

## **CONTRACEPTIVE PILLS, PATCHES, IUDS AND THE ALTERNATIVES**

taken from an article by Lawrence Wilson, MD

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Preventing pregnancy is a problem that is as old as humanity. Women have usually been the ones who had to figure out how to avoid having 10 or 20 children. It is only in the past 80 years or less that condoms and vasectomies became available. However, in the end, it still often falls to women to figure out how to protect themselves in this area.

Equally important is to avoid methods that are harmful. These include all birth control pills, the birth control patch, Mirena, and all IUDs, especially those that contain hormones.

The copper IUD is not great, either, for most women, and can cause suicidal depression in some women. However, it is probably less harmful than any of the estrogen/progestin containing pills, patches, shots or IUDs.

I will offer some suggestions that have proven to work for the men and women who practice them faithfully.

1. Abstaining. This is not commonly thought of as a method of contraception, but, of course, it works perfectly. It is also the only method that can protect a woman from sexually transmitted diseases. It also is the only method that will protect women from emotional trauma that often occurs due to having sex in uncommitted relationships and even in some poor-quality marriages.

I realize that abstinence is not an option in some marriage and relationship situations, although a woman must consider her options when in a relationship. If sex is really harming her, or the fear of having a child is overwhelming, and her partner is not willing to help prevent pregnancy, a smart woman must ask herself why she is in relationship with such a man. Far better to be alone, or living with a female roommate, than live in fear and agony over this problem.

2. Fertility Awareness method. This is a modern method that I have heard works well. It is based on the basal body temperature and the consistency of the vaginal mucus, and it works quite well. The website is [www.tcoyf.com](http://www.tcoyf.com).

This method has some hidden advantages in that it is truly a cooperative method between man and woman. It tends to build trust between the partners and makes sex and pregnancy a mutual concern, rather than just that of the woman. The loss of "spontaneity" is more than compensated for by this fact, in many relationships.

Also, newer technical innovations that make the method much better include the use of very accurate thermometers to check the woman's temperature every day, check her mucus, and even a computerized machine that learns about the woman's cycle and is supposed to offer even greater accuracy.

Problems with this method are it requires that a woman have fairly regular periods, it takes some effort, and it requires that the woman and her mate be disciplined enough, and considerate enough, not to demand sex during the fertile days of the month. This method also does not prevent STDs.

Thus it is not for the happy-go-lucky lady or casual type of relationship. It is not perfect, but none of the methods except abstinence and tying the tubes or vasectomy are perfect. The latter also transmit STDs so they are not perfect, either.

Many couples rely upon this modern rhythm method and it works quite well if the woman is sharp enough and clear-headed enough to follow the days of the month carefully and inform her partner of the same.

3. Male condoms. This is a good method, but it is not perfect because:

- a. Condoms can easily slip off at the wrong moment,
- b. They can break, especially if they are old
- c. The stretchy rubber has some tiny holes in it that can allow a few lucky sperm cells to pass right through.
- d. Of course, one must remember to put them on and keep them on.

Some men object to condoms, but many of these men are sexual predators or vampires of one type or other. In some cases, condoms can interfere with sexual arousal or orgasm for the man. This should not happen with a properly designed condom, however.

Some women object to condoms because they want the male sexual fluid, particularly if the woman suffers from sexual fluid craving, an interesting and important condition of many women today.

An important benefit of condoms is they provide some protection against STDs or sexually transmitted diseases if used correctly, but only when used correctly, and the protection is far from perfect since other body parts touch each other during sex.

Condoms are also widely available and good for casual use, as they do not require that one calculate the woman's cycle and other complications. Basic rules for their use are:

Always use two at once. (Some people do not agree with this, but many agree with it).

- Always use a fresh one rather than one that has been carried in your wallet for a few months or years.
- Check the expiration date to make sure it is current.
- Use the correct size and shape
- - Use one that is lubricated if this helps it go on better, but not if it causes it to slip off easily.
- Check during sexual activity to make sure it is still on firmly.
- To increase effectiveness, you can combine it with other methods such as spermicidal gel or a mechanical method discussed below.

**PLEASE NOTE: AT HAIR ANALYSIS UK WE RECOMMEND NON LUBRICATED CONDOMS (EG TROJAN) USED WITH A NATURAL ORGANIC LUBRICANT SUCH AS SLIQUID OR YES**

4. Mechanical methods for women (diaphragms and cervical caps). These are older methods that are not quite as reliable as the pill, but they can work well. They should be combined with a spermicidal gel and the rhythm method, if possible. Then they become very effective. Used alone, however, it is too easy for a diaphragm or cervical cap to come loose or leak at the wrong time. These methods provide little if any protection against STDs.

5. Chemical methods such as spermicidal gels. This is an excellent addition to the rhythm method, condoms, diaphragms or any other. While the gels are not foolproof, and may be a little toxic, they are not bad, to my knowledge, and they add an extra measure of safety. The gel should be washed out with douching after sex, if possible.

Spermicidal gels provide a little, but not much protection against most STDs.

6. Tying the tubes or vasectomy. If a woman has had enough children, or does not want children, tying the tubes is an excellent method of birth control in almost all cases. However, it is permanent, so it is not for

everyone. It is also somewhat invasive, but the benefits may outweigh any of the risks.

Vasectomy for men is also a more permanent solution for any man that is not interested in bearing children. However, statistics indicate that vasectomy is not that safe. Therefore, I do not recommend this method.

11. Douching after intercourse. This is another older method of birth control that is not the best, but can help prevent some STDs. After having sex, the woman excuses herself and sits facing into the bathtub, usually, and rinses the vagina with warm soapy water or even water with some hydrogen peroxide added. This can help flush out some sperm, and it also helps prevent some sexually-transmitted diseases. It is the only method besides abstinence and correct use of condoms that can prevent some of these diseases, though it is not a reliable method of preventing disease at all.

Prostitutes always use this method, I am told, and prostitutes have sex as their business so they may have knowledge that is not always shared with the public. It helps protect the prostitutes from disease, but not nearly enough.

For general cleanliness, however, douching with an antiseptic solution is a superb idea after all sex, since small cuts in the vaginal wall can transmit all sorts of infections, even if one is married and monogamous. Hydrogen peroxide from the drug store or warm, soapy water are both excellent douches. Again, it only takes a few minutes to excuse oneself after ejaculation, and then the woman can resume sexual activity and will be more relaxed.

12. Herbal abortifacants. This is the use of herbs that may be able to terminate or even prevent a pregnancy. An herbal formula often includes wild yam, a source of a progesterone-like substance. It is not the best to stay on it all the time, but it might work in some cases and is better than the pill, patch or hormonal IUD. This is an area of research and I would not encourage women to depend on herbal contraceptives at this time.

## **OTHER TOPICS RELATED TO CONTRACEPTION**

Sexually transmitted diseases or STDs. Thanks, mainly to the use of the pill, diaphragm and looser sexual standards among young people, there is a true epidemic today of sexually transmitted diseases. It is a horror, and the medical profession and public health departments are not telling the public the truth about it.

The truth is that STDs are not benign. Many of them, in fact cannot be treated with drugs or anything else, and they slowly spread and eat away at the body and the brain. They lower a person's vitality level and contribute to brain fog, fatigue, and every other imaginable health problems. Women are affected more than men because the diseases flourish in the warm, moist environment of the vagina and from there spread easily. It will always be up to the women, eventually, to stop the spread of STDs by just saying no, mainly.

Statistics indicate that 20 million people are infected with STDs and they cost the American people some \$16 billion dollars each year. Up to one-fourth of those between the ages of 16 and 25 are infected. They not only affect the sexual organs, but many people have mouth infections, and infections elsewhere. Hormone pills, patches or shots provide absolutely no protection against STDs. Please read STDs on this website for a more detailed discussion of this important topic.

## **NUTRITIONAL BALANCING AND FERTILITY**

Following a nutritional balancing program will likely increase a woman's fertility. This is important if you are a woman and believe you are infertile, and therefore you don't need to worry about birth control.

## **NUTRITIONAL BALANCING AND CONTRACEPTION**

Today, many women are unhealthy and their menstrual cycles are chaotic. In some traditional societies, most women menstruated at the same time of the month, and it was widely known by the men as well as the women. This helped promote order and contraception in the society. This is not as true today around the world.

I have found that a nutritional balancing program often shifts a woman's menstrual cycles so that she has regular periods that occur with each full moon.

This means the woman can simply look at a standard calendar that has the phases of the moon shown on it and she will have a good idea whether she is fertile at that time. In fact, this is the reason why some calendars traditionally show the phases of the moon.

Some women find that as their menstrual cycle becomes regulated by the moon cycle, the women are also more at peace. This is because the moon or lunar energy does actually influence women more than men. This is a more esoteric topic, but there is some truth here. Many traditional societies that were more female-centered societies, such as some American Indian tribes, used the moon as their calendar, for planting crops, and for many things. The Western calendar is based on the sun cycle, a more masculine calendar that has certain advantages, but is less accurate in other ways, and less friendly toward women, in fact. This is not good or bad, just something to become aware of and it is one reason women are less comfortable, at times.

## **GENTLER AND SHORTER SEX MAY BE BETTER FOR MANY WOMEN TODAY**

Many women are not healthy, and they lose energy and vitality whenever they have sex, even with husbands they love. For these reasons, and perhaps others, fewer, and gentler, shorter sexual experiences are best for many women. One can still hug, kiss and be intimate every day if one wishes, but sex with orgasm is not necessarily beneficial for women too often. Men often want it, so it can be an issue in marriages and other intimate relationships.

## **DOWN SEX**

A very wonderful method of having sex that does not deplete anyone, and in fact is very healing, is called Down Sex. Brief description below: