

HOLISTIC WOMB

mini SELF-CARE GUIDE



IRENE *Sanchez-Celis*

ILLUMINATING *and* LIBERATING *the* FEMININE

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Hello You!

I am so excited you have decided to take your holistic womb assessment to find out more about yourself. Our womb is our power center; it has the capacity to create life! This magic allows us to channel our energy into every creative endeavor. By reconnecting with our wombs, we reclaim our wild feminine energy and shine our light into the world.



THE POWER OF WOMB CARE

Your womb is a sacred portal of creation, intuition, and vitality. Caring for your womb is an act of self-love that supports hormonal balance, emotional well-being, and creative flow. By nurturing your womb with mindful practices, you cultivate deeper self-awareness, resilience, and overall health.



THE IMPORTANCE OF SACRED SEXUALITY IN WOMB HEALING

Sacred sexuality practices, rooted in ancient wisdom, harness your life-force energy to restore harmony, deepen self-connection, and enhance pleasure as a healing tool. Engaging in these practices can support emotional release, balance your cycle, and awaken the full potential of your feminine energy.



DAMP WOMB

A Damp Womb refers to an accumulation of dampness in the body, particularly in the reproductive system. Symptoms include feelings of heaviness, sluggish digestion, sugar cravings, brain fog, tiredness after eating, and frequent yeast infections. From a Traditional Chinese Medicine (TCM) perspective, this condition often stems from poor diet (excessive sugar, dairy, and processed foods), lack of movement, spleen deficiency, prolonged stress, or living in a humid environment.



DAMP WOMB

Self-Care Practices

Simple yet powerful practices can help restore balance

Move Daily: Gentle exercise supports circulation and mental clarity.

Clean Up Your Diet: Avoid cold, greasy, and sugary foods; eat warm, nourishing meals.

Fire Breathing: Engages the core and boosts vitality.



DAMP WOMB

Self-Care Practices

Simple yet powerful practices can help restore balance

Heat Therapy: Sauna sessions help eliminate dampness.

Probiotics: Supports gut health and prevents imbalances.

Sacred Sexuality Practices: Womb massage and vaginal steaming clear stagnation and enhance energy flow.



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Your Journey Begins Here

This freebie is just the beginning! Each womb type has its unique needs, and by honoring them, you empower yourself and your creative endeavors. Please share your experiences; I would love to hear about your journey!

www.irenesanchezcelis.com
hello@irenesanchezcelis.com





LOVE & GRATITUDE

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