



BLOSSOM FROM WITHIN



SECRET CERES USER MANUAL

– Blossom from within –

Welcome to the world of Secret Ceres. Please take the time to read this guide thoroughly. It contains valuable information that will help you navigate your YONIVERSE and ensure that you receive the most benefits from your Secret Ceres.

In this guide you will find:

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“EVERYTHING ORIGINATES IN THE CENTER OF A WOMAN
THIS CENTER IS THE SOURCE OF HUMAN LIFE.”

– Marence Bart-Williams –

PHILOSOPHY

We honor the wisdom of the women who came before us, withstanding the test of time through us. We believe in timeless bodies and eternal youth. We give our bodies the ultimate tools and nourishment to sustain their beauty. We are a living dream and we are living a dream, at home in our bodies: holy queenoms that we honour, rule, cherish and adorn with the highest of the high. We radiate a beauty that is blinding because we shine from a source so deep within. We crown the queens and we adorn the goddesses with an essence so pure and light it can lift the skies. We remember to remember who we used to be and what it feels like. We master the powers that are ours, of our mothers, our grandmothers and even greater, grander mothers, the mother's nature and mother nature. Our lineage runs deep, it runs way back and forth and high and wild, through the darkness of the jungles and the magnitude of the skies, down to the depth of every sea. We are the daughters of these waters – we are of it's essence and it's essence is in every part of us – we came from deep within. Every jungle is our garden in which we root and grow; into its depth we push our roots and in its skies we bear our fruits. We are feminine divine and we extend an invitation to all women to ignite their feminine divine.

–Mallence Bart-Williams | Founder of secret Ceres–



MISSION

Many businesses operate around what they do, the service they deliver, but businesses and movements that truly thrive and even change the world are connected to their mission, their big 'WHY'. For example, Martin Luther King Jr. said "I have a dream." He didn't say "I have a plan." He inspired millions because he was absolutely clear on his WHY and the truth of his convictions. The 'how' and 'what' are important but they must be rooted in a mission and come from belief in the WHY. Secret Ceres has transformed the lives of thousands of women around the world and it can do the same for you! Our Mission at Natural Body Care is two-fold: Preserving ancient wisdom and indigenous traditions in order to benefit modern women with a sense of responsibility for their bodies. Through bio-dynamic agriculture and ethical farming our business contributes to maintaining a harmonious relationship between man and the earth. We are dedicated to bringing women the gifts of nature: recipes that were handed down for many generations and which have been applied for centuries. Our work is dedicated to resurrecting the wisdom of women of a different time – forgotten secrets that called to be revived and that are much needed today. We specialize in holistic products based on ancient wisdom and traditions that stem from Africa, Asia and Native America (we are granted triple AAA access to places and spaces only few may enter). We are committed to sourcing our products sustainably, with respect for the land from which they stem.

PRODUCT BIOGRAPHY

- Our raw materials come from a fertile and biodynamic environment where they complete a natural growth cycle and ripening process.
- We select only the purest and most potent ingredients.
- Raw materials are processed at temperatures which do not exceed that of the heat provided by the sun in order to retain their bioenergetic and molecular structure.
- In order to leave the natural tree population and the pristine ecosystem intact, we harvest Sustainably
- Processing is done with the utmost care and respect for nature and its living beings.
- Biodynamic harvesting, processing and manufacturing.
- Supporting preservation of ancient botanicals and indigenous traditions and wisdom.
- Carrying on the efforts of ancient visionaries who work with the intention to benefit the world.
- Manufacturing facilities: Our facilities produce in accordance with international GMP standards (Good Manufacturing Practices) while maintaining traditional procedures and incorporating ancient indigenous wisdom in order for our products to have the desired effects on our bodies.
- Testing: All our products and ingredients are tested in state of the art analytical laboratories in Germany to ensure that we comply with international safety regulations and quality standards.

ALL INGREDIENTS ARE 100%

ORGANIC
SUSTAINABLE
HANDCRAFTED
VEGAN
BIODYNAMIC

INGREDIENTS

All our ingredients are of the highest quality. The resources for our products are found only in some of the most remote and pristine places on the planet. Wild growing botanicals cannot be grown in nurseries 'or farms. The majority of Secret Ceres raw materials come from areas in the Asian Archipelago that have no standards for organic certification. For this reason we chose to work with suppliers that share the same ethical and quality standards.

THE INGREDIENTS ARE:

- Alunite star crystal
- Ocimum sanctum seed
- Punica granatum seed extract
- Kaolin
- Eurycoma Longifolia extract
- Scaphium Affinis seed extract
- Artemisia annua root extract
- Punica Granatum skin
- Curcuma rhizome root extract
- Piper betle leaf
- Sterculia foetida seed
- Alchemeical infused holy spring water



HOW SECRET CERES WORKS

The medicinal herbs in Secret Ceres help with the biological exfoliation of the callus inside of your Yoni. It sensitizes, cleanses and regenerates your Yoni while having a positive effect on the consistency and aroma of its secretion. By shedding off the dead skin cells of the superficial layers of the vagina's epithelial skin, Secret Ceres helps regenerating and balancing the vaginal micro-flora while sustaining the humidity level and substance balance of the vagina. The synergetic interaction of selected herbal extracts, minerals and crystals balances structural deficiencies of the body while accelerating the cell renewal process in the entire body. This supports overall health and radiant skin. Due to the unique composition, its processing and the synergetic interaction of selected herbal ingredients and minerals, Secret Ceres tightens the vagina while simultaneously stimulating the body's own cleansing mechanism and the regeneration of skin cells in a completely natural manner. Secret Ceres active ingredients antifungal and antibacterial properties effectively counteract conditions that arise as a result of a state of imbalance of the flora, such as bacterial and fungal infections (Vaginal Candidiasis), vaginal dryness, inflammation of the vagina (Vaginitis), discharge (Leucorrhoea) or unpleasant odor caused by Bacterial Vaginosis.



TOP 10 REASONS WHY THOUSANDS OF SATISFIED CUSTOMERS USE SECRET CERES:

1. Rejuvenating the Vagina
Secret Ceres helps to rejuvenate the Yoni by restoring the pH and regenerating the mucous skin while naturally tightening and toning the vagina. It stimulates the body's natural cleansing process, which means a healthy, balanced, odor-free, fresh vagina, creating beauty from the inside out.
2. Eliminating Vaginal Odor
Bad vaginal odor can be an embarrassing issue. Every woman's vagina has a natural scent, but when this scent becomes overwhelming or unpleasant, you need to take action. A stronger scent is often an indication of an imbalance (i.e. infection) in the intimate area. By supporting the body's own cleansing mechanisms and bringing the pH into balance, Secret Ceres can help to rid you of unpleasant vaginal odor.
3. Tightening the Vagina
Secret Ceres helps to naturally tighten your vagina, which may be pleasurable for both you and your partner during sex. It can make you feel more youthful and confident which in turn can affect the quality of your sex life. The tightening effect can be felt immediately after the first application.
4. Fighting Vaginal Infections
Secret Ceres can support the fight against different types of vaginal infections such as mycosis, vaginitis, yeast infection, abnormal discharge, vaginal itching, bacterial vaginosis etc. by exfoliating the vaginal callus, thereby cleansing and regenerating the vagina.

5. Lubricating a Dry Vagina

A dry vagina can inhibit a woman's joy during sexual intercourse and even make sex uncomfortable without artificial lubricants. Many women have used Secret Ceres to restore an appropriate level of humidity. It uses a combination of natural botanicals to promote good vaginal moisture and health. You will feel a higher level of humidity after the first 3-5 applications.

6. Regenerating the External Skin of the Body

A woman's reproductive organs are largely responsible for her hormonal balance which in turn determines the appearance of her skin. Every woman is familiar with the adverse effects of hormonal fluctuations during menstruation on her skin. Likewise hormonal imbalances during menopause will diminish the skin's capacity to store moisture resulting in lack of elasticity. Regular use of Secret Ceres will accelerate the body's cell renewal process and after about 3-5 months the skin will appear more radiant and rejuvenated, while impurities disappear. It is recommended to use a loofah to exfoliate under the shower to support the skin's renewal process all over the body. Secret Ceres can also be used externally on larger skin parts (i.e. stretch marks), for facial masks or to treat small skin parts (i.e. pimples, smaller wounds, cuts, insect bites, scars etc.).

7. Rejuvenating and nurturing sexual organs after giving birth

Secret Ceres can support the process of healing, cleansing and toning the vagina, as well as nurturing and re-mineralizing the sexual organs after the stress placed on a woman's body during the birthing process. It also helps to tighten and tone the vagina after expanding to bear child.

8. Increasing libido and erotic sensation

The effects of the wand stimulate a woman's libido while boosting her erotic radiance as she exudes more pheromones. After the shedding of the dead skin cells in the vagina women experience a heightened sensation in the vagina which in turn enhances pleasure during intercourse. This experience can help a woman to connect more deeply to her sexual and sensual center.

9. Rebalance hormonal levels

Some of Secret Ceres botanical ingredients contain phytoestrogens which may aid in balancing the female hormone production and counteract unpleasant symptoms encountered by women during puberty, adulthood or menopause. During menopause in strong hormonal fluctuations cause discomforts such as hot flashes, headaches, insomnia, depression, fatigue, loss of libido, vaginal dryness and increased proneness to inflammation. Secret Ceres has also helped to relieve typical symptoms encountered by teenage and adult women due to hormonal imbalances, such as skin impurities, menstrual irregularities and menstrual cramps.

10. Energetic cellular purification of the Yoni

The Yoniverse (womb and Yoni) are among our most sensitive organs that do a phenomenal job throughout a woman's life cycle and the different phases (puberty, adulthood, motherhood, menopause). Trauma is stored in our cells and the womb and the Yoni in particular are a space where women store trauma, be it sexual trauma, trauma induced by invasive medical procedures or during challenging birth. The act of having a selfcare ritual for your Yoni by which old skin cells are shed from the vagina, is physically very healing, giving space for deep trauma to fully release out of your body.



HOW TO USE SECRET CERES

EXTERNAL APPLICATION:

For application on larger skin parts (i.e. stretch marks) or facial masks, wet the entire wand with lukewarm water and repeatedly rub it over the desired areas with light pressure. Ideally apply Secret Ceres after coming out of the shower or bath in order to ensure maximum absorption while the skin's pores are still open. Leave the residue of Secret Ceres on the skin to be absorbed as long as possible, preferably overnight. Once dried, you may reactivate it by spraying water onto the dried layer and by massaging it into your skin. For the treatment of small skin parts (e.g. pimples, smaller wounds, cuts, insect bites, etc.) wet the tip of the wand under lukewarm water and press it onto the affected area for approximately 2 minutes. You may treat scars by rubbing the tip of the wand over the scar while applying pressure on the skin so it may penetrate the scar tissue. Leave the residue of the stick to dry on the treated area. Thereafter rinse the stick with temperate water and dry it carefully with a towel. Repeat the process at least twice a day. Find additional info in the FAQs.

VAGINAL APPLICATION:

Briefly wet Secret Ceres under running water (room temperature) and insert approximately 1/2-3/4 into your vulva. Remove Secret Ceres after 1 minute and briefly rinse the wand under running temperate water and carefully dry it with a towel. After several minutes a tightening effect can be felt in the vagina. After approximately 24-48 hours you can expect some shedding of dead skin cells from your Yoni, leaving your Yoni supple, cleansed and rejuvenated. We recommend using Secret Ceres vaginally once a week. Secret Ceres helps restore the balance of your intimate flora and promotes a healthy pH level, while its natural ingredients nourish and regulate the vagina's moisture level. We recommend you cleanse the inside of your vagina thoroughly with plenty of water under the shower, on a daily basis while standing or squatting, by inserting your index finger and moving it in a circular motion to remove any dead skin cells that may have shed. Thereafter wash between the outer and inner labia with a washcloth. Please remember to use water only, as any chemical wash lotions or douches will offset the natural balance and may cause odour and irritation.

SIDE EFFECTS & RECOMMENDATIONS

As with any other product there are things to know and consider before using Secret Ceres. Secret Ceres is a cosmetic product and does not replace the requirement for regular consultations with your medical practitioner, particularly in relation to ongoing symptoms requiring medical supervision.

- A mild to strong burning sensation may be felt during or after the application in the case of any existing imbalance of the intimate flora or irritation of the skin around the vulva. The intensity of the burning sensation varies according to the state of the imbalance. This feeling can vary from a mild tingling sensation to an uncomfortable burning sensation and indicates the regeneration process. Normally this sensation will decrease and eventually disappear after a few applications, once the intimate balance has been restored. If the burning sensation is too uncomfortable or does not diminish after the 3rd application, discontinue use and consult your gynecologist.
- We recommend that you cleanse the inside of your Yoni thoroughly with lots of water under the shower on a daily basis, while standing or squatting, by inserting your index finger and moving it in a circular motion to remove any dead skin cells that may have shed or to simply cleanse your vaginal mucous skin of any discharge with the same care you apply to oral hygiene. Wash the area between your outer and inner labia with a washcloth to remove any dead skin cells around the glands. Please remember to only use water to cleanse your Yoni, as any chemical washing lotion or douches will offset the natural pH balance and may cause odour and irritation. If you insist on using a wash-lotion, please make sure to use a soap-free solution.

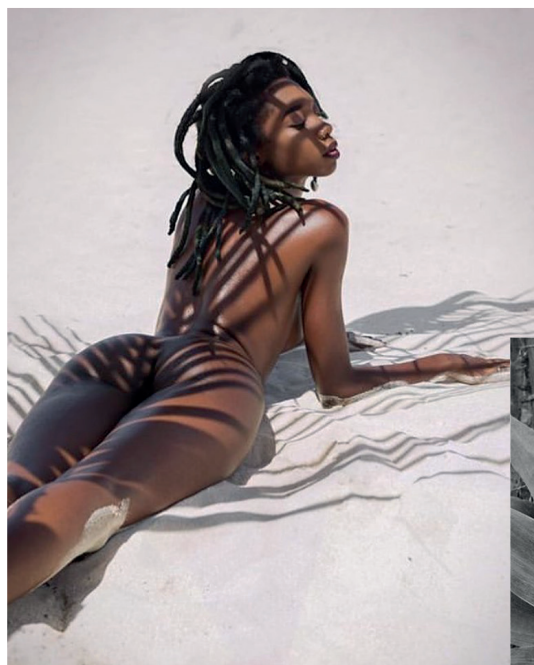
- OUR ADVICE: Be conscious what you insert into your Yoni. Physically this is the center of your body while energetically it is connected to your Root Chakra.
- Secret Ceres is a natural cosmetic product intended to enhance the condition of the skin and should at no time be used as a substitute for a doctor's diagnosis, prescription or treatment.
- Do not insert the wand fully.
- Do not use a damaged Secret Ceres internally.
- Do not leave the wand inside for more than 90 seconds.
- Do not use Secret Ceres in the vagina during menstruation.
- Do not drop the wand. Secret Ceres is very fragile, handle with great care.
- Do not use if you have a prolapse, a hysterectomy or any other severe medical condition.
- Avoid contact with eyes; in the case of eye contact please rinse the eye with cold water.
- To avoid any adverse reaction of the skin, please cleanse your vagina thoroughly with water of residues of any chemical substances (i.e. lubricants, douches, soap, special foams or serums that contain chemical substances, etc.) before inserting Secret Ceres.
- In the unusual event of Secret Ceres breaking inside of your Yoni, use your PC muscle to push out the remaining piece. This is best achieved in a squatting position while pulling the piece out with your fingertips. Alternatively you may wait about 24 hours until the piece has dissolved into a soft paste, which you can wash out with plenty of warm water using your index finger. Drinking lots of water to keep your mucous skin hydrated and taking a hot bath will accelerate the process of dissolving Secret Ceres inside of you. Don't over strain. The worst case is that it feels uncomfortable, but it will dissolve.
- Please use only as directed and keep away from children.

CARING FOR YOUR SECRET CERES

Each Secret Ceres wand is individually handmade in accordance with an ancient traditional recipe, for this reason Secret Ceres is produced in limited quantities. One of the characteristics of a handmade product is that size, shape and color of each wand may vary. We do our best to ensure that your Secret Ceres reaches you in an impeccable condition. All of our ingredients are tested in a German state of the art laboratory and we manufacture Secret Ceres in a GMP certified warehouse to meet the highest international quality standards, while honoring and maintaining its traditional alchemical character. Here are some tips that ensure you will enjoy the benefits of Secret Ceres and maximize your wand's life span. With proper care each Secret Ceres wand can last up to 1 year. In order to prolong the lifespan it is important to minimize its contact with water as it dissolves and reduces in size every time it comes in contact with water.

- After using SECRET CERES rinse the wand under running temperate water and then carefully dry it with a towel.
- After drying the wand, store Secret Ceres in its original packaging. Keep your Secret Ceres dry at all times unless you are prepared to use it or rinse it.
- Secret Ceres is very fragile, similar to porcelain. Please handle with utmost care, especially when placing on any hard surface. Be careful not to drop Secret Ceres as it might break. It is best to use it when standing or lying on-top of a soft surface, in case you accidentally drop it.
- Do not use very hot or very cold water to rinse Secret Ceres. The crystals do react to temperature changes and will either expand or contract which might cause the product to crack or break. Please make sure the water is room temperature whenever you wet or rinse Secret Ceres.
- Do not use Secret Ceres under the shower or in the bath as it dissolves when in contact with water. To maximize the lifespan of your product, always dry carefully with a towel after briefly rinsing it after each use. This prevents it from becoming porous.

- Do not clean Secret Ceres with soap, disinfectants or detergents. Secret Ceres is entirely natural product and should not come into contact with chemical substances.
- Do not expose Secret Ceres to extreme temperatures. Crystals react to temperature shifts and will either expand or contract which may cause the product to crack or break. During extremely cold weather conditions keep Secret Ceres in room temperature for 24 hours, so that the crystals can acclimatize, before using it, to avoid possible cracks in the material.



SELF CARE RITUAL

The YONIVERSE is one of the most misconceived parts of the female body. No other body part is doomed with as much controversy as the vagina: pain, pleasure, medical conditions, problems, shame, desire and disgust are associated with this single body part in equal capacity. The YONIVERSE undoubtedly performs the most complex process in our bodies, so complex that no brain in the world has managed to simulate it.

Considering its unparalleled function in the female body and its importance to humanity, the amount of time and care given to the YONI is relatively insignificant. When we compare the amount of time women spend on their hair care, skin care, oral care, manicure and pedicure, the attention the YONI receives is hardly of a caring, loving and nurturing nature. Instead of honoring the YONI as a place of LOVE and LIGHT many women foster PAIN and SHAME in this space.

We invite every woman to honor themselves during each application of Secret Ceres with a beautiful self care ritual which nurtures and honors her YONIVERSE: We suggest that you find a comfortable space and create a relaxing atmosphere by lighting some incenses and candles. Set a clear intention which you want to manifest via the infinite potentiality of your womb and the creative force of your root chakra. When inserting Secret Ceres close your eyes and take a deep breath, inhale and exhale 3 times until you are fully relaxed and have released every bit of tension you may have stored in your core. Now visualize how the minerals and herbs nurture the intention you planted into your fertile YONIVERSE. Repeat this self care ritual on a regular basis every time you use Secret Ceres and watch your desires come to life. Imagine that you are pregnant with your intention every time you look at your YONI and your womb. Place your hand on your womb in the same loving manner if you were pregnant with a child. Connect to your womb knowing that you are pregnant with a desire that will grow and come to life as long as you don't abort it and are committed to nurturing it.

CUSTOMER TESTIMONIALS AND STORIES

BRAND NEW YONI

"I highly recommend this to anyone who wants to transform their relationship with their Yoni and sexual energy into a renewed beautiful experience. I have been so amazed at the amount of 'dead' skin that I have exfoliated out of my yoni, it's literally brand new (I just dig/clean it out with my finger after my yoni has completed the renewal process). I used to have problems with dryness; since using Secret Ceres, that is definitely not a problem anymore—there is a healthy wetness at all times and it feels so good. I was nervous because I read that some women will experience burning, I didn't experience any burning at all! After using the Secret Ceres, my yoni is tight for the next 2 days, as she is rejuvenating herself, when she is ready she is so very lush. I am so glad I honored myself and was able to get my Secret Ceres. I also read that you can use the wand on stretch marks, which I have been doing. I highly recommend that as well, since mine are diminishing and it seems to be smoothing the skin! It's amazing stuff and I can't wait to continue using mine. Also with the metaphorical view of shedding the skin inside I truly feel like it's allowing me to release past experiences with past partners ... as well as seemingly negative thoughts I have had about my yoni. I feel much more fluent in understanding how to connect to my yoni, and get out of my head. I hope this review was helpful."

- Kelsey W. -

GOOD FEEDBACK

"We didn't know what to expect from Secret Ceres, but after all my staff took one home we were sold on it. We sell them almost daily now and hear nothing but good feedback from our customers."

- Nic Ramsay, owner—She Said!, Brighton -

RADIANT SKIN

"I first started using Secret Ceres on the skin of my face on small areas whenever I wanted to treat an irritation because it would heal so much faster. Since I was so pleased with the results I started applying Secret

Ceres as an all over face and neck mask several times a week. I would distribute a layer of the product on the skin and whenever it would dry, I would spray it with water and massage it in further, repeating the process maybe 2 or 3 times. Personally I like to wear the mask in the morning while working on my computer before I get ready for the day. About 4-6 weeks after I made this part of my beauty routine I started getting more compliments than normal about my skin; how clear, radiant and plump it looked. I love Secret Ceres and would not want to live without it! Secret Ceres has become one of the three things I would definitely take to a deserted island!"

- Ariane Sommer, writer and socialite, Los Angeles -

THIS PRODUCT IS ABSOLUTELY AMAZING

I cannot say enough about the Secret Ceres! I was extremely skeptical at first but the enormous amount of positive reviews finally sold me. I am in my mid 20's and after having a child 4 years ago I was constantly having vaginal issues. I would always have some sort of yeast or bacterial infection going on (Not to be graphic but I want everyone to know the problems that this helped me with). Alongside my constant infection I would have an enormous amount of discharge. I thought I was going to have to live with it for the rest of my life. After one use of Secret Ceres I had barely any discharge at all! I was astonished. Continual use has led to me now having none at all and no signs of infection. Everything is very healthy! Also it is very true that the inside of the yoni sheds! I was surprised but I just feel like that has to be very healthy for her. I mean, the rest of our skin sheds too and that is what promotes healing. This also is amazing at helping with odor. I feel like I have a much more natural scent whereas before it just smelled like something was wrong. Maybe I will venture into the world of oral now;-) My partner does say that I am much much tighter now too. All in all I cannot recommend this product enough. Anyways, I am sorry for the length of this review but I wanted to be extremely detailed because that is what helped me make the decision to purchase this!

- Noelle M. -

WELL KEPT SECRET

"I got an IUD about four years ago and I keep getting a bacterial infection with this nasty discharge since I started using Secret Ceres I noticed a change, a dramatic change – no more discharge and its only been a month. I love it."

– Angela R –

AWESOME PRODUCT!

"I have been using my Secret Ceres for a month now and I am so happy with it. I started with 30 seconds and now using it for 90 seconds twice a week. My period was lighter and I had fewer cramps, etc. I also have normal discharge now and feel fresh and confident. I saw a gynecologist just last week. He confirmed I am perimenopausal. I have a bulky uterus and I am having an ablation in June. I told him about Secret Ceres and he said he has no problem with me using it. I am not sexually active, so I am not sure if it has tightened my pelvic wall but I have every confidence that it is doing that for me also. Some advice for those who say it has gotten stuck: turn it every 15 seconds and you will not have that problem. I absolutely love this product and have told some friends about it. I give it 5 stars. Thank you so much!"

– Lisa H. –

WOW!

"I thought it seemed like a really weird idea, but wanted to get tighter and I decided to try it. Wow! It made my 60 year old vagina moist, strong, tight, healthy and young again. No more need for lubricants and really tight now after using for a month. I peeled a lot in the beginning and it freaked me out a little, so I did a natural water & vinegar douche. Now hardly any visible peel. The moisture I started producing is just like when I was a young nymph. I noticed when I get excited I start to get wet ... just like when I was young. Wow! A lot tighter too. I am totally sold on the stuff. Might even like to promote it ... oh wait I am! "

– Jacqueline S. –

UNBELIEVABLE PRODUCT

"When I first came across the website and read about the product, I did not believe. But then I read so many reviews I started to convince myself for a try. But I was still in doubt and tried to find other reviews in other sources, however I can only find a few more reviews in a blog (negative reviews as well, but that about a careless woman who put the whole thing inside and ended up not being able to pull it out). I was planning to go back to Vietnam next year (my home country) to do surgery to make it tight. In the meantime I gave it a try without telling my husband (I don't want him to complain I spent \$ without result). I used this and yeah it's like a miracle. I still don't know how it make me tight, and no more smelly. I definitely buy it again as it worth money, it seems expensive but it could last long time. So again if you think about buying that, go ahead, you won't regret it. But 1st time I put it in I do feel like burning inside (just little) but 2nd and next, it disappeared. Thank you for this wonderful product."

– Thuy N. –

EVERY WOMAN!

"Every woman should have this herbal stick in the bag of tricks! After the first use I noticed a tingling burning sensation. The next day I noticed that my yoni was tight and no odor!!! I freaking love it. With the continued use of about 3 weeks I have noticed those same results as well as increased sensation and wetness. Definitely a customer for life here. Highly recommended."

– Melinda S –

BEST PRODUCT EVER!

"The Secret Ceres works! I've been experiencing ph imbalance issues. Since I've been using the magic stick, my flora has improved, I'm tighter, wetter and more orgasmic! Thank you!"

– Twyla S. –

I HAVE SEVERE IMBALANCE BUT THIS BALANCED ME OUT

"I was a little skeptical about this product but it did indeed do what it said it would do. I was looking for it to be done overnight but within a week and a half, I felt balanced. I did shed dead skin but my chronic yeast infection cleared up over no time. I was extremely pleased by how great this product worked."

– Clarise B. –

SIMPLY AMAZING!

"Ever since I started my monthly cycle when I was a young girl I've had a slightly smelly discharge. My doctor said I was fine just douche with water and vinegar monthly. It never changed until I used your amazing product! I thank you so much!"

– Darnita M. –

PLEASANTLY SURPRISE

"I bought other products that claim to produce the same results as Secret Ceres, but nothing even comes close! Not to mention the irritation the other products caused. My Secret Ceres is an amazing product. It helped tighten, lubricate, & deodorize my vagina. I feel rejuvenated and confident."

– Dana W. –

STREPTOCOCCI B REMEDY

Approximately 3 weeks before the delivery date of my 2nd child my gynecologist took a smear test and discovered that I had streptococci B (GBS) inside my vagina. These type of bacteria can be transmitted to the baby during birth, which can have serious consequences and in the worst case be fatal for the newborn baby. My gynecologist advised me to take antibiotics, however the thought of introducing my baby to antibiotics right from the start did not appeal to me. So I suggested that I would use Secret Ceres and try to tackle the bacteria by using the wand on a regular basis. My gynecologist was not convinced by the idea, even though she is a big fan of the product today and especially recommends it to women for the treatment of HPV (human papillomavirus) stages 1-4. She knew about Secret Ceres from me but didn't believe it would have any effect on the streptococci bacteria. I used the wand every day for 1 minute for the next 10 days and after that my midwife took

another smear test. The result was negative! Both my midwife and my gynecologist were surprised by the results, because even antibiotics usually just decrease the bacteria but generally do not eliminate them completely. I was extremely happy that I had found a natural alternative for me and my baby and that I did not have to take any antibiotics! My reproductive system also regenerated much faster than that of the other women who delivered around the same time. This could be genetic or might be attributed to Secret Ceres. In 2008, the results of my pap smear test showed that my HPV values were 4A. I refused to do a conization (a surgery to remove a sample of abnormal tissue from the cervix) as I wanted to have more children and it could have potentially had a negative impact. Thus I used Secret Ceres regularly and next pap test showed that my values had improved to HPV 3. The tissue on the inner walls of my vagina was in perfect condition however in my cervix where I could not reach with Secret Ceres I still had the abnormal tissue. Eventually, I still had to do the surgery in 2011, but firmly believe that I could have avoided it if I had come across Secret Ceres much earlier before the HPV had spread that deep inside of me."

– Yaz, 39, Germany –



SHRINKING FIBROIDS

This is the account of a woman in her thirties from New York from 2009. She had e-mailed us wanting to know if there was any record of Secret Ceres in regards to fibroids. At that time we had very few accounts of women with fibroids who had used Secret Ceres. She decided to try it regardless. Her fibroid was the size of a grapefruit and visible from the outside. Her belly was protruding like that of a pregnant woman and she could not close her pants any longer. She started off by using Secret Ceres 2 times per week while drinking it every day at the same time. Her husband and her were married for just a year and made every effort to avoid surgery as it was their greatest wish to have a child. Her doctors had advised her to do a Hysterectomy (removal of the uterus), since they considered it impossible for her to conceive and have children with her condition (fibroid blocking the entrance of the uterus preventing any sperm from entering), besides the risk that the fibroid could burst due to its big size.

According to today's statistics modern medicine performs about 600,000 Hysterectomies per year in the US alone and up to 300,000 as a treatment for uterine fibroids. Treating symptoms by cutting them out/off is a common practice in cultures where medicine has been practiced for less than 500 years: "You have a problem? ... Sure, we can help you! ... How about we just cut it off/out." In eastern cultures where medicine has been practiced for over 2000 years, the root of the condition is tackled - never solely the symptom.

After approximately 4-6 weeks of using Secret Ceres the fibroid tumor had shrunk to the size of an apple but was still visible from the outside of her stomach. She had introduced the product to another friend with fibroids (multiple fibroids but smaller than her own) who also inserted it twice a week and drank it daily. Her friend reported a pinching sensation in her stomach after she began using Secret Ceres and felt that it was a sign that it was working on her. That was all good news and reason enough to be optimistic, but it was important to get the opinion of a medical practitioner at this point. She scheduled another doctor's appointment a few weeks from then (at the time of the doctor's appointment she had been using Secret Ceres regularly for 2-3 months). At the doctors she was presented with a kind of news that no one had expected. Not only did her doctor confirm that her fibroid had shrunk by approximately 50%, he also told her that she was pregnant!

According to her doctors she was previously told that it would be impossible for her to conceive. They advised her that it would be a high risk pregnancy due to the fibroid but she decided to take that risk and continued to use Secret Ceres during her pregnancy. Her fibroid continued to shrink and she delivered a healthy baby boy in 2010. Not only the couple and their family and friends were overwhelmed with joy, we at Natural Body Care were beyond happy as well, as it is these stories that encourage us to do what we do and remind us WHY we do it. We hope this can serve as an encouragement for other women that suffer from fibroids.



FREQUENTLY ASKED QUESTIONS

WHAT IS A VAGINAL ODOR?

Vaginal odor is defined as an unpleasant smell, usually resulting from a pH imbalance which has allowed for proliferation of odor-causing micro-organisms in the vagina. Vaginal odor may be fishy, sometimes signifying bacterial vaginosis, or yeasty, signifying a yeast infection.

WHAT IS CAUSING BAD VAGINAL ODOR?

Vaginal odor is often the result of a vaginal pH imbalance and not necessarily because of bad hygiene but perhaps using the wrong products or chemical ingredients in products which can cause the imbalance and result in unpleasant vaginal odor. The optimal range of vaginal pH is 3-5 to 4-5, and when imbalanced, allows odor-causing micro-organisms to flourish. This may lead to an unpleasant odour and even vaginal infections.

CAN I USE SECRET CERES TO GET RID OF VAGINAL ODOR?

Yes, Secret Ceres can help eliminate and prevent unpleasant vaginal odor. Maintaining a healthy vaginal pH can help ensure that the bacteria that is naturally present in your vagina is balanced and odor-causing micro-organisms will be unable to flourish. The natural ingredients in Secret Ceres work by maintaining the pH levels inside the vagina in the optimal range and assisting the shedding of the dead skin cells of the vagina's epithelial skin. You will notice a marked improvement or even total absence of unpleasant vaginal odor immediately after the first use.

WHAT DOES PH BALANCE MEAN?

pH is a measure of how acidic or alkaline a substance is. The pH of a certain substance is signified by a number from 0-14. The lower the number, the more acidic the substance. Distilled water is neutral, with a pH of 7.

WHAT IS THE NORMAL PH BALANCE FOR THE VAGINA?

The ideal pH level in the vagina is between 3-5 to 4-5 (slightly acidic) and is important for maintaining good vaginal health. At this optimum pH level, your vagina contains a balance of necessary bacteria and some yeast cells. This delicate balance can be easily disturbed (by poor diet, chemical soaps, etc.). A healthy vaginal pH can be maintained by using Secret Ceres once a week or when an imbalance is most likely to occur.

WHAT IS THE MICROFLORA?

The word "microflora" refers to the live microscopic organisms that populate different areas of the body, including the vagina and intestinal system. The beneficial ones act as protective agents and strengthen the immunesystem. There are also destructive strains which can weaken the body. It is important to maintain a proper balance of microflora where the beneficial organisms are dominant. This will keep the intimate area free from infections, inflammation, and other imbalances.

IS SECRET CERES APPROVED BY THE FDA?

Secret Ceres is a cosmetic product, thus it is not approved by the Food & Drug Administration. In fact, neither are the majority of supplements or cosmetics that you find at WholeFoods or your local health food store. We select only the purest and most potent ingredients and manufacture Secret Ceres under the highest quality standards. All ingredients are regularly tested by state of the art labs in Germany to meet international regulations and guidelines.

WHAT CAN I DO IF SECRET CERES BREAKS INSIDE ME?

In the unusual event of Secret Ceres breaking inside of the vagina, please flex your PC muscle to push out the remaining piece. This is best achieved in a squatting position and while simultaneously pulling the piece out with your fingertips. Alternatively you may wait until the piece has dissolved into a soft paste, after approximately 24 hours, which you can wash out with plenty of warm water using your index finger. Taking a hot bath can help you to relax your vaginal muscles and will accelerate the process of dissolving Secret Ceres inside of you.

CAN I REPAIR A BROKEN SECRET CERES?

Yes, if your Secret Ceres cracks or breaks you can put the two halves under running, room-temperature water and hold them together until they fuse back into one piece. After this, your stone should work normally. Handle with extra care.

CAN I USE SECRET CERES IN THE SHOWER OR BATH?

NO. Do not use in the shower or bath as the water will cause the stone to dissolve. After use, always carefully dry Secret Ceres with a towel.

SHOULD I WASH MY VAGINA WITH SOAP OR SHOWER GEL AFTER USING SECRET CERES?

NO. Please DO NOT use any soaps or washes in conjunction with Secret Ceres as the pH inside the vagina has now been perfectly balanced and chemical substances will have the opposite effect. Due to the perfectly balanced pH, odor causing bacteria and micro-organisms cannot grow and you will feel perfectly fresh and clean for the next few days until your next application.

I HAVE A WHITE TISSUE-LIKE SHEDDING AFTER USING SECRET CERES. IS THAT NORMAL?

Yes, the “tissue kind of substance” you describe are the dead skin cells that will shed after using Secret Ceres. It is important to wash out any residue of the dead skin with plenty of water under the shower, by moving your index finger in a circular motion inside the vagina until it is perfectly clean inside. You will also want to wash between the outer labia with a wash cloth to remove any dead skin as the skin in that area will also shed there in a more subtle manner, but you will feel it once you use a washcloth. Please also use a scrub or a loofah sponge to exfoliate the skin of your entire body as the renewal of the overall skin has been activated by the application of Secret Ceres. Gradually you will notice a beautiful regenerative effect on your body's skin as well. But since the skin on our bodies only regenerates every 27 days while the mucous skin renews within 24 hours, the effect will not be as instant as the shedding that can be noticed inside the vagina.

IS SECRET CERES A ROCK OR STONE?

No. We sometimes refer to it as a “stone” because it has a stone-like appearance and feel to it. However it is not a rock or a stone. It is made with Kaolin clay, minerals, and many potent medicinal herbs.

HOW LONG WILL MY SECRET CERES LAST?

Your Secret Ceres will last from 6 to 12 months, depending on the frequency of use. With each use the healing herbs and kaolin clay will be dissolved and absorbed causing it to gradually reduce in size.

HOW IT AFFECTS REJUVENATION OF THE SKIN:

The quality of our skin is determined from the inside out, by the state of our hormonal balance. Our production of growth hormones decreases with age, as does the skin's capacity to store moisture. Secret Ceres naturally counteracts this by accelerating the process of cell renewal. While the average American woman absorbs around five pounds of toxic chemicals every year from the synthetic ingredients in her makeup and personal care products, healthy skin can excrete up to 5 pounds of toxins per day. Not only is our skin the body's largest organ it is also a major detoxifying organ. Thus it deserves the right attention and care. Secret Ceres naturally stimulates the body's cell renewal process. The shedding that you notice in the vagina after 24 hours is also occurring on the skin of your entire body in a more subtle manner. Our exterior skin renews every 27 days while our body's mucous skin, including the vagina, renews within 24 hours. You may find that your skin tends to peel faster on areas like your nose, chin, and back, arms and legs. After using Secret Ceres for 6 weeks, an increase of shedding of dead skin all over the body can be noticed, as regeneration has accelerated. There should be a noticeable improvement of facial skin (disappearing of impurities, breakouts, overall rejuvenated appearance). Using a loofah sponge daily to exfoliate the entire body (including the face) and then moisturizing with a natural oil will support this renewal process as well as the overall health and vitality of the skin.

DISCLAIMERS

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LIST OF RECOMMENDED READING

- WOMB AWAKENING
Azra Bertrand. M.D. & Seren Bertrand
- Women's Bodies, Women's Wisdom.
Christiane Northrup, M.D.
- Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Well-Being.
Christiane Northrup, M.D.
- What's Up Down There:
Questions You'd Only Ask Your Gynecologist If She Was Your Best Friend.
Lissa Rankin, M.D.
- Women's Anatomy of Arousal: Secret Maps to Buried Pleasure.
Sheri Winston, CNM, RN, BSN, LMT
Recommended Videos
- Secrets to a healthy & beautiful vagina: www.youtube.com/watch?v=6fc_CPXLPds
- 9 Secrets to beautiful breasts: www.youtube.com/watch?v=vA7ze203M8g
- My Secret Ceres: <https://www.youtube.com/watch?v=yrR4haZRog0>