

**THE GOOD, THE
BAD & THE UGLY**

THE PILL

Lexy Maturana
in collaboration with
WildMoonSacredCycles.

The contraceptive pill gave many women the chance to do something other than be 'barefoot & pregnant', running a home or doing local charity work as of 1957. Being able to be sexually active & not run this risk of falling pregnant was a blessing to our lives, but it has come at a cost.

A cost to your health, public health & your children's health.

Only now – 60 years later – are we starting to see the full effects the contraceptive pill has had & continues to have on women's health.

Just as smoking was 'deemed by science' to be healthy, were now seeing some devastating effects that synthetic hormones are playing today.

**'BUT IT HAS
COME AT A
COST...'**



SO HOW DOES THE PILL, WORK?



There are 2 types, a combination or progesterin only. They provide a huge hit of hormones to the body, telling the brain 'we don't need anymore' so the signal from the brain goes quiet. This means no brain hormones, no natural hormonal rhythm (which controls EVERYTHING) and no ovulation (yay but not really). The synthetic drugs will thin the uterine lining, thicken cervical mucus to stop sperm & change tubal motility & suppress ovulation. Essentially, it stops your brain from communication with your ovaries.

THIS IS NOT A GOOD THING!

THE CONSEQUENCES MEAN YOUR NATURAL HORMONAL RHYTHM IS A MESS. THIS WILL IMPACT EVERYTHING FROM WEIGHT, TO HAIR, TO SKIN, TO LIBIDO, TO IMMUNE SYSTEM SUPPRESSION, TO FERTILITY, TO MENTAL HEALTH.

Let's look at some 'pill' facts;

- The original pill trials in Puerto Rico in the 50's resulted in 3 deaths, none of which were autopsied.
- Risk of blood clots, depression or nausea didn't warrant reformulation
- The pill does not make your body 'think its pregnant' – the human body is not that stupid, give it a little more credit.
- Common menstrual issues are hormone based & will have a ROOT CAUSE that will only be 'band-aided' by the pill, not healed.
- Current side effects of the pill include; depression, anxiety, hypothyroidism, fibroids, severe mood swings & pms, restless legs, miscarriage, urinary leakage, skin tags, PCOS, weight gain, lethargy, acne, hair loss, liver tumours, gallbladder issues, gallstones, & constipation. All of these side effects are also reasons why women are prescribed the pill.
- Most symptoms will return once you come off the pill.
- When you 'strong arm' the body into submission, you will always end up with a weakness in another area. This means forcing hormones will result in a side effect SOMEWHERE.

So, if any of these symptoms are showing up for you. STOP the pill & find someone who will help you heal your hormones. This is an in-depth process & should look at the following;

Gut health, liver, thyroid, adrenals, stress (emotional, vocational & relationship), environmental toxins, illness history, the energetic body & the emotional body.

NATURAL CONTRACEPTIVES

OOOOOH, MY FAVOURITE PART!

Your period gives you the most wonderful insights into so much about our bodies & our emotional world. The womb really is the 'crystal ball' of our body and when we learn to tune into its magic, it outlays many of the answer's women are often left looking for in a chaotic world.

Firstly, **WOMEN ARE CYCLICAL!** We do not 'do it like a dude' and go go go. We have rhythms & seasons to our bodies & lives. Knowing & then working with these rhythms will help you get the most out of your life.

So, the big question is, can we find ways to prevent pregnancy without messing with our hormones?!

Yes. Hell yes.

FAM – The Fertility Awareness Method

The majority of women only have a 5-8 day window in which the body is ovulating & can actually fall pregnant. So, knowing & tracking your cycle is a wonderful way to get acquainted with your body & your hormones. We only release one egg per cycle & sperm can hang around for up to 8 days (determined, aren't they?!) – hence this is the pregnancy window. So, you can abstain or use another contraception during this time.

It may seem tricky at first, but your body **KNOWS** and as you begin to recognise your fertility signs you will know when to um, use another method of play ;)

CONDOMS

Look it's so bloody basic. They prevent a lot of wonderful things... not just pregnancy! HIV, HPV and all the nasties getting around today, these are handy little pockets of plastic.

NATURAL CONTRACEPTIVES

NATURAL CYCLES APP

The first app approved for contraception on the world, it has a 99% effectiveness rate when used correctly.

DIAPHRAGMS

The trickiest part of these is learning how to use them correctly. They have a 94% effectivity rate when used properly.

FERTILITY MONITORS

These are becoming more & more available & are easy to use with an average 97% success rate. They track two key hormones in your urine, making it easier to track ovulation.

Overall, learning more about your body is the fastest way to keeping it working for you for a really long time and avoiding the utter HELL that can come with hormone imbalance. Your body is an intricate delicate makeup of a magical system that can be healed. As I often say, 'your magic is your medicine' and getting in touch with your magic is often the catalyst your body needs for healing x

Lexy

@lexymaturana
The Wellness Witch