

empowering ourselves

FROM OUR
MENSTRUATING BODIES

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INTRODUCTION

Knowing our body give us the tools to make choices that are good for ourselves and the planet, stealing control from patriarchy-capitalism's dirty hands. **Menstrual cycle awareness is a great empowerment tool which helps us regain control of our body, sexual health & care for Nature.**

I will write about empowering ourselves from our “menstruating bodies”, mainly applying to bodies with full functional “female” sexual-reproductive organs, and in fertile age. Some points will also apply to other bodies and experiences of womanhood.

ANATOMIC INFORMATION

First of all, we need **unbiased anatomic information about our sexual-reproductive organs**. There are many things that patriarchal and androcentric science and education systems never told us about our own body. Some examples:

Did you know that women also have prostate?

And that thanks to it we also ejaculate?

Did you know that the clitoris we see is a tiny part of a much bigger organ, which only function is pleasure?

Did you know the uterus muscles are the strongest human muscles?

And that it has the size of a small pear?

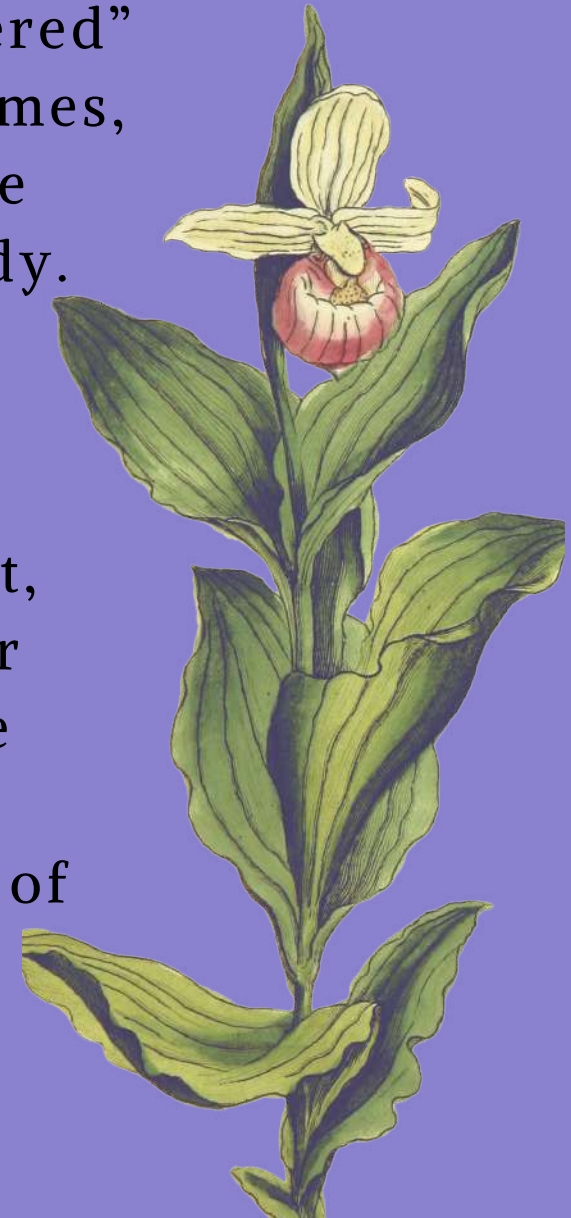
Did you know that not two vulvas look the same?

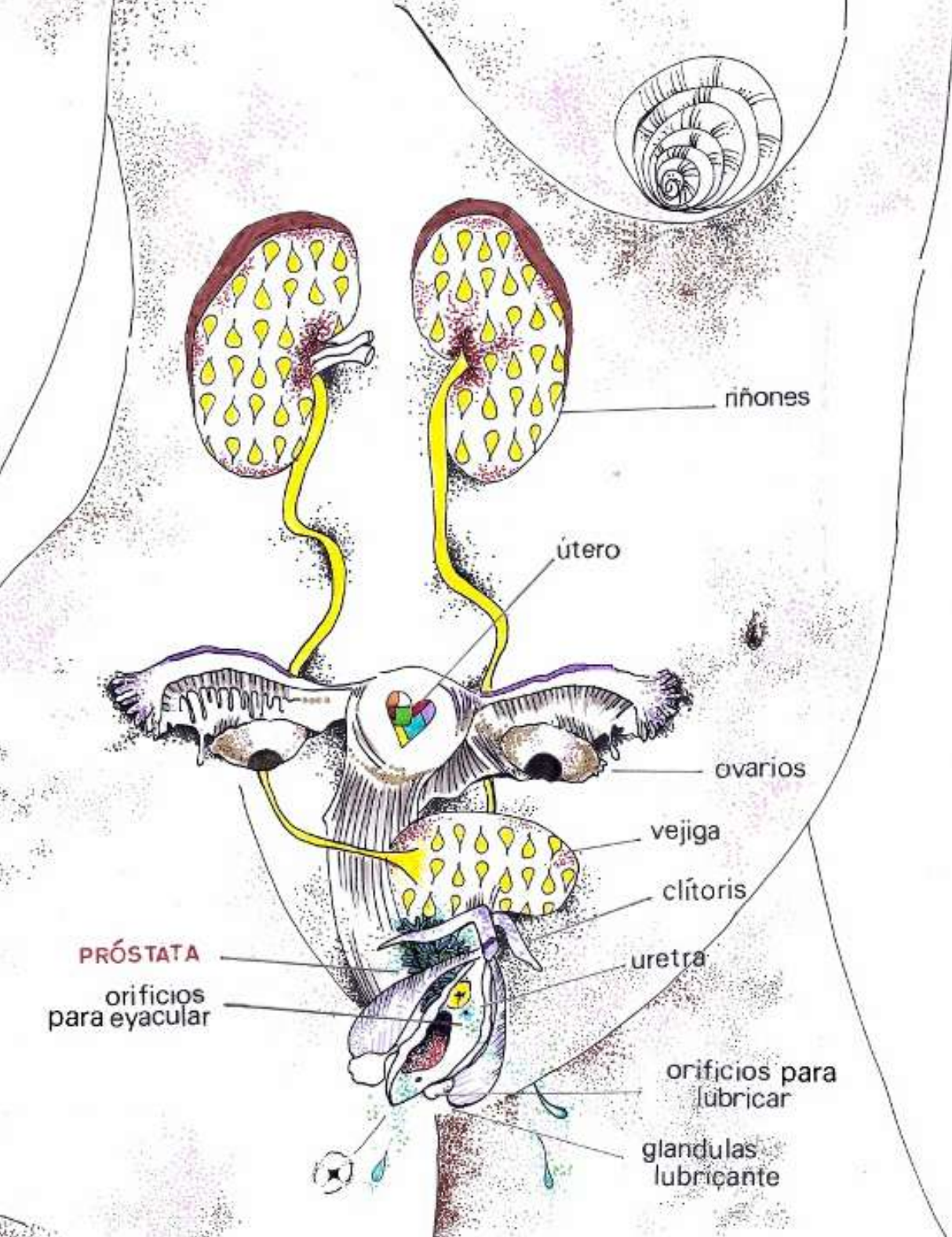


In addition to all the misinformation, we also have some guys naming our sexual organs (Fallopian-tubes, Skene-gland, Bartholin-gland...) after they “discovered” them. Sure we don’t have women’s names, because we couldn’t be scientists some centuries ago: we were banned to study.

Depends on us to **rename our organs, learn about them, and decolonise our body**. There are some projects about it, like the one renaming Skene-gland for Anarcha-gland, in honor of one of the black slave that was tortured for “scientific reasons” in the early times of Gynecology. Scary, infuriating story, worth learning about it. Check it:

anarchagland.hotglue.me





We need to make use of self-exploration, because each body is different and ours is the one and only we have to navigate life. Understanding it is the first step to respect it and love it.

Anatomic non-realistic drawing which includes Prostate and Ejaculation holes (Anarcha-gland).

By MagnaFranse, in "Coño Potens" (Diana J. Torres).

MENSTRUAL CYCLE



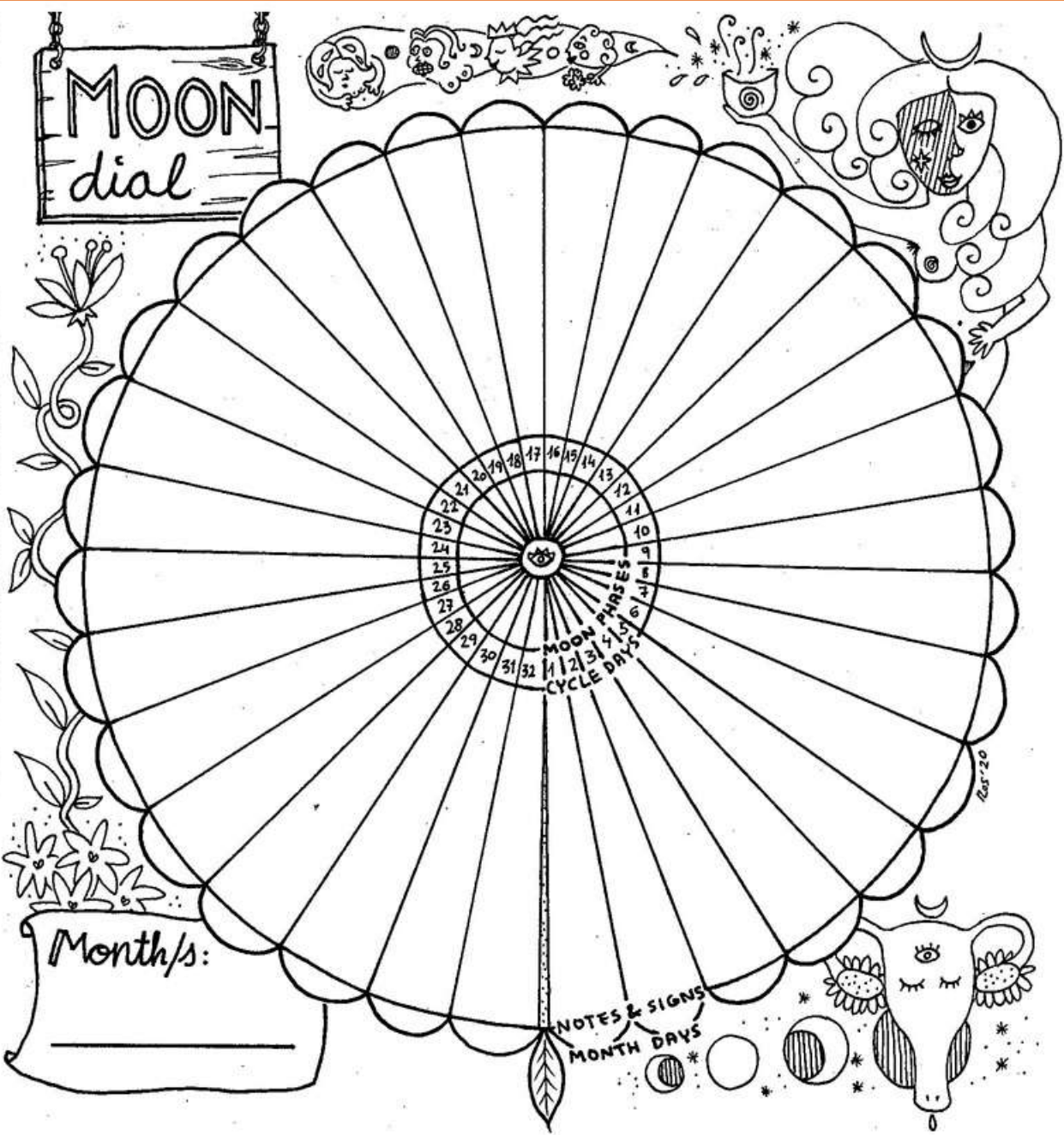
Menstruating bodies have **physical & emotional changes through the whole cycle** (not only during menstruation), mainly due to the flux of different hormones: estrogen, progesterone, luteinizing hormone and follicle stimulating hormone.

The cycle has a duration of 28 to 34 days and can be divided into 4 phases depending on what's going on in our ovary & uterus.

As you can see, **the menstrual cycle mimics the Life cycle** in its phases: growth and vitality, fullness and maturity, decay, and death which will start a new cycle again. Our emotions during the whole cycle follow, more or less, this scheme too. It's a fact that body and emotions work together.

We are not unbalanced creatures because we feel depressed and cry for “nothing” some days before menstruation, or because we just can't be functional on menstruation days, or because we are not interested in sex and then feel super horny on our ovulation day. There is no mental illness there, just cyclic bodies.

Understanding our own patterns (physical & emotional) in each phase helps us to know what to expect. For this is super useful the **creation of a “moon dial” each cycle.**



Notes:

* Bleeding: _____

* Other: _____

Signs:

- ☾ MENSTRUATION
- 🌀 INTROSPECTION
- ⚡ PAIN/CRAMPS
- 🌸 OVULATION
- ♥ SEX/MASTURBATION
- ★ ENERGY ↑UP/↓DOWN
- 👁️ SWOLLEN BREASTS
- 👤 SWOLLEN BELLY
- zzz QUALITY OF SLEEP
- 🍷 DREAMS
- 🍷 FOOD CRAVINGS
- 🚽 DEFECCATION CHANGES
- 000 FLOW CHANGES

Example of "moon dial" hand-made by the author.

Free download here: rosaurarvizportfolio.weebly.com/womenwisdom.html

FERTILITY

*Did you know women are fertile just during ovulation?
Then why medicalize ourselves with hormonal contraceptives,
that suppress our cycle and have lots of physical & emotional
side-effects, the whole month?*

In the words of Pabla Pérez San Martín, Chilean author of a powerful guide to Natural Gynecology (cited below), **“we believe we are fertile 28 days per month, when actually we are fertile just 24h, 1 day per month”**.



There are natural methods to track ovulation day (especially if you have a regular cycle), so if you don't want to get pregnant you can use contraceptives -like condoms- just that day (and some days after and before, just in case, because spermatozooids can live in our body for some days).

This is **regaining control of our own fertility and contraception choices**, not depending on doctors and pharmaceuticals, and liberating our body of unnecessary and very harmful chemicals. If you are not taking hormonal pills for other medical reasons, you really shouldn't do it for this. Inform yourself!

PMS & PAINFUL MENSTRUATION

As I said, emotional fluctuations along the cycle are normal, so it is to feel some **physical discomfort on the week before menstruation:** the so-called Premenstrual Syndrome. But PMS is not a syndrome, nor a disease: **is your body begging for rest** when it's most needed. The body is fully immersed in a process of cleaning and the energy is pushing down to the earth, and inside, towards a deeper introspection that may come on the bleeding days.



Also, menstruation, as a normal physiological process, should not be painful. Pain is the way our body has to inform us that something is wrong. Physical and emotional issues can be the cause, but there is also a deeper socio-cultural cause.

They told us menstruation and birth-giving would be painful, and through the centuries that is what has become. Patriarchy, as always, seems to be behind this. That's what Casilda Rodrigáñez, a kick-ass Spanish writer explains: “spastic uterus [the ones that, instead of fluid uterine muscles movement, have spasmodic contractions during menstruation and birth-giving, and for that it hurts] is unequivocally caused by the sexual repression of women since childhood”, and since generations ago.

You don't need pills for PMS symptoms or menstruation pain: most of them disappear with the right nutrition, light pelvic exercise and rest (more hours of sleep and very low life rhythm).

Natural Gynecology remedies, like anti-inflammatory & diuretic herbal teas, are also very much recommended.

As well as orgasms, which have a direct anti-inflammatory effect, and segregation of pleasure and happiness neurotransmitters and hormones (dopamine and oxytocin).

Uterus-connection meditations are a plus.



MENSTRUAL PRODUCTS

Say no to industrial “disposable” pads and tampons. There is no-one that benefits from them (not you, nor Nature) but the consumer wheel... **Industrial “hygiene” products are made with chemicals and super-absorbent materials that can cause you severe diseases and that are very polluting.** Plus, they make you spend good money every month.

Also, they are thought to detach you from your blood and make you feel that menstruation is something dirty, smelly and that you need to hide.

It is actually very important for our health to keep track of our blood: abnormal changes in color, density and smell can point towards some gynecological infection or other health issues.

Nowadays **eco-friendly products** like the cup, or washable pads, are easy to find in Western countries: you buy them just once, re-use them for years, and they just work. You can even make your own cloth pads: there are many DIY tutorials online.

You can also try another more challenging, yet rewarding method: **free bleeding**.

We all can train our bodies and our to recognize when our uterus needs to release blood, and then go to the toilet and do it. No pads, no tampons, no cup.



LAST WORDS

All this are possible ways of empowering ourselves and not depending on patriarchal-androcentric-pharmaceutically based healthcare when it comes to our sexual health.

A calling to develop and apply our own body knowledge, from the menstrual cycle to the rest of our physical and emotional self.

We all can (and should) take informed choices for our benefit and that of the planet.

READINGS

COÑO POTENS, Diana J. Torres.

Online version (Spanish):

we.riseup.net/assets/285284/

[CONO-POTENS-VERSION-DIGITAL-Desconocido.pdf](#)

MANUAL INTRODUCTORIO A LA GINECOLOGÍA NATURAL,
Pabla Pérez San Martín.

Menstrual Cycle chapter available in English:

ginecosofia.com/wp-content/uploads/2019/11/

[EN-Cap.-8-MGN-cerrado-para-web-OK.pdf](#)

PARIREMOS CON PLACER, Casilda Rodrigáñez.

Online version (Spanish):

pointpointpoint.org/wp-content/uploads/2012/06/

[PARIREMOS.pdf](#)

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