

WILD WOMAN WEEKLY

WITCHY SH*T FOR WILD WOMEN & MENSTRUATING HUMANS

ISSUE 05: APRIL 21, 2021

CYCLE WISDOM

Cervical fluid or discharge:
What's the difference?

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*WITCHY SH*T*

Vaginal Self-Care:
The Do's & Don'ts

GIMME THAT WITCHY SH*T ► Page 5

PRODUCT FEATURE

Vulvar Self-Care Faves

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WEEKLY MANTRA & RITUAL

To keep our sh*t
together, am I right?!

TELL ME MORE ► Page 8



Hello!

Welcome to the Wild Woman Weekly newsletter!

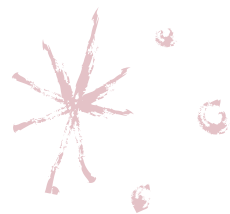
I am so excited to connect each week and share with you cycle wisdom tips, *mantras & rituals*, hormone healthy products, and *general witchy sh*t* to help you awaken the wild woman within!

This newsletter is a sacred, wild respite from all the noise & **influencing** (#barf) on social media.

My soul has been craving, dreaming, longing for this space for quite awhile now. If you've been feeling the same way too, I'm glad you've found us.

Welcome home.

xoxo, Brandy



WEEKLY UPDATE



by Brandy Oswald

This week I'm partnering up with my friends at L'ATELIER des artistes for an Instagram takeover and an epic vag & vulvar self-care giveaway! We're gifting one lucky babe a gift box filled with 100% organic yoni steam herbs, botanical oil for ingrown hairs & razor burn, and a pH balanced cleanser for vulvar care. You can check out the giveaway and enter [here](#)!

All this vagina and vulvar talk got me thinking - I'm pretty sure most people think the vagina and the vulvar are the same thing AND we've all got pretty much no idea how we're supposed to take care of our intimate bits.

In this week's WILD WOMAN WEEKLY I'm diving into the BIG differences between the vagina and the vulva. Spoiler Alert - One is self-cleaning and the other isn't!

Throw out your vaginal douches and heavily-scented "feminine" washes and get ready to learn how to **really** take care of your downstairs dream team - Vagina + Vulva.

Self-care products, witchy sh*t, and this week's ritual and mantra are all vagina & vulvar friendly... not many things can say that these days!

in alignment with the phases of your cycle and, quite literally, *go with the flow*.

CYCLE WISDOM



Cervical Fluid or Discharge?

by Brandy Oswald

"What's the difference between cervical fluid and discharge?"

This is a question that I get asked all the time. It really highlights how little we were taught about our bodies in school or at the doctor's office. So, let's clear things up...

If you define vaginal discharge as anything that comes out of your vagina, then, yes, cervical fluid is a type of vaginal discharge. However, not all vaginal discharge is cervical fluid.

For example, yeast infection discharge and bacterial vaginosis discharge are not types of cervical fluid as they are not produced by the cervix, but by an imbalance in the vaginal microbiome.

Cervical fluid is made by crypts in the cervix walls. Wet and slippery cervical fluid is made leading up to ovulation as a result of increasing estrogen. Thick and tacky cervical fluid is made following ovulation under the influence of decreasing estrogen and rising estrogen.

[Learn more here.](#)



WAIT, WHAT?!



Did you see I'm doing a vulvar care giveaway with L'Atelier Des Artistes til Friday?!

Organic yoni steam herbs, rejuvenating botanical oil for ingrown hairs & razor burn, a pH balanced cleanser, and more!

[Check it out and enter on Instagram @sauvagewellness](#)

DID YOU HEAR?

My fave organic undies company Knickay now offers recycling for all your old undies that are falling apart! (I'm looking at you old period-stained panties.) [Learn more here.](#)



YES, PLEASE!

Earth Day is tomorrow, so I wanted to share that my fave disposables company [Natracare](#) makes 100% compostable period products!

WITCHY SH*T



THE DO'S & DON'TS OF VAGINAL SELF-CARE

BY BRANDY OSWALD

Another topic I get asked about all the time is "How do I clean my vagina?" So let's go there.

First & foremost, your vagina does not need ANY cleaning. The internal vagina is self-cleaning. Vaginal douches disrupt our delicate balance.

And, if anyone tells you that the vagina is dirty or needs cleaning - RUN!

The vulvar area, on the other hand, does require gentle cleansing. The vulvar area is the external stuff - the hair covered pubis, outer labia, inner labia,

clitoris, & vaginal and urinary openings.

For vulvar care - keep it simple. Cleansing with water and hands is best for the inner bits and a little mild soap on the outer bits.

[Learn more about vulvar care.](#)

VULVAR



Dr. Bronner's Unscented Soap

If you're using anything but water, mild soap is the best. My all-time fave is Dr. Bronner's baby unscented castille soap. It's 100% organic oils with no fragrance, not even essential oils.

Love this one for face, hand, & body soap too!

CARE

Organic Yoni Steam Herbs

Yoni steams can be soothing for vulvar care too! [Get 20% off this organic rose & lavender blend through L'Atelier with code: SAUVAGE](#) (Expires 4/22)



FAVES

Lady Suite Botanical Oil

Great for calming razor burn & ingrown hairs on the bikini line! [Get 20% off this natural blend through L'Atelier with code: SAUVAGE](#) (Expires 4/22)

WEEKLY RITUAL



Vulvar Exploration

By Brandy Oswald

For some of us, this week's issue of WILD WOMAN WEEKLY may be the very first time that you heard that the vagina was only the internal vaginal canal and not all the external bits. And, either way, we probably could all benefit from learning more about our intimate parts.

Our partners are often more familiar with what our vulvas look and feel like than we are - How weird is that, right? It's a part of our body and yet we are so unfamiliar with it.

Well, that ends now - if you'd like!

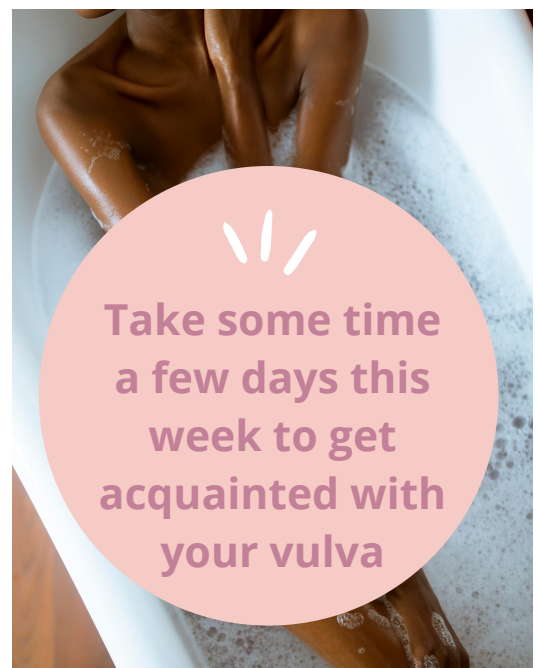
Get out your mirror and take a look. What do you see?

Colors? Shape? Size?

Maybe attempt to draw what you see.

With clean hands gently feel your vulvar area and notice how it feels.

If it feels triggering, pause and choose if it makes sense to try again at a later time. *(Read: Trauma is real. No need to push it.)*





Weekly Mantra

***My body is
unique & that is
important.***



CONCEIVE WITH CONFIDENCE



with Brandy Oswald
& Sauvage Wellness



WILD WOMAN NEWS

NEW COURSE COMING MAY 2021!

Conceive With Confidence course is for anyone who is looking to conceive in the next year and wants to learn how to use cycle tracking to optimize their chances of getting pregnant naturally AND uncover potential hormonal imbalances that could be hindering fertility.

[GET THE FULL DETAILS➤](#)

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sauvagewellness.com/contact

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