Wife's Tales
RESOURCES

BAY AREA COALITION OF REPRODUCTIVE RIGHTS (BACORR)
5337 College Ave #213
Oakland, CA 94611
(510) 541-8690

COALITION FOR THE MEDICAL RIGHTS OF WOMEN
1636-B, Haight St
San Francisco, CA 94117
(415) 621-8030

WHAM! (WOMEN'S HEALTH ACTION AND MOBILIZATION)
P.O. Box 733
New York, NY 10009
(212) 713-5960

FEDERATION OF FEMINIST WOMEN'S HEALTH CENTERS
3701 J St #201
Sacramento, CA 95816
(916) 451-0621
*(Call for feminist or similarly run clinics in your area)*

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

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

WASHINGTON FREE CLINIC
Women's Health Collective
1156 Wisconsin Ave., N.W.
Washington, DC 20007
(202) 667-1706

THE OVERGROUND RAILROAD
Chapters in 40 states, referrals, transportation & housing for women who must travel to obtain abortions
P.O. Box 70
Shippack, PA 19474
(800) 726-1468

Cervix

Gynecological Exam
bibliography

Sources:

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

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

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

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

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

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

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

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

Hygeia
A Woman’s Herbal
by Jeannine Parvati

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

Fighting Infections with Herbs:
Sexually Transmitted Infections
Healthy Healing Library Series
by Linda Rector-Page, N.D., Ph.D.

Other Goodies:

Wise Woman Herbal
by Susan Weed

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

man-made medicine in effect

Before Orthodox Medicine evolved, women were the primary healers of all time. We were the unlicensed doctors & pharmacists, herbal healers & "wise-women," midwives & abortionists, we were healers to the poor, to the people. And to those who sought to disempower & consider evil the knowledge & intuitiveness women possess—we were witches & burned at the stake. Today, institutionalized healthcare continues to burn us, fostering the same fear-based view that women are incompetent, passive, and neurotic. It is built entirely upon our ignorance & cashes in on the sickness this ignorance breeds. Within this power-play, our vulnerability is reinforced & perpetuated & a Patriarchal monopoly towers ominously above us all. Respectful, empowering, & straight forward healthcare is virtually non-existent in a system riddled with political, economic, gender, & class issues. While this structure weakens us all, women are systematically debilitated by forceful invalidation & condescending manipulation. Still viewed as mysterious, our menstrual & menopausal systems are blamed upon a neurosis. The term hysterectomy literally means the removal of hysteria—otherwise known as the organs that make us women. Hysterectomies account for one of the most widely practiced operations in America—also the most fraudulent with 90% of them currently deemed unnecessary. Women are medically referred for psychological help, told that the problem is all in our head. We are not properly informed of side effects, given unnecessary hormones, & often used experimentally. Orthodox medicine is Patriarchal medicine. Patriarchal medicine is our institutionalized health care, & our health care is designed to keep us sick. Power is kept up high, with the ruling class. The Pharmaceutical Industry is run by The American Medical Association—they are one and the same. Herb & vitamin companies are no longer allowed to discuss nature’s healing properties.
...economic health as well. If all touch with our social policies, we are can be manipulated! I think that we know about consumers' needs, we know the less understanding our people put in the decision-making, not responding to the legal understanding the people we are when we talk to the people for you can so read the right to shape a control society. I express that we can't build a control society, or at least be able to control our own lives, women are not free and are not free, as women, we are untrained. In all, we are untrained in this system we can never expect to gain back back from the institutions that seek to control you. Get yourself free from the patriarchal powers

continued
Key Ingredients for a Healthy Hellcat

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

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

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

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

WITH MY SPECULUM, I AM STRONG! I CAN FIGHT!

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

Sisterhood,

Britten
The RU-486

The morning after pill (take the emergency contraceptive pill)

Side Effects: Possible nausea; 1-2 days. If you feel within an hour, go back to the clinic to take more.

If you have the right kind, you should call a clinic first to see if you have the right kind, but also take it off your birth control. If it's the same exact but you're pregnant, you will show signs that is the case. You can be within 3-2 weeks. MTF will not prevent an ectopic.

It works by either preventing fertilization entirely or stopping the fertilized egg from implanting in the uterus. If the implantation is taken after 72 hours after sex.

Both when you've been exposed to possible pregnancy, this is a benefit.
cramping or pressure). This allows easier access into your uterus as the contents are larger to empty. Dilators may be used even still, 18-24 week pregnancies involve a 3 day procedure with lam sticks as days proceeding abortion. Forceps are used for grabbing and curettes for scraping. The procedure is longer and more complicated as the pregnancy is longer.

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

How to Recognize Complication:

- **Infection**: 100% degree fever, bad cramps, smells.
- **Retained Tissue**: heavy bleeding, very large blood clots, signs of pregnancy (any of these lasting longer than a week), bleeding longer than 3 weeks.
- **Hemorrhage (excessive bleeding)**: usually happens while still in clinic; sign of retained tissue, perforation, failure of uterus to contract.
- **Postabortal Syndrome (blood in uterus)**: blood clot in uterus -- can be massaged out using downward, fanning motion, or may need to be re-aspirated.

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

Risks: nausea, puking, shits, fever & failure to abort.

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

---

**VAGINAL SELF-EXAMINATION WITH A SPECULUM**

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

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

When the speculum is in place you can look at your cervix with the help of a mirror and a strong light. The speculum can be washed in soap and water and stored in a clean place ready for use again by the same woman. If other women want to share the same speculum, it should be soaked in a cold liquid disinfectant like Zephiran for 5 minutes (see page 14).

Get A New View of a Woman's Body, a speculum, & a group of friends to start your own Self Help circle! Share your observations and learn!

Order speculum & donation from WomanCare, attention Britt, 2850 6th Ave Suite 311 San Diego, CA 92103.
a spec and roll

and other tests best-connounded dry

excellent de-wetted or the female body

well as practiced on your own. It's an

woman to share your observation as

Get it. It's best to form a group of

control and how they manipulate us to

are drug remember where they want the

we could not possibly know what we

that as non-physicians and women still.

It's so easy to be led to believe

changes, it sounds complicated, but

pregnancy, instructions, and other

our fertile and non-fertile times

By regular examination we can detect

refection of nonmedical medicine

empowering things we can do

must you do of the most

self-sufficiency woman you are
tut into action the autonomous

ANARCHY!

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

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

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

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

* Dilatation & Evacuation: 12-18 weeks p/g. These involve a 2 day procedure where you come in a day before your abortion for dilatation. Laminaria seaweed sticks are inserted into your cervix to absorb fluid & expand -- causing your cervix to stretch (you may feel
Caption

Luna

borrowed from light pollution
menstrual ANARCHY!

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

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

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

"Feminine hygiene" you buy from a store is a lie. Making your own maxi-pade is Funk rock.
The Diaphragm

**M.E. Kit**

(Insert into your vagina)

- Pl-Fm

(“Insert into your vagina”

Water or baking soda & water, douche-free and

in water for 5 min. After your period is over, both

in water, but you don't need to because it

may cause cramps in the vagina to use a stripping

after several hours, rinse & replace again.

Try to fit, insert with fingers & remove

at least the last for several days. Use them

drive stores as cosmetic sponges, use them

these are found in most health foods or

The Sea Sponge
Menstrual Extraction

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

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

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

A Word on PMS

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

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

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

When Public Contact is by Smartphone

READ

Iodine in water is a natural way to kill viruses and bacteria. Help prevent the spread of illnesses and diseases in your community.

Use this technique to disinfect cutting boards, knives, and other utensils.

Iodine powder is safe to use on wounds, but should not be ingested or applied directly to the skin.

CUTS

When a cut occurs, apply iodine powder to the wound. Allow the iodine to dry and then cover with a sterile bandage.

Iodine solution is also effective for cleaning cuts and wounds. Apply a small amount of iodine solution to the wound and then cover with a sterile bandage.

Iodine solution can also be used as a mouthwash to help prevent the spread of oral infections.

Iodine can be purchased at most pharmacies and health food stores.

Iodine is a naturally occurring mineral that is found in seaweed, kelp, and other ocean plants.

Iodine is essential for the proper functioning of the thyroid gland, which produces hormones that regulate metabolism.

Iodine deficiency can lead to a number of health problems, including goiter, thyroid cancer, and intellectual disability.

While iodine is a powerful disinfectant, it is important to use it appropriately to prevent damage to the skin.

List of Cuts:

- Small cuts
- Large cuts
- Deep cuts
- Wounds
- Scabs
- Bruises
- Cuts
- Scrapes
- Burns
- Bites
- Stings
- Cuts
- Wounds
- Burns
- Bites
Abortifacients

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

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

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

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

Side effects: too much of herb can cause pain in arms & legs.

*headache, waking a lot, puking
**Questions a Poor Woman Must Answer to Get an Abortion:**

- Were you raped?
- Victim of incest?
- Did you report the rapist?
- Did you report the incest?
- What is the date today?
- Did you have a physical examination within 60 days?
- Did you have a Pap smear within 12 months?
- Have you been through counseling?
- Are you a social service agency?
- Are you over 16?

**Questions a Rich Woman Must Answer to Get an Abortion:**

- Cash or charge?

---

**Relief Techniques:**
- Lying on your back, bring knees to your chest, hold for as long as comfortable. Repeat until feels better. If pain is lower on one side (in one ovary), lay on that side, bring bottom leg into chest. You can also put your foot on a chair and lean into the pain.

**Massage:**
- Create a fan with hands and apply pressure in an outward motion over abdomen.
  - Applying pressure, plate flats of your hands over abdomen, push as hard as feels good.
  - Roll gently over a basketball. Weeeeee!
  - Have a friend apply pressure to your lower abdomen.

---

**Thoughts on Abortion:**
- Bring on your period, but the 1st day may be too tender for some. The motion of sex helps relax the muscles, orgasm relieves a tightened cervix. Masturbation works, too. Be prepared—blood can often spurt out of ya when your uterus contracts in orgasm. Messy, but fun!

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

**Yoga:**
- Is very effective in prevention and cure of cramps. Take a class or check out a good book on it.

---

"Don't complain. You still have the right to abortion!"
They can never take that away.

Because your own choices, lean ways to lead yourself.

Police State

women should not work at a public-project vessel. Men's to made to adequate health care

a public-project vessel. Means to make adequate health care

if it is safe, to speak through an inside microphone show their friends through a

speak through an inside microphone show their friends through a

project glass in order to get a paper scan. On weekends they have

project glass in order to get a paper scan. On weekends they have

freedom of our children. But things to the new breed of god

freedom of our children. But things to the new breed of god

Abortion is only one of those services of generations. a small

Abortion is only one of those services of generations. a small

We offer dozens of services, including a prenatal program

We offer dozens of services, including a prenatal program

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

I work at a non-profit, feminist health clinic here in San Diego.
ABORTION

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

Happy Bleeding!
Vaginal Infections

U.I./I. These things affect your body's ability to maintain a healthy balance of vaginal flora and can lead to infections.

- Yeast infections:
  - caused by an overgrowth of yeast in the vagina
  - symptoms: itching, burning, and a white, thick discharge

- Bacterial vaginosis (BV):
  - caused by an imbalance of bacteria in the vagina
  - symptoms: fishy odor and looseness of the discharge

- Trichomoniasis:
  - caused by a parasitic protozoa
  - symptoms: itching, burning, and a green-yellow discharge

- Gonorrhea:
  - caused by the bacteria Neisseria gonorrhoeae
  - symptoms: itching and burning

- Chlamydia:
  - caused by the bacteria Chlamydia trachomatis
  - symptoms: itching and burning

- Sexually transmitted infections (STIs):
  - caused by other bacteria and parasites
  - symptoms: itching, burning, and abnormal discharge

Preventative measures include:
- Using condoms during sex
- Practicing good hygiene
- Regular check-ups with healthcare providers

Common causes of vaginal infections include:
- Changes in hormone levels during pregnancy, puberty, or menopause
-ﺪوورات التاثيرات والعلاجات التي يمكن أن تؤدي إلى الالتهابات
- منحدرات الفم وخلطات
- استعمال الفم والملعقات في حالة وجود أي شعور بالشعور أو عدم الاستقرار.
- استخدام الواقيات أثناء العلاقة الجنسية.
- حضور المعايير المتوازنة وتنظيف الجينات بشكل متكرر.
- استشارة الطبيب المختص.

In case of any symptoms, consult a healthcare professional immediately.
SOUND

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

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

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

CULTURE

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

IMPRINTING

my midwife, Abby, believes that cultural imprinting occurs at birth & right now we live in a culture that is full of C-sections & pacifiers. In hospitals in S. Cal., over 80% of women have C-sections, a procedure that creates more trauma for the woman and child than a vaginal birth. This trauma is a result of lifting the child from a cut womb with forceps (voiding a transition), dropping chemicals in its eyes, mashing its throat, while the mother is sewn back together. Future shock from day one. Abby also believes that pacifiers, given to hospitals, imprint upon a child the equation of

YEAST INFECTIONS

(a.k.a. Candida, Monilin, or Fungus)

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

Symptoms:

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

Causes:

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

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

* Alcohols: especially beer as it is made primarily from yeast. Two beers for me & 2 for the next day. All alcohol is converted into sugar in your system. Hang-overs are basically wacked blood sugar levels and dehydration.

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

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

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

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

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

* Staph & Bubble Baths: soap is harsh alkaline (especially brand name, chemical ones) and upsets the acidic pH of your cooch. Most bubble baths are a detriment and lessen the protection vaginal mucus offers against infection
Childbirth and the Politics of Control
by Nicole Franklin

On July 8th at 12:47 AM, I gave birth to a 7 pound boy -- the hardest thing I've ever done in my life and an experience which emotionally and physically stretched my threshold of pain. Any time I deal with unknown amounts of intensity, I learn a great deal about myself. My labor lasted over 48 hours. If I'd been in the hospital, I would have had a C-section. After 24 hours in a hospital, the staff would not have any more time to devote to a single patient, and with this surgery, liability is lower than allowing a vaginal birth. Luckily, I had chosen a home birth --one that did not have the metal stirrups for a doctor's convenience.

*TRICHOMONIASIS*

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

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

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

**Treatment:**

*Garlic suppository (same as mentioned for yeast-ease).

*After removing suppository, douche with 1 TBG white vinegar to 1 quart warm water 1/2 every 24hrs. Since douching can push infection further into organs, try pouring solutions gently (as described later). Every other day douche with a cooled tea of 1 TBG goldenseal root or powder and 1 tsp each witch hazel leaves and comfrey root to 4 cups water.

*Insert pure aloe vera into vag. with applicator used for creams and jellies. This relieves itching and discomfort.

*Douché with Betadine solution 1/day until and through 1 week after period. Do this by laying in tub with legs against sides or wall and pelvis raised as high as possible (you are back on your shoulders). Open your lips with fingers or speculum and slowly pour body-temperature solution into vagina. Leave for several minutes. Symptoms should clear greatly within hours.

*Douché 1-2/day for 1 week with cooled teas made from Bayberry, Goldenseal, or Slippery Elm.
Let gentle pressure and keep bag at a low angle.

About Douthing

10 minutes and cool bottle 2x3x6 weeks 1.2 weeks

The young and cool drink 7 or 9 3x9 weeks 1.2 weeks

In times of distress stay calm and calm and calm and calm

BACETERAL VACIONS

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

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

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

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

U.T.I.'s

Urinary Tract Infections

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

Avoiding them...

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

When you've already got one...

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

simmer 1 cup fresh colerly or parsley leaves in 3 pints distilled H2O, drink 6-8 cups a day for 8 days, cutting back 2 cups daily.
The following illustration is an example of a typical crystal pattern which would be seen in a regular 28-day cycle. (Remember: this is only one example. Your crystal pattern may present differently than this one. Daily checks and readings on a tracking chart will show you your own unique pattern.)

<table>
<thead>
<tr>
<th>STD</th>
<th>WHAT TO WATCH FOR</th>
<th>HOW DO YOU GET THIS STD?</th>
<th>WHAT HAPPENS IF YOU DON'T GET TREATED?</th>
</tr>
</thead>
<tbody>
<tr>
<td>AIDS (Acquired Immunodeficiency Syndrome)</td>
<td>- Symptoms may show several months to several years after the HIV virus.</td>
<td>- Infection is transmitted from an infected person.</td>
<td>- AIDS is a death sentence. Beauregard and other individuals in the United States have AIDS in more than 100 cases.</td>
</tr>
<tr>
<td>CHLAMYDIA</td>
<td>- Symptoms may show up 2 days after infection.</td>
<td>- Infection is transmitted from an infected person.</td>
<td>- You can get chlamydia by oral sex. The hard rubber shows up as a white discharge.</td>
</tr>
<tr>
<td>GONORRHEA (Neisseria gonorrhoeae)</td>
<td>- Symptoms show up 2 days after infection.</td>
<td>- Infection is transmitted from an infected person.</td>
<td>- Don't get gonorrhea if you're not infected.</td>
</tr>
<tr>
<td>HERPES</td>
<td>- Symptoms show up 2 days after infection.</td>
<td>- Infection is transmitted from an infected person.</td>
<td>- You can get herpes by oral sex. You can have herpes as a result of any contact with the initial infection.</td>
</tr>
<tr>
<td>NGU (Neisseria gonorrhoeae, urethritis)</td>
<td>- Symptoms show up 2 days after infection.</td>
<td>- Infection is transmitted from an infected person.</td>
<td>- Don't get NGU if you're not infected.</td>
</tr>
<tr>
<td>SYPHILIS (Treponema pallidum)</td>
<td>- Symptoms show up 2 days after infection.</td>
<td>- Infection is transmitted from an infected person.</td>
<td>- You can get syphilis by oral sex. You can have syphilis as a result of any contact with the initial infection.</td>
</tr>
<tr>
<td>VAGINITIS (Bacterial vaginosis, other causes)</td>
<td>- Symptoms show up 2 days after infection.</td>
<td>- Infection is transmitted from an infected person.</td>
<td>- You can get vaginitis by oral sex. You can have vaginitis as a result of any contact with the initial infection.</td>
</tr>
</tbody>
</table>

Helpful Suggestions

- Do not wear your glasses. People with very poor eyesight can read the lines easily once they learn how to keep the material on the slide.

- When first learning, you may want to remove your contacts. You will soon be able to read with the contacts in place.

- Be sure you are holding the slide with the small hole toward your eye.

- Try using different distances from the light and various light sources until you find the best combination for you. Try using a flashlight.

- Remember your magnifying technique is to vary the pressure used to gently squeeze the disk against your right eye. Keep up for a minute or two. Keep your hands on both sides of the disk.

- Always clean the disk before taking a new sampling.

- Make sure you are using just a thin film of saline or whatever.

- Mixtures of other substances (food, alcohol, nicotine, water) will alter the composition of pure saline. Be sure there are no remains of these substances in your mouth when taking the sample.

Day 1 is the first day of measurement, marked with "A", as are the next three days of menstrual bleeding. Days 4, 9, and 10 show little or no form, mostly amorphous blobs with no crystallization. Days 11, 12, and 14 show the beginning of crystal formations or tiny forms which increase in amount from Day 11 until Day 14, with peak to crystal formations during the next peak in fertile time. Days 14 through 27 show no crystal formation. This is the post-ovulatory phase. Day 28 shows a brief crystal formation, often seen 12-24 hours before the onset of menstruation. These crystals vary much less than those seen during the fertile period. Days 24 through 17 are unidentifiable at this time. They are potentially fertile days. Checking cervical fluid consistency can verify fertility the last 14 days if there is doubt.

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

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

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

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

Example:

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

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

Know Your Body.
**No current and up-to-date information.**

The most recent information is not available. It is important to keep up-to-date with the latest developments in the field of women and AIDS.

---

### Table: October 1992

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Lecture on women and AIDS</td>
</tr>
<tr>
<td>2-4</td>
<td>Conference on women's rights</td>
</tr>
<tr>
<td>5</td>
<td>Workshop on health promotion</td>
</tr>
<tr>
<td>6-8</td>
<td>Training of health workers</td>
</tr>
<tr>
<td>9-11</td>
<td>Symposium on gender equality</td>
</tr>
<tr>
<td>12</td>
<td>Panel discussion on women's role</td>
</tr>
<tr>
<td>13-15</td>
<td>Retreat on leadership</td>
</tr>
<tr>
<td>16-18</td>
<td>Congress on HIV/AIDS</td>
</tr>
<tr>
<td>19</td>
<td>Film screening on women's health</td>
</tr>
<tr>
<td>20-22</td>
<td>Exhibition of women's artwork</td>
</tr>
<tr>
<td>23</td>
<td>Awards ceremony for women</td>
</tr>
<tr>
<td>24-26</td>
<td>Workshop on family planning</td>
</tr>
<tr>
<td>27-29</td>
<td>Workshop on mental health</td>
</tr>
<tr>
<td>30</td>
<td>Panel discussion on prevention</td>
</tr>
</tbody>
</table>

---

**Note:**
- **AIDS** is a disease that affects the immune system, weakening it and making the body more susceptible to infections and cancers.
- Women are at increased risk of contracting HIV due to various factors, including higher rates of infection among partners and lack of access to healthcare.
- Regular testing and treatment can help manage the condition and improve quality of life.

---

**Women and AIDS**

Women are the fastest-growing population of people living with HIV/AIDS. It is the equal rights of women and girls that are being neglected.

---

**Risk Factors for Transmission**

- **Sexual contact:** The primary mode of transmission for women with AIDS is sexual contact.
- **Injection drug use:** Women who inject drugs are at increased risk of contracting HIV.
- **Blood transfusions:** The use of untested blood products can lead to the transmission of HIV.
- **Breastfeeding:** Women who breastfeed their babies are at risk of transmitting HIV to their infants.

---

**Signs of Infection can be different for women, here's what to look for:**

- **Fatigue**
- **Fever**
- **Weight loss**
- **Nausea**
- **Diarrhea**
- **Coughing**

---

**Important Points:**

- Early detection and treatment are crucial for managing HIV/AIDS.
- Women should be aware of their risk factors and take steps to reduce transmission.
- Support systems are available to help women deal with the challenges of living with HIV/AIDS.
Rhythm or Calendar Method

Scabies

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

Symptoms:

What to Do:

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

Home Remedies:

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

Crabs

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

Symptoms: They itch!

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

NEW VIEW
OF WOMEN'S BODY

NATURAL BIRTH CONTROL

HOMEDIT ICCICENIC.

I. A portion of the female body. Read the Female Body Chart.

2. The Female Body Chart: Read the Female Body Chart.

3. The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.

The Female Body Chart: Read the Female Body Chart.