



Wive's Tales



# HOW2 DISTRO

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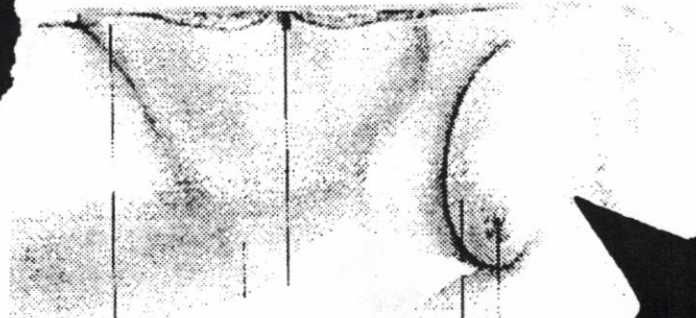
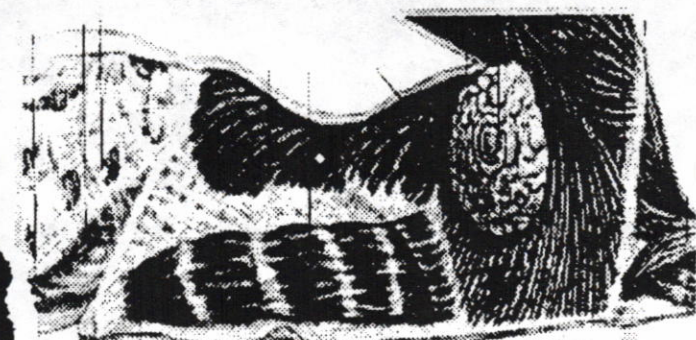
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STREET STATION

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## FINANCIAL ASSISTANCE

### COUNCIL ON ABORTION RIGHTS EDUCATION (CARE)

"Committed to helping any woman, anywhere."

3255 Hennepin Ave #227  
 Minneapolis MN 55408  
 (612) 827-5827

### CHICAGO ABORTION FUND

Loans/grants available for young teens & women without financial resources

Stacy Haugland  
 P. O. Box 578307  
 Chicago, IL 60613  
 (312) 248-4541

### PLANNED PARENTHOOD OF METROPOLITAN WASHINGTON

Reduced or deferred payment for clients who are in need: "No one will be turned away."  
 1180 16th St. N.W.  
 Washington, DC 20036  
 (202) 347-8500

### THE NATIONAL ABORTION FEDERATION

800-543-6240  
 may have info on other assistance programs



# RESOURCES

**BAY AREA COALITION OF  
REPRODUCTIVE RIGHTS  
(BACORR)**  
5337 College Ave #213  
Oakland, CA 94146  
(510) 541-5690

**COALITION FOR THE MEDICAL  
RIGHTS OF WOMEN**  
1638-B, Haight St.  
San Francisco, CA 94117  
(415) 621-8030

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

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

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

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

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

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

**NATIONAL BLACK WOMEN'S  
HEALTH PROJECT**  
1615 M St. N.W. #230  
Washington, DC 20036  
(202) 835-0117



Gynecological Exam

history



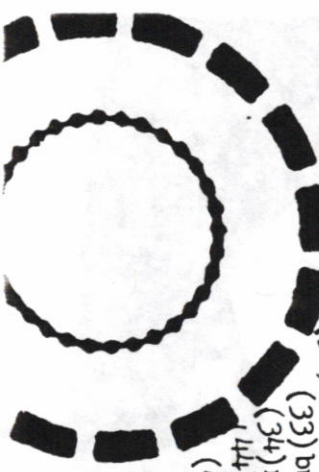
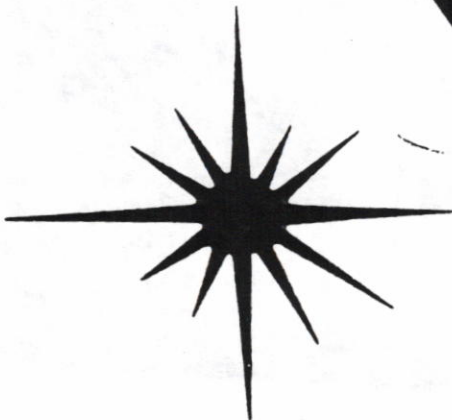
hers.





Contents...

- (1) Intro
- (7) anatomical overview
- (9) self-cervical exam
- (12) Lunaception
- (13) menstrual anarchy
- (15) origins of IMS
- (16) cramps
- (22) vaginal infections
- (23) yeasties
- (25) trich
- (26) vaginitis
- (27) urinary tract infections
- (28) interstitial cystitis
- (29) sexually transmissible diseases
- (32) women & AIDS
- (33) bugs
- (34) natural birth control
- (44) childbirth & the polluting of control
- (48) abortion
- (51) emmenagogues
- (52) abortifacients
- (54) menstrual extraction
- (57) clinical abortion
- (61) HAP & RU-486
- (64) mamm




- (64) mamm
- thy (65) breast exam

**Abortion and Women's Choice:**  
**The State, Sexuality, and Reproductive Freedom**  
 by Rosalind Pollack Petchesky

**Back Rooms:**  
**An Oral History of the Illegal Abortion Movement**  
 by Ellen Messer and Kathryn E. May

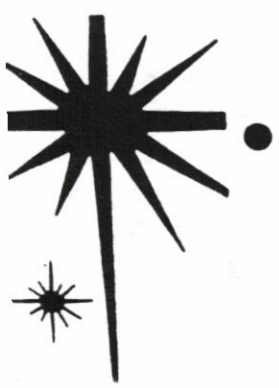
**No Way Out:**  
**Young, Pregnant, and Trapped by the Law**  
 by The ACLU Reproductive Freedom Project



**Contraception and Abortion From the Ancient World to the Renaissance**  
 by John Riddle

**Zines:**  
**Hot Pants**  
 by Isabelle Gauthier & Lisa Vinebaum  
 CP 5756, Suite C  
 Montreal, Qc, Canada  
 H2X 3T7

**Take Back Your Life**  
**A Woman's Guide to Alternative Health Care**  
**Profane Existence Collective**  
 by Alicia non Grata



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**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 Falls**

**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.

**Hygieia**

A Woman's Herbal

by Jeannine Parvati

**The New Our Bodies, Ourselves**

by The Boston Women's Health Book Collective

**Witches, Midwives, and Nurses**

**A History of Women Healers**

by The Feminist Press

**A Women's Book of Choices**

**Abortion, Menstrual Extraction, & RU-486**

by Rebecca Chalker and Carol Downer

**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 Ninia Baehr

# man-made

# medicine IN

# effect



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 methodically referred for psychological help, told that the problem is all in our head. We are not properly informed of side effects, given unneeded 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

Before Orthodox Medicine evolved, women were the primary healers of all time. We were the unlicensed doctors & pharmacists, herbal healers & "wise-women," midwives & abortionists, we were healers to the poor, to the people. And to those who sought to disempower & consider evil the knowledge & intuitiveness women possess -- we were witches & burned at the stake. Today, institutionalized health care continues to burn us, fostering the same fear-based view that women are incompetent, passive, and neurotic. It is built entirely upon our ignorance & cashes in on the sickness this ignorance breeds. Within this power-play, our vulnerability is reinforced & perpetuated & a Patriarchal monopoly towers ominously above us all. Respectful, empowering, & straight forward health care is virtually non-existent in a system riddled with political, economic, gender, & class issues. While this structure weakens us all, women are systematically debilitated by forceful invalidation & condescending



thanks to the FDA (aka the same American Elite), making it against the law for people to "practice medicine without a license." When Feminist Clinics first began, heroine Carol Downer was arrested for inserting yogurt into a co-worker to treat a yeast infection. Unable to deny medicinal nature, the establishment has gotten the bullshit idea of actually patenting nature, such as the miracle Neem tree in India, & possibly soon, Goldenseal. If they have their way, we will have to get a perscription for things we can grow in our backyard & be punished by law if we don't. Never has Western Medicine felt more threatened by the shift towards natural healing & self-help --as it should. People are tired of being sick & feeling controlled. The movement to heal & govern yourself directly sabotages the Patriarchal Structure at it's foundation. Education brings empowerment. We need to learn & share the wisdom to command our own health & living as much as possible. control of our bodies is fundamental.

This zine was inspired by noticing how little the women around me know about their bodies, myself included. Women who are feminist-identified, girl-empowered, involved in counter-culture, or one that attempts to be self-recognized. I realized that while fighting so hard for the right to shape & control our lives, we were only proving *how little control we did have* by not even understanding the bodies we were defending --nor attempting to. The less we know about ourselves, the more we can be manipulated. I think that understanding our health puts us in touch with our social, political, & economic health as well. It's all connected!



Set yourself free from the Patriarchal powers that be! Self-healing is crucial. Stay aware of the institutions that seek to control you, primarily the Church and State. The forces that teach us that as women we are unclean, sinful, and the roots of temptation are the same ones who tell us we are unhealthy, neurotic, and ignorant. Women are to be feared and in every area, quelled. Within this system, we can never expect to gain back our foremothers wisdom nor develop our own. We have to recognize how it operates & step outside of it as much as we can. Start by forming a Self-Help Circle in your area, even with only a couple of friends. Use your speculums, share information, and document your observations. Gather books on herbs, botanicals, acupuncture & pressure, massage, etc. Try to see your health not as isolated breakdowns and malfunctions, but holistically --taking into account the body, mind, and spirit. Publish findings, network, and organize. We're on our way....



# Key Ingredients for a meany

## 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, stawberries, cabbage, tomatoes, beets
- Bananas are high in potassium
- Always eat as much garlic as humanly possible
- Oils: Extra virgin olive oil, *uncooked* safflower, flax. All oils become toxic when heated.
- Try almond butter instead of peanut. It's more expensive but goes further.

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



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,

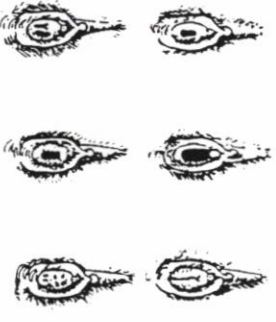
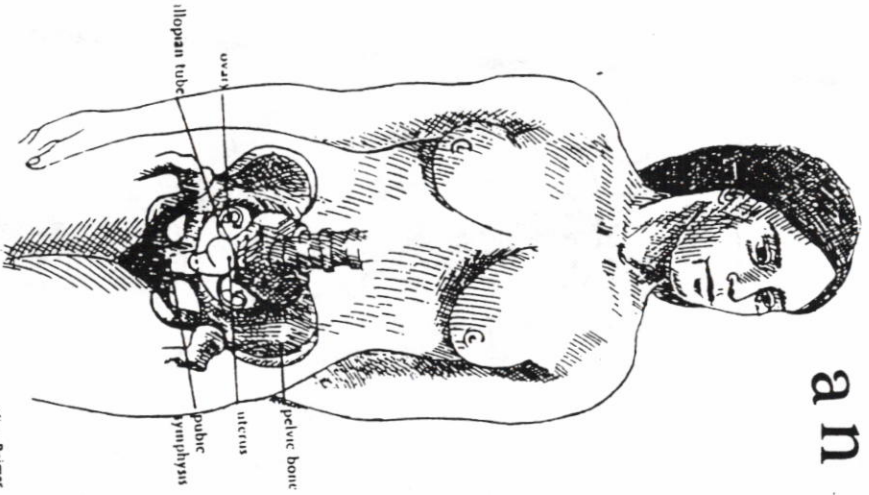


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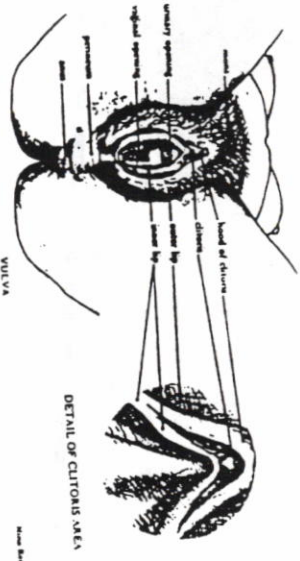
I hope you get some useful tips out of this. Consider it a cliff-note version of what's out there. Mosey of the info i cited is either personally recommended or suggested by women in the Self-Help arena. Write me & let me know what you think or have anything to share. I'd



# an overview



SOME HYMEN VARIATIONS



DETAIL OF CLITORIS AREA

## The Morning After Pill (aka The Emergency Contraceptive Pill)

When you've been exposed to possible pregnancy, this is a really nice stand by. Effective within 72 hours, but preferable to take within 12-24 hours after sex. Depending on when it's taken it works by either preventing fertilization entirely or stopping the fertilized egg from implanting in the uterus. 4 pills are taken initially, then another 4 twelve hours later. Your next period will be within 2-3 weeks. MAP will not prevent an ectopic pregnancy, but you will show signs if this is the case. You can also take 5 of your birth control pills & get the same effect, but you should call a clinic first to see if you have the right kind.

**Side Effects:** possible nausea 1-2 days. If you barf within an hour, go back to the clinic to take more.

## The RU-486

Only recently approved in the United States and still only in the testing stages, RU-486 is a doctor-monitored abortion pill. It is what we call an "Advanced Reproductive Rights Method" that has the potential to make abortion accessible on a large scale. Effective in 5-7 weeks pregnancies or 9 weeks LMP, it works by blocking the production of progesterone. This causes the placenta to disintegrate, expelling uterine contents. It is 80% effective alone and 95-96% when taken with a prostaglandin booster. Besides the accessibility, the RU-486 has great advantages involving minimal risk of infection and complication that is possible in surgical abortion. It is currently available at selected Planned Parenthoods but they don't advertise it, so call around.

**Side effects:** \* Moderate to severe cramping for several hours until miscarriage occurs  
 \* Bleeding 4-40 days, average 10 days  
 \* Dizziness, nausea, puking, shits (but these are rare & can be treated)



# VAGINAL SELF-EXAMINATION WITH

## A SPECULUM

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

When the speculum has been inserted as far as is comfortable, up to the pubic bone, the two handles are squeezed completely together and slid against each other. The long handle slides up and the short handle slides down. The speculum will make a snapping sound indicating that it has locked the bills, in the vagina, open. You can adjust the speculum to three positions. Your cervix will be somewhere at the back of the speculum at the end of the vaginal canal. It is very common and normal for some women to have their cervix (and uterus) tipped at an angle in their vaginal canal. The cervix (and uterus) can also move and change positions. Because of this, some women have trouble finding the cervix for the first time. Many women find it helpful to insert a finger into the vagina to feel for the position of the cervix and then 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 30 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 circleShare your observations and learn! Order specs for \$2 or donation from Womancare attention Britt, 2850 6th Ave Suite 311 San Diego, CA 92103

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

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

How to Recognize Complication:

Infection: 100.5+ degree fever, bad cramps, smelly discharge.  
Retained Tissue: heavy bleeding, very large blood clots, signs of pregnancy (any of these lasting longer than a week), bleeding longer than 3 weeks.

Hemorrhage (excessive bleeding): usually happens while still in clinic; sign of retained tissue, perforation, failure of uterus to contract.

Postabortal Syndrome (blood in uterus): blood clot in uterus -- can be massaged out using downward, fanning motion, or may need to be re-aspirated.

Prostaglandin Suppositories: According to The New Our Bodies Ourselves, this is the newest & least known abortion method. 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 dialiation as possible.





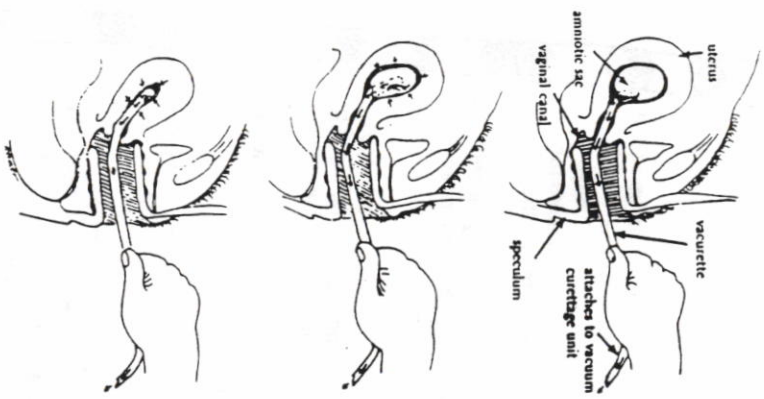
# G Y N E -

# A N A R C H Y !



Put into action the autonomous, self-sufficient woman you are! Self exam is one of the most empowering things we can do in rejection of misogynist medicine.

By regular examination we can detect our fertile and non-fertile times, pregnancy, infections, and other changes. It sounds complicated, but it's so easy! We are led to believe that as non-physicians and women still, we could not possibly know what we are doing. Remember where they want the control & how they manipulate us to get it. It's best to form a group of women to share your observations as well as practicing on your own. It's an excellent de-mystifier of the female body and obliterates self-consciousness! Grab a spec and go!



Vacuum suction abortion. Nina Keiner

## HOW PREGNANT ARE YOU?

The length of a pregnancy is usually counted from the first day of the last normal menstrual period (LMP) and not from the day of conception (fertilization). LMP dating is inaccurate and misleading. It can make you think that you are two weeks further along in the pregnancy than you really are. It assumes that every woman not only has a twenty-eight-day cycle but ovulates exactly two weeks after her period began. (Nobody has a regular cycle all the time.) The first trimester is the first thirteen weeks; the second trimester is the fourteenth through twenty-fourth weeks LMP; twenty-five weeks LMP and later is the third trimester. Abortion is safer, easier and less expensive in a facility that provides second-trimester abortions, and impossible to get a third-trimester abortion unless your life is endangered by your pregnancy.

The first day of the last menstrual period is the most common way to date a pregnancy, but you must consider whether that period was normal for you. If it came at an unexpected time or was lighter than usual, conception may have happened before that bleeding.

If you chart your body changes with a fertility awareness method (see p. 276), you will have a written record of ovulation and will be able to recognize pregnancy quite early on. If you do cervical self-examination, you may notice that your cervix has changed color and become bluish-purple, which happens early in pregnancy. Signs of pregnancy can help confirm the date of conception (see p. 343).

An experienced health worker or medical practitioner can estimate the length of a pregnancy by feeling the size of the uterus during a pelvic exam. This is usually accurate within a two-week range. Ultrasound, another method for determining the length of a pregnancy, also has a two-week margin of error. The practitioner doing the abortion makes the final decision about how far advanced the pregnancy is and whether she is willing to perform the abortion. If the practitioner refuses to do the abortion, you may have to find someone else. Statistically, abortion risks increase as the pregnancy progresses and the uterus becomes larger and softer.

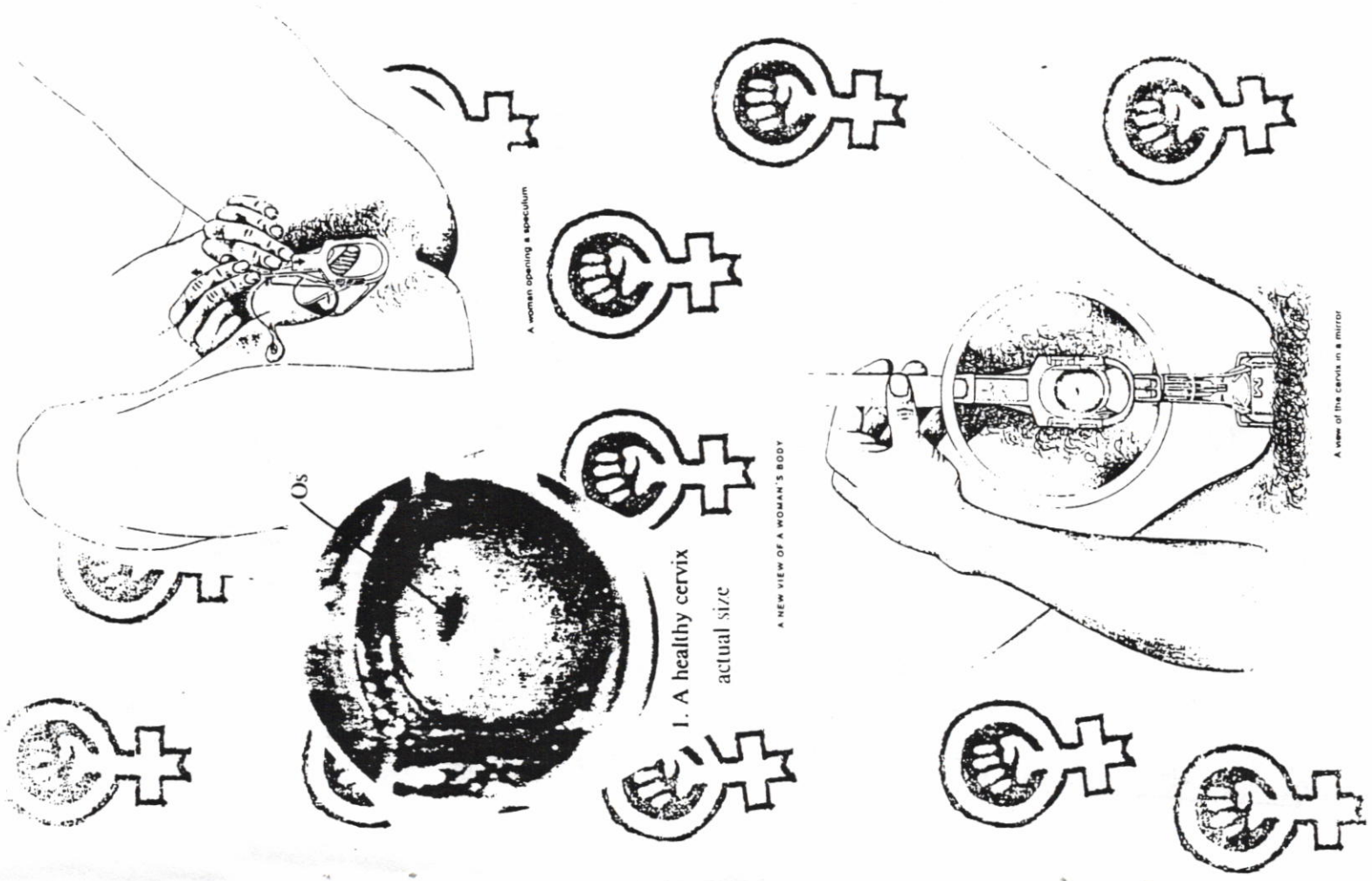


(depending on length of pregnancy) and cramps disappear or greatly decrease within another 5-10 after! Within 20 minutes, you're ready to go home! Regardless of possible discomfort, fear of pain should not be a deterrent in accessing an abortion. If you are considering one, reasons for doing so far outweigh 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 then, the pregnancy is so tiny that it is easy to miss & can lead to infection (from retained tissue) Then you need a "re- aspiration" --which is another abortion. Depending on the choice of clinic, local or general anesthesia can be used. Local carries less risk, is easier on the body, and involves a shorter recovery time (i think it's cheaper too). While not as intense as with general, local anesthesia can occasionally cause nausea. Here are the types of abortion procedures commonly used today;

\*Vacuum Aspiration: 7-12 weeks 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 tonsilectomies or circumcisions. The pregnancy is still only an embryo at this point, developing the major physiology after 3 months and technically becoming a fetus.

Risks: chance for complication is @ 1%. Much riskier to have baby! \*Dilation & Evacuation: 12-18 weeks p(g). These involve a 2 day procedure where you come in a day before your abortion for dilation. Laminaria seaweed sticks are inserted into your cervix to absorb fluid & expand --causing your cervix to stretch (you may feel



A woman opening a speculum

1. A healthy cervix actual size

A NEW VIEW OF A WOMAN'S BODY

A view of the cervix in a mirror