RESOURCES

BAY AREA COALITION OF REPRODUCTIVE RIGHTS (BACORR)
5377 College Ave #213
Oakland, CA 94146
(510) 541-5690

COALITION FOR THE MEDICAL RIGHTS OF WOMEN
1638-B, Haight St.
San Francisco, CA 94117
(415) 621-8036

WHAM! (WOMEN'S HEALTH ACTION AND MOBILIZATION)
P.O. Box 733
New York, NY 10009
(212) 713-5966

FEDERATION OF FEMINIST WOMEN'S HEALTH CENTERS
3701 J St #201
Sacramento, CA 95816
(916) 451-0621

**(Call for feminist or similarly run clinics in your area)**

WOMEN'S HEALTH EDUCATION NETWORK
P.O. Box 58
Brooklyn, NY 11222

NATIONAL LATINA HEALTH ORGANIZATION
P.O. Box 7567
Oakland CA 94601
(510) 534-1362

WASHINGTON FREE CLINIC
Women's Health Collective
1156 Wisconsin Ave., N.W.
Washington, DC 20007
(202) 667-1106

THE OVERGROUND RAILROAD
Chapters in 40 states, referrals, transportation & housing for women who must travel to obtain abortions
P.O. Box 79
Shippak, PA 19474
(800) 726-1468

NATIONAL BLACK WOMEN'S HEALTH PROJECT
1615 M st. N W. #230
Washington, DC 20036
(202) 467-0117
Sources:

How to Stay Out of the Gynecologists Office
by The Federation of Feminist Women's Health Centers

A New View of a Women's Body
by The Federation of Feminist Women's Health Centers

When Birth Control Fails
How to Abort Ourselves Safely
by Suzann Gage

Women's Health Care: A Guide to Alternatives
by Kay Wiess

The New Healing Yourself
Natural Remedies for Adults and Children
by Joy Gardner

Prescription for Nutritional Healing
by James Balch, M.D. & Phyllis Balch, C.N.C.

Hygeia
A Woman's Herbal
by Jeannine Parvati

The New Our Bodies, Ourselves
by The Boston Women's Health Book Collective

A Woman's Book of Choices
Abortion, Menstrual Extraction, & RU-486
by Rebecca Chalker and Carol Downer

Witches, Midwives, and Nurses
A History of Women Healers
by The Feminist Press

Other Goodies:

Wise Woman Herbal
by Susan Weed

Abortion Without Apology:
A Radical History for the 1990's
by Nina Baehr

Before Orthodox Medicine evolved, women were the primary healers of all time. We were the unlicensed doctors & pharmacists, herbal healers & "wise-women," midwives & abortionists, we were healers to the poor, to the people. And to those who sought to disempower & consider evil the knowledge & intuitiveness women possess -- we were witches & burned at the stake. Today, institutionalized health care continues to burn us, fostering the same fear-based view that women are incompetent, passive, and neurotic. It is built entirely upon our ignorance & cashes in on the sickness this ignorance breeds. Within this power-play, our vulnerability is reinforced & perpetuated & a Patriarchal monopoly towers ominously above us all. Respectful, empowering, & straight forward health care is virtually non-existent in a system riddled with political, economic, gender, & class issues. While this structure weakens us all, women are systematically debilitated by forceful invalidation & condescending manipulation. Still viewed as mysterious, our menstrual & menopausal systems are blamed upon a neurosis. The term hysterectomy literally means the removal of hysteria -- otherwise known as the organs that make us women. Hysterectomies account for one of the most widely practiced operations in America -- also the most fraudulent with 90% of them currently deemed unnecessary. Women are medically referred for psychological help, told that the problem is all in our head. We are not properly informed of side effects, given unnecessary hormones, & often used experimentally. Orthodox medicine is Patriarchal medicine; Patriarchal medicine is our institutionalized health care, & our health care is designed to keep us sick. Power is kept up high, with the ruling class. The Pharmaceutical Industry is run by The American Medical Association -- they are one and the same. Herb & vitamin companies are no longer allowed to discuss nature's healing properties.
and organize, we're on our way.

Body, mind, and spirit. Texture, function, network.

Taking into account the holistic approach, we must not ignore the breakdowns and malfunctions.

Understand your body, your mind, your spirit.

Cherish books on herbs, botanicals, acupuncture.

Information and documentation are your powerhouses.

Self-help options in your area are vast, with only a

small fraction of them where we can start.

Nor can we just stop there.

Social movement or develop one of our own. Women are the creators of culture and in every area, they're making

changes to respond to the needs of our time.

Women are the healers, nurses, and midwives.

And the faces of suffering are the same ones

who tell us we are unhealthy, undernourished, and ignorant.

Powerful forces that prevent the change and stifle the forces that

preempt the change and stifle the forces that seek to change you.

Of the institutions that seek to control you,

that bell self-healing is crucial. Stay aware.

Set yourself free from the patriarchal powers

that control our bodies is fundamental.

Seeking the wisdom to comprehend our own

comprehensiveness, we must learn to

comprehend Education brings

superior the pragmatic solution as it is.

The real goal of education is to

help people heal, to learn, to grow, to

help them understand that the movement to

change must be led by people who are already in

change.

We must, however, be reminded of the three

basic principles of education.

First, education must be grounded in

reality. It must be based on what we know.

Second, education must be participatory. It must be

done with those who need it. It must be

relevant to their lives.

Third, education must be non-denominational. It

must be open to all, regardless of race,

religion, or gender.

Education must be a vehicle for change, a means to

empower people to change their lives and

society as a whole.
Key Ingredients for a Healthy Hellcat

Avoid Entirely:
- Meat! This includes all dead animals...
- Lard, animal and vegetable fat alike (hydrogenated oils)
- Sugar, especially white
- White flour
- Salt
- Caffeine
- Deep fried and processed foods

As Little as Possible:
- Dairy products
- Alcohol
- Peanuts (undigestible & toxic)

Daily Rainbow:
- Whole grains; yellow millet, corn, brown rice, wheat, and rye
- Legumes, green peas, tofu, beans, lentils
- Collard greens, kale, mustard greens, chard
- Orange stuff, carrots, sweet potatoes, squash
- Red stuff, apples, strawberries, cabbage, tomatoes, beets
- Bananas are high in potassium
- Always eat as much garlic as humanly possible
- Oils; Extra virgin olive oil, uncooked safflower, flax. All oils become toxic when heated.
- Try almond butter instead of peanut. It's more expensive but goes further.

Besides a good attitude, eating healthy is the biggest investment in your current and future well-being you can make. "Health food" may seem pricey but consider how pricey colon cancer or a heart attack will run you later on. We know that animal products, smoking, and environmental contaminants are the leading causes of cancer and most disease. The meat, dairy, tobacco, and chemical industries do not want us to know this. Our health is not encouraged, it is paid off. Consider your sources of information & who benefits in feeding it to you. Good health equals freedom.

I hope you get some useful tips out of this. Consider it a cliff-note version of what's out there. Mosy of the info i cited is either personally recommended or suggested by women in the Self-Help arena. Write me & let me know what you think or have anything to share. I'd so much dig a collaborative project, like one of a really big scale. We all got so much to share. I really want to hear from you...

Sisterhood,
THE RU-486

1. This pill is for emergency use within 72 hours after sex. Depending on when it is taken, it can prevent pregnancy. This is a really nice stand-by emergency pill. Effective within 72 hours of unprotected intercourse.

2. If you take the pill within an hour of unprotected sex, go back to the clinic to take more.

Side Effects: Possible nausea & vomiting.

The Morning After Pill (aka the Emergency Contraceptive Pill)
cramping or pressure). This allows easier access into your uterus as the contents are larger to empty. Dilators may be used even still. 18-24 week pregnancies involve a 3 day procedure with lam sticks 2 days preceding abortion. Forceps are used for grabbing and curettes for scraping. The procedure is longer and more complicated as the pregnancy is larger.

Risks: Chance of complication increases with later term pregnancies. They usually show within a few days. Higher risk for infection, retained tissue, uterine perforation, hemorrhage, and cervical laceration.

How to Recognize Complication:

- **Infection:** 100.5+ degree fever, bad cramps, smelly discharge.
- **Retained Tissue:** Heavy bleeding, very large blood clots, signs of pregnancy (any of these lasting longer than a week), bleeding longer than 3 weeks.
- **Hemorrhage (excessive bleeding):** Usually happens while still in clinic; sign of retained tissue, perforation, failure of uterus to contract.
- **Postabortal Syndrome (blood in uterus):** Blood clot in uterus -- can be massaged out using downward, fanning motion, or may need to be re-aspirated.

Prostaglandin Suppositories: According to The New Our Bodies Ourselves, this is the newest & least known abortion method. This can cause miscarriage when placed in the vagina by inducing strong uterine contractions. They are usually used to expel a dead fetus.

Risks: Nausea, vomiting, diarrhea, fever & failure to abort.

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**having an abortion does not threaten your chances for having a healthy baby in the future. While there is no conclusive evidence, there is some indication that having several may increase your chances for miscarriage or premature birth. Do to a possible weakened cervix and scar tissue. This possibility can be minimized if you find a clinic that is gentle and uses as little dilatation as possible.**

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**VAGINAL SELF-EXAMINATION WITH A SPECULUM**

The cervix and vagina can be viewed with the use of a plastic vaginal speculum. Speculums come in different sizes: narrow, medium, and long. Most women can use a medium speculum comfortably. Some women prefer or need to use a narrow or long size. It is helpful to recline on a firm bed or table with your back propped up and knees bent, feet on the bed or table. You insert the speculum, with the bills closed, into your vaginal canal like you would insert your fingers or a tampon. You may want to lubricate the speculum with water. You insert the bills at an angle that is comfortable for you. For many women this is towards the backbone. The handles may be up or to either side.

When the speculum has been inserted as far as is comfortable, up to the pubic bone, the two handles are squeezed completely together and slid against each other. The long handle slides up and the short handle slides down. The speculum will make a snapping sound indicating that it has locked the bills, in the vagina, open. You can adjust the speculum to three positions. Your cervix will be somewhere at the back of the speculum at the end of the vaginal canal. It is very common and normal for some women to have their cervix (and uterus) tipped at an angle in their vaginal canal. The cervix (and uterus) can also move and change positions. Because of this, some women have trouble finding the cervix for the first time. Many women find it helpful to insert a finger into the vagina to feel for the position of the cervix and then insert their speculum at that angle. Also, sometimes another woman can help find your cervix. It may take patience, but every woman can find her cervix.

When the speculum is in place you can look at your cervix with the help of a mirror and a strong light. The speculum can be washed in soap and water and stored in a clean place ready for use again by the same woman. If other women want to share the same speculum, it should be soaked in a cold liquid disinfectant like Zepherin for 20 minutes (see page 14).
ANARCHY!

A Breach and Pull
and卵巢的自我-控制

excellent de-wettability of the female body
well as protect the woman's own integrity.

Get it. It's best to form a group of
women to share your oppression as
we could not possibly know what we
want as non-physicians and women still,
so it's so easy to lead them to believe
changes. It sounds complicated, but
pregnancy, infections, and other
our fertility and non-fertility times,

By regular examination we can detect
excretion of myogynist medicine.

Empower the things we can do
self-sufficient woman you are.

Just into action the autonamous,
(depending on length of pregnancy) and cramps disappear or greatly decrease within another 5-10 after! Within 20 minutes, you’re ready to go home! Regardless of possible discomfort, fear of pain should not be a deterrent in accessing an abortion. If you are considering one, reasons for doing so far out-weigh the physical. Remember, pain is fleeting and time heals any burdensome emotions. Do what you think you want/need to do and the rest will take care of itself. You have no one to consider but yourself because you are the one who is most affected by your decisions, always. Believe in yourself and the choices you make--they are forever real.

Abortion is legal up until 24 weeks of pregnancy. After that, a fetus is considered to be viable outside a woman’s body--but only with intensive hospital care and a low life expectancy. Exceptions are made in the case of pregnancy threatening the mother’s life. If you are pregnant and want a clinical abortion, it is suggested you wait until you are 7 weeks LMP (counting from the 1st day of your Last Menstrual Period). Before then, the pregnancy is so tiny that it is easy to miss & can lead to infection (from retained tissue) Then you need a "re-aspiration"--which is another abortion. Depending on the choice of clinic, local or general anesthesia can be used. Local carries less risk, is easier on the body, and involves a shorter recovery time (I think it’s cheaper too). While not as intense as with general, local anesthesia can occasionally cause nausea. Here are the types of abortion procedures commonly used today:

"Vacuum Aspiration: 7-12 weeks *Vacuum. Lidocaine is injected into the cervix to numb the area. A small, straw-like instrument called a cannula is inserted into the os opening of the cervix. A hose is connected to the end of the cannula & suction is created from an electric air pump. This procedure is incredibly simple and takes only 3-5 minutes. Sometimes diators are used to expand the opening, typically with 10-12 weeks. Mild to strong cramping occurs & usually gets heavier towards the end as the uterus shrinks back to size. Recovery takes 15-30 minutes while you rest in an after-care room with heating pads. You will be given aftercare information (see "Abortifacients") and antibiotics to prevent infection. Your next period will be as late as 10-12 weeks. Aspiration carries the least chance of complication. It is considered one of the simplest medical procedures and is safer than even tonsilectomies or circumcisions. The pregnancy is still only an embryo at this point, developing the major physiology after 3 months and technically becoming a fetus.

Risks: chance for complication is @ 1%. Much riskier to have baby!"

"Dilation & Evacuation: 12-18 weeks *Dilation. Laminaria seaweed sticks are inserted into your cervix to absorb fluid & expand--causing your cervix to stretch (you may feel
Research on light

feeling is tough.

light a month ago

development. There

presents a new

the darkness

is produced in

that a hormone

metabolism, better,

pitch control

developed as a

This was optimally

on the 15th day

on a 29 day cycle, products are not

is 6 cm with a few months, you should do

sleep with the lights on during the day

the first day of bleeding is a day

half light to mocking the full moon,

full moon. Plug in a 0.5 watt light

sleep in total darkness, except during

...this alternating... and then

but this is not always "protection" and this

but it's possible to the workload transfer,

equation, if you can keep youroutsides

the women that are in sync with the moon and

the light of the full moon and synchronize

the energy of your cortex. The idea is to mock

in the throes of the fertility process, a reality

photosynthesis from the man's point of view.

Caption

Luna
menstrual ANARCHY!

Did you know that maxi-pads from stores are not bio-degradable? Not only that, but both maxi-pads and tampons are chlorine-bleached so they look sterile using a process that pollutes the atmosphere. The bleach is not healthy for your body, either. It contains dioxin, a toxic substance linked to cancer, birth defects, miscarriages, and immune system damage. Tampons change the vaginal environment and cause vaginal drying and ulcerations, etc., etc. Who needs it? Why not create Menstrual Anarchy and Fuck up the system and not have to worry about shit like dioxin instead? FUCK the man's feminine products, you don't need them. Stop buying maxi-pads and tampons from stores -- All they are there for is to control you, to tell you where and how to bleed, and how much it will cost you. What they don't want to tell you is how their products will fuck you up.

Instead, go down to the local thrift store and buy some used flannel baby diapers. They run about 40¢ each and will make about two pads apiece. Fold them up and safety-pin them to the inside of your underwear. It may sound weird, like a hassle, or even yucky to you, but really, it's not. They are very comfortable, and contrary to popular belief, they do not soak through easily. They are way better than those store bought maxi-pads because they aren't all plastic and you can cut different sized pieces according to how heavy your flow is that day. You also get more of a sense of how much you bleed, and it's important to know these things to keep yourself healthy.

You can use the pads again and again, till you feel it is time to replace them. Wash them with a mild hypo-allergenic detergent and hang them dry, or just throw them in the wash. If you are away from home, you can just put your used pads in a ziplock bag and wait till you get home to wash them.

"Feminine Hygiene" you buy from a store is a lie. Making your own maxi-pads is Punk rock.
The Diaphragm

**M.E. Kit**

- Douchette
- Vaginal Ring
- Fertilization Tests
- Vaginal Gel

**Contraceptive Products**

Water or baking soda + water, Douchette, Vaginal Ring

**Instructions**

- Wash hands thoroughly
- Insert the diaphragm
- Test for fit

**Removal**

- After a few minutes, remove the diaphragm
- Wash hands thoroughly

**Side Effects**

- Heavy bleeding
- Cramps

**Use**

- For 10 days
- For a month

**Preparation**

- Cleanse the external genital area
- Test for fit

**Side Effects**

- Heavy bleeding
- Cramps

**Use**

- For 10 days
- For a month

**The Sea Sponge**

- Found in most health food stores
Menstrual Extraction

Created to remove menstruation & bring on the immediate cessation of cramps & related discomforts, Menstrual Extraction is also used in the early stages of a known or expected pregnancy. It is an underground procedure to be performed by a layhealth worker or comparably experienced women. Goddesses back at The Los Angeles Self Help Clinic developed this method in 1971 and it remains today an invaluable tool for reproductive freedom. Menstral Extraction is not a do-it-yourself abortion technique or one a physician will perform in a clinic. It is a home health care procedure that removes the contents of your uterus as close as possible to the expected day of menstruation. This procedure is illegal because it's a somewhat surgical technique often done by unlicensed women in an unmonitored, non-medical establishment (so is midwifery!), but don't be fooled-- it's prohibition keeps power in the hands of Patriarchal medicine.

Extraction is a safe and simple procedure involving a syringe, tubing, a mason jar, and a 4mm cannula. The kit is called the "Del-En" patented by Lorraine Rothman. The cannula is inserted through the os (opening to the cervix) and suction is created through the syringe. Air pressure forms within the jar and gently pulls the uterine contents through the cannula and tubing into the collection jar. Anesthesia is not needed and neither skin breakage nor tissue scrapping occurs like with clinical abortion. Mild to strong cramping is usually present as the uterus shrinks back to size, but women can control their own vacuum pressure so the suction can be at a level of personal comfort.

Due to the legal controversy surrounding Menstral Extraction, it is difficult to find access to both the kit and women who have experience with it. During the 70's most Self Help Groups performed M.E.'s, nowadays the groups themselves are hard enough to find. For obvious reasons, I can't supply a written directory but just keep your ears peeled and stay persistent. Women may not volunteer the information, but if you stay

A Word on PMS

Some believe it doesn't exist. Maybe it doesn't like we think it does. Maybe the barrage of changes a woman can feel before she bleeds is largely or mostly due to not her body, but forces outside her body. That maybe PMS is the result of socially perpetuated shame and rejection surrounding menstruation. Women have come to feel negatively about our bleeding, dreading it, resisting it. We were never allowed to really talk about it and when we did, it was embarrassing. The fear of bleeding as a dirty, secret experience is reinforced by bleached white, deodorant, disposable feminine "hygiene" products that hides our bleeding not only from others, but ourselves as well. As we quickly flush the evidence down the toilet, we deny our bleeding, not to mention the knowledge of how much and why. How often is "What are you, on the rag?" thrown as an insult, like the only thing menstruation does is make us a bitch. I often wonder if the need for us to feel bad about menstruation is rooted in a subconscious dig at men's manhood, the flowing blood a result of impotent or thwarted sperm! Mostly, I think we get a lot of shit because men don't understand menstruation, maybe are even jealous of the fact that we can bleed without dying or even being harmed. That we can often undergo routine pain and survive it, but they can only endure quick pain, not extended amounts (they would die in childbirth). This is why many become such babies when they get sick! We are different and that's cool. We both have really interesting things about us, but along the lines some brat got a complex and blew it for the future generations. No one is immune to conditioning.

Besides the inevitable social crap involved, real things do happen to women during and in preparation for menstruation. There are significant hormonal, mental, and physical changes involved that affect our moods -- but this does not have to be negative. In ancient times, women embraced their bleeding time as one of enhanced creativity and power. It is one that is ours and was reserved for them to be alone or with eachother, usually in "isolation" huts. Society does not recognize this need, but rejects the experience entirely. Now we find ourselves in a structure that makes isolation impractical & scorned. Possibly the ill effects we get are in resentment of this. Pre Menstral "Syndrome" may well be a ramification of how we are raised to think about bleeding and how we are treated when we do it.

For the physical aspects: Most of the discomfort we feel (not attributed to social warping that is!) is due to water retention. This can make us feel heavy and irritable. Take extra calcium, magnesium, and B complex a week before you are scheduled to bleed. Eat well & get plenty of exercise!
Abortifacients

Abortifacients have been used by women since the beginning of time. More powerful than emmenagogues, these herbs induce abortion and are used when pregnancy is known or strongly suspected. They work by causing uterine contractions or by irritating the uterine lining, causing it to shed.

Abortifacients are most effective through the first 4 weeks of pregnancy and another approach should probably be explored much longer after then. It's best to start them 5 days before your expected period and although they usually kick in on the 3rd or 4th day, they can be used up to 2 weeks if necessary. You may experience mild to strong cramping and heavy bleeding initially. Pinkish tissue will be passed as you bleed—the longer the pregnancy, the more tissue. Massaging your abdomen (especially in a downward motion) will help everything flow smoothly. This is a time to take to yourself—stay mellow and rest if you feel like it. Relax and trust in our foremother's ancient healing wisdom.

Black cohosh*: steep 2 tsp. in 1 pint H2O, take 2-3 tsp. 6X a day. Contracts uterus.

Blue cohosh*: steep 1 oz root in 1 pint H2O, take 2 teaspoons every 2-3 hrs. Can be diluted in hot water.

Side effects: too much of herb can cause pain in arms & legs.
Questions a Poor Woman Must Answer to Get an Abortion:

1. Were you raped?
2. Victim of incest?
3. Did you report the incident within 60 days?
4. Fill out the report?
5. Have you gone through counseling?
6. Would you suffer severe physical damage without one?
7. Premarital consent? Over 16?

Cash or Charge?

Questions a Rich Woman Must Answer to Get an Abortion:

Quit complaining. You still have a right to abortion.

Bring on your period, but the 1st day may be too tender for some. The motion of sex helps relax the muscles. Orgasm relieves a tightened cervix. Masturbation works swell too. Be prepared—blood can often spurt out of you.

When your uterus contracts in orgasm, messy, but fun!

Some women reserve this time of the month for themselves, but others find it really nice for the enhanced intimacy. Often a good snuggle works just as well!

Yoga is very effective in prevention & cure of cramps. Take a class or check out a good book on it.

Relief techniques: Lying on your back, bring knees to your chest & hold for as long is comfortable. Release & repeat until feels better. If pain is greater on one side (in one ovary), lay on that side & bring bottom leg into chest. You can also put your foot on a chair & lean into the pain.

Massage: Create fan with hands & apply pressure in an outward motion over abdomen.

- Applying pressure, plate flats of your hands over abdomen & push as hard as feels good.
- Roll gently over a basketball. Weeeeee!
- Have a friend apply pressure to your lower
They can never take that away. Secure your own dreams, learn your ways to read yourself.

POLICE STATE

women should not vote a

a birth-control wiser. Means to safe & educate healthcare for
window, & get their bodies screened. By one of us white we wear

in a woman's womb. All girls' stories are ours too, since we wear a

in order to get a paper smear. On weekends, they have

is only one of those secrets as important a

We offer dozens of services, including a prenatal program.

I work at a non-profit, embarking health clinic in San Diego.

freedom of choice

hydroplane
ABORTION

While 20 years ago Roe v. Wade ensured legalized abortion, it did not promise it to be safe and accessible. And with the constant threat of stifling laws and stingy allocation of public funds, abortion for poor and immigrant women is virtually non-existent. The menace of an armed and totally psycho Religious Right is on us all. If we're gonna be serious about taking back control, we've gotta bring it the whole way home.

Happy Bleeding!
### Sensory Integration

ULF: There are several factors that can disrupt sensory integration.

- Overstimulation and understimulation
- Sensory processing disorders
- Sensory disregulation
- Sensory seeking

Your immune system may be weakened by eating

You can feel better.

A good friend can be a great support.

### Yogic Infections

Yoga is a great way to relieve stress and anxiety.

Practice with mindful

Next time...
SOUND
so there is this blank space where time becomes suspended and it's as if the mother and child travel to the same space—an entrance & exit that's brought in through sound. The screams and moans are more revealing of my experience in the end than actually watching what was happening. Sounds were forgotten as I embraced the moment. In my mind my body felt suspended in a hot, dark cavern of myself—everything around me ceased and the sounds were nothing but who I was.

I had the birth filmed & audio taped (non-sync). The visual just being the perspective of a witness—but I have to step back from the sounds. So far I haven't heard these tapes, afraid they will reveal more about me than any film.

Sound is important in reaching the self. My midwife, Abby, told me a story of a birth she attended of a deaf woman. She was in labor 3 days and making little progress. Abby tried to get this woman to sound deep in her chest by demonstrating it to her. Soon the woman began to moan deeply with her contractions. Her mother began crying because she had never heard her daughter make any loud noise. Within an hour the woman had her baby—the woman's ability to let loose instigated this moment.

CULTURE
the sense of control that was so difficult for me to give up is partly a result of the obsession of a society to control its surroundings. This includes a culture that attempts to control nature and work against it instead of with it. This is the fear of the unknown, that drives a society to go against nature. Examples are so embeed within our reality, from how we try to control sickness to how we build houses. We try to keep ourselves away from nature. When I've told a few people about my labor, they became convined that drugs are the answer. Fuck that pain/endurance thing. That is exactly the attitude of our entire culture, but I honestly believe that in denying women the pain of childbirth, "it" denies them strength.

IMPRINTING
my midwife, Abby, believes that cultural imprinting occurs at birth & right now we live in a culture that is full of C-sections & pacifiers. In hospitals in So. Cal. over 90% of women have C-sections, a procedure that creates more trauma for the woman and child than a vaginal birth. This trauma is the result of lifting the child from a cut womb with forceps (voiding a transition), dropping chemicals in its eyes, suctioning its throat, while the mother is sewn back together. Future shock from day one. Abby also believes that pacifiers, given to hospitals, impints upon a child the equation of

YEAST INFECTIONS
(a.k.a. Candida, Monilia, or Fungus)

Itchy, burning, runny... if you haven't had a yeast infection, consider yourself among the lucky few. A common cause of vaginitis, yeast infections evolve from an imbalanced proportion of fungi called candida albicans. The yeasts can be anything from slight, itchy discharge to flaiming cottage cheese. Yeast grows best in a slightly acidic environment, our vaginas are normally more than mildly acidic. When this pH level is disturbed, the yeasies flourish.

Symptoms:
itching, burning, slight to clumpy white discharge, irritation, occasional mild smell.

Causes:
* SUGAR SUGAR SUGAR! The evil beasts thrive, fester, and unsuitably feed off sugar. It is the main culprit in producing yeast infections. Avoid junk food/sweets, excess curits, even carbs. Don't be fooled by "natural sugars" such as fructose, sucrose, honey, sugar in the raw, etc. While these are cleaner forms of sugar and easier to metabolize, in the end your body treats sweets as sweets. Brown rice syrup is a good alternative.

* Anything that lowers your body's natural resistance to dis-ease (i.e. poor diet, drugs, alcohol, stress, fatigue, etc.)

* Alcohol, especially beer as it is made primarily from yeast. Two beers for me & I'm itchin' the next day. All alcohol is converted into sugar in your system. Hang-overs are basically wacked blood-sugar levels and dehydration.

* Breads: most bread contains yeast as a rising agent. Look for yeast-free products, especially whole-grain.

* Birth Control Pills: these upset the vagina's natural acidity and causes it to store sugar (providing a perfect breeding ground for the beasts). High doses raise estrogen levels at certain times during your cycle. Estrogen causes the uterine lining cells to produce more glycogen—which is sugar. Many women on the pill battle the yeasies half way through their cycle nearly each month. Try a lower dosage, or bail them all together. Anything that tricks your body into assumed pregnancy isn't neat in my book, but if you are okay with them, just be aware of the thing they don't tell you.

* Antibiotics: literally meaning anti-life. Commonly dispensed as tetracycline, penicillin, erythromycin, etc. Aside from lowering your own natural immunity and making your body inept to heal itself (keeping you on 'em), they destroy the "friendly" bacteria in your body. This then causes yeast (mean bacteria) and inhibits defense against it. Whatever you're on antibiotics for, try Echinacea—it's a powerful herb that helps spark your own defenses. If you must take anti-b's, always include acidophillus.

* Pregnancy: a time of major hormonal changes, especially estrogen fluctuations.

* Diabetes: unstable blood sugar levels cause cells to store excess sugar

* Soaps-n-Bubble Baths: soap is harsh alkaline (especially brand name, chemical ones) and upsets the acidic PH of your cooch. Most bubble bath is a detergent and lessens the protection vaginal mucus offers against infection
Childbirth and the Politics of Control

by Nicole Franklin

On July 8th at 12:47 AM, I gave birth to a 7 pound boy -- the hardest thing I've ever done in my life and an experience which emotionally and physically stretched my threshold of pain. Any time I deal with unknown amounts of intensity, I learn a great deal about myself. My labor lasted over 54 hours. If I'd been in the hospital, I would have had a Cesarian section. After 24 hours in a hospital, the staff would not have any more time to devote to a single patient, and with this surgery, liability is lower than allowing a vaginal birth. Luckily, I had chosen a home birth -- one that did not have the metal stirrups for a doctor's convenience.

TRICHOMONIASIS

Trich is caused by tiny one-celled animals called trichonomads. Typically asymptomatic in males, it is passed through unprotected sex often in a package deal with gonorrhea. You will know if you have contracted the bug as it shows up within a few days after sex -- and when it does, it's not pretty. The drug prescribed for trich is effective, but it has a lot of horrific side effects such as nausea, shits, headache, metallic taste in mouth, lowered white blood count, lowered immunity, gene mutations, birth defects, and cancer in animals. Unfortunately, natural remedies for trich aren't always successful -- but definitely worth a try. Trichonomads can also travel up through the urethra during sex and cause a bladder infection.

Symptoms: yellow or yellowish-green discharge, burning, itchy, intense fishy odor, moist lips but dry feeling vagina, tenderness, red blotches on cervix (seen by self exam with speculum). Green discharge from cervix (seen also by self-cervical exam) indicates presence of gonorrhea

Causes: unprotected sex, possible contact with infected toilet seat (but this is questionable and rather unlikely)

Treatment:

* Garlic suppository (same as mentioned for yeast-ease)
* After removing suppository, douche with 1 TBS white vinegar to 1 quart warm water 1/2 every 24 hrs. Since douching can push infection further into organs, try pouring solutions gently (as described later). Every other day douche with a cooled tea of 1 TBS goldenseal root or powder and 1 tsp each of witch hazel leaves and comfrey root to 4 cups water.
* Insert pure aloe vera into vag. with applicator used for creams and jellies. This relieves itching and discomfort.
* Douche with Betadine solution 1/day until and through 1 week after period. Do this by laying in tub with legs against sides or wall and pelvis raised as high as possible (you are back on your shoulders). Open your lips with fingers or speculum and slowly pour body-temperature solution into vagina. Leave for several minutes. Symptoms should clear greatly within hours.
* Douche 1-2/day for 1 week with cooled teas made from Bayberry, Goldenseal, or Slippery Elm.
Use gentle pressure and keep bag at a low angle.

Lie on side, and keep bag at a low angle. 

Better condition. Don’t leave your hips. Wash it in a few days.

Tell your doctor. Your doctor will know that.

FRESH FEMALE. 

ABDOMINAL DISEASES.

* * * * * * *
When shit happens...

In the event of unprotected sex, insert one 500 mg. non-chewable Vitamin C tablet into vagina 2X a day for 3 days. This should kill egg-bound sperm by acidifying vagina. Irritating, but not as bad as an unwanted pregnancy! Soothe with aloe vera & acidophilus afterwards.

OR... Take 1 teaspoon of non-treated wild carrot seed at ovulation or immediately following unsafe sex. Chew, mix with liquid, or swallow in capsules. Use for one week or until bleeding begins. Prevents egg from attaching to uterine wall.

Know that these are not methods to rely on regularly. Good Luck!

U.T.I.'s

Urinary Tract Infections

These REALLY suck. Ever feel like you gotta pee super bad but when you go to do it, nothing happens? If you can squeeze out anything, it's only a drop and it feels like firewater. If you've had one before, you can feel exactly when another one is coming—so here's how to avoid them and what to do in case you don't...

Avoiding them...

1) The most important thing to do is make sure you pee after sex, no matter how nice it is to lay there, get up and squeeze someout kind of forcefully, this will eliminate any bacteria that has made its way into your urethra during the course of sex.
2) Avoid gettin' dirt in ya by making sure you and your partner have clean hands, fingernails, and sex gadgets.
3) Wipe from front to back after going poddy.
4) Wear cotton undies.
5) Use a smaller diaphragm.
6) Avoid using perfumed products down there.
7) Use KY or aloe gel for sexual positions that may cause friction or irritation.

When you've already got one...

Take 1-2 cranactin pills every 12 or so hours or drink mega amounts of cranberry (unsweetened!) juice and always water, of course.

Simmer 1 cup fresh celery or parsley leaves in 3 pints distilled H2O. Drink 6-8 cups a day for 8 days, cutting back 2 cups daily.
The spread of female diseases and their implications.

If you need a pregnancy test, go to a doctor.

Discuss with the antibiotics to know the symptoms.

When using antibiotics, do not take any other medications.

If you do not take antibiotics, do not use antibiotics.

Although it is still unclear, there is a variety of antibiotics.

Information on antibiotics, e.g., 80% of IC infections are women.

Intestinal Cystitis: a common bladder condition in woman.

How to recognize, how to treat, and when to consult a doctor.

If you have a fever, see a doctor as soon as possible. If you have a persistent or severe infection, seek medical advice immediately.

Intestinal Cystitis (also known as cystitis)
The following illustration is an example of a typical crystal pattern which would be seen in a regular 28-day cycle.

Day 1 is the first day of menstruation, marked with "X", as are the next three days of menstrual bleeding.

DAYS 4, 5, and 7 show little or no forms, mostly amorphous blobs with no crystallization.

DAYS 8, 9, and 10 show the beginnings of crystal formations or fuming patterns which increase in amount and size until the 14th day, with peaks in crystal formations signaling a peak in fertility time.

DAYS 15 through 27 show no crystal forms. This is the post-ovulatory phase.

DAYS 28 show a brief crystal period, ending 12-24 hours before the onset of menstruation. These crystals usually show much less fuming than those seen during the fertile period.

DAYS 8 through 17 are understood to indicate that they are potentially fertile days. Checking cervical fluid consistency can verify this before the 21st day if there is doubt.

**Helpful Suggestions**

- Do not wear your glasses. People with very poor eyesight can read the lens easily once they learn how to focus the material on the slide.
- When first learning, you may want to remove your contacts. You will soon be able to read the contacts in place.
- Be sure you are holding the lens with the small hole toward your eye.
- Try using different distances from the light and different light sources until you find the best combination for you. Try using a flashlight.
- Remember your eyes focusing technique is to vary the pressure used to gently squeeze the disks together. Watch for the right amount of pressure that gives you the clearest focus.
- Check both the slide (large blue hole) and the lens (small hole) to be sure light shines through. Clean with a soft damp cloth or warm water with mild soap.
- Always clean the lens before taking a new sample.
- Make sure you are using just a thin film of saliva or mucus.
- Mixtures of other substances (food, alcohol, nicotine, water) will alter the composition of pure saliva. Be sure there are no remains of these substances in your mouth when taking the sample.

Access to further information about this method of fertility awareness is kind of obscure. Midwives seem to know as Nicole got this article from her—Definitely something to watch for.
1. Keep a written record of your cycle for 8-12 consecutive months. Count the 1st day of your cycle as DAY 1 and the last day before you start to bleed again as the last day. At the end of 8-12 months, figure the longest and shortest cycles.

2. Subtract 18 from the # of days in your shortest cycle. This difference is the fertile or "unsafe" day. No fooling for you.

3. Subtract 11 from the # of days in your longest cycle. This is the last day you are fertile and sex is not safe.

4. Add your new cycle to your list each month. Cross off the cycle at the top & count in your new cycle at the bottom. This will show new changes in your cycle & may change days you count as unsafe.

Example:

If a Q's record shows that her shortest cycle is 25 days & her longest is 30, she should abstain from sex or use another method during days 7-19.

Be aware of factors that may upset your cycle - pre-menopause, breast-feeding, abortion, miscarriage, birth, post-birth control pill use, stress, shitty nutrition, or major changes in daily routine or attitude.

Know Your Body.
Rhythm or Calendar Method

Scabies

are fucking hell. Even though they are super common, few have heard of them. Most doctors can't diagnose them because they are treated as a rarity that only "lucky impoverished people" get. Consequently everyone feels disgusting when they come down with 'em. Scabies are little parasites that are no different than any of the other 10 billion you have on you right now, we are just allergic to them. They are invisible to the eye and show up in little red bumps when scratched. Characteristically, these bumps form lines or triangles, but not always. Doctors only recognize them this way and nearly everyone I know hasn't been officially diagnosed because of this. Realistically, they are not that easy to catch but it's important to tell those around you if you have them. That's the hardest part, but if more people would talk about them, they wouldn't be so embarrassing! The best way to catch them is through clothes and bedding, which are also the hardest places to get rid of them. The most important thing is to do it as quickly as soon as you start showing signs. If you have been in very close contact with someone who has them, chances are you will get them too. It takes a month for scabies to develop on someone who has never had them, but quickly on someone who has. If you have an isolated incident of close contact with them, they can be prevented by taking a hot shower within 12 hours. Unfortunately, home remedies don't usually kill them, but definitely help in treatment. They are effective in prevention for those questioning month before they hatch. The medications prescribed are Kwell and Elimite. I've heard Kwell can cause damage to the nervous system, so Elimite is preferred as of now. Both are pesticides and not good for you, so try to do your ridding process right the first time. Wait 2 weeks before reapplying, unless you see for sure that they are still spreading. Otherwise you probably have theMayhew, which can itch for 3 months.

Symptoms:

Itching or bumpy sensation worse with heat (showering, in bed, etc.), small red bumps. Often begin as one itchy bump in armpit or on hand. Cluster on hips, feet, thighs, between fingers, lower back, arms, etc. Fun! Remember, the best way to spread them is to itch 'em! Don't scratch!

What to Do:

Apply medicine thickly from the neck down. Leave on 10-12 hours. Wash off. Wash all clothes, bedding, and towels on hot cycle. Throw non-washables (including leather shoes & belts & dry cleaning) into hot dryer for at least an hour. Wrap mattresses in mattress bags (available at moving companies, stores). Quarantine sofas and other things for a least a week. Supposedly they die off the body within 72 hours but I don't believe it.

Home Remedies:

* Bathe in Tincture of Green Soap every night. Scrub with soft bristle brush.
* Take 2 homeopathic "Sulfur 6X" tablets 3X a day under tongue. Never touch homeopathy with your fingers!
* Apply oil of lavender 2X a week.
* Use lotion with calendula in it to soothe skin.

Crabs

Crabs are similar to scabies, only bigger and tend to live on the surface. They are found mostly around the genitals and other hairy regions, including your eyebrows! They often appear as tiny brown spots at the base of the hair. They are not primarily an STD, kids get them all the time.

Symptoms: They itch!

Treatment: Follow the same for scabies minus the medication. Wash, quarantine, etc. Can also mix 3 tsp. thyme, red thyme, or lavender oil with 5 oz. olive oil. Apply over night and wash off with soap. Can apply up to 3 times a day if needed.
A NEW VIEW OF A WOMAN'S BODY

BOOK BY A. Rosenthal,

methods: the factory model. Read the manual

information: Cervical intrauterine device. They are

pressure: either in the cervix, just above the

womb, and there are more expensive times when

HOMOPHOBIA

NATURAL CONTROL

EIGHT EFFECTIVE:

store bought pills and sponges.

1 part fresh lemon juice

1 part alcohol (70%)

6 parts water

a mild, non-irritating alternative to

contraception.