



BONUS #2



WHEN VAGINAL ODOR *Is Not* THE FRESHNESS GAP



(SELF-ASSESSMENT GUIDE)



A Simple Self-Assessment Guide
Every Woman Should Read



RECOGNIZE
THE SIGNS



KNOW THE
WARNING SIGNS



SELF-ASSESSMENT
CHECKLIST



WHEN TO SEEK
MEDICAL ADVICE



YOUR HEALTH
MATTERS



A SPECIAL COMPANION GUIDE TO
THE MONTHLY RESET SYSTEM™

BY

Debby Dinna



When Vaginal Odor Is NOT the Freshness Gap

A Simple Self-Assessment Guide

The Monthly Reset System was created to support women who experience a temporary loss of freshness or confidence after their monthly cycle.

However, it is important to understand that not every odor is part of the Freshness Gap.

Sometimes odor can be a sign that something else requires attention.

This guide will help you identify when it may be time to speak with a healthcare professional.

First, Ask Yourself These Questions

1. Does the odor persist for weeks?

☐ YES

☐ NO

A temporary change in freshness after menstruation may improve with time and good hygiene habits.

However, if an odor continues for several weeks without improvement, it may be worth investigating further.

2. Is the odor unusually strong or sudden?

☐ YES

☐ NO

A noticeable change that appears suddenly and becomes increasingly strong may indicate that something other than the Freshness Gap is occurring.

3. Do you have an unusual discharge?

☐ YES

☐ NO

Pay attention to discharge that is significantly different from your normal pattern in color, consistency, or amount.

4. Do you experience itching, burning, or irritation?

☐ YES

☐ NO

The Freshness Gap is primarily about feeling less fresh or confident after your cycle.

Persistent itching, burning, redness, or irritation should not be ignored.

5. Do you experience pain?

☐ YES

☐ NO

Pain during urination, walking, daily activities, or intimacy may indicate that professional evaluation is needed.

6. Does the odor return repeatedly despite good hygiene practices?

☐ YES

☐ NO

If the issue keeps recurring month after month, it may be helpful to speak with a qualified healthcare provider.

When You Should Consider Seeking Medical Advice

Consider speaking with a healthcare professional if you experience:

- ✓ Persistent strong odor
- ✓ Unusual discharge
- ✓ Burning sensations
- ✓ Itching or irritation
- ✓ Pain or discomfort
- ✓ Symptoms that worsen over time
- ✓ Symptoms that interfere with your daily life

What The Freshness Gap Is NOT

The Freshness Gap is not a diagnosis.

It is not an infection.

It is not a disease.

It is simply a term used in this guide to describe the temporary period some women experience after menstruation when they may feel less fresh, less confident, or more aware of personal odor.

If symptoms go beyond this experience, professional medical guidance is always the best option.

Trust Your Body

You know your body better than anyone else.

If something feels unusual, persistent, or concerning, trust your instincts and seek appropriate medical advice.

There is no shame in asking questions.

There is no shame in seeking help.

The goal of feminine wellness is not just feeling fresh.

It is feeling healthy, comfortable, and confident.

Final Reminder

The Monthly Reset System is intended as a personal self-care routine.

It is not intended to diagnose, treat, cure, or prevent any medical condition.

If you have concerns about your health, consult a qualified healthcare professional.

Your comfort matters.

Your confidence matters.

And most importantly, your health matters.