feels today.
- Avoid applying unnecessary scented products.
- Start your day without worrying about "what if."

Morning Reflection

How comfortable do I feel today?

- Excellent
- Good
- Fair
- Uncomfortable

Today's goal:

Chapter 2

The Everyday Checklist Every Woman Should Follow

Many flare-ups happen because of small everyday habits.

These reminders help keep your routine simple.

Hygiene Checklist

- Keep cleansing gentle.
- Avoid excessive washing.
- Avoid scented intimate sprays.
- Avoid perfumed wipes.
- Replace towels regularly.
- Wash hands before applying products to sensitive areas.
- Never share towels.

Clothing Checklist

- Wear breathable underwear.
- Avoid staying in wet swimwear.
- Change out of sweaty gym clothes promptly.
- Avoid extremely tight clothing for long periods.
- Wear clean underwear daily.
- Sleep in comfortable clothing.

Bathroom Habits

- Use clean toilet tissue.
- Wipe from front to back after using the toilet.
- Wash hands after using the restroom.
- Avoid lingering in damp underwear after accidents or leaks.

At Home

- Change bed sheets regularly.
- Wear loose clothing when relaxing.
- Stay hydrated.
- Take time to relax.

When Traveling

- Pack extra underwear.
- Carry fragrance-free products if needed.
- Stay hydrated during travel.

- Change clothes after long journeys if damp or uncomfortable.

Chapter 3

Hidden Irritants Most Women Never Think About

Many women focus only on soaps.

But irritation can come from surprising places.

Let's look at some commonly overlooked possibilities.

Product Checklist

- New laundry detergent
- Fabric softener
- New soap
- Bubble bath
- Wet wipes
- Body lotion
- Pads
- Panty liners
- Lubricants
- New underwear fabric

If you notice symptoms after introducing a new product, make a note and discuss persistent concerns with your healthcare provider.

Heat & Sweat Checklist

- Shower after exercise if possible.
- Change damp clothing promptly.
- Stay cool in hot weather.
- Dry the external genital area gently after bathing.

Stress Checklist

Today I...

- Took time to rest.
- Walked outside.
- Read a book.
- Prayed or meditated.
- Practiced deep breathing.
- Talked to someone I trust.
- Got enough sleep.

Stress doesn't cause every health problem.

But reducing stress supports overall well-being.

Chapter 4

Lifestyle Habits That Support Healthy Skin

Healthy skin begins with healthy living.

You don't need perfection.

Just progress.

Nutrition Checklist

- Ate fruits today.
- Ate vegetables today.
- Chose whole grains.
- Limited highly processed foods.
- Drank enough water.

Sleep Checklist

- Slept at least 7 hours.
- Went to bed on time.

- Reduced screen time before sleep.

Exercise Checklist

- Moved my body today.
- Changed clothes after exercising.
- Stayed hydrated.

Wellness Checklist

- Managed stress.
- Took prescribed medication correctly.
- Paid attention to any new symptoms.
- Contacted my healthcare provider if symptoms worsened or persisted.

Chapter 5

Your Weekly Barrier Reset Planner

Every Sunday, spend five minutes reviewing your week.

Weekly Review

This week I...

- Felt more comfortable.
- Noticed fewer symptoms.
- Identified possible triggers.
- Avoided scented products.
- Stayed hydrated.
- Slept well most nights.
- Exercised safely.
- Continued my symptom journal.

Questions for Reflection

What helped me most this week?

What habits need improvement?

Do I need to book a healthcare appointment?

Yes

No

If yes...

When?

Monthly Self-Check

At the end of every month ask yourself:

Have my symptoms improved?

Yes

No

Have I noticed recurring patterns?

Yes

No

Am I following healthy daily habits?

Yes

Mostly

Not yet

Do I need professional medical advice?

Yes

No

The Women's Intimate Health Master Checklist™

Daily

- Gentle hygiene
- Breathable underwear
- Hydration
- Healthy meals
- Stress management
- Comfortable clothing
- Adequate sleep
- Symptom awareness

Weekly

- Wash towels regularly
- Change bed sheets
- Review symptom journal
- Replace worn personal care items if needed
- Review any recurring triggers

Monthly

- Review your progress
- Schedule routine healthcare appointments as appropriate
- Update your health records
- Continue healthy habits

Final Encouragement

Healthy living isn't about doing one big thing once.

It's about doing small things consistently.

Every checklist you complete is a reminder that you're investing in yourself.

Remember the heart of **The Barrier Reset Method™**:

- **Protect your skin with gentle care.**
- **Reduce exposure to common irritants.**
- **Pay attention to patterns instead of panicking.**
- **Know when to seek professional medical advice.**

These habits won't promise perfection, but they can help you build confidence, support your overall well-being, and make informed decisions about your health—one day at a time.

About the Author

Dr. Purity Ayodeji

Dr. Purity Ayodeji is a health educator dedicated to helping women understand intimate wellness through practical, evidence-informed guidance. Her goal is to replace fear and confusion with knowledge, empowering women to make informed decisions and seek appropriate care when needed.

Medical Disclaimer

This workbook is intended for educational purposes only and does not replace professional medical advice, diagnosis, or treatment. If you experience severe, persistent, or recurring symptoms—or any concerning changes—consult a qualified healthcare professional promptly. Always follow the advice of your healthcare provider regarding your individual health needs.