

Ep. 1. Let's understand birth control!


understanding your birth control options.

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Why is this important?

Understanding Birth Control options is the first step to taking control of your body by understanding hormones and fertility.

As women, taking care of our fertility is understanding our power.



Ovulation and fertility are more than just about getting pregnant or not.

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Hold up

It takes two to tango and to create and prevent new life.



Grab your partner, if applicable

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Two types of Birth Control

Birth Control Options



Hormonal Birth Control

(Normally prescribed by a doctor, containing body altering hormones)



Non - Hormonal Birth Control

(Things like condoms, awareness method and pull-out method. Typically requires more information, which is empowering)

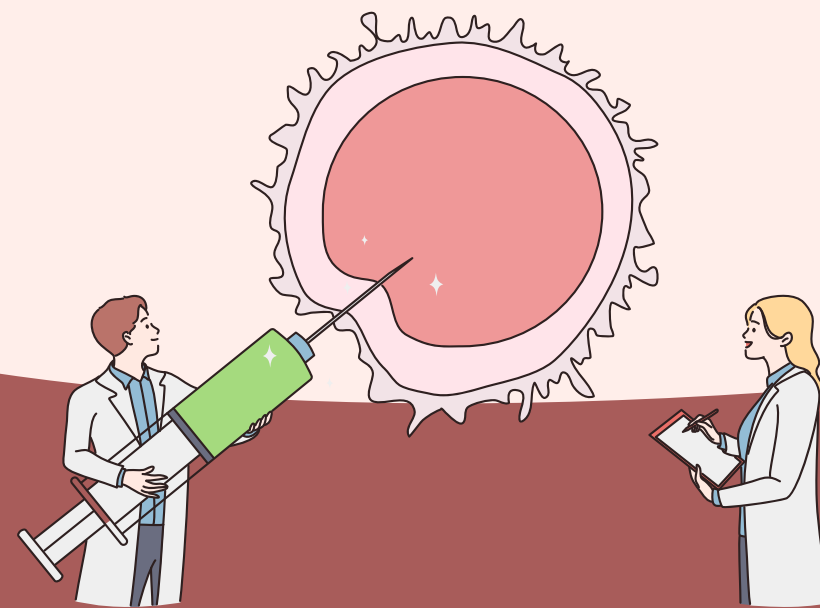
But what is your best option?

That is for you to decide and us to educate you on.

How does Hormonal Birth Control work?

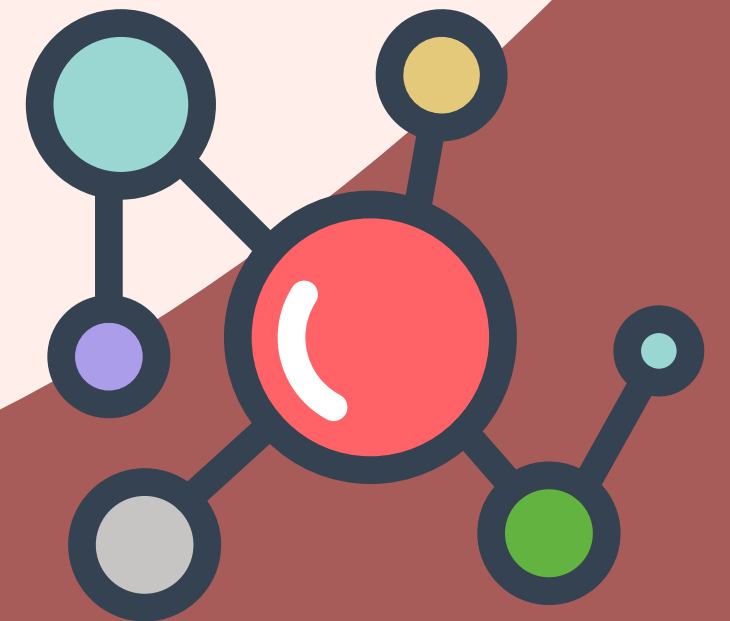
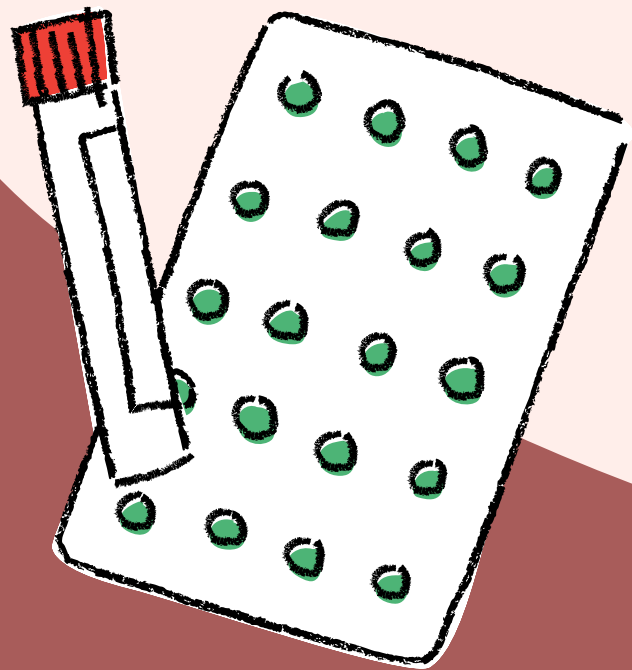
Its mechanism of action is to produce negative feedback from the hypothalamus and **inhibit the secretion of gonadotropin-stimulating hormone (GnRH)** so that the pituitary does not secrete gonadotropins in the middle of the cycle to stimulate ovulation.

Simply put the fake hormones found in the medication will communicate to your body to not have a cycle, essentially stopping what we do as women. (not just stopping the potential for pregnancy)



What is inside of it?

- Most hormonal birth controls have one molecule of [fake] progesterone and one molecule of ethinyl estradiol [fake estrogen] or just progesterone.
- These hormones are from horse urine, or plants or could be made in a lab.



Purpose.

The endometrium thins and the cervical mucus becomes thicker and impenetrable to sperm.

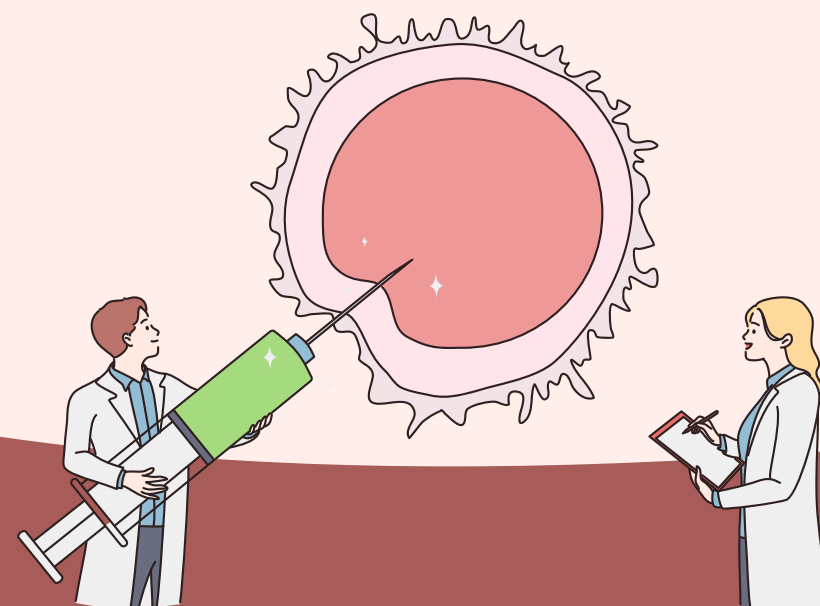
Effect.

Other than masking your natural cycle, hormone birth control also commonly cause cancer, blood clots, PCOS, acne, hair loss, and depression. (and many more)

How does Non-Hormonal Birth Control work?

Since there are so many types of non-hormonal birth control options they all work a little differently.

The main thing they all have in common is that they are trying to prevent sperm from coming in contact with an egg that is produced during ovulation.



Purpose.

to prevent pregnancy by preventing the connection of sperm and an egg during the time of ovulation.

Effect.

A complete stop in your natural cycle and brain-ovarian communication. Hormonal birth control also commonly causes cancer, blood clots, PCOS, acne, hair loss and depression. (and many more)

Hormonal birth control
should be a personal
decision, and as a decision,
it should be taken informed
and conscious.

With your body and your
future in mind!



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Ep. 2. The history of birth control

understanding your birth control options.

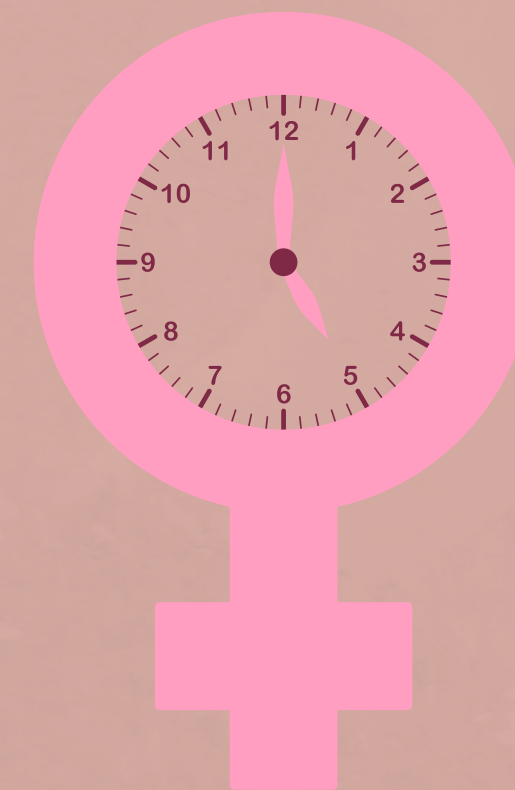
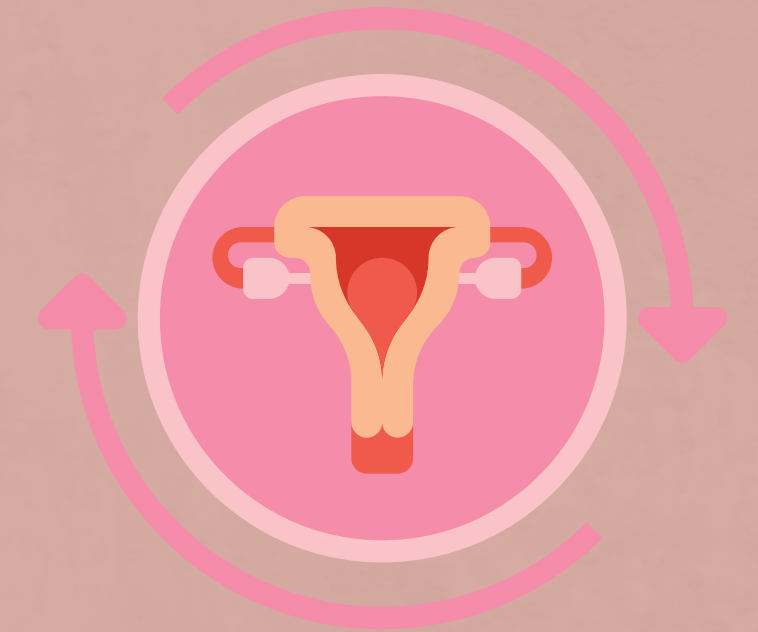
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The past of birth control.

- Beginning in 1873, with the Comstock Act, the use of the mail for contraceptive information was prohibited. Contraception was also banned in many states of the USA.
- Nurse Margaret Sanger, founder of Planned Parenthood, had to take refuge in England to avoid prosecution for distributing information in written form.
- For the entire population, ie married or not, the ban lasted until 1972 (the Eisenstadt v. Baird ruling).
- Such a ban continued in the state of Connecticut until 2001 for married

Contraceptive BOOM of the 20th century meant

- Lower mortality rate in newborns.
- Development of contraceptives.
- Feminine liberation.
- Planification (economy and lifestyle)

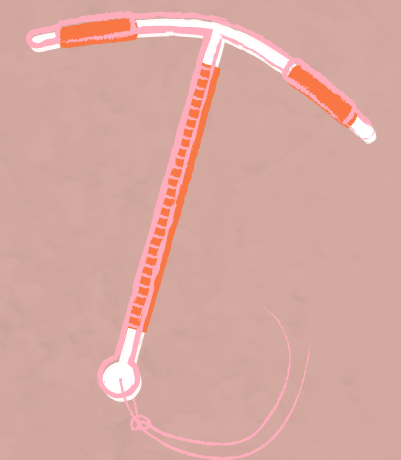


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BUT...

Even hormonal contraceptives were sold as freedom, there are being used to control poor women and their decision capacity.

In Mexico there were colocated IUDs during birth without women's consent because doctors decided they were "too poor" to have more children.

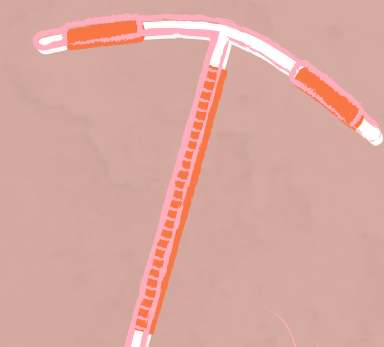


AND...

They tested birth control options on poor women in Puerto Rico, in the 1950s without their consent to a medication that hadn't been approved by the FDA.

20% of the women complained of dramatic side effects which were dismissed as psychosomatic.

By the end of the trail three women had died, no reports were ever done to see if there was a connection between the medication and the death.



We can't talk about freedom if we're deciding for others or if there are not giving the complete information.

An informed decision is made knowing:

- **Body Processes**
- Side effects.
- **Natural and effective alternatives.**
- Complete information.
- **Issues caused by not ovulating.**
- Deciding without fear or being intimidated.



Ep. 3. What are your birth control options

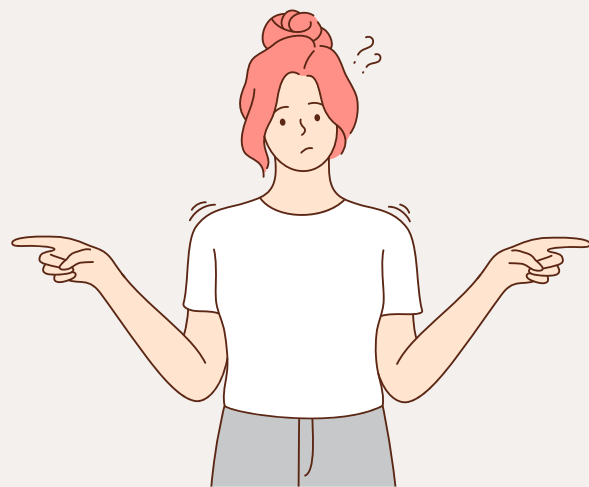
understanding your birth control options.

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Wait, I have options??

YES, no matter what others make you feel you always have options, and its your job to make the choose that is best for you!

So much more than small pharmaceutical pills, much more... There are many forms of birth control and we believe everyone should understand all of their options.



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What should you consider when choosing your birth control?



- partner participation
- access to healthcare
- the side effects (if man-made)
- do you need to also protect yourself from STDs while having sex?
- the cost, although nothing is quite as expensive as a kid
- your current hormone health, and your family's history with hormonal birth control.

Two types of Birth Control



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(Things like condoms, awareness method and pull-out method. Typically requires more information, which is empowerig)

But what is your best option?

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Before understanding your options it's important to know about the difference between typical use and perfect use of ANY method.

How do we measure effectiveness?

TYPICAL USE

Allowing for average human error



PERFECT USE

The perfect use of the method with no errors.



WHAT ARE MY OPTIONS?

Hormonal.

- The pill.
- IUD.
- Implant.
- Diaphragm.
- Shot.
- patches.
- etc...

non-hormonal.

- Spermicides.
- Sponges.
- Condoms.
- Basal method.
- Pull out.
- Syntotermical method.
- FAM method.

Options and their effectiveness.

Hormonal Birth Control Options

Hormonal Birth Control has a perfect use fail rate of 0.3% and a typical use rate of a shocking 9%

Condoms (male and female)

Condoms have a perfect use rate of 2% and a typical use failure rate of about 18%.

The "Pull out method"

the typical use failure rate is 28%, but when used properly it has a perfect use failure rate of 4%.

The awareness methods along with partner participation and condom usage when needed are our favorite. But nobody lives in a perfect world.

Cycle Awareness Methods

perfect failure rate of 0.6% (with a typical use failure rate of 1.7% less than the pill)

This information was taken from Research studies in Lara Bridens book, *the period repair manual*.

pros of birth control.

- Deciding over your body.
- Responsibilities from your side.
- Deciding when you and your partner want to get pregnant.

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Cons of hormonal birth control.

- Appearance of menstrual irregularities.

- Cancer.

- Blood clots.

- Depression.

- Anxiety.

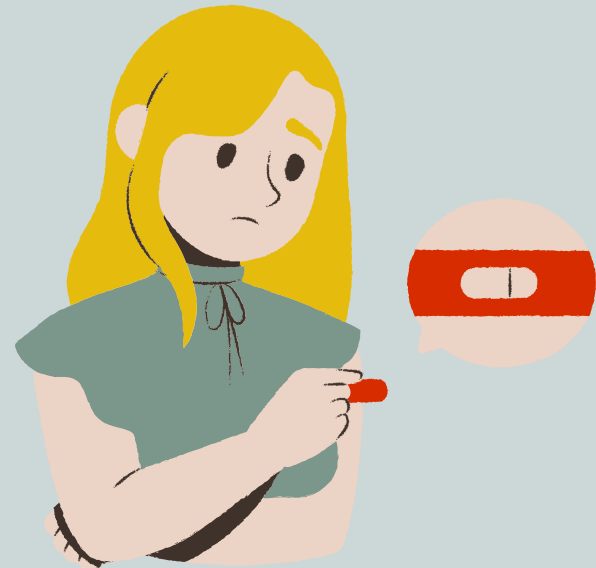
- Hair Loss.

- Bone problems.

- Diabetes.

- Hormonal unbalance.

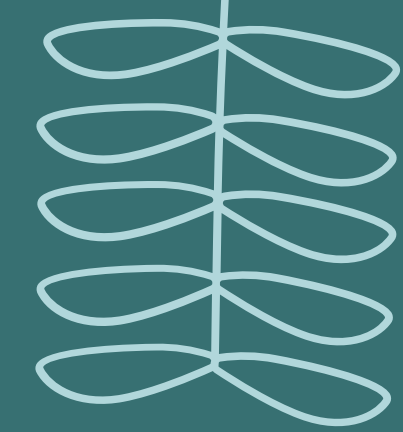
- Dermatological conditions



TO CONSIDER:

- Contraceptives **ARE NOT** the solution for hormonal unbalance.
- Contraceptive bleed is not a **real period**.
- Birth Control steroid hormones **are not** real hormones
- Effectiveness is **not perfect**, there is always a margin of error.





REMEMBER:

There aren't correct answers,
just conscious decisions.



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Ep. 4. Why might one need a method of protection?

understanding your birth control options.

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The only reason one needs Birth Control Method is

If you are not currently wanting to get pregnant and you are sexually active with a partner that is the opposite sex as you.

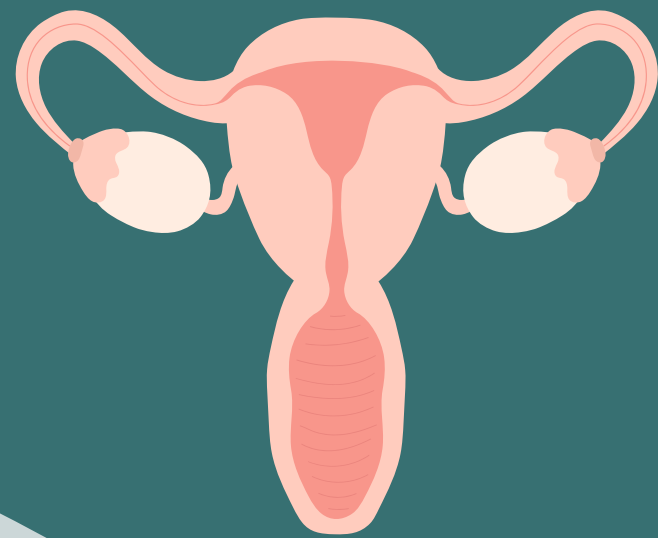
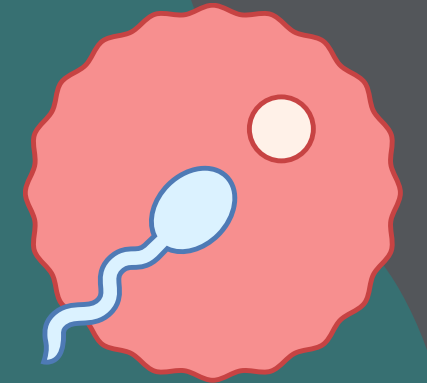
REMEMBER!

hormonal birth control does not rebalance hormones. It may mask symptoms you are experiencing but will often do more harm while you are taking it.

What is Ovulation

(ov-yoo-LAY-shun)

The release of an egg from an ovary during the menstrual cycle.



"The Ovulatory Cycle"

another word for menstrual cycle. Since the ovulation is the main event, the most important health benefit and the reason why we bleed. We think its appropriate.

WHAT IS OVULATION.

The ovulatory phase begins with a surge in luteinizing hormone and follicle-stimulating hormone levels. Luteinizing hormone stimulates egg release (ovulation), which usually occurs 16 to 32 hours after the surge begins.

- The estrogen levels decrease during this surge, and the progesterone level starts to increase.
- Around the 14th day of your cycle your ovary releases a mature egg.
- Indicator of good health, regardless if you want to get pregnant or not.
- You get your period on time every month.

Why is ovulation so important?

- It's the main phase of the cycle.
- Essential for your osseous system
- With other indicators, a good sign of fertility.
- Needed for all your systems because of the hormone liberation.

According to Canadian endocrinology professor Jerilynn Prior,

“Women benefit from 35 to 40 years of ovulatory cycles, not just for fertility but also to prevent osteoporosis, stroke, dementia, heart disease, and breast cancer.” In that sense, each and every ovulation is like a monthly deposit into the bank account of long-term health.

Important to remember

****Just because you bleed does not mean you have ovulated.**

****With hormonal birth control you are NOT ovulating!**

**** Although hormonal birth control has health risks it is still the better option for some women.**

**** This is your choice!! That's why it's important to educate yourself before sitting at the doctor's office with increased pressure and little information.**

My hormones seem imbalanced but I was told by my doctor to take Birth control?

First off, you are not alone!! (this is one of the many reasons the founder started Divine Drops)

If you are experiencing hormone imbalance symptoms

- Ovulation test strips (testing your urine for a rise in Luteinizing hormone)
- Check your cervical mucus
- Learn and use the temperature method

Obstacles to ovulation

- PCOS (polycystic ovary - so many cysts found on the ovaries because they are not being released during ovulation.)
- Undereating or overeating carbs (carbs are needed for ovulation)
- Hormonal Birth Control.



Birth control is:



- To prevent pregnancy.
- If I know the info and I decide it's a good option for me.

Birth control IS NOT:



- The solution for hormonal unbalance or "period problems".
- For losing my period if I'm disconnected from my feminine energy.

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Do you want to learn more?
Follow us in this journey!

*Feminine
and
Fierce*

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