

RED RASPBERRY LEAVES

Rubus idaeus
PART USED: LEAVES
Red raspberry leaves are used for diarrhea, hemorrhoids, vaginitis, hormonal problems, and during and after pregnancy. They are by far one of the best uterine tonics. They stimulate menstrual flow by toning the ovaries and the uterus and improving their functions. Taken during menstruation, red raspberry leaves relieve cramps and regulate the flow. They also help with digestion and nausea.
INFUSION: Make a regular infusion (p.09). Take 1 cup, 3 times daily.
DOUCHE: Once a day with a concentrated infusion at room temperature. Do not use for more than one week at a time.

ROSE HIPS

Rosa canina
PART USED: FRUIT
A tonic for fatigue and vitamin deficiency and a diuretic, rose hips contain a lot of vitamin C. They are excellent for the skin, and help balance hormonal irregularities—good for irregular menstrual cycles and heavy white vaginal discharge (leucorrhea).
INFUSION: Make a regular infusion (p.09). Take ¼–1 cup, 3–4 times daily. This is excellent cold with lemon.

ROSEMARY

Rosmarinus officinalis
PART USED: LEAVES
Often used for headaches, colic pains, colds, nervousness, depression, palpitations, and uterine congestion. A pulmonary cleanser, it is also helpful for asthma when the steam is inhaled: add a strong infusion to your bath.
INFUSION: Make a regular infusion (p.09). Take ¼ cup, 3–4 times daily.

SAGE

Salvia officinalis
PART USED: LEAVES
Used for sore throats, fevers, and to stimulate circulation and digestion. Sage impairs lactation (dries up mother’s milk). This herb imitates estrogen and can help with certain menstrual irregularities.
INFUSION: Make a regular infusion (p.34). Take ¼–1 cup, 3–4 times daily.
To dry up mother’s milk: 1 cup of cold infusion twice daily.
TO GARGLE: Make an infusion using ½ cup water and ½ cup apple cider vinegar.

TANSY (BITTER BUTTONS)

Tanacetum vulgare
PART USED: LEAVES, FLOWERS & SEEDS
Tansy (not to be confused with tansy ragwort) is used for amenorrhea and dysmenorrhea. The seeds can be used to expel worms. It is an emmenagogue which can be used to promote regular periods.
Take in small and repeated doses. Extra-large doses can cause congestion and result in discomfort to the abdominal organs.
INFUSION: Prepare a regular infusion (p.09) using 1 oz. herb to 1 pint water. Take 1 cup, 3 times daily (before meals).
TINCTURE: 10–15 drops in warm water, 3–4 times daily.

WARNING: TANSY CAN CAUSE HEAVY BLEEDING IN WOMEN WHO USUALLY HAVE A HEAVY MENSTRUAL FLOW.

THYME

Thymus vulgaris or *Thymus pulegioides*
PART USED: LEAVES
Thyme is used for headaches, fever, colds, bronchitis, cramps, digestive problems, nightmares, whooping cough, wounds, toothaches, scabies, ulcer, sore throats, worms, rheumatism, and as a deodorant and a mouthwash.
INFUSION: 1 tsp. thyme in 1 cup of water. Take 1 cup 3–4 times daily.
FOR COUGH: Mix with honey; take 1–2 tsp. as needed.
FOR FEVER: Drink a hot infusion. Wrap yourself in blankets so as to sweat; then take a shower.
FOR WORMS: 1–5 drops of thyme essential oil with honey and some olive oil, 3 times daily.
FOR SKIN PROBLEMS, SCABIES, AND PARASITES: Mix 2–3 tsp. thyme essential oil in ¾ cup olive oil. Apply 3 or more times daily to the affected areas. Also take thyme infusions 3 times daily.

VALERIAN

Valeriana officinalis
PART USED: ROOT
Valerian is used in cases of anxiety, depression, and digestive or circulation disorders. It is good for treating problems related to worry, spasms, trembling, convulsions, epilepsy, and neuralgia. It is also used to facilitate sleeping and relieve headaches and pain in general.
Do not prepare valerian as a decoction (p.09). Do not pre-soak the roots or steep for longer than 2 hours. Because of its bitter taste and foul smell, it is suggested to add one of the following herbs (which also have medicinal

properties) to valerian infusions: cinnamon (for convulsions); cayenne (for cramps); anise (for digestive disorders); ginger (for menstrual irregularities).
INFUSION: 1 oz. root in 2 cups of boiling water. Steep covered for 45 minutes. Take ¼ cup, 3–4 times daily.
TINCTURE: 10–15 drops in a little water. 3–4 times daily.

WARNING: VALERIAN MAY CAUSE DROWSINESS. DO NOT ATTEMPT TO DRIVE OR OPERATE MACHINERY WHILE USING VALERIAN.

WILD CARROT SEED (QUEEN ANNE’S LACE)

Daucus carota
PART USED: SEEDS & ROOT
Root tea is a diuretic which helps eliminate urinary stones and worms.
The seeds can be used as a “morning after pill,” to prevent the implantation of a fertilized egg (see “After a Risky Sexual Encounter”, p.04).
Wild carrot seed is easily found in the city and country; the seeds should be picked in the middle to end of September (consult someone who has done this before).

WARNING: BE VERY CAREFUL ABOUT IDENTIFYING THIS PLANT. IT IS EASILY CONFUSED WITH POISON HEMLOCK, WHICH CAN CAUSE DEATH (NO JOKE).

YARROW

Achillea millefolium
PART USED: FLOWERS & LEAVES
Yarrow is a cleanser. It is used for colds and flu, hemorrhages of the lungs and the intestines, vaginal and bladder infections, menstrual disorders, hemorrhoids, fatigue, and circulation problems.
INFUSION: Make a regular infusion (p.09). Drink 3–4 cups daily.
DECOCTION: Start with a regular infusion that’s been prepared and strained. Simmer until the liquid is reduced to half its original volume. Strain. Drink cold—½ cup, 3 times daily.
FOR FLU & COLD: Drink 1–2 cups of the hot infusion. For colds, wrap yourself in blankets after drinking in order to sweat, then take a bath.
FOR ABDOMINAL PAIN & HEAVY BLEEDING: Take a hot infusion before menstruation or as needed for cramps.

Patriarchy sucks. It’s robbed us of our autonomy and much of our history. We believe it’s integral for women to be aware and in control of our own bodies. The recipes we present here have been known and practiced for centuries, passed down from mother to daughter, and have survived the censorship of the witch hunts. Our intent is simple and practical: to help break away from the medical establishment’s tentacular grip on our bodies and our approaches to health and healing.

From anatomy to self-healing using herbs and massage, it is filled with easy recipes and remedies to conquer yeast infections, sexually transmitted diseases (STDs), hormonal imbalances, late periods... a whole array of medicinal plants and nutritional information to arm us against abusive and negligent medical practices. A section on aphrodisiac plants has been added for your fancy.

Because the world of women’s health is vast and multi-faceted, we had to prioritize the selection of material. We decided to focus on sexually transmitted diseases, HIV/AIDS, unwanted pregnancies, and more specific gynecological problems as there is a lack of alternative literature on these subjects. Other aspects of women’s health (menopause, fertility, pregnancy, psychological aspects, etc.), while extremely important, are too exhaustive for us to cover here.

Bear in mind that staying healthy depends on good nutrition and lifestyle, even in matters such as STDs. Poverty, abuse, and living in a crazed society make us easy targets for all kinds of unwanted invaders—including the medical establishment.

Hot Pantz is the English adaptation of *C’est toujours chaud dans les culottes des filles*. This booklet is an introduction to basic herbal therapy; it’s a matter of getting to know different medicinal plants and their properties, and figuring out which ones work best for each of us.

Many of the treatments outlined in this booklet will not be enough to eliminate certain chronic conditions. If you find yourself in this situation, you may want to opt for more advanced herbal approaches. Consult books written by other witches and healers who escaped the stake. Or perhaps take a closer look at homeopathy, acupuncture, etc., all of which are valuable methods of healing.

While these treatments are specifically recommended for women, many of them can also be applied to men.

The last sections “How to Prepare and Use Herbs” and “Herbal Properties and Dosages,” contain explanations, methods of preparation (infusions, decoctions, tinctures), and above all, the characteristics and ways of using the herbs mentioned in this booklet. While it may

be tempting to skip ahead to the treatments suggested, it is EXTREMELY IMPORTANT that you read these sections. Herbs are very powerful and it’s important that you understand how they work, how to prepare them, and when to avoid using certain plants.
We hope this booklet will inspire you to seek out more alternative information and explore your options.

Hot Pantz at your cervix!

TEN GOOD REASONS TO KEEP THIS BOOKLET ON HAND:

- 01. You’d like to know as much about your cunt as your doctor does.
- 02. You break out into a cold sweat every time your period’s late.
- 03. The pill is giving you the blues.
- 04. Your friend’s got cramps.
- 05. The condom busts.
- 06. You catch the clap.
- 07. Antibiotics give you a yeast infection.

their base, where they fuse with the perineum, the muscle between the anus and the vagina. Inside the labia majora are the labia minora. They are joined at the top to form a protective sheath over the clitoris. They also protect the opening to the urethra.

The area between the labia minora is largely occupied by a space called the vestibule. At birth this space is almost completely covered by the hymen, which varies in size, shape, and rigidity. The hymen can be torn during sporting activities, by the insertion of a tampon, or during masturbation or vaginal penetration. Some women have pieces of skin around the vestibule—these are the remnants of the hymen.

THE CLITORIS & GENITAL GLANDS

The clitoris is an organ designed essentially for sexual stimulation and pleasure. The clitoris and labia contain erectable tissue which swell up during sexual excitement.

Two pairs of glands are attached to the vulva: the Skene’s glands lie just under the clitoris, and secrete an alkaline liquid which reduces the vagina’s natural acidity. The second and larger set of glands, the Bartholin’s glands, are located at the opening of the vestibule, and secrete fluid during stimulation. They are normally about the size of a small pea and are not very prominent. Their swelling can be

caused by what is called a Bartholin’s abscess or cyst.

THE VAGINA

The vagina is the channel which connects the vulva and the internal organs. It is seven to twelve centimeters long. During a woman’s fertile time, her vaginal secretions are acidic, but before puberty and after menopause the vagina is moderately alkaline. Vaginal secretions come from the Bartholin grands and from the cervical canal (which is also the source of cervical mucus). Their normal discharge is odorless and watery or slightly white. They cleanse the vaginal canal, in addition to coating the interior of the vagina.

THE UTERUS

The uterus is about the size and shape of a pear and is made up of two main parts: the body and the cervix. From puberty to menopause, the endometrium (or the uterine lining) forms every month, to provide nutritive support for a fertilized egg. If the egg is not fertilized, the endometrium is expelled—this is known as menstruation.

DISCLAIMER: This booklet is not intended to provide diagnoses or prescriptions. It is an informational guide to help you better understand your body and your health. Keep in mind that plants are not drugs, though they can be very powerful, and their effects cannot be guaranteed as they vary from woman to woman. The remedies contained in this booklet are based on the personal experiences of the authors, however, they cannot be held responsible for any adverse effects resulting from the use of these treatments. If in doubt, do not hesitate to consult an herbal practitioner, naturopath, physician or gynecologist.

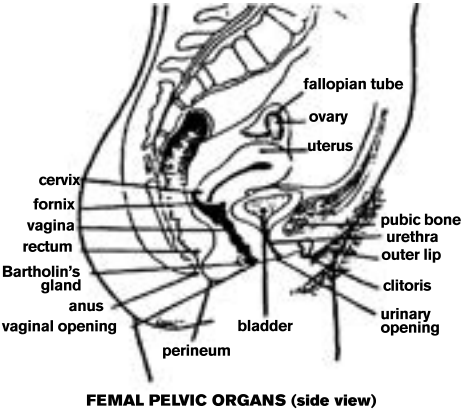


The cervix is shaped like a cylinder; it is approximately two and a half centimeters long, with a fine canal running through it, opening into the uterus up top, and to the vagina at the bottom.

All changes in the functions of the uterus (menstruation, pregnancy, menopause) are regulated by hormones controlled by the hypothalamus, the pituitary gland, the ovaries, and by other substances such as prostaglandins secreted by the uterine tissue. The uterus is connected to the fallopian tubes, which harbor the ovum (or egg) released every month by one of the two ovaries.

THE OVARIES

The ovaries are located in the pelvis and rest on either side of the uterus. Each ovary is held in place by strong elastic ligaments. The serrated orifice of the fallopian tube is located just above each ovary, with the tube leading to the uterus. Even though they are very close to each other, the ovaries and the opening of the fallopian tube are not in direct contact. The ovaries develop and release the ovum and play an essential role in our hormonal system. They are pinkish-grey, almond shaped, and are about three centimeters long. A layer of cells called the eugenic epithelium covers the ovaries; it is from these cells that the egg is formed. Thousands of immature ova (eggs) gather in these pouches on the surface of the ovaries. In



addition to their role of developing the ova, the ovaries produce the hormones estrogen and progesterone.

ABOUT MENSTRUATION

It is surprising to realize to what extent menstruation is an individual thing—every woman menstruates, yet color, odor, temperature, needs, desires, and pain can vary tremendously from woman to woman. It is also amazing to note that women who live together or who are very close often menstruate at the same time.

In many societies menstruation was traditionally (and in some cases still is) viewed as a very powerful time—a time for women to purify themselves and to relax. This is a far cry from how most of us experience bleeding. We’re usually taught to hide any evidence of blood, pads or plugs (hence the ridiculous individually wrapped polka-dotted packaging), to be “discreet” (like, don’t talk about it at all) or don’t whine (“you’re such a bitch when you’re on the rag”). We encourage bitching, talking and doing whatever else makes you feel better.

ALTERNATIVES TO TAMPONS & PADS

Using brand-name tampons and pads can be harmful to you. Plus they cost a fortune, being “luxury” items and all. Whenever possible, avoid scented products as these release a whole slew of chemicals into your girl parts (and smell gross). Tampons are bleached using dangerous chemicals which can be absorbed into the body through the vaginal walls and Toxic Shock Syndrome has been directly linked to tampon use. Plastic tampon applicators are non-biodegradable and clog sewage systems, often washing up on bays and beaches. You can avoid some of these problems by using non-bleached tampons, available at some health food stores and online. You can also buy 100% cotton pads (or even better—make your own!) they are washable and re-usable, thus avoiding unnecessary waste.

Instead of tampons you can use natural sea sponges. Simply dampen the sponge, insert it into the vagina with your fingers, and remove it once it’s saturated. Don’t worry about pushing it up too far—even though it doesn’t have a cord there’s no risk losing it “up there.” Sponges can be left inside the vagina for several hours, depending on your flow and the size of the sponge. Once the sponge is saturated, rinse it in warm or cold running water, squeeze out the excess water, and reinsert it.

This is a cheaper, eco-friendly alternative to tampons. Avoid synthetic sponges. Natural sponges are often sold as make-up removal pads, and can be found in the cosmetics section of the pharmacy, at health food stores, or online. Of course they aren’t advertised as menstrual sponges cause that would threaten the “sanitary hygiene” industry. A sponge can last up to six months if you take good care of it. Discard the sponge once it begins to fall apart.

Soak your sponge overnight in a cup of water with one teaspoon of white vinegar before and/ or after each period. This kills the bacteria that can cause yeast and other vaginitis. If you have a bad vaginal infection during menstruation, it’s best not to reuse that sponge again. Store your sponge in a doth or box between periods.

Also, a word about the menstrual cup, a little 100% rubber cap that you place on your cervix to collect the menstrual blood. Empty, wash, and replace it every 2-4 hours. Menstrual cups are known to be really comfortable, safe, easy to use, and will be yours for many years. No need for tampons or pads, you’re free! This solution costs a bit of money, but lasts almost forever!

PRE-MENSTRUAL SYNDROME (PMS)

These are varied: mood changes, irritability, cramps, painful or swollen breasts, headaches, zits, water retention, bloating, lack of energy, herpes outbreaks, gas, and ether digestive malfunctions, flu-like symptoms, back pains... combine these symptoms with an irregular or painful cycle and you’ve got the generic profile of a woman who’s ready to kill. Most likely she’ll be prescribed the Pill to “solve” all her problems. Medical genius at it’s finest! Methods of coping:

- **DIET:**
- Lower your intake of salt.
- Eat foods rich in potassium: bananas, potatoes, cabbage, pears and almonds.
- Eat a lot of seaweed: kelp (fresh or in tablet form), hijiki, etc.

- Make foods high in vitamin B6 a regular part of your diet: green vegetables, soy products, and nutritional yeast (you can also take brewer’s yeast capsules); note that women who are prone to yeast infections should avoid yeast at all times.
- Take a lot of vitamin A, especially if you have painful breasts and suffer from cramping. Carrots, onions, garlic, turnips, spinach, lentils, apricots, lemons, and raw vegetable oils are all rich in vitamin A.
- Drink lots of water.
- **HERBAL TREATMENTS:**
- Follow the treatments for hormonal imbalances (p.08).
- Take valerian tincture (p.12) to relax.
- Take ginger (p.11) to relieve tension and cramps.

Some books provide a detailed account of the role played by hormones in causing PMS—why we produce too much of certain hormones, and not enough of others. PMS is often caused by hormonal irregularities, and so it is helpful to read up on this subject.

AMENORRHEA (ABSENCE OF MENSES)

This may be due to several factors. Normal absence of menstruation (missing a period, or several) is caused by pregnancy, lactation, and menopause.

Amenorrhea can also be caused by very poor diet, excessive exercising, losing large amounts of weight, fatigue, stress, hormonal imbalance, going off the pill, or by metabolic problems: diabetes, liver disease, inconsistencies in thyroid levels.

- Try to eat well. To bring on menstruation:
- A sprig of parsley inserted as far as possible into the vagina can bring on menstruation by causing uterine contractions. Insert it before going to sleep, and remove it the following morning. Do this for 3–4 days. Accompany this with parsley infusions (p.11).

- **OR**
- Take sage in infusion or tincture (p.12).

- **OR**
- Drink motherwort infusions (p.11) for 4–5 days. Do not exceed 6 days; you should get your period in the following days.

- Massage the reflex zones for the uterus and ovaries 2–3 times a day (p.03).
- Tansy in infusion or tincture (p.12) can help regulate amenorrhea. Note that tansy can cause heavy bleeding in women who normally have a heavy flow.
- If you suffer regularly from amenorrhea or late periods, it would be better for you to think in terms of a more holistic treatment instead of simply trying to bring on your period. Consult an herbalist, or try homeopathic remedies or other alternative medicines. Drinking sage and red raspberry leaf teas on a regular basis can help improve this condition, as they help tone the uterus and ovaries.

MENORRHAGIA (EXCESSIVE FLOW)

Red raspberry leaves (p.12) are best as they do not stop you from bleeding, but help regulate

term treatment for cysts.

FRESH PLANT: The more you eat, the better!

CINNAMON

Cinnamomum zeylanicum

PART USED: BARK

Cinnamon is useful in case of muscular pains, flu, and digestive spasms. It is also an aphrodisiac.

DECOCTION: Make a normal decoction (p.09); take ¼ cup 3–4 times daily.

CLOVES

Eugenia caryophyllata

PART USED: DRIED FLOWERS & BUDS

Cloves facilitate circulation, raise body temperature, stimulate and disinfect the stomach, skin, kidneys, intestines, lungs, and bronchi. Clove oil is an analgesic that stops toothaches when applied directly to the tooth or cavity.

INFUSION: 1 tsp. cloves in 2 cups water. Take 2 Tbsp., 3 times daily.

ECHINACEA (PURPLE CONEFLOWER)

Echinacea pupurea or *augustofolia*

PART USED: ROOT

A blood purifier, it stimulates the production of white blood cells which destroy bacteria or viruses. Echinacea is an herbal substitute for antibiotics as it strengthens the immune system. It is used for blood poisoning, poisonous stings and bites, chronic or acute bacterial infections, vaginal infections, and hemorrhoids. A good prostate tonic, it also facilitates the elimination of fat. Echinacea is non-toxic and can be taken over long periods of time.

Decoction: Make a regular decoction (p.09). Add licorice root if the taste makes you feel nauseous. Take 1–5 Tbsp., 3–6 times daily.

TINCTURE: 15–30 drops in a little warm water every 1–6 hours, depending on the severity of the infection.

DOUCHE: Use a decoction at room temperature, 2–3 times a week for 2 weeks.

GARLIC

Allium sativum

PART USED: BULB

Garlic is a natural antiseptic. Its medicinal properties are found in raw garlic (for best results, try to buy organic garlic): it is a blood purifier; it regulates circulation and blood pressure; it is good for yeast infections, chlamydia, other infections, and nervous disorders. Garlic is a diuretic, helps balance glandular disorders, and strengthens the immune system. It’s also good for warts, ear-aches, and corns.

Raw garlic: Chop or press garlic clove. Take with cold water or mix with honey. Don’t wait more than 5 minutes after you cut the garlic clove to consume it. Eat one or more cloves of fresh garlic 3–4 times daily.

DOUCHE: Boil water for 15 minutes. When cooled down to body temperature, add the juice of one or two garlic doves.

FOR EAR-ACHE: Peel one garlic clove without breaking it. Wrap it with cheesecloth or gauze. Dip in olive oil and put in the opening of the ear (don’t push it too far in) before going to bed (and if possible, during the day) for 4 days or more. Also eat fresh garlic.

FOR WARTS: Rub with a garlic clove cut in half, as often as possible.

GINGER

Zingiber officinale

PART USED: ROOT & RHIZOME

Ginger is a stimulant, an analgesic and an aphrodisiac. It is used for boils, bronchitis, colic pain, diarrhea, flu, sore throats, hemorrhage of the lungs, painful menstruation, nausea, neuralgia, and rheumatism. Ginger is particularly effective for abdominal problems. It can be taken in capsules with a hot beverage or added to your bath for fever and skin irritations. It can also help bring on a late period. It can be used in powder form, but the fresh root is much more potent.

INFUSION: Fresh ginger: Grate a good quantity of the root and infuse in boiled water for 30–60 minutes. Powdered ginger: 1 tsp. per cup of hot water with honey and lemon. Drink 1 cup 3 times daily. For colds, add ¼ tsp. cayenne pepper to each cup.

CAPSULES: Fill the capsules with ginger powder, take 3 capsules daily.

FRESH ROOT: Simply chew a good quantity of the root several times a day with water, or grate it and mix with honey.

GOLDENSEAL ROOT

Hydrastis canadensis

PART USED: ROOT & RHIZOME

Similar to echinacea and myrrh, goldenseal root is a powerful natural antibiotic. It is used for viral and bacterial infections. Goldenseal is a remedy for severe inflammations in the nose, throat, stomach, colon, and is also good for hemorrhoids. Especially effective for Herpes-type viruses (cold sores, shingles), it is also excellent as a douche for vaginal infections, as an eyewash for conjunctivitis, antiseptic mouthwash, and for skin problems and burns.

INFUSION: ¼ tsp. powdered root in 1 cup of boiling water. Mix well. Take 2–5 Tbsp 4 times daily. This tastes very bitter.

CAPSULES: Measure ¼ tsp of powder. Fill 3 capsules with this amount. Take 3 capsules daily.

TINCTURE: 15 drops in warm water, 3 times daily.

PASTE: Mix a small amount of powder with water to make a light paste. Use externally on skin infections and cover with a cloth (it stains).

Douche: Use a strong infusion during a treatment. It is good to use goldenseal both internally and externally.

WARNING: GOLDENSEAL IS TOXIC WHEN USED EXCESSIVELY; DO NOT USE FOR LONGER THAN TWO WEEKS. DO NOT USE DURING PREGNANCY.

LAVENDAR

Lavendula officinalis

PART USED: FLOWERS

Lavender is a sedative and an anti-bacterial. Use the essential oil externally on open sores and to soothe insect bites. Wash it off after about 15–20 minutes, as it can burn. For a relaxing bath, prepare an infusion of lavender and add it to the water, or add a few drops of lavender essential oil.

LICORICE

Glycyrrhiza glabra

PART USED: ROOT (BROKEN UP or POWDERED)

Licorice is an emollient, an expectorant and a gentle laxative. It also contains substances similar to estrogen (as does sage). In Chinese

medicine its nickname is “the reconciler” since in addition to being used on its own, it can be combined with all the other herbs. Its presence increases their medicinal properties while masking the bitter taste of certain herbs.

DECOCTION: 1 oz. or more of licorice root. Simmer for 20 minutes in 2 cups of water. Take ¼ cup 3–4 times daily. This quantity can be added to other decoctions or infusions.

LAXATIVE: 1 tsp. powder mixed with honey. Chewing on the dried root (in stick form) helps regulate digestive problems.

MOTHERWORT

Leonorus cardiaca

PART USED: LEAVES

A really good uterine and heart tonic, motherwort also relieves cramps. It can be used in strong doses and for long periods of time. Do not use during pregnancy.

Infusion: Make a regular infusion (p.09). Drink ¼ cup 3–4 times daily.

Late menstruation: Drink warm. When the flow is normal, drink cold as a tonic.

FOR VAGINITIS: Douche with the infusion at body temperature, 1 douche per day for a week (or less).

MUGWORT

Artemisia vulgaris

PART USED: WHOLE PLANT

Emmenagogue, anti-epileptic, and anti-spasmodic. Do not take in case of uterine inflammation or during pregnancy.

INFUSION: Make a regular infusion (p.09). Take ¼ cup 3–4 times daily.

PARSLEY

Petroselinium sativum

PART USED: WHOLE PLANT

Parsley is rich in minerals and contains more iron than any other green vegetable. It is rich in vitamins A and B and has three times more vitamin C than citrus fruit. Parsley is excellent for kidneys and bladder stones, good for the optical and cervical nerves, the suprarenal glands, and blood vessels. It prevents rheumatism and helps inflamed glands and menstrual problems. The roots and seeds are used in decoction. If you have a hard time eating enough fresh parsley, take it in infusion instead. In case of kidney infection, take ginger (which is an anti-inflammatory) instead.

INFUSION: Make a regular infusion (p.09). Take 2–6 Tbsp. 4 times daily.

PENNYROYAL

Mentha pulegium

PART USED: WHOLE PLANT

Pennyroyal (often referred to as American pennyroyal) is an expectorant which facilitates evacuation of bile and is used for bronchitis and whooping cough. It also induces uterine contractions. Do not use during pregnancy.

Essential oil: Rub the skin, it keeps mosquitoes away and can get late menstruation to start.

WARNING: PENNYROYAL ESSENTIAL OIL IS TOXIC. IT CAN CAUSE DEATH! FOR EXTERNAL USE ONLY.

Hot Pantz 02. 11.

VAGINAL DOUCHES & “SITZ” BATHS

Vaginal douche kits are sold in drugstores and online. Douche with an infusion or strong decoction (about 2 cups) at body temperature. Do not over-use vaginal douches as this can disturb the vagina’s natural bacteria. Pregnant women should not use douches. The douches we mention in this booklet are medicinal douches; avoid scented douches sold in pharmacies (the kind that make you “smell better”) as they have been linked to Pelvic Inflammatory Disease (PID).

IMPORTANT: Always douche gently; douching forcefully can worsen an infection by forcing it up into your uterus, which can then cause PID. For male genitals, soak the infected area.

BABY SYRINGES

These are relatively large syringes (about an inch in diameter) with an opening at the tip—they do not have a needle. They can be used for inserting yogurt into the vagina or for douching. They can be found in many pharmacies and online.

FINAL NOTES

Certain infusions and decoctions do not taste very good; add honey or lemon. Most preparations should be taken warm unless specified otherwise. For long-term treatments, remember that tinctures are easier to use. Most of the plants mentioned in this booklet grow in North America and are therefore available both in the city and in the country, as well as in many health food stores and online. Keep in mind that herbs are not drugs but foods. They provide nourishment for the body to heal itself. Although some herbs are not to be taken during pregnancy, there are generally no side effects. It is a normal reaction, however, to have less of an appetite and/or light diarrhea during a treatment. You may have to urinate often. Always drink lots of water during a treatment. You should also note that fresh herbs and tinctures are more potent than dried herbs, even well-preserved ones. Don’t hesitate to seek help from experts in your area and remember certain chronic problems or acute conditions will need more elaborate treatment.

PICKING YOUR OWN HERBS

Several of the plants mentioned in this book are easily found growing in the countryside; many of them are also commonly found in gardens and empty lots in the city. Chamomile, chickweed, red raspberry leaves, tansy, wild carrot seed, and yarrow are among the most abundant and easiest to spot. Picking your own herbs gives you the advantage of getting the freshest herbs possible, allowing you to prepare your own tinctures and dried herbs, and it can also save you money. If you do want to pick your own herbs, there are a few things you should know: ➔ Some plants are poisonous and even deadly if ingested (e.g. wild carrot seed is easily confused with poison hemlock, which can be fatal). You should be 100% sure that the plant you are picking is the one you really want! Unless you’ve done this before, it’s best to go on a “field trip” with someone who knows their stuff, in addition

to consulting a field-guide book to help you recognize and identify plants. Get to know some of the different plants well; take note of how they look and smell before you embark on picking anything. If you’re ever unsure, even slightly, don’t take chances, Always take a field-guide book with you, ➔ Be respectful. Never pick more than ⅓of the plants available...this ensures that they’ll come back the following year. ➔ It’s far better to pick plants in the country rather than the city. If you must pick ‘em in the city, get them from parks or empty lots located far from roads—otherwise you may be wasting your time—plants looted near roadways are high in lead and other contaminants. ➔ Read up on the subject. Know when to pick the plants and plant parts you need (e.g. roots are best harvested in the fall, flowers right after they bloom).

HERBAL PROPERTIES AND DOSAGES

The common names of the plants are provided along with their Latin names. When buying herbs, always take note of the Latin name of the plant you need; this will ensure that you get exactly what you’re looking for. It’s also helpful for buying herbs in non-English speaking regions or countries. You should know that consuming caffeine, nicotine, alcohol, and sugar interferes with the absorption of plant material, vitamins, and minerals, making the treatments less effective. Try to limit your intake of these substances when using herbal remedies. If you buy herbs, make sure you buy good quality, well-preserved dried herbs. Dried herbs remain potent for about 12 months. Store them in brown paper bags or glass jars, in a cool, dark place. Commercially sold herbs should be colorful and aromatic. Buy herbs that have not been sprayed with pesticides or other chemicals. **NOTE:** When we talk about using the whole plant, we mean the stems, leaves, and flowers; this does not include the plant’s root.

BEARBERRY (UVA-URSI)

Arctostaphylos uva-ursi

PART USED: LEAVES
Bearberry acts specifically on the genital-urinary system. We use it to treat the prostate, cystitis, the kidneys, bladder inflammation, uterine and vaginal infections. **INFUSION:** Make a regular infusion (p.09); take ½ cup, 3–4 times daily. **DOUCHE:** Use an infusion at body temperature, once a day.

BLUE COHOSH ROOT

Caulophyllum thalictroides

PART USED: ROOT
Blue cohosh is used to treat amenorrhea, dysmenorrhea, vaginal inflammation, slow or halted contractions (during childbirth), nervousness, exhaustion, and spasmodic cough (asthma, bronchitis, whooping cough). Do not use during pregnancy. **DECOCTION:** Make a regular decoction (p.09). Take 1–3 tsp., 3–4 times daily. **FOR AMENORRHEA/DYSMENORRHEA:** ¼ cup of the hot decoction, 3 times daily. **FOR SPASMS:** Take stronger doses or ingest more often.

CAYENNE PEPPER

Capiscum frutescens

PART USED: FRUIT
Cayenne pepper (also known as cayenne powder. as it most often comes in powdered form) is a stimulant, a tonic, an astringent, a blood-cleanser, and an antiseptic. It induces sweating and is excellent for blood circulation, to stimulate the heart, dean and restore elasticity to the veins and arteries, regulate blood pressure, and relieve congestion in the mucus membranes. Cayenne soothes and heals sores in the stomach and intestinal tissues. It stops both internal and external bleeding and accelerates coagulation. Cayenne is effective in cases of anorexia and liver congestion. It can help you stay awake for long periods of time as it gives energy. It also strengthens the immune system and is excellent for colds and asthma. Make sure to buy medicinal cayenne pepper—the kind that is used for cooking has been roasted, ridding it of its therapeutic properties. Consult your local herb store or the Internet. **FOR COLDS:** ¼–1 tsp. in hot water, 3 times daily (very hot!). **CAPSULES:** ¼–1 tsp. in a capsule taken with a hot beverage, 3 times daily.

CELERY SEED

Apium graveolens

PART USED: SEED
Celery seed is a diuretic. It will lower high blood pressure and relieve headaches and nervousness. **INFUSION:** Grind lightly and put 1 Tbsp. in 3 cups cold water. Cover and simmer for 20 min. Strain. Drink hot, 3 cups daily.

CHAMOMILE

Matricaria chamomilla or *Matricaria recutita*

PART USED: FLOWERS
Chamomile is a sedative for the nerves and a tonic for the intestines. It is used for ear-aches, toothaches, slow or difficult digestion, insomnia, and the flu. **INFUSION:** ½ oz. flowers in 3 cups of water. Take ½–1 cup, 3–4 times daily. **FOR COLDS:** ¼ tsp. cayenne powder in 1 cup of chamomile infusion; add honey. Drink hot, 4–5 times daily.

CHICKWEED

Stellaria media

PART USED: WHOLE PLANT
Chickweed is found in abundance all over the countryside and city. It is an expectorant, a laxative, relieves gas and colic, helps soothe and protect mucous membranes, and promotes healing both externally and internally. Fresh chickweed can dissolve warts; in tincture form it is effective in dissolving cysts, especially ovarian cysts. The leaves can be made into a poultice (p.09) or wash (p.09) to treat external infections and irritations, including pink-eye. **INFUSION:** Make a regular infusion (p.09). Drink ½ cup, 3–4 times daily. **FOR CONSTIPATION:** Take 1 cup of the infusion every 3 hours. **TINCTURE:** 15–20 drops in a glass of warm water, 2–3 times daily. This can be used as a long-

your flow. Start using them one week before your period is due and continue throughout menstruation. Repeat if necessary.

- The following all help reduce excessive menstrual flow:
- ➔ Vitamin C
 - ➔ Vitamin T (sesame seeds, sesame butter)
 - ➔ Bioflavonoids (buckwheat, the skin of citrus fruits, grapes, cherries, blackberries)
 - ➔ Alfalfa (2 handfuls of fresh sprouts or 3 tablets per day throughout your cycle)

DYSMENORRHEA (PAINFUL PERIODS)

Most of us experience sensations ranging from mild discomfort to excruciating pain during menstruation. We get cramps before, during, and after our periods. Medical science tells us that suffering is part of being a woman. But we know they’re liars. Sexually transmitted diseases (STDs) are sometimes responsible for pain but most of the time cramps are caused by inflammation, swelling, and tension in the cervix and uterus. To relieve period pain:

- ➔ Avoid salt, sugar and processed foods (including white sugar, white flour, and white bread).
- ➔ Eat foods high in potassium every day: bananas, dry fruits, melons, oranges, carrots, leafy green vegetables, and potatoes.
- ➔ Eat dark green vegetables and oranges for vitamin A (it reduces tension).
- ➔ Eat oatmeal, broccoli, parsley (which can be taken as an infusion), Brazil nuts, almonds, and seaweed for their high calcium content (which eliminates cramps). Seaweed (kelp in particular) can be taken in tablet form.
- ➔ Hot baths, a hot water bottle placed on the lower abdomen, smoking a joint, vigorous or light exercise, and orgasms all help relieve tension, cramping, and pain.
- ➔ Yarrow (p.12) taken in capsule form, tinctures or infusions provides very good results. Begin 1 week before your period and continue throughout its duration.
- OR**
- ➔ Ginger (p.11) infusions rapidly relieve cramps. You can also chew the fresh root. Take as needed to relieve pain.
- OR**
- ➔ Red raspberry leaf tea (p.12) works well to alleviate cramps but must be taken regularly (over a period of months). It is mild and can be used for long-term treatment.

FOOT MASSAGE TO ALLEVIATE CRAMPS

Massage the uterine and ovarian reflex areas (located behind the ankles, just above the heel). Press hard where it hurts. This area is generally very sensitive at the onset of menstruation. Use your thumb to put firm pressure on the area, for five minutes on each side. Alternate massaging each foot, as needed. This massage yields astonishing results, especially if it’s done by someone else.

LOVE IN THE AGE OF AIDS

AIDS is now a fact of life and of love. More and more people we love (friends, family, co-workers) are living with HIV. Prevention is about loving yourself enough to understand the risks and to make decisions for yourself and those you care about. You set the rules.

THE WAY IT WAS

For the first eight years of the pandemic, most researchers and health care professionals ignored the impact of AIDS on women. Initial definitions of AIDS didn’t include gynecological symptoms and women who were infected had a much shorter life expectancy, simply because they were only diagnosed once they were already very ill. When those in charge did decide to put women under the microscope, their sole concern was how women might spread the syndrome into the “general population” (this means to men and babies). For years, the only studies involving Western women targeted sex workers and (potential) mothers. Research focused on their capacity to transmit HIV, not their health or response to medications. It wasn’t until 1990 that a greater risk for cervical cancer was listed among AIDS symptoms and it was only in 1997 that premature menopause was also linked to HIV infection in women.

THE WAY IT IS

Most AIDS education is presented as lengthy lists of ‘safe’ and ‘unsafe’ activities. This makes it a lot easier to read through the lists, decide that most information doesn’t apply because ‘I don’t do that’ or ‘I’m not like that’ and then smugly return to pleasure as usual. Understanding how HIV is transmitted is easy; understanding how to apply that to your life involves honesty and recognizing your choices. Very simply HIV is present in various concentrations in the bodily fluids of people already exposed to the virus. These fluids are harmless unless they come into contact with your bloodstream. Healthy, unbroken skin (no cuts, rashes or irritations) is your first line of defense.

GOING WITH THE FLOW

A brief note about bodily fluids. Blood carries the highest concentration of HIV. Sperm also contains transmissible quantities of HIV. Vaginal secretions are considerably lower down on the list, although levels of HIV are increased if the secretions come from someone with a yeast infection or other local infection (white blood cells concentrate where the infection is, and those cells carry the virus). This is why it is much easier for a woman to become infected by a man than the reverse during boy-girl contact. Saliva, tears, sweat, feces, and urine carry minimal amounts of HIV and there have been no reported cases of infection with any of these fluids.

BLOOD

Because blood is extremely infectious, needles are often referred to as the ‘most efficient’ means of transmitting HIV. A needle with microscopic traces of blood in it can deliver that blood directly into your bloodstream when you use it. Sharing needles is Russian Roulette. If you don’t have new needles, clean used needles (and works) thoroughly, several times with diluted bleach and water. These rules apply to body piercing and tattooing.

SPERM

As for sexual contact, anything that involves sperm involves more consideration than anything that doesn’t (think of it as a small

dose of lesbian privilege). Fucking can create friction that leads to minute tears in vaginal tissue (the risk is more likely with anal tissue, which is more fragile). Sperm can enter the bloodstream through those tears. If you have another infection that involves sores or lesions on your genitals (for instance, herpes) these can also act as a doorway for the virus to enter your bloodstream. The reverse is true if your partner has sores, and you are HIV+, especially if you’re menstruating. Remember, blood carries a much higher concentration of the virus than vaginal secretions. Oral sex can carry a risk if you have cuts in your mouth or along your digestive tract (cold sores, bleeding gums, recent dental work, etc.). That’s why some sources counsel the use of mouthwash instead of a toothbrush if you want to be minty clean before sex.

CONDOMS

Your best defense in these situations is a latex condom. HIV can’t pass through latex. Using them properly means always pinching the tip when it’s put on to ensure that no air is in it—that’s the leading cause of breakage. Lots of water-based lube also helps keep the condom intact and diminish friction that could lead to openings in vaginal or anal walls. Oil-based lubes can eat through condoms, making them useless. If you’re allergic to latex, animal condoms are still around. Double wrap the penis in question with an animal condom on the side that will come in contact with allergic skin (on the outside if you have the allergy, on the inside if your partner risks irritation). The latex condom will still stop HIV transmission with no allergic reactions

SPERMI-DE-CIDE

A small warning about Nonoxynol-9. This spermicide is often promoted as effective in killing HIV, as well as sperm. The problem is, that it’s a little too strong. I once watched an Australian sex worker use a single condom lubricated with Nonoxynol-9 to remove nail polish off both her hands. It may kill the virus, but it may eat through your skin as well, leaving you more at risk for infection. Detergents, bubble baths, and other products may also irritate delicate tissues, so be cautious. The manufacturers of these items don’t always think about where and how they’ll be used so you have to.

VAGINAL FLUIDS

Information is not too clear on whether vaginal fluids (without the presence of blood or other infections) carry enough virus for transmission. Reports are infrequent and usually they involve the presence of other risk factors (like sharing needles). It’s up to you whether you want to be cautious. If you are concerned, a condom, with the tip cut off and slit up one side can act as a barrier between mouth and cunt. Non-microwavable plastic wrap can also do in a pinch. If you have cuts on your hands you can get latex gloves from your friendly neighborhood doctor or dentist. Try not to share sex toys (like dildos) without rinsing them in

Hot Pantz 10.

Hot Pantz 03.

water and diluted bleach or covering them with a new condom for each use.

PREGNANCY

Transmission is also possible from infected women to their children through pregnancy. This risk has greatly diminished (it's less than 25% in North America). It does not appear that pregnancy itself constitutes risk, but infection can occur during delivery without precautions. Breast-feeding may also involve risk because of the possibility of presence of the virus in breast-milk (since babies also ingest small amounts of blood from chapped nipples, it's difficult to determine how infectious breast-milk is alone). Treatments are available that greatly reduce the risk of infection to unborn children of HIV+ pregnant women, though the long term effects on mother and child are still not understood. Knowing early in a pregnancy whether or not you are HIV+ and proper follow-up can also reduce the risk of transmission. Knowing before your pregnancy will ensure that neither of you become HIV+ trying to have the baby.

This information is presented simply in terms of how easily certain fluids can enter your bloodstream during different activities. We haven't made any distinctions about whether you are sleeping with men and/or women, considering pregnancy or not. HIV won't either.

AND REMEMBER

Despite what you'd like to believe, HIV does not become less transmissible if you really love each other, if you've known each other a long time, if you've decided to live together or if you're sure you'll never sleep with anyone else, ever. And just how sure are you, anyway?

35 YEARS OF FERTILITY

We ovulate every 28 days. That's 15 to 20 times per year and at least 300 menstrual cycles in a lifetime. For those of us who sleep with fellas, that's thousands of opportunities for getting pregnant. It's normal to change your partners, mind, and methods. It's normal to abort. It's normal to freak out! These things make it even harder on us:

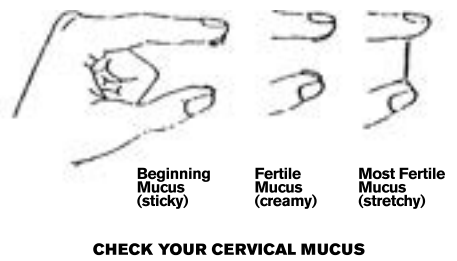
- ➔ Men's indifference, and their ignorance about their own fertility; men are fertile all the time, and we're ultimately the ones who have to deal with it.
- ➔ The added responsibility of contraception and protection (against the HIV virus and STDs) which women have to take on themselves.
- ➔ The stress which results from having to constantly educate men about taking responsibilities for their bodies...and ours.

It can seem bleak at times...but keep in mind—lovers come and go. Your body is yours for the long haul. Be good to yourself above all, and if someone tries to persuade you otherwise, ask yourself whose interests they've got in mind. Our attitudes towards sex have changed. They've had to—it's a matter of survival. Don't think that women don't "get" AIDS: we do, in numbers increasing all the time. Safe sex is essential and condoms offer the advantage of protecting against both HIV and unwanted pregnancies (p.03). Many of us have found "enforcing" safe sex with our lovers hard. It's a drag listening to guys whine about condoms being uncomfortable or unsexy. It's even more

of a drag being in conflict with the person you want to fuck, especially when you'd rather be fucking than arguing. Helpful hints in case you don't follow this line:

- ➔ Never think you're infertile because you've never gotten pregnant when you have hardly used contraceptives, even over a long period of time.
- ➔ Avoid the Pill; try to opt for alternative methods of contraception: condoms, cervical cap, diaphragm. While they may seem tedious to use, these methods offer the advantage of not disturbing your body's natural cycle. Take time to get to know your fertile periods by observing your cervical mucus and other signs of ovulation.
- ➔ It's important to figure out whether your cycle is regular or not, and to understand how it works. Don't worry if it takes you a while to figure it out. Your menstrual cycle is like a good friend—you get to know it better over time. This is a step toward reproductive freedom and the reappropriation of control over our bodies. You may also find it useful to chart your periods on a menstrual calendar. It may be necessary to get your ovaries (etc.) in better shape; see "Hormonal Imbalance" (p.08) or "Cleansing Your Genitals" (p.08). Red raspberry leaf (p.12) is excellent for toning the uterus and ovaries.

Your vaginal mucus (or discharge) changes during the monthly cycle, and during ovulation it takes on very specific characteristics which allow a woman to know if she is ovulating or not. A sort of "mucus microscope" is available, to check if your cervical mucus is fertile or not. The microscope makes it easier to identify the various properties of your mucus. If you have a microscope, practicing this is easy. Some health food stores and websites sell this gadget; problem is, it costs about \$50. One solution is



for women who live together to share it.
AFTER A RISKY SEXUAL ENCOUNTER

NOTICE: THESE ARE NOT METHODS OF BIRTH CONTROL AND SHOULD NOT BE USED ON A REGULAR BASIS.

If you do have unprotected sex, or if the condom breaks, the following methods can help prevent an unwanted pregnancy:

- ➔ In the first moments following risky sex (or if a condom breaks), insert one non-chewable Vitamin C tablet (ideally a 500 milligram tablet) into the vagina. The acidity will change the pH-balance in the vagina and prevent sperm from staying alive **DOSAGE:** 1–2 tablets inserted into the vagina every 12 hours, for 3 days. This may burn or cause vaginal irritation; in this case, follow the yogurt treatment (see "Yeast Infections & Candida", p.07). Take high dosages of

Vitamin C orally (see "Inducing a Period, Simply" below). This is a good method to use when you're traveling, or as an emergency method.

- ➔ Wild carrot seed (p.12) can be used to avoid unwanted pregnancies by preventing the fertilized egg from attaching itself to the uterine wall. **DOSAGE:** 1 tsp. seeds every day, starting at the time of ovulation or immediately after unsafe sex during the fertile period. Some women take the seeds for one week, others until bleeding begins. You can chew on the seeds, take them in a glass of water or juice, or swallow them in gelatin capsules. Make sure that the seeds you buy have not been chemically treated, as this destroys their effectiveness.

INDUCING A PERIOD, SIMPLY

NOTICE: THIS IS NOT A METHOD OF BIRTH CONTROL AND SHOULD NOT BE USED ON A REGULAR BASIS.

This is easy to prepare, costs almost nothing, and is not known to have side effects.

The best time to begin the treatment is on the day that you were supposed to begin menstruating (or the next day). The treatment lasts 3 days. Do the following:

01. Insert a sprig of fresh parsley as far as possible into the vagina. Change the parsley every 12 hours. When soft, it may be difficult to remove, but this is not dangerous.
02. At the same time, drink parsley infusions (p.11).
03. During these 3 days, take high doses of Vitamin C orally. The ideal dosage is 500 milligrams every hour (6000 mg per day) for up to 6 days. Vitamin C can bring on menstruation even three weeks after a "late" period. You can begin taking Vitamin C orally immediately after unsafe sex.

If successful, you should start to bleed within two or three days. You should know that:

- ➔ You may have cramps when you first start to bleed; take ginger infusions (p.11) as needed.
- ➔ That chances of this method working are lower for women who regularly take high doses of Vitamin C.
- ➔ That this treatment is not advised for women with kidney problems.

INDUCING A PERIOD, EMMENAGOGUES

NOTICE: THESE ARE NOT METHODS OF BIRTH CONTROL AND SHOULD NOT BE USED ON A REGULAR BASIS.

Emmenagogues are herbs which encourage menstrual flow by promoting uterine contractions. The recipes here use more concentrated combinations of herbs and are designed to induce a miscarriage. These plants can be used if you wish to abort naturally, but must be used in the manner indicated here. We provide these recipes knowing that only a few women will be able to use them under their optimal conditions.

It's important to know that the earlier you

ROSEMARY

Steep one handful in boiling water. Drink 2–3 cups every day.

OR

Infuse 1¼ oz. leaves and branches in 4¼ cups of dry white wine for 10 days. Drink 2–3 small glasses every day.

SAVORY

Infuse one handful in boiling water; drink 3 cups per day.

OR

For very efficient results, pour 4–5 drops of savory essential oil on a piece of sugar. Take every day or as needed.

CHINESE HERBS

Ginseng and royal jelly are also aphrodisiacs and tonics. Available (and less expensive) in Chinese herbal stores (and online), ginseng is used in Chinese medicine to strengthen the elderly and is always used carefully. Seek advice from the salesperson.

NOTE: Ginseng is commonly used for, men, royal jelly for women.

HOW TO PREPARE AND USE HERBS

Preparing herbal tea for taste and pleasure is not the same as preparing herbal infusions and decoctions for medicinal purposes. Avoid using pots, pans or utensils made of aluminum. Go for enameled, stainless steel or glass pots with wood utensils. Use filtered or spring water for more potent potions.

Note that there are several different ways to prepare infusions, decoctions, tinctures, etc. Opinions on what constitutes an infusion or decoction can vary from one herbal therapist or practitioner to another. What we have chosen to do is to provide the easiest methods of preparation, while ensuring potent and effective treatments. These are good for dried herbs, use slightly more when they are fresh.

REGULAR INFUSION

(for most flowers, leaves, and stems)

A VERY BASIC METHOD

01. Use 2 cups boiling water per 1 oz. (large handful) of herbs, leaves or flowers. This is good for dried herbs, use slightly more when they are fresh.
02. Add plant material to boiling water; remove from heat and cover.
03. Infuse (steep) for at least 20 minutes and strain.

ANOTHER METHOD

- This method is more effective as it extracts more of the plant's medicinal properties.
01. Use 2 oz. (2 large handfuls) of the plant parts for every 4–5 cups of water used (or 1 oz. of plant per 2–3 cups water).
 02. Bring the water to a boil.
 03. Put the plant material in a mason (pickling) jar; pour the boiling water into the jar over the plant material; try to leave as little air as possible. Screw the lid on tightly.
 04. Let it steep at room temperature:
 - for flowers: 2 hours.
 - for leaves: 4–6 hours.
 - for flowers and leaves: 4 hours.
 - for seeds and berries: 30 minutes.
 - for roots and bark: 8 hours or overnight.
 05. Strain the infusion when it is ready.

Never boil infusions, even when reheating them.

Boiling destroys the potency of the plants.

Infusions can be preserved in the fridge for 2–3 days, in tightly capped jars. This way you can prepare them in advance, and reheat them as needed.

DECOCTION FOR ROOTS & BARKS

01. Add 1 oz. (medium handful) of dried root or bark to every 2 cups cold water.
02. Cover and simmer (slowly) for 20 minutes. Do not boil.
03. Strain.

Decoction can be kept in fridge for 2–3 days. Roots and bark can be soaked in the same amount of water overnight, before simmering; this increases their potency.

DECOCTIONS FOR BERRIES & SEEDS

01. Grind lightly.
02. Add 1 Tbsp. to every 3 cups cold water.
03. Cover and simmer 20 minutes. Do not boil.
04. Strain.

NORMAL ADULT DOSAGE

INFUSIONS: ¼–1 cup, 3–4 times a day (unless specified otherwise); dosages for each individual plant are specified in the chapter "Herbal Properties and Dosages".

DECOCTIONS: 2 oz. (¼ cup), 3–4 times a day (unless specified otherwise); dosages for each individual plant are specified in the chapter "Herbal Properties and Dosages".

It is recommended to take the herbs 6 days a week, for a period of 6 weeks. This process can be repeated several times (unless specified otherwise). We have to keep in mind that everyone's body reacts differently to herbs (according to weight, age, etc.). To adapt to our needs, we can slightly decrease or increase the quantities and duration of the treatments. Use your best judgement.

TINCTURES

Tinctures contain the alkaloid parts of the plant, extracted and preserved in alcohol, apple cider or glycerine. As they are concentrated herbal extracts, they remain potent for a long time, can be carried and ingested easily, are easy to prepare and act quickly. They are sold in health food stores and online. While tinctures may seem expensive to buy (their prices range from \$9–\$14 per dropper bottle), they last a very long time; consider the fact that antibiotics can cost anywhere from \$20 to \$60 a bottle, for a 7 day dose!

Tinctures are used diluted in warm water (about 15 drops in a little bit of water, 3 times a day).

MAKE YOUR OWN TINCTURES

Tinctures are surprisingly easy to make. Keep in mind:

- ➔ Always use fresh plant material: flowers, stems, leaves.
- ➔ Dried roots can be used but are not as potent as fresh ones.

01. Use a clean, dry mason (pickling) jar with a tight-fitting lid—it's not a bad idea to boil it first, to make sure it's sterile (let it dry out completely before starting your tincture). Do not wash or rinse plant material. Fresh roots can be scrubbed or peeled. Coarsely chop

the parts of the plant you are using (with the exception of small flowers). Fill the jar right up to the top. For dried roots: use 2 oz. in a 1 pint jar. Fill the jar with 80–100 proof spirit (vodka, brandy, rum, gin, whisky, etc).

02. Use a knife to dislodge any air bubbles. Make sure to fill the jar to the top; try not to leave any air (this can spoil the tincture) but don't worry if there's a tiny bit of air left.
03. Cap the jar as tightly as possible. Label the jar with the name of the plant used and the date. Make one tincture for each plant you are using. Store away from direct sunlight.
04. Every few days inverse the jar a few times.
05. The tincture will be ready in 6 weeks. When it's ready, strain, squeeze, and discard the plant parts. Store your tinctures in sterilized brown glass bottles, away from light, and in a cool place.

Brown glass bottles with droppers can be bought in some health food stores and online; these are used to measure the dosage. Use only glass droppers, as plastic ones can be easily contaminated.

Useful tinctures to keep on hand: valerian, echinacea, licorice, and yarrow.

CAPSULES

Capsules use ground or powdered herbs (e.g. cayenne pepper, ginger). You can buy empty gelatin capsules (size '00' to be precise) at health food stores or online and fill them up yourself; this is cheaper than buying the ready-made ones.

ESSENTIAL OILS

Essential oils or aromatic essences are substances extracted from certain plants by distillation or incision. The essences are dissolved in oil. They are sold in health food stores and online.

POULTICE

A poultice is essentially crushed plant material, applied externally to the infected area (e.g. sores, cuts, burns). For fresh plants, chop or grate the plant material and apply it directly to the affected area. Dried plants: pour boiling water over the plant, cover and soak for ½–4 hours (see infusions). Strain, then squeeze the water out, and apply them to the affected areas. You can also wrap poultices in a thin layer of gauze before applying. The liquid can be used as an infusion or a soak (see below).

WASH/SOAK

This is an infusion (see "Regular Infusion" on this page) which is reheated (never boiled) and then applied externally to the affected areas. Soak the area directly in the wash, or dip a clean cloth into the wash and apply it wherever needed.

PASTE

A paste is made by mixing the powdered herb (e.g. goldenseal root) with a small amount of water. The paste is then applied externally to the affected area.

Hot Pantz 04.

Hot Pantz 09.

days. Avoid metal utensils when using clay. Douching with clay water has proved to be effective in healing most types of vaginitis.

- ➔ In case of gonorrhea or syphilis you'd be well advised to consult a naturopath, herbalist or homeopath, and if necessary, a gynecologist.

Remember, though you may want to avoid medical treatment, many clinics offer tests for the problems and STDs mentioned in this section. Some of their symptoms are very similar, and it's best to determine which STD you have before treating yourself with herbal remedies. Certain STDs such as gonorrhea can result in pelvic inflammatory disease (PID), infertility and other complications if left untreated. If these treatments do not work for you, be sure to see a good gynecologist for medical treatment.

THE OVARIES AND THE UTERUS OVARIAN PAIN

This usually comes between the 10th and 15th day of the cycle, counting from the onset of menstruation. A sharp pain on either or both sides of the lower abdomen means that the egg is being released with difficulty. This can also cause spotting. While there may be internal inflammation, it is usually tension that causes pain. Try the following:

- ➔ Keep a hot water bottle on the lower abdomen.
- ➔ Take an infusion of ginger (p.11) or red raspberry leaves (p.12) or celery seed (p.10) or valerian (p.12) for pain if need be.
- ➔ Exercise.
- ➔ Improve or modify your diet (see suggestions in the sections "Pre-Menstrual Syndrome (PMS)", p.02 and "Dysmenorrhea (Painful Periods)", p.03).

OVARIAN CYSTS

Medical science tends to over-dramatize and too often treats cysts with surgery. Cysts are quite common and in some women they appear regularly throughout the course of their menstrual cycles. Tiny at first, they become larger during the cycle and then decrease in size. The most common signs are severe pain, urine retention, discomfort around the anus when shirting and constipation. Ovarian cyst treatments:

- ➔ A diet based on raw vegetables combined with daily exercise encourages cysts to dissolve.
- ➔ Red raspberry leaf tea (p.12) taken for 3–6 months improves the overall state of the ovaries and reduces inflammation of cysts (because they taste good, raspberry leaves are easily taken for long periods of time).
- ➔ If the cysts are really bothering you, take 3 capsules of cayenne pepper (p.10) every day, as well as infusions of yarrow (p.12) for 6 weeks, accompanied by infusions or tinctures of red raspberry leaves. Do this treatment as needed.
- ➔ Chickweed (p.10) in tincture form is very effective for dissolving cysts, especially ovarian cysts, when taken over long periods of time.
- ➔ Check the quality of your digestion: intestinal problems (such as gas and constipation) are often confused with pain from cysts.

- ➔ For pain: valerian (p.12) in tincture as needed.
- ➔ If pain persists see a homeopath or a naturopath, or seek medical attention. **NOTE:** Cysts that do not go away may require longterm treatment, and even medical attention, as they can become malignant; this is especially true of cervical cysts.

FIBROIDS IN THE UTERUS

Most of the time these are benign, but they do have a tendency to grow larger during the cycle. After menopause the tumors usually diminish and disappear. Twenty to thirty percent of women over the age of 30 have fibroid tumors. Sometimes a vigorous exercising program will get rid of them. If the fibroids grow fast, are large and painful or press on the bladder and the colon they must be surgically removed. Aside from exceptional cases, this does not mean that a hysterectomy is needed but rather a myectomy—that is, the fibroid tumor alone is removed. To do:

- ➔ Try cleansing your genital organs (p.08).
- ➔ Stimulate blood circulation by taking cayenne pepper capsules (p.10) and try this drastic method: sit in a tub of cold water every morning for 2–5 minutes (or even longer if possible).
- ➔ A diet incorporating lots of raw vegetables is recommended.

- ➔ Valerian (p.12) as needed for pain.

- ➔ Be patient!

VARICOSE VEINS ON THE CERVIX

Visible with a speculum, they are thin, purple, spindly veins which resemble varicose veins on the legs. They tend to be painful before menstruation. Treatments:

- ➔ Take cayenne pepper orally (p.10) for the whole month or the few days before menstruation.
- ➔ Vitamin E (nuts, bran, wheat germ) and vitamin C.

HORMONAL IMBALANCE

You may experience an hormonal imbalance due to menopause, taking the pill, losing large amounts of weight, and serious stress. Hormone imbalances can result in: missed periods, unusually short or long periods, unusually light or heavy flow, an extremely long or short menstrual cycle (e.g., getting your period every 10–21 days, or every 35–42 days), and severe PMS or heavy cramping before and at the onset of menstruation. To treat hormonal imbalance, use a combination of licorice root, red raspberry leaves, and rose hips:

01. Make a regular decoction (p.09) using ½ oz. licorice and ½ oz. rose hips, in 4 cups cold water.
02. Make a regular infusion (p.09) using 1 oz. red raspberry leaves in 2 or 3 cups of boiling water,
03. Strain and mix the two preparations.

DOSAGE: ¼ cup 3 times daily. Do this treatment for 6 weeks; stop for 3 weeks and start again as needed. An easier way is to use all these plants in tinctures, available in health food stores and online. Take 5 to 10 drops of each herb tincture 2–3 times daily.

DIET:

- ➔ Eat seaweed regularly or take in kelp

capsules every day.

Other, more elaborate treatments are available but are too long to list here.

CLEANSING YOUR GENITALS

The following herbs cleanse our genitals where cysts, adhesions, fibroids, etc. take refuge... This combination of herbs will help in cases of painful, irregular, overly heavy or absent periods and sometimes, infertility. Genital cleansing treatments:

- ➔ Prepare an infusion with yarrow, red raspberry leaves, and fresh ginger root (grate an inch or two of ginger). Use 1 oz. red raspberry leaves (p.12), 1 oz. yarrow (p.12), and ginger (p.11) in 6–8 cups water. Dosage: ½ cup 3 times daily. Also take 1 capsule of cayenne pepper (p.10) 3 times daily. Follow this treatment for 6 weeks. Considering the fact that cleansing is a slow process (it takes at least as much time to cleanse ourselves as it took for the system to clog up), stop the treatment for 3 weeks and start again for a 6 week period as needed.

- ➔ We can make it easier on ourselves by taking the herbs in tincture form (5–10 drops of each plant, 2–3 times a day); combine this with infusions of ginger (p.11) or eat the fresh grated root.

Drink lots of water with all of these treatments. Again, other, more elaborate treatments are available but are too long to list here.

APHRODISIACS

Most of the plants mentioned in this section are spices. They work on the erogenous centers by carrying an intense flow of blood to the peripheral organs, which in turn leads to sexual stimulation. Because of their strong aroma and the increase in energy provided, spices excite sensory perceptions...Definitely worth trying!

CINNAMON (STICK OR POWDER FORM)

Soak ¾ oz. cinnamon in 4¼ cups sweet wine for 10 days and drink two small glasses every day. or Simmer ¾ oz. cinnamon with a few cloves for 15–20 minutes in 4¼ cups good red wine; sweeten with honey and drink 1 cup as desired.

GINGER

Grate a good quantity of the fresh root, add to water, and simmer covered for twenty minutes. Drink a small cup after meals. This also improves digestion.

CLOVES

Mix half 1 tsp. powdered cloves with honey. Use it like jam.

OR

Infuse 2–3 cloves in one cup of boiling water. Steep twenty minutes. Drink 1–2 cups per day.

OR

Steep 2–3 cloves in one cup of good hot red wine for a few minutes; add some lemon rind, cinnamon, and a pinch of nutmeg.

use these herbs, the more effective they'll be, but one condition is absolutely necessary: you have to be at the end of your cycle. This means that they will not work right after ovulation, as it is not possible to eliminate the fertilized egg before it has adhered to the uterine wall. Some herbs such as wild carrot seed (p.12) can be used to prevent the fertilized egg from attaching itself to the uterine wall.

You should begin drinking the teas the night before menstruation is to begin; on that day, or up to 6 days afterwards—but not later! You may want to have a pregnancy test to verify whether you are really pregnant or not. These plants are not toxic, but keep in mind that if they can cause a miscarriage they are certainly able to damage an embryo. If you are sure you are pregnant, make an appointment for an abortion and then cancel it if these recipes succeed.

If you know you are pregnant and are sure that you want to terminate the pregnancy, act as quickly as possible. Women who are aware of their cycles have greatest chances of success. These recipes are not miraculous, but if you do them early enough, chances of succeeding are fairly good.

Use only one of the following two recipes:

EMMENAGOGUE RECIPE #1:

Motherwort, mugwort, goldenseal root, blue cohosh root, fresh ginger root

01. **Infuse:** ½ oz. motherwort (a medium-sized handful) and ½ oz. mugwort (a medium-sized handful) in 2 or 3 cups boiling water; steep covered on low heat for 20 minutes and strain.
02. Make a decoction of 1 oz. blue cohosh root in 2 cups cold water. Simmer on low heat for 20 minutes (covered) and strain.
03. Mix the infusion (from step 1) and the decoction (from step 2) together. **DOSAGE:** Drink hot, ¼ cup, 4–5 times per day, or drink a total of 1½ cups per day, taking a small amount every hour. **ADDITIONALLY:** Take 2 goldenseal root capsules 3 times a day; chew on fresh ginger and/or drink as many ginger infusions (p.11) as possible.

EMMENAGOGUE RECIPE #2:

Dried blue cohosh root, dried pennyroyal leaves, dried tansy leaves and flowers (or leaves from the plant in flower)

01. **Add:** 2 Tbsp. blue cohosh root into 6 cups water and bring to a boil.
02. As soon as it boils, add 3 Tbsp. pennyroyal leaves and 2 Tbsp. tansy leaves and flowers; cover and remove from heat, letting it steep for at least 30 minutes.
03. Strain out the herbs and reheat (do not boil) before using. Make a decoction of 1 oz. blue cohosh root in 2 cups cold water. Simmer on low heat for 20 minutes (covered) and strain. **DOSAGE:** Drink as hot as possible, 1 cup, every 3–4 hours for no more than 5 days. Drinking this recipe while sitting in a hot bath increases its effectiveness. **ADDITIONALLY:** Take 2 goldenseal root capsules 3 times a day; chew on fresh ginger and/or drink as many ginger infusions (p.11) as possible.

Keep in mind:

- ➔ The infusion tastes rather awful; add honey.

- ➔ Stop taking the mixture as soon as you start bleeding, or after taking it for five days with no results.
- ➔ Most women should begin menstruating within 48 hours or so after beginning the treatment.
- ➔ You should know that these herbs can cause contractions and/or dizziness; lots of rest is advised. They may also induce nausea and/or vomiting; eat lightly.
- ➔ Do these treatments with a friend. They can check your progress, give support, massage, keep you sane, etc.
- ➔ Practice has shown that the more advanced the pregnancy, the more severe the side effects. We stress once again that this treatment should not be done more than 6 days after a missed period.
- ➔ You can take ginger infusions (p.11) or eat fresh ginger root while using emmenagogue recipe #2.

OTHER EMMENAGOGUES

Tansy leaves and flowers (p.12) can be taken in infusion or tincture to bring on a miscarriage. This plant helps stimulate menstrual flow. Dosage: 1 cup of infusion every 2 hours or 10–15 drops of tincture in warm water every 2 hours.

Pennyroyal (p.11) can bring on a miscarriage by causing uterine contractions. Prepare an infusion of pennyroyal leaves and drink it as hot as possible—you can drink it while sitting in a hot bath. Maximum dosage: 4 cups pee day for no more than 5 days. A teaspoon of brewer's yeast in each cup helps increase the effectiveness of this plant.

WARNING: NEVER INGEST PENNYROYAL OIL; IT IS HIGHLY TOXIC AND CAN CAUSE DEATH (NO JOKE!).

Thing you should know:

- ➔ Make sure you choose high-quality dried herbs.
- ➔ Visualization and meditation help when using emmenagogues; imagine the egg being dislodged from the uterus and then expelled. Having someone massage or press down on your lower abdomen can help stimulate uterine contractions and induce menstruation.
- ➔ Alcohol, sugar, nicotine, and caffeine all interfere with the body's ability to absorb herbs. Try to minimize your intake of these substances during the course of these treatments.
- ➔ Drink lots of water when using any of the recipes and herbs listed above.
- ➔ Do not, under any circumstances, exceed

the recommended dosages. Once again, even though complications are very, very rare, if you do experience any of the following symptoms after using these recipes, go to a hospital immediately: extremely severe nausea, high fever (103°–104° F), hemorrhaging (soaking through more than 2 pads an hour for over 4 hours). In the case of an incomplete miscarriage (indicated by passing large blood clots and/or hemorrhage), a D & C (dilation and curettage or scraping of the uterine wall) may be necessary.

STDs AND OTHER ALIENS

It's a good idea to go for regular gynecological check ups; if a problem is diagnosed, you can then decide not to treat it with chemical pills or creams. You should also have Pap tests done on a regular basis (once a year, in most cases). Chemical antibiotics are not advised (especially if you've already taken them a number of times) because they tend to weaken the immune system as well as your defenses against other illnesses.

Though you may want to avoid medical treatment, clinics offer tests for the problems and STDs mentioned in this section. Some of their symptoms are very similar, and it's best to determine which STD you have before treating yourself with herbal remedies. Certain STDs such as gonorrhea can result in pelvic inflammatory disease (PID), infertility, and other complications if left untreated. If these treatments do not work for you, be sure to see a good gynecologist for medical treatment.

The treatments suggested on the following pages are plant-based: some of them are natural antibiotics that strengthen the immune system to combat disease or infection. This explains why the treatments can last a long time. Their effectiveness, however, is high as these plants cleanse the body while diminishing the chances of reinfection. Even if you're pretty sure you've gotten rid of the infection, get a test after completing an herbal treatment just in case you still have undetected symptoms.

Get a hold of a speculum. Ask your gynecologist; if she's cool, she'll give you one. Examine yourself with a mirror and a flashlight. It's always worth it to visit a new part of your body! Smell, taste, touch. You'll quickly be able to tell what's not quite right. Most infections can be detected before symptoms such as vaginal discharge and itching appear. Once you become familiar with the normal, healthy state of your vagina, a vaginal exam using a speculum allows you to detect the first signs of an infection. You'll be able to spot parts of the vagina or cervix that are redder than usual, or notice small red marks on the cervix. You can also get together with friends and check each other out. This is a good way to compare and exchange experience.

If you decide to take chemical antibiotics, you're bound to get a yeast infection. Eat lots of plain natural yogurt (the kind with active bacteria) to restore the vagina's natural pH balance. Avoid acidic fruits and sugar. Vaginal yogurt tablets or acidophilus tablets can also prevent yeast infections. Or with the help of a

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speculum you can insert yogurt into the vagina using a small spoon or a large “baby syringe” (one which doesn’t have a needle—p.10). Red raspberry leaf tea (p.12) or yarrow (p.12) can be used to restore equilibrium to the genitals after taking antibiotics. Take these for a month or more.

When consulting a physician or gynecologist, it’s not a bad idea to find out if it’s absolutely necessary to treat your condition with chemical medicine (unfortunately, sometimes it is). Ask about alternatives—sympathetic doctors will understand your concerns.

Most doctors push antibiotics on us for even the most minor problems and pharmaceutical companies make a huge profit from this. We don’t have to support them. Herbal medicine has proved itself for centuries...and the choice is yours.

If you have an infection or STD, it’s important that both you and your sexual partner(s) follow these treatments as STDs are easily passed back and forth—this will help you avoid reinfection after completing a treatment. Men can heal themselves with these treatments by taking the herbs in infusion or tincture form (refer to specific notes in text).

Keep in mind that practicing safe sex can prevent the transmission of most STDs and reduces the risk of reinfection after a treatment.

CRABS

Everyone, even small children can get crabs. They are tiny insect-like creatures that lay their eggs in clothes, sofas, bedding, and carpets. Crabs cannot survive for more than 24 to 48 hours without a host to feed off of. It’s very important to destroy their eggs as well.

They itch! The itchiness is concentrated in the genital region and other hairy areas of the body (even the eyebrows). They are small, and their eggs look like tiny brown dots at the base of the hair. The following should help:

- ➔ Clothes, towels, and bed linen should be washed in hot water and machine dried on a high setting. Rugs and carpets should be “quarantined” (kept out of contact) for 10 to 15 days, depending on the severity of the invasion.
- ➔ Thyme, red thyme (more potent) or lavender essential oils diluted in olive oil (2–3 tsp. of essential oil for every ¾ cups of olive oil) can be rubbed onto the infected areas (skin and hair) and left on all night. Wash off with soap. Repeat as needed. If it’s especially bad, apply 3 times a day or more. Drink thyme infusions (p.12).

SCABIES

Scabies are tiny parasites that live and feed under the outermost layer of our skin, digging long furrows where the female lays her eggs.

After an incubation period of several weeks, acute itchy spots will appear during the night. Scratching accentuates and spreads the red lines. Hands, between the fingers, wrists, elbows, armpits, the genital area, and ankles are where scabies tend to hang out. Treat as follows:

- ➔ Clothes, towels, and bed linen should be washed in hot water and machine dried on a high setting. Rugs and carpets should be “quarantined” (kept out of contact) for 10 to 15 days, depending on the severity of the invasion.

- ➔ Thyme, red thyme (more potent) or lavender essential oils diluted in olive oil (2–3 tsp. of essential oil for every ¾ cups of olive oil) can be rubbed onto the infected areas (skin and hair) and left on all night. Wash off with soap. Repeat as needed. If it’s especially bad, apply 3 times a day or more. Drink thyme infusions (p.12).

GENITAL WARTS

While they are often called venereal warts, you don’t necessarily get them through sexual contact. Whether it’s on the cervix or on your finger, a wart is a wart. Warts can disappear without treatment but it’s best to take action early. Their presence is said to reflect some sort of deficiency (vitamin, nutritional, etc.). Warts will often appear during pregnancy or with vaginal infections and tend to disappear afterwards. Genital warts often resemble ordinary warts and sometimes appear to be shaped like a rooster’s crown with white tips. They can grow internally and externally, in the anal and genital areas.

Doctors treat warts with a toxic cream, Podophyllin, or by harsher methods: electrolysis, liquid nitrogen, laser therapy or surgery. Ask for documentation. A home remedy you can use before seeking medical intervention:

- ➔ Treat your immune system: three weeks of echinacea root (p.11) followed by one week of goldenseal root (p.11). Also douche with an infusion of goldenseal root once or twice a week; this is effective against itchiness. Do the treatment for four weeks; repeat if necessary after a three week break. You can take tinctures instead of infusions, as they are much more convenient for long-term treatments.
- ➔ You can also rub a clove of garlic, cut in half, directly onto the warts (if they are accessible). Try to do this two to three times a day for several months, and you should have positive results. You can douche with garlic (p.11) if you have warts on the cervix or inside your vagina.
- ➔ Fresh chickweed (p.10) is very effective in dissolving warts over an extended period of several months. Eat the fresh plant or make an infusion (p.09). The only way to get fresh chickweed is to pick it yourself—it grows all over the city and in the countryside (p.10). If you can’t find the fresh plant you can take chickweed in tincture form.
- NOTE:** Warts can be easily spread through hand-to-genital and genital-to-genital contact. Some women are more resistant to warts than others—you should take precautions: use a condom or dental dam if you or your partner is infected; try to wash your hands before sexual contact, or (and this is a tough one) reduce hand-to-genital contact.
- NOTE:** Women who have had warts should have a Pap test done twice a year.

HERPES

Herpes Simplex-II is very similar to Simplex-I (cold sores on the mouth and lips). It is said to affect only the genital region, but it can develop on any pan of the body. The most common means of transmission is genital-to-genital contact, though herpes can also be passed from one person to another during mouth or

hand-to-genital contact. Lesions will appear between 2–10 days after exposure, or more, accompanied by a fever and flu-like symptoms. Some women will experience an outbreak instead of the flu, before or after menstruating, and when under stress. Herpes is a virus, which means that it lives in your system and can reappear. Women who have herpes may want to avoid chocolate, nuts, caffeine, sugar, and alcohol in order to prevent outbreaks (see below). Try the following:

- INFREQUENT RECURRENCE:**
- ➔ Take goldenseal root capsules (p.11) at the onset of the outbreak and for two weeks afterwards. Repeat if the outbreak reoccurs.
- VERY FREQUENT RECURRENCE:**
- ➔ The immune system must be treated for a long time (up to 1 year). Take echinacea root (p.11) until the problem is gone. Use a tincture to facilitate absorption.
- ➔ Take garlic, in capsules or tablets. Take a high dose (12 capsules) at the onset of an outbreak (characterized by a tingling sensation), and then three capsules every 4 hours for 3 days. It is recommended that you maintain a dosage of 4–6 capsules a day for up to a year after the initial treatment. Kyolic garlic tablets are suggested as they are easily digested and have no odor.
- DURING AN OUTBREAK:**
- ➔ Take baths, walk around naked (fresh air dries out sores). Apply white clay and let it dry several times a day; clay heals and helps relieve pain. Rest. Relax.
- DIET:**
- ➔ Grapes are advised for their anti-viral properties, concentrated in their skins.
- ➔ Brewer’s yeast (in tablets). Reminder: this is not advised for women who are prone to yeast infections.
- ➔ Vitamin C, vitamin A, vitamin E.
- ➔ Take 800–1000 milligrams of lysine daily foe one to two weeks—not longer. You can repeat this treatment after two week’s break.
- ➔ Try to understand what triggers an attack: stress, depression, which foods, clothes, menstruation, etc...and try to avoid what you can.
- ➔ Avoid coffee, chocolate, nuts, sugar, and alcohol.
- ➔ Take lots of garlic (fresh and in tablets or capsules).

BLADDER & URINARY TRACT INFECTIONS

These are characterized by the constant urge to pee, pressure in the bladder, feeling the urge to pee but nothing comes (or maybe just two to three drops), blood in the urine, dark urine with a strong odor. Be careful, these signs may be indicative of a more serious infection such as Pelvic Inflammatory Disease (PID). Check with a doctor if you’re not sure.

These can be caused by imbalance in the intestinal bacteria, wiping from back to front, nylon underwear, chemical foams, stress, cold, anal penetration followed by vaginal penetration without cleaning the fingers, penis or sex toy in between. Treatments for UTIs and bladder infections:

- ➔ For those who consistently suffer from this

type of infection, drinking cranberry juice daily is a must. Drink a sixteen ounce glass hourly at the first signs of an infection. This will usually stop it in a couple of hours. Continue drinking 16 ounces of cranberry juice at least twice a day for prevention. If nothing but water is available drink a sixteen ounce glass hourly, and make sure you are drinking at least eight glasses a day after that.

- ➔ Bearberry (also called Uva-ursi, p.10) in infusion or tincture is very good. You’ll probably feel like your bladder is going to burst but it’s sure to get rid of the infection.
- ➔ Take yarrow (p.12) in infusion.
- ➔ Try a more alkaline diet comprised of fruits, almonds, leeks, turnips, and barley. Avoid coffee, tea, meat, white flour, sugar, and acid generating foods.
- ➔ In addition, take goldenseal capsules (p.11) for two weeks.
- ➔ In case of pain, take valerian (p.12) capsules or tincture as needed.

CHLAMYDIA

Chlamydia often occurs without symptoms in many women. Its presence is indicated by an infected cervix with a yellowish color (check with a speculum), a burning sensation when urinating and heavy vaginal discharge. Chlamydia can also be asymptomatic...You can also contract chlamydia in your throat during oral sex. If you suspect that you may have contracted chlamydia, or if you’re not sure of your symptoms, have a test done. If gone untreated over a long period of time, chlamydia can lead to long-term complications like PID and sterility. No joke! Chlamydia treatment:

- ➔ Take echinacea (p.11) twice a week for 3 weeks. Take echinacea in tincture to facilitate absorption. Douche with a decoction of echinacea, twice a week for 3 weeks. In addition, eat raw garlic or take garlic capsules every day. Duration of the treatment: 1–2 months, depending on the severity of the infection. After the treatment has ended have another test done to make sure the infection is really gone. In case of severe infection treat with goldenseal (p.11).

VAGINITIS & VULVITIS

This is a catch-all term for several disorders: yeast infections (candida), trichomonas, and gardnarella. These conditions are inflammation of the vagina and of the vulva; they depend upon many factors and are not caused exclusively by sexual intercourse. Spermicide, antibiotics, latex, and perfumed soaps can induce vaginitis or vulvitis in certain women. Sensitivity to these and other irritants varies with each and every woman. Specific causes and their treatments follow.

YEAST INFECTIONS & CANDIDA

This infection is caused by a yeast-like fungus (called candida) normally found in the vagina. The vagina usually protects against infection through the production of bacteria which maintain its natural acidity. When this acidity is altered, it allows bacteria such as candida to multiply in large numbers, causing the infection. Yeast infections are not considered a sexually transmitted disease but they can be transmitted during sexual intercourse. If you have a yeast infection, penetration of any sort (penis, sex

toys, fingers) is not recommended (even with a condom) since it can aggravate the irritation.

Wash your hands and genitals after any sexual contact with an infected partner as it is very easy to become reinfectd through intercourse or hand-to-genital contact.

It can be caused by: anxiety, fatigue, pregnancy, heat, a sudden change in your life, a new sexual partner, stress, vitamin B deficiency, eating too much sugar, wearing tight-fitting or synthetic underwear. Antibiotics will often bring on a yeast infection as they wipe out many of the vagina’s natural bacteria, allowing candida to reproduce in high numbers.

Symptoms include thick, white discharge with a sweetish odor and itchiness of the vulva or in the vagina followed by irritation and swelling of the labia. It gets worse if you scratch.

Avoid acid-generating foods (citrus fruit, tomatoes, etc.), sugar, white flour. Eat foods rich in vitamin B (dark leafy vegetables). Eat large quantities of yogurt and raw garlic daily. To treat a yeast infection:

- ➔ To relieve itching, mix 1 tsp. baking soda with 1 cup water. Apply to the vulva as needed. Douche with garlic (p.11—this may burn if irritation is severe) or goldenseal (p.11). Try not to scratch. Acidic vaginal douches with vinegar or lemon are also effective. Use 2 tsp. in 2 cups water. Douche twice a day for 2 days, then use the yogurt treatment (above) for a few days to rebalance the vaginal flora.
- NOTE:** Pregnant women should avoid douching.
- ➔ Plain natural yogurt is very effective. Insert it with a teaspoon (using a speculum if necessary). Wear a pad as the yogurt will flow out. Make sure to use unpasturized yogurt containing live Lactobacilli. You can also use vaginal yogurt capsules. Acidophillus capsules work even better; but as they are small, you should insert several capsules (2 or 3) into the vagina. They can be taken orally at the same time. Duration of the treatment: 5–10 days, preferably at night. In a crisis situation use yogurt 3–4 times daily. “Baby syringes” will work well to insert yogurt and are available in drugstores and online. Yogurt can also be applied using those gadgets used for inserting spermicide with a diaphragm—they can sometimes be bought separately.
- OR**
- ➔ Follow the garlic treatments indicated for trichomonas below.
- ➔ Men can get rid of yeast by rubbing yogurt and/or garlic on the penis every night for 7–10 days.

TRICHOMONAS

This is a one-cell parasitic organism, often transmitted during sexual contact or by humid conditions. Frequent recurrence after menstruation.

Trichomonas is marked by abundant yellowish discharge, unpleasant “fishy” smell, itching, small red dots on the vaginal walls and on the cervix (visible with the speculum), thread-like secretions, sometimes foamy, and irritation around the vulva and the opening of the vagina. Treatment for trichomonas:

- ➔ Garlic cloves can be inserted in the vagina: try not to nick the clove when peeling it. Wrap it up in a cheesecloth or gauze (you

can leave a “tail,” which can then be used for easy removal, much like a tampon), and dip it in olive oil or almond oil to avoid irritating the mucous membrane. Change the clove 2–3 times a day for the first two days and then once in the morning and once at night for 5–6 days. Men can drink garlic infusions or take garlic tablets.

OR

- ➔ Take goldenseal capsules (p.11) orally. Do this treatment for two weeks. Accompany this treatment with vaginal douches of the infusion, once a day (p.10)—this gets rid of the itching. Reduce the frequency of douching for the second week.

GARDNARELLA

Gardnarella produces grayish vaginal discharge with a strong smell. Use the following:

- ➔ Garlic cloves can be inserted in the vagina: try not to nick the clove when peeling it. Wrap it up in a cheesecloth or gauze (you can leave a “tail,” which can then be used for easy removal, much like a tampon), and dip it in olive oil or almond oil to avoid irritating the mucous membrane. Change the clove 2–3 times a day for the first two days and then once in the morning and once at night for 5–6 days. Men can drink garlic infusions or take garlic tablets.
- OR**
- ➔ Take goldenseal capsules (p.11) orally. Do this treatment for two weeks. Accompany this treatment with vaginal douches of the infusion, once a day (p.10)—this gets rid of the itching. Reduce the frequency of douching for the second week.

BACTERIAL INFECTIONS & GONORRHEA

These problems indicate that the immune system has to be seriously treated and built up. Be patient; the treatments can be long. These problems can recur frequently after the first attack; it’s better to get rid of them for good. They can cause very light grayish secretions, terrible smell, and irritation or itchiness of the vulva, although they often occurs without symptoms. Uses the following treatments:

- ➔ Echinacea decoction or tincture (p.11) for 2–3 months, accompanied by a vaginal douche of the decoction 1–3 times a week until the vaginal discharge and itching have disappeared. Do not douche too often. Take valerian (p.12) to relieve discomfort if need be.
- OR**
- ➔ Echinacea (p.11) for 3 weeks followed by goldenseal (p.11) for 1 week. It is recommended that you take these herbs in tincture form to facilitate their absorption. Take a 1 week break and repeat the same “partern” 2 more times. Do this with your partner. Douche with goldenseal as needed if there is a lot of discharge and itchiness. Valerian (p.12) relieves discomfort as needed.
- ➔ Douche with water and clay: put 6 Tbsp. white day into 2 cups lukewarm water. Let the day settle at the bottom of container. Do not stir. Use enough water to douche, doing this once a day or as needed for 5

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