



HEALTH


# LADY

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**SAY HELLO TO  
YOUR LITTLE FRIEND  
DOWN THERE**

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**Cookie jar, honeypot, pussycat – let's get down to business: It's called a vagina. A vah-ji-nah. For whatever reason, some people avoid calling the vagina by its actual name as if the word is forbidden. Sure, it's not the sexiest word around, but its allure is well known. It's an organ most of us have come into contact with (in one way or another) but we tend to shy away from openly talking about it. Ladies and gentlemen, it's time to get intimately acquainted with this strong yet demure organ as more than just some fruit that shall not be named.**

#### **ALLOW HER TO REINTRODUCE HERSELF**

If you've been calling that fleshy part between a woman's thighs the vagina, then you are very much mistaken. What most of us think of as a vagina is actually the vulva, or the external part of the female genitals. The vagina is actually more like a muscular tube, roughly 7-8 cm in length, that leads to the cervix and ultimately the uterus. When aroused, it can expand up to 12 cm. The vagina is more than just a pathway, though: It can indicate what's happening inside your body, cleaning itself with a liquid secretion called vaginal discharge. This discharge is not only a lubricant, but also provides protection against infections and diseases. Although the colour and consistency of this liquid changes based on where you are in your menstrual cycle, it's worth noting what your normal state is because any deviation could signal a potential health problem or high fertility. For example, according to the US

Department of Health and Human Services, if ever your discharge looks like egg whites then you should probably avoid sex – unless you're looking to have a bun in the oven; then, proceed. Lady V is more than accommodating.

#### **BLOSSOM OUT**

Speaking of accommodating, do you remember hearing comments that would refer to women who have had tons of sex as being 'loose' down south? Well, allow us to completely dispel the lie. According to Dr Justin J Lehmillier, there are only two things that could lead to the loosening of the vagina: old age and (for some women) vaginal childbirth. Other than that, the vagina is pretty much like an elastic band – it stretches when necessary then snaps right back into place. The vagina isn't just all work and no play, though. Ladies, no one should know your vagina better than you. Partners, treat Lady V delicately. You wouldn't fry an egg on a cold pan so be gentle and allow her to warm up to you. Then you'll really be cooking. Also, don't mind if the big O isn't within your reach like in the movies – you know the ones. The all-too-elusive G-spot is more like a UFO: Although some women have experienced the bliss it can bring, experts have yet to prove the existence of this 'spot', so no worries. In this instance, knowledge is power and pleasure.

Self-cleaning, adaptable – the vagina is a beautiful thing. Not only does she have a sensual side, but she serves as the portal through which many of us entered this world. So the next time you refer to Lady V, say her name and say it with conviction. Vagina.