

## Available options

### Contraception?

We are fertile up to 6 days each cycle. There are Fertility Awareness Based Methods, or FAM (not the rhythm or calendar methods!) which are over 99% reliable (9), eg the symptothermal method, and they are approved by WHO. Not only do they safely identify your fertile window, but they also increase body and mind awareness, and they can be used to monitor and restore your general health. You can also use barrier methods, like condoms (the only method that protects you against sexually transmitted diseases), the diaphragm or sponges. The copper IUD is also suitable for women who have never had children (although it could worsen cramps, especially in adolescents, and its insertion may be painful).

### Acne, irregular or painful periods?

Nutrition, exercise and life style choices can eliminate period problems, both physical and emotional, once you have clearly identified them (for instance through FAM). Our cycle is there precisely to help us understand what is polluting our efforts.

**To find out more talk to a medical practitioner who will listen to you.**

**Medulla - wild feminine cycles** was founded by Anna Buzzoni and works with people who menstruate on body and mind awareness, to start using the menstrual cycle as the fifth vital sign, our innate alert and defence mechanism against germs, individuals and dead-ends.

### Contacts

hello@annabuzzoni.com

<https://annabuzzoni.com>

<https://www.facebook.com/wildfemininecycles/>

Any choice a woman makes is legitimate, but it her right to make an informed choice.

## Bibliography

- (1) Vinogradova Y, Coupland C, Hippisley-Cox J, 2015, *BMJ*, 350:h2135. Use of combined oral contraceptives and risk of venous thromboembolism: nested case-control studies using the QResearch and CPRD databases.
- (2) International Agency for Research on Cancer, 1999, *Monographs on the evaluation of carcinogenic risks to humans*, Vol 72  
<http://monographs.iarc.fr/ENG/Monographs/vol72/index.php>
- (3) Skovlund CW, Mørch LS, Kessing LV, Lidegaard Ø., 2016, *JAMA Psychiatry*. Association of Hormonal Contraception With Depression, Vol. 73, No. 11, 1154-1162
- (4) Prior JC, 2014, *Journal of Restorative Medicine*, Progesterone Within Ovulatory Menstrual Cycles Needed for Cardiovascular Protection: An Evidence-Based Hypothesis, Vol. 3, 85 – 103,
- (5) Li D. Et al., 2013, *Epidemiologic Reviews*, Negative Spinal Bone Mineral Density Changes and Subclinical Ovulatory Disturbances—Prospective Data in Healthy Premenopausal Women With Regular Menstrual Cycles, Vol. 36, No. 1, 137 – 147, Oxford University Press
- (6) Prior JC, 2009, Ovulation and breast health, [http://www.cemcor.ubc.ca/sites/default/files/uploads/6\\_Ovulation\\_and\\_Breast\\_Health.pdf](http://www.cemcor.ubc.ca/sites/default/files/uploads/6_Ovulation_and_Breast_Health.pdf)
- (7) Scholes D. et al., 2010, *Contraception Journal*, Oral contraceptive use and bone density in adolescent and young adult women, Vol 81 (1) 35-40
- (8) <http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Adolescent-Health-Care/Menstruation-in-Girls-and-Adolescents-Using-the-Menstrual-Cycle-as-a-Vital-Sign>
- (9) Frank-Herrmann P, et al., 2007, *Human Reproduction*, The effectiveness of a fertility awareness based method to avoid pregnancy in relation to a couple's sexual behaviour during the fertile time: a prospective longitudinal study; 22(5):1310-1319.

## MEDULLA

Wild feminine cycles



## The Pill

Informed choices  
for canny women

# What is the "Pill"?

The word Pill generally means all **drugs** that release **synthetic hormones** in a woman's body. They can be "combined" (two hormones, one synthetic form of estrogen and one of progesterone, called progestin) or progestin-only.



They can be taken **orally**, like the traditional pill.



They can be inserted in the **vaginal canal** (eg. Nuvaring, the "ring") or in the **cervix** (eg. Mirena, the hormonal IUD).



They can come as **implants** inserted under the skin (eg Implanon) or **skin patches** (eg Ortho Evra) and last but not least, they can be **injected** (eg Depo Provera).

## THE PILL IS COMMONLY USED FOR:

**Contraception** - because it suppresses ovulation, among other things.

**Acne** - because it decreases testosterone.

**Painful periods** - because it avoids the thickening of the uterus, and the contractions to shed it.

**Irregular periods** - because it suppresses the cycle and natural menstruations.

## Dispelling Myths



**Myth: "The Pill regulates the cycle"**

**Fact: the Pill suppresses the cycle**

Synthetic hormones do not behave like natural estrogen and progesterone, and block the normal functioning of the pituitary gland, thus suppressing the menstrual cycle. The bleeding is not a menstruation but artificial, and induced by temporary drug withdrawal.

**Myth: "The Pill does not interfere with healthy body functions"**

**Fact: it can interfere with the endocrinous and neurological systems, with nutrients assimilation, gut microbiome and others.**

**Myth: "New generations of progestins are safer and lighter"**

**Fact: they increase risks of blood clots by over 300%, especially those prescribed against acne. (1)**

**Myth: "According to modern scientific research, the Pill is safe"**

**Fact: the World Health Organisation (WHO) has classified the combined Pill as **carcinogenic** and the progestin-only Pill as **potentially carcinogenic** since 1999.(2)**

## Best scientific research says that...

**The Pill can increase the risk of depression, especially in adolescents.**

Danish researchers studied more than 1 million women for 13 years: adolescents showed 80% increased risk with the combined Pill and 160% increased risk with progestin-only. (3)

**The menstrual cycle is the fifth vital sign.**

The American Congress of Obstetricians and Gynecologists declared the menstrual cycle the fifth vital sign for adolescents. (8)

**The Pill can interfere with our sexual and emotional development.**

The Pill can interfere with the production and reception of testosterone (sexual desire and vitality), serotonin (optimism and good moods) and dopamine (pleasure).

**Natural estrogen and progesterone protect bones, heart and breasts.**

The only way to produce them in appropriate amounts is through ovulation, but the Pill suppresses it. (4) (5) (6)

**The Pill can interfere with breast and bone development.**

Breasts fully mature when we are around 20 years old and the back bone around 30. The Pill can disturb their development and decrease bone density. (5) (6) (7)