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# HW

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**WOMEN  
WHO  
LEAD  
DOUBLE  
LIVES**

**HOW  
BAD SEX  
CAN  
BECOME  
GOOD  
SEX**

**“MY  
HUSBAND  
SAYS  
HE’LL  
LEAVE ME  
IF I GET  
FAT”**

**GET A NEW  
HAIRSTYLIST  
THE BEST 6  
NOW FOR A  
CUT, COLOUR  
OR PERM**

**USE A REALLY  
HANDS-  
FREE BAG  
HELLO,  
BACKPACK**

**PARE DOWN  
YOUR STYLE  
ELEGANCE  
IS BACK**

**DO A SIMPLER  
EYELINER  
IT’S CALLED A  
THUMBPRINT**

**+**

**GAME  
WHILE YOU  
WORK OUT  
CYCLING  
MADE FUN  
WITH VR**

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**THE EAT  
CLEAN  
MOVEMENT  
THE CLEANEST,  
TASTIEST  
PRODUCE IN  
STORES, AT  
RESTAURANTS**

# THE 2018 START-OVER

Queefed in a roomful of people, and all eyes on you? Just move on. It's no big deal.



# Don't Apologise for Queefing

It happens. Deal with it. Queefing – loosely known as a vaginal fart – is normal, and nothing to blush about. Chloe Tan makes her case.

Google queefing, and among the top results are articles that question if queefing is normal, suggest ways to make it stop, and get men to spill the beans on what they think about women letting it rip. That search left me unsettled – why is a little noise from down there shrouded in such negativity?

I'm going to put it out there – queefing is not a bad thing.

Let's start with the basics. Queefing is so much more than its rep as a vaginal

fart. Air enters the vagina whenever we expand and contract our pelvic floor muscles, and that air is released when there's a sudden change in the body's position. This happens most commonly during sex, but it can also occur during workouts – especially those that exercise your pelvic floor muscles, like pilates or yoga.

Some women queef more than others, especially if those muscles are

more lax (this means women who've had kids or some kind of vaginal surgery) or if they enjoy certain sex positions like doggy-style, which allows more air into the vagina. "When the pelvic floor muscle is weak, an increase in abdominal pressure (during straining and physical activity) will trigger the release of vaginal wind," says obstetrician and gynaecologist Dr James Lee from Astra Women's Specialists, which is part of the Singapore

Medical Group.

I'll admit that the first time it happened between the sheets, I was mortified, and hoped my partner wouldn't pick up on it. A quick poll among my friends revealed that many of them felt the same. "I usually just ignore it – at most, I'd giggle," one said. But props to my guy – instead of being grossed out, he was tickled. "At least it shows I'm doing something right," he said. Later, I realised he had a point.

Queefing is nothing to be embarrassed about. At the end of the day, it's an ordinary bodily function that's just part of being a woman. So if you don't stress out when you sneeze during sex,

a meeting, or a yoga class, why should it be any different with queefing?

Still, there's no harm in strengthening your pelvic floor muscles – the same ones that support your womb, bladder and bowels. Get on with your kegels. For the uninitiated, the next time you're in the loo, stop mid-pee. Those muscles are the ones you want to exercise – even while sitting at your desk. Contract them, hold for five seconds, and release. Aim for three sets of 10 reps every day. It can only do you good.

As for me, I don't say sorry anymore when I queef. Neither do I laugh it off or feel a flush of embarrassment. I just get on with life.