



Vagina oracle

INTIMATE TIPS AND
TRICKS

Written by the Netherlands first vagina
coach

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NANA
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I go by many names.... Poenie coach, vagina doctor, Queen of the vaginas, Nunu expert, pumpum doctor etc.

But I am Queen mother Nana Afia Fofi Assumaniwa Nkonsuhema the first...

Aka Laucyna Bodaan The Netherlands' first vagina coach. I am also an initiated medicine woman



Foreword

As a vagina coach, i Laucyna Bodaan thinks it is very important that women learn to love their vaginas. You have to be 1 with your vagina, no shame just love. In this book I take you through my personal story that led to me becoming a Vagina coach. I also take you into the herbal world of the vagina and uterus. I give useful tips and tricks on how you can take care of your vagina in a natural way. How you can compose herbs yourself to learn to create your own intimate routine at home. There is nothing more magical than your mystical bond with your vagina and your womb. In this book I hope to give you a push to restore or rebuild your mystical bond with your vagina, but also with your uterus.



My vagina story

As the writer of this book, I also have to come up with my own vagina story, so here's a short version. I had to think for a moment where my story started. My first real memories of my vagina were from when I was about 5/6 years old. The boys were peeing and I wanted that too. So I tried really hard to pee standing up. Also at school where I was caught and bullied for doing it. I think I was ten when I first examined my vagina and I found out that the clitoris has a foreskin that you could pull back because there was white sludge under it. I still have that image printed on my eyes and teach my children this from a young age. I was around 12 years old when I got my first period and hair. It was quite a moment I received a bunch of white roses from my mother with 1 red rose in the middle. In addition, I received sanitary pads and yes that was it. It was so dirty I didn't even dare to wash it. So I didn't do that well either, so I quickly passed the shower over it to rinse of the blood. As long as I didn't have to touch it, too much blood for me. This was something I later thought about, I really needed some coaching there. And I was 17 when I had sex for the first time, which I didn't even like. It didn't go anywhere, it hurt. Only the second time it went well and it was still not nice. It was also until I was about 22 that I first had an orgasm during sex. I was so embarrassed and tried to hide it and pretended nothing had happened. I quickly realized that it was easier to give your body than to give yourself intimately. I had sex physically but not mentally, I didn't dare.



was 23 and living in Aruba when I got pregnant for the first time and that was hell for me. It was our first child for both of us so it was all very exciting. I was dead and dead sick every day all day for the first 6 months. The first few weeks I woke up at 6 am and ran to the toilet with a bucket to throw up, poop and pee all at once. I no longer dared to have sex because I was convinced that it would affect my baby. And I spat a quarter bucket full a day all day. Nothing stayed inside it was really heavy. It was until I moved back to the Netherlands at 6 months pregnancy that I started to feel better. I myself thought it was the food, I really craved dutch foods and things like that. It didn't take long either and i started to gain weight. My blood pressure also started to rise more and more. A few days before the due date I had to go to the midwife, i was immediately sent to the hospital. Blood pressure was too high and I had to be induced the next day. The plan was to give birth without an epidural, unfortunately that turned out completely differently. Touching hurt so much that I was advised to take an epidural anyway. The delivery went well in that aspect, but i was cut without me knowing. After giving birth I was allowed to go home after 2 days. Bringing a baby home for the first time, wow that was scary. A human life in my hands and I had to keep her alive my first child. She slept on top of me, I didn't dare let her sleep in her bed. Stories about cot death completely captivated me, this would not happen to my child.