



WOMAN POWER

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Birth Control Through Education of the
Reproductive Organs

written and illustrated
by

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IN ANSWER TO MY QUESTION

IT HAPPENED ONE DAY

March of 1973 was a magical time though I didn't know it then. Whirling along the roulette wheel, new experiences open before me. A new discovery. Again it happens. Wow! I am doing this! Goose bumps!

I was intrigued by meditation and whenever I came across a technique I would try it out for a while to see what it was all about.

I heard this meditation technique one Sunday morning on Jack Gariss' Bio-Meditation radio program on KPFK. This meditation technique comes from the Theravada Buddhist Tradition. Listening to Jack tell about his experiences and that of others, I was expecting images or whatever coming up in the mind. He asked for feedback. So with this in mind I began doing the meditation technique. What I got was a physical reaction that was extremely sexual. What a disappointment! I wanted movies in the mind, waking dreams, and all I got was sex.

And a very odd thing happened. Two or three days after doing this meditation technique my menstrual period started. . . and it was two weeks early! I panicked! Went to the doctor. I didn't have cancer. He asked, "What else have you been doing?" What could I say? I didn't know. I went home. I forgot about it. I had already forgotten about the meditation technique. Meditation was, in my mind, unconnected with the practical things of life. Was I in for a surprise!

I thought of the meditation technique a couple of weeks later and decided to try it to see what would happen. I wanted to see if I could create movies in my mind. I had no idea what they would look like, but with these desires and expectations, I began. What I got was a physical reaction that was extremely sexual. Again!

And in two or three days my menstrual period began. . . two weeks early! This time I didn't panic. I made a connection. My menstrual period came two weeks early, twice in succession and I said to myself --
--- I AM DOING THIS!

Rummaging around in my mind looking for answers, random

thoughts hopped, skipped and jumped all over the place. My menstrual period does not come two weeks early. . . has never come early. . . I am not irregular in that way. . . if there is any irregularity at all it is on the side of late. . . hummm. . . must be my sexual reaction while doing this meditation that is causing it to begin. . . it is!. . . it has to be!. . .how?. . . how?. . . how?. . . how?. . . how can that be?. . .'

So I began to ask myself questions. I wondered what it was that I was doing? I began to look deeply into my feelings and the sensations I have of my sexual responses during the meditation. I narrowed it down to a few localized sensations. I would find my thoughts going there when I am in this very relaxed state brought on by the breathing process.

I began using a very pleasurable sexual experience as a means of birth control. It took me a year to figure out how the technique worked. It was a yearlong process of trial and error. I knew though, that if I could cause my menstrual period to come that I would not be pregnant.

It took me a year to figure out that it was the *contractions of the uterus* that was the cause of my menstrual period beginning. This last word is most important. Because that is what the technique does -- cause the menses to *begin*. And that is all that it does.

The body has some logic of its own of which I am unaware. Ruminating on my past, I thought about my experiences of the processes of birth, labor and the uterine contractions that push the infant through the birth canal. I thought of my experiences of nursing my children -- my experiences of the cramps preceding menstruation -- my experiences of sexual intercourse. All of these experiences of menstruation, pregnancy, childbirth, sex. . . there is an element of mystery surrounding them. I thought about them for a long time.

Reflecting upon these thoughts one day, they all came together. A switch flicked on in my mind. Light dawn. I realized that it was the *contractions of the uterus that was causing my menstrual period to begin. And the contractions are caused by thinking of one single spot deep inside the vagina while in a very deep state of relaxation.* Beautiful !!!

And I fell out laughing.

It is so simple and so beautiful! Who would ever have thought of such a thing?

What marvels can occur when you follow and tune in to your body's sensations, your feelings and emotions. The birth control technique described in the following chapters is a result of staying with and going with inner sensations and feelings, letting them happen, while immersed in meditation.

Since the uterus is a muscle and the function of a muscle is to move, the uterus does just that. The uterus contracts continuously until ovulation occurs, when it becomes quiescent via the action of progesterone that is secreted at this time. Apparently the egg needs a still, quiet environment to be implanted and develop its connections, with the first few days being crucial. If the uterus is not still and quiet the egg will in all probability not stick but will become like a snowflake falling onto warm ground.

From my experiences with this technique, both my own and that of teaching this method to others, I know that it is possible for all women to have conscious control of their reproductive function and subsequently, to handle the overpopulation problem of the world.

The next chapter describes the technique.

TOUCH THE BODY'S WISDOM

The technique described below is a natural way of controlling pregnancy, inherent within our body. It is a natural function of the body and the only thing new about this technique is the method, and that there is a method to do it. Women, I am sure, have been doing something like it always. Some women know they are doing it and some, perhaps, do not. It was new to me in the beginning. For me the technique was a great discovery that changed my life profoundly.

The technique itself is very simple. Anyone can do it. Since I discovered this technique when I first began exploring meditation, I think that any woman who wishes to, can learn the process whether or not she has ever meditated. The capability lies barely submerged beneath the lid of our consciousness. If you are experienced in some form of meditation or mental discipline then you have already developed the minimal amount of self discipline that the technique calls for.

The technique can be divided into two parts: (1) *the breathing part* and (2) *the concentration part*. The purpose of controlling the breath is to relax the body totally and to clear the mind of its constant chatter and to allow the mind to rest. The purpose of the concentration is to direct your thoughts and to hold them where you want them to be. With the mind in a quiet state, the acquisition of this skill is easily accomplished. Combining the two parts of the process in a special way, will cause the uterus to contract. And it is the contractions of the uterus during the latter half of the menstrual cycle that will cause your menstrual period to begin.

When you are relaxed completely and have calmed your wandering mind, you can direct your thoughts wherever you wish, and you can use the breathing part of the process to maintain this relaxed state for a period of time. The moment to focus your thoughts in the sexual area of your body is when you are in a very deep state of relaxation, the moment when your eyes begin to wander in the comfortable, never never land of sleep. But before you fall completely asleep.

Using this technique, a woman can cause her menstrual period to begin anytime after ovulation. I have not been able to bring on my menstrual period during the first phase of the cycle.

Ovulation occurs approximately fourteen days after the first day of the preceding menstrual period and since one really doesn't want to menstruate every two weeks, after you have learned how to do the technique, use it two or three days before your next menstrual period is due.

While you are learning the technique, it is all right to do it any time during the menstrual cycle. During this time of practice and you might say, experimentation, I recommend using some other form of contraception because at this point you are not using the technique for birth control. As a matter of fact, causing your period to come outside of its normal cycle is a way for you to discover for yourself that you can bring on your menstrual period.

Bringing on your period a couple of times earlier than the usual twenty-eight days will not harm you. It will not upset your health, nor interfere with your body rhythms in any way. If you cause your menstrual period to come, say a week early, then do nothing to interfere with the next one, it will begin at the normal time for you, twenty-eight days later or whatever your normal cycle is.

The contractions of the uterus are an involuntary reaction. The uterus as well as the rest of the reproductive organs are served by the sympathetic and parasympathetic nerves which are a part of the autonomic nervous system. These are nerves that we ordinarily do not have conscious control over as we do the nerves of the exterior muscles of the body. Not having direct access to this part of the body, we can gain admittance surreptitiously by lulling the conscious mind almost to sleep and side stepping or going around it. Using this technique we are going through a side door. We are an observer. We watch. We do nothing directly.

After two or three years of monthly use, this technique became an automatic process for me. Gradually the time interval between the process and the beginning of my menstrual period shrank. I would start the process and very quickly would go into the contractions, and in a couple of hours my menstrual period would start. The whole process was transformed to little more than a thought. It seemed like I had acquired a sensitivity that allowed my menstrual period to begin with hardly more than a thought.

As I said before, the contractions of the uterus are an involuntary reaction. They are an involuntary reaction to your total relaxation plus

the focusing of your thoughts within your vagina. One allows these contractions to happen. You do not cause them to happen directly, you allow them to occur. This fact is very important.

You will feel these contractions in the lower part of your body. They feel like all of your stomach muscles are moving. The movement of the outer muscles may be mistaken for the subtler inner movement but one senses the contractions of the uterus differently. The objective, is to discern the difference. The subtlety will be in your reactions or feelings. My experience of the contractions is that they are always sexual.

You can also stop these contractions right in the middle of them by thinking of something else. They are an *involuntary* reaction, you can stop them from happening but you cannot cause them to happen *directly*.

When the contractions begin, allow them to run their course for they will subside naturally. What happens then is that within two or three days the menstrual period begins. Your menstrual flow will be its usual normal flow. Whatever your flow has always been it will remain the same. The technique does not change that at all, it only starts it going.

I usually do the technique lying on the carpet or couch or bed, either on my back or my stomach. I make myself as comfortable as I can. Sometimes I do the technique after I have awakened and am still lazily in bed. Bed is a good spot for me because I frequently fall asleep while doing the breathing part of the technique.

I suggest that you find a time when you will not be interrupted or disturbed by anyone, a time when you can be completely alone for a half an hour or so. Or if you want and it makes it easier for you, have your husband or partner lead you through the technique.

THE TECHNIQUE

Lie down and make yourself comfortable, let your arms lie loosely at your sides. Close your eyes. Look around inside of yourself and find a spot in the center of you somewhere where you are comfortable being, maybe around your heart or your stomach or around your navel. Someplace that just kind of feels good for you to be there. Be there for a little while ----- . Then become aware of your breathing. Don't change it, just become aware of it. Allow a few moments to go by just watching yourself breathing.

Now, inhale and hold your breath in for a count of --*one and two*

and-- . Then exhale and hold your breath out for a count of *--one and two and three and four and --* . Then inhale and repeat the sequence of holding your breath in and counting, and exhale, repeating the sequence of holding your breath out and counting. Do the actual counting silently to yourself.

Do this breathing process for *fifteen or twenty minutes*, a long enough time for you to become totally relaxed. You will be able to judge the length time to spend on this phase of the process after you have done it a few times. With experience you will find your own way and know how long is long enough for you.

Keep your awareness on your breathing. If other thoughts should come into your mind, just acknowledge them and allow them to pass right on through and bring your attention back to your breathing. Put all of your problems, worries and cares, anything sitting inside of you, up on some shelf for a short while.

Continue with the breathing process and when you are in a very deep state of relaxation, put your thoughts inside of your vagina. Recall how the inside of your vagina feels when you touch it. Or perhaps your feelings are very sexual at this moment. Go with that and hold these feelings or thoughts in your awareness while you continue the breathing pattern.

Do the above for awhile and let whatever happens happen. Allow whatever happens to happen. Often we do not let ourselves experience something completely, we stop the feelings from running their course. But allow them to be. Allow yourself to have these sexual feelings. Allow your uterus to move. When it begins to move let this movement run its course. The contractions will subside naturally.

That is the technique.

Again, what happens to me is that my uterus begins to contract while I have my thoughts focused on the inside of my vagina and while I am experiencing very sexual feelings. I feel all of my stomach muscles moving. I feel the softer feeling of the subtle movement of the uterus. During the first couple of years that I used this technique, my menstrual period would begin within two or three days.

Sometimes while doing the process I would become so relaxed that I would fall asleep. It's okay if this should happen to you. There is really no hurry in learning this technique, you can always do it again

when you wake, or the next day or whenever you find the time.

The moment to begin focusing your thoughts on the inside of your vagina is when you come to that pleasant state just prior to falling asleep; you know, that stage of drifting where you are neither awake nor asleep, where your eyes are flirting with sleep.

A Little Bit About Meditation

For those of you who do meditate on a regular basis, I would like to add something. There are a great variety of breathing techniques and other kinds of meditation techniques and most any of them can put you in the right place to make this technique work for you. From my experience it is better to use one technique for this purpose and to use other techniques for other purposes because they can conflict.

For example, there are times when I wait for sleep to come and it doesn't. Since I sometimes would fall asleep while doing the breathing process, I tried using this process to lull myself to sleep. When I did that I would automatically go into the second phase of the Birth Control Technique and cause my menstrual period to begin outside of my normal cycle. It's like the two parts of the technique have combined to form a whole and once learned, the second part follows automatically from the first.

Through meditation you train your mind to focus and over time the process becomes automatic. When you learn something, the brain grows new brain cells and new connections between them.

The following is a suggestion for any of you who are not involved in any kind of meditation and may have some difficulty with the process. This is a short easy exercise that will help you to develop your ability to concentrate. It comes from yoga and can be done with or without any particular breathing process. Very simply, sit in a comfortable position anywhere you choose with your hands lying loosely in your lap, close your eyes and focus all of your attention in the middle of your forehead between your eyes. While there look for the space between your thoughts.

Hold this emptiness, blankness or nothing in your awareness for as long as you can. In the beginning you probably will be able to hold this for only a moment but with practice, the length of time that you can hold it will increase. When you are able to do this at will, you can focus your

thoughts anywhere you wish and hold them there.

Another suggestion is an exercise which my doctor told me to do after the birth of my first child. This exercise will tone up the muscles of the vagina that have been stretched during the birth process. These are the sphincter muscles you tighten when going to the toilet. They are circular muscles surrounding the anus, vagina and urethra. Squeezing these muscles several times periodically during the day will tone up your vaginal muscles and will help you in doing this birth control technique.

A Word of Caution

Just a small word of caution; make sure that the technique works for you before you use it for birth control purposes. This may seem unnecessary to say, but the magic is your own doing. Cause your period to come at least a couple of times outside of its normal cycle. Use some other form of contraception while you are learning how to do this. You see, I knew that if I could cause my menstrual period to come I would not be pregnant. When I realized that I could do that, I started using the technique for birth control.

Normally conception takes place shortly after ovulation while the egg is traveling through the fallopian tubes. During this time the inner lining of the uterus is building up and developing an appropriate environment to receive and nourish a fertilized egg. If this soft cushion is not there when the egg descends down into the uterus from the tubes it will not become embedded in the walls of the uterus and a pregnancy will not occur.

Also, as will be gone into later, this technique will cause one to abort. In the beginning when I first began to share this technique with people, I was very cautious about making that statement, but with the research I have done for succeeding chapters of this book in order to explain how the technique works, I have found some very interesting things. Namely, that there is a substance produced by the body which causes the smooth muscles of the internal organs to contract and to relax. These substances are being used in the abortion process and they work by causing the uterus to contract and thereby to expel its contents.

If you are pregnant and wish to remain that way, don't even attempt to learn this technique until after your baby is born. It is possible that the technique would assist in the birthing process, but I will have to leave that up to others to try.

During the years that I used this technique for birth control, I don't know whether or not I have been pregnant. My menstrual periods have always been normal. They have always come approximately every twenty eight days. The only times during my reproductive life that I did not have a menstrual period was when I was pregnant. The only times I have gotten pregnant was when I did not use a contraceptive, and I had absolutely no trouble in conceiving immediately.

I have heard of some women getting pregnant during menstruation, and of some women menstruating all during their pregnancy. One neighbor of mine even got pregnant while taking the birth control pill and while in the midst of an abortion the doctors found that she also had a tubal pregnancy. Perhaps there are women for whom this method of birth control would not be suitable. Quite probably these women are in the minority.

Give this method a try if you are interested. See what you can do with it. Whether it works for you or not is entirely up to you. It is you doing it. It is you controlling your own body.

In using this technique you are taking total responsibility for yourself and for your body. I personally like this kind of responsibility. Being responsible for this part of my life has given me a great sense of myself as a whole, complete, individual human being. This sense of completeness transcends self confidence. It is almost magical. I no longer feel at the mercy of the world. I no longer feel like I am at the mercy of the local drugstore, the pharmaceutical industry, my doctor or the kindness and consideration of lack of it of my sexual partner.

Knowing that I have total control over whether or not I become pregnant has freed me tremendously in my sex life. Using this technique over a period of time one develops a greater sensitivity sexually, with a heightened awareness of physical sensations and an expanded capacity for giving and receiving.

A SUMMARY OF THE TECHNIQUE

Lie down and make yourself comfortable. Close your eyes and find a spot in the center of you where you feel good. Become aware of your breathing. Don't try to change it, just become aware of it.

Then after a few moments begin. . . inhale, and hold your breath in for a count of *--one and two and--* . And exhale, hold your breath out for a

count of --*one and two and three and four and*-- . Putting the word *and* between the counts of 1-2 and 1-2-3-4 adds a different rhythm to the process.

Do this breathing technique for about 15 or 20 minutes. When you are in a very deep state of relaxation, focus your thoughts inside of your vagina and if sexual feelings are there, go with those feelings. Maintain your breathing pattern and allow whatever happens to happen. Let the contractions of your uterus to run their course. They will gradually subside.

Given the time within your menstrual cycle that you are doing this technique, your menstrual period should begin within two or three days. If it doesn't, repeat the process, spending a little more time on the initial breathing process. Perhaps watch for anything that may be standing in the way of your doing this technique successfully.

This technique is a process of educating your reproductive system. It is also a process of educating your mind and your body to become sensitive to some of your minute reactions and to use these minute reactions in a new way. This technique uses and takes advantage of natural and normal functions of the body. Succeeding chapters of this book are an attempt to elucidate this statement and perhaps to inspire enough confidence in the technique so that a few more people will be willing to give it a try.

I WONDER HOW

THE ARRANGEMENT OF THINGS

“Why . . . it’s beautiful!” my three year old daughter said as she gazed at a large scrape on her foot.

Only an infinite intelligence could conceive of a body that is so intricate in its interconnections. With all its beauty I am amazed that many of us go through life thinking that we are somehow defective. Is there something missing in our culture that allows this idea to grow? Or is there a thought floating around, that we can do better? That we are not yet complete? Is this a thought that pushes us, leads us on, tantalizes us into groping into the unknown?

If so, let us jump off into the unknown. There is much I did not know about the reproductive system before I started research for this book. Throughout my life I have heard many incomplete statements like; the collapse of the uterus, the uterus is tipped, the uterus is upside down, the tubes are twisted. What do these statements mean? It seems like any conceivable variation possible will be, somewhere. I am curious about how all that stuff is arranged in there.

In this section of the book I wish to relate the Birth Control Technique to the normal functioning of the body. Does the technique parallel a function of the body? Does it mimic a function of the body? Or does it simply insert a key into a lock and when the key is in place, the body takes over and completes the process? Is the BCT (birth control technique) in itself a function of the body previously unknown?

A woman’s reproductive organs are not only reproductive in nature but are also sexual. These two functions, although related, are not one and the same. Sex and sexual energies connect human beings with one another, with the possibility of creating alive and vibrant relationships.

In their purely biological function, the reproductive organs have two possible modes of action, to accept and to reject. To accept a fertilized egg resulting in a pregnancy or to reject the fertilized egg.

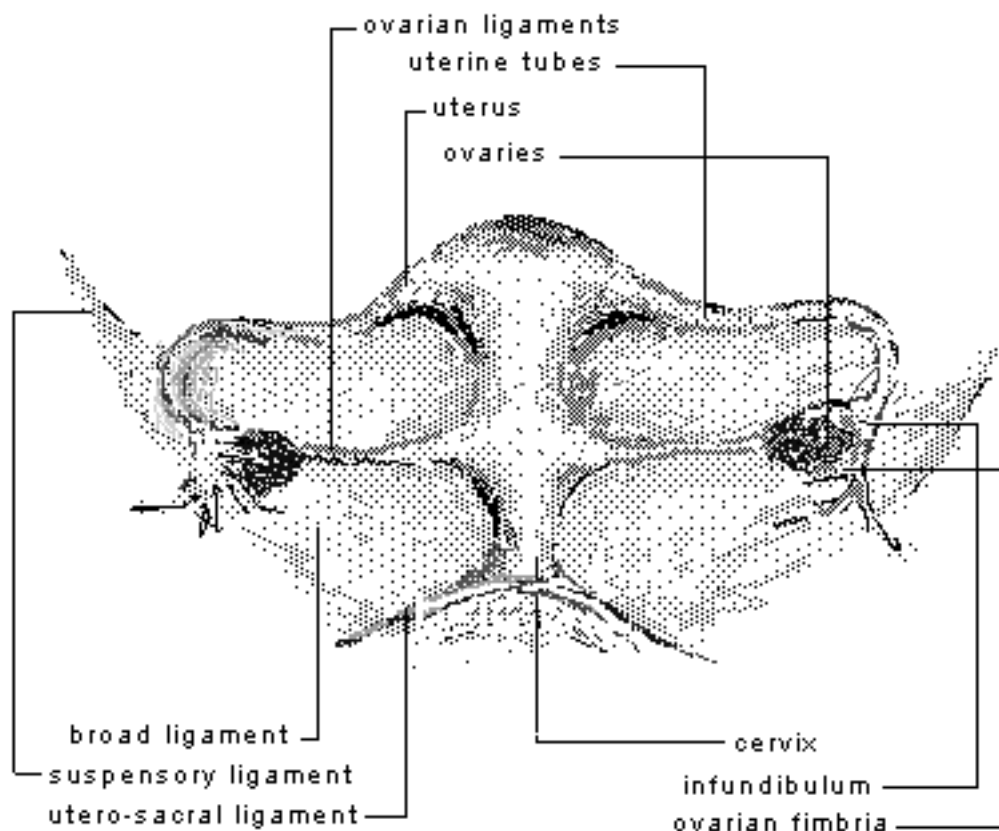
The uterus is of primary interest to the subject of this book. A hollow muscle, somewhat pear shaped, the uterus measures about three inches long, two inches wide and one inch thick. The uterus is anchored in the pelvic cavity sort of between the bladder and the rectum.

Referring to the illustrations following, the cervix sits down in the vagina somewhat and the uterus lies tilted forward with respect to the vagina at an angle of about 90 degrees.

A woman I worked with at one time, told me her uterus was tipped. I asked her what that meant and she told me that her uterus was upright rather than being forward and this was one of the reasons why she had difficulty in getting pregnant. Apparently in this kind of situation, the egg can easily slip right on out before the connections attaching it to the inner lining can be formed.

The uterus, along with the rest of the reproductive organs, is enclosed within the peritoneum, a serous membrane lining the abdominal cavity. This membrane lubricates the internal organs.

The uterus is joined to the body by the following ligaments, the first three are its major support and hold it in position.

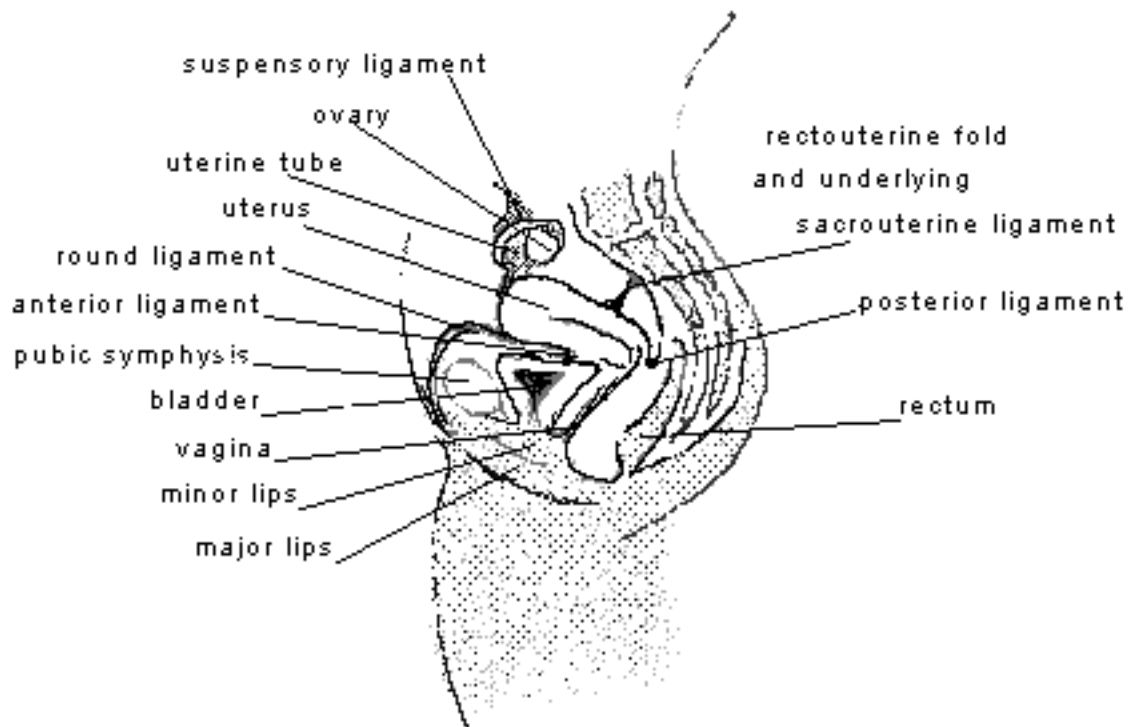


View from the rear

1] Two broad ligaments which are folds of the peritoneum extending across from the sides of the pelvic cavity to the sides of the uterus, surrounding the ovaries, uterine tubes and round ligaments.

2] The cardinal ligaments reach from the sides of the cervix to attach to the fascia of the pelvic wall.

3] The two round ligaments arise from the top part of the uterus and pass from the inside of the body through the inguinal canals to attach to the major lip of the vulva.



A Crosssection of the Pelvic Region
of the Body

4] The anterior ligament which reaches from the front of uterus to the bladder.

5] The posterior ligament reaches from the back of the vagina to the front of the rectum.

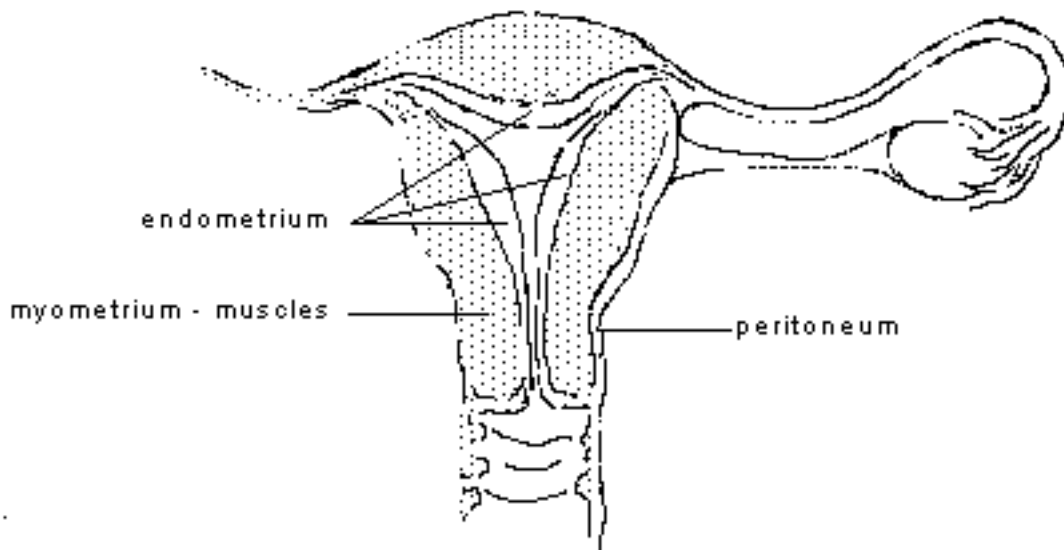
6] The rectouterine folds reach from the sides of the cervix to the

back wall of the pelvis.

7] Underlying the rectouterine folds are the sacrouterine ligaments which extend backward from the cervix, surround the rectum and attach to the sacrum (the five fused vertebrae forming the back wall of the pelvis).

The uterus is an exceedingly muscular organ. Its walls are arranged in the following layers.

1] The endometrium is the innermost layer. It is composed of a layer of epithelium, uterine glands and connective tissue containing a rich supply of blood and lymph vessels.

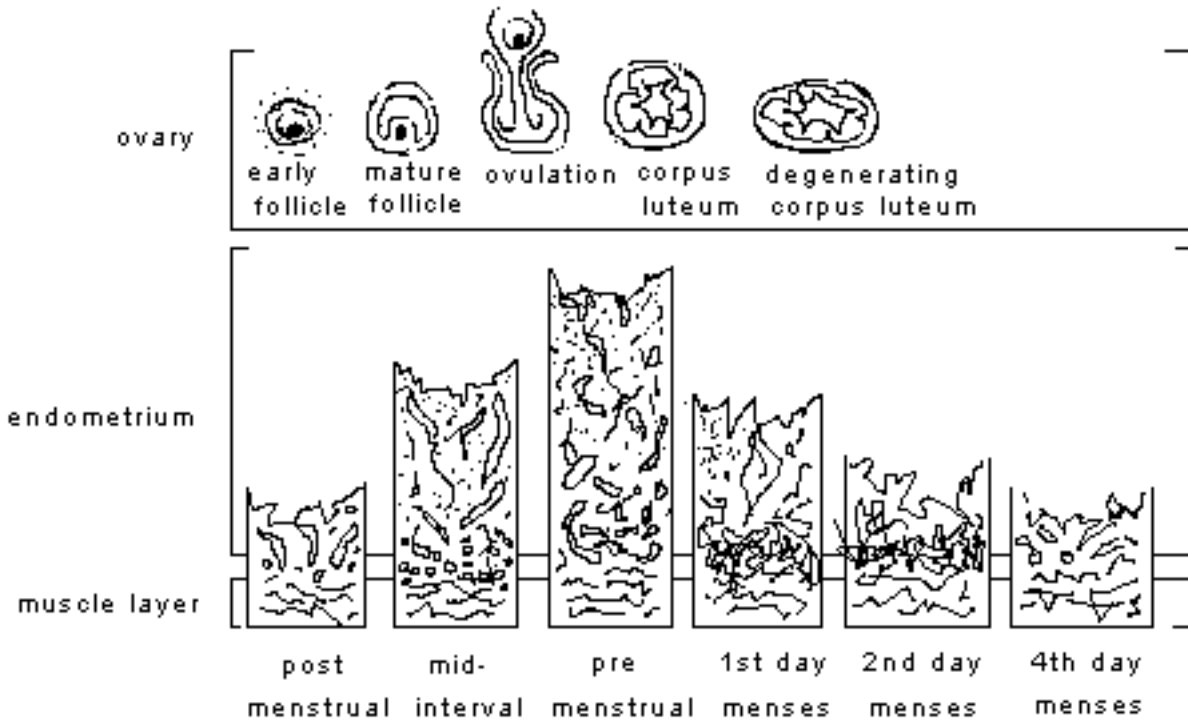


Walls of the Uterus

2] The myometrium is the middle layer, it is a thick muscle comprised of involuntary muscles which stretch out in all directions and connective tissue with numerous blood vessels.

3] The peritoneum which is the external layer.

The menstrual cycle is regulated by the pituitary gland. Each month as the ovary comes under the influence of the follicle stimulating hormone (FSH) from the pituitary gland, a new follicle begins to develop and produce estrogen. This estrogen stimulates growth of the inner lining of the uterus.



Cross section through endometrium at various stages of menstrual cycle with corresponding development of follicle within the ovary

During this period of growth, lasting about ten days, there is an increase in the blood supply and the uterine glands develop. Midway in the cycle, with increasing amounts of estrogen in the bloodstream, FSH diminishes and the luteinizing hormone (LH), again from the pituitary gland, begins to act upon the ovary. Ovulation occurs and the remaining follicle now becomes the corpus luteum and produces progesterone with a temporary drop in the production of estrogen. During this premenstrual phase the inner lining again increases its growth with greater congestion of blood vessels and increased activity of the uterine glands. During this phase the uterus is undergoing preparation for the reception of a fertilized egg.

An interesting thing occurs when the ovary begins producing progesterone. Preparing for a fertilized egg not only includes the development of the inner lining of the uterus, but the *muscle itself becomes relaxed, limp and motionless.*

Apparently this fact is of primary importance in maintaining a pregnancy and is also relevant to the purpose of this book. For if this inactivity of the uterine muscle is crucial to being pregnant, then if this muscle were to become active the pregnancy would not be maintained.

One can consciously through the use of the BCT and sometimes during sexual intercourse override the action of progesterone on the uterine muscle.

In 1927 a Dr. Knaus, (the founder of the rhythm method of birth control) experimenting on rabbits in the laboratory, discovered the influence of progesterone on the uterus and the *functional change in the muscles* caused by it.

In 1928, at Berlin University, he found a way to observe the muscular movement of the uterus in a living woman and the effects of progesterone on those movements. He found that the *uterus was in constant motion up to the 15th day before menstruation. On the 14th day before the next menstrual period was to begin, a sudden change occurred, the uterus became relaxed and still. And on the day before the menstrual period was expected, the uterus again became active and was in constant motion.* (Gerster, 1950)

Menstruation starts with a vasoconstriction of the very small arteries within the inner lining of the uterus. This was discovered during some laboratory experiments done in the 1930's. (Cohen, 1977) We often experience the above as the cramps. The BCT causes the uterus to contract. Does it thereby cause these arteries to constrict and in this way, to bring on the menstrual period?

The BCT may also have a beneficial effect upon the vaginal muscles. During the birth process, the vagina develops a capacity for greater expansion and consequently becomes rather loose following childbirth. The vaginal muscles can be tightened up again by exercising the sphincter muscle. The BCT may do this toning and tightening up of the muscle just as a part of the process of the technique.

The BCT takes off where the rhythm method ends. As a growth in human consciousness, the BCT goes beyond the rhythm method and is another one of nature's own methods of birth control.

Knowing the exact time of ovulation forms the basis of the rhythm method of birth control. In his experiment to determine this, Dr. Knaus stumbled onto a very important activity of the uterus, one that would be

used by future researchers. Science is now using this knowledge to develop other means of birth control with the use of prostaglandin in the abortion process.

The most apparent functions of the uterus are to nourish a growing fetus and eventually through the rapid and powerful muscular contractions, to complete the birth process. Using these same contractions, its most non apparent functions are population control and a beautiful sexual experience. This technique is literally an education of the use of the uterine muscle.

A PARALLEL, AN EXPLANATION

At the dentist's office waiting, thumbing through a magazine to pass the time, an article entitled, "What To Do About Menstrual Discomfort" by William A. Molen MD, struck my eye. It spoke about the roll of prostaglandin in the uterus and proposed this as a possible cause in menstrual cramping. I became very excited, my mind screamed . . . *this is it! This will explain how or why the Birth Control Technique works.*

I know that it is the contractions of the uterus that makes the BCT effective. I know that the cramps are caused by contractions of the uterus for the purpose of bringing on the menses. In order to learn more I began to look for other sources of information.

Prostaglandin is a large word. What is it? What are its actions in the body and specifically in the reproductive system? What is the relationship between these substances and the Birth Control Technique?

My sources for the following information are listed in the References.

Prostaglandins are compounds found in very small quantities in nearly all animal cells. They are among the most potent chemicals ever discovered. One billionth of a gram of the physiologically active A, E or F group produces smooth muscle contractions in the internal organs.

In nature, prostaglandin is produced from polyunsaturated fatty acids in the protoplasm of cells. They are widely dispersed through many organs. They have been found to be in the accessory male sex organs of many species. They are present in the ovary, the endometrium, menstrual fluid, umbilical cord, lung tissue, thymus gland, adrenal glands and brain tissue in birds, amphibians and mammals.

They are hormone like substances, and they also seem to function by modifying in some way the tissues where they are developed. This distinguishes them from the known circulating hormones which are circulated throughout the body. The spectrum of activity of prostaglandin

is wider than that of any biological substance known and many of its effects are contradictory.

Some History

Prostaglandin (PG) was first found in semen. Research began in the 1930's when two gynecologists from Columbia University found that fresh human semen could cause contraction and its opposite, relaxation in isolated strips of uterus. Isolating the crystalline compounds, chemical synthesis, and producing synthetic compounds, took place over the next thirty-five years or so in various laboratories throughout the world.

There were many experiments in the laboratory to explore the use of prostaglandins in fertility control. PGs have been used to induce abortion; which they do by generating contractions in the uterine muscle and it is by virtue of these contractions that the abortion is accomplished.

PGs are divided into four series: PGA, PGB, PGE, and PGF. Variations in the chemical structure determine the series. Prostaglandin goes through stages of development and each stage has its own particular function within the organ or site of its development. Prostaglandin of the E or F series evokes a more powerful reaction from the uterine smooth muscle than do those of the A or B series, and have been used in the abortion process. Semen is the richest known source of PG with the active principle originating in the seminal vesicles.

Prostaglandin can induce as well as limit conception and may be a factor in male fertility. The effect of PGs on the uterine muscle depends upon where in the menstrual cycle the woman is and the chemical nature of the PG.

Experimentally PGs have been administered directly into the uterus, either into the amniotic fluid or into the space between the uterine wall and the fetal membrane. In some cases they were administered into the vagina only, in other cases they were given intravenously. The latter method caused vomiting, diarrhea and various other problems. The use of PG in early pregnancy causes an increase in the spontaneous movement of the uterus, causes an increase in intra-amniotic pressure and an relaxation of the cervix.

The action of PG in the abortion process is to stimulate uterine contractions. The contractions serve to constrict the spiral arterioles in

the lining of the uterus and as was described earlier, when these arterioles dilate, menstruation begins. These spiral arterioles nourish the inner lining of the uterus which provides the environment necessary for a fertilized egg to develop. Without this support the egg will not become embedded in the uterus and the woman will not become pregnant, or in the case of an established pregnancy, abortion will occur.

The Birth Control Technique presented in this book serves to contract the uterus with the above mentioned results following within two or three days. Does this technique mimic the effect of PGs in the body or does it insert a key in a lock, then the body takes over and completes the process? In learning the BCT does one learn something new, or does one only become aware of some minute reactions of the body that usually occur during sexual intercourse and learn how to use the awareness outside of intercourse?

Seminal fluid is one of the richest known sources of PG. Could it be that a part of its function is for birth control and population control?

Contractions of the uterus are central to a vaginal orgasm and the menstrual period can be brought on by sexual intercourse. After using the BCT over a period of time, I could do that. The first time that sex brought on my menstrual period, I almost didn't believe it. But I recognized what was going on and the experience was the same as that of the technique.

Sexual intercourse can be used for birth control! Isn't that a beautiful idea? Women who do this naturally walk among us. What about those who never get pregnant even though both they and their husbands are perfectly normal in their reproductive capabilities and do not use contraceptives? And what about those women who, if they do get pregnant, abort spontaneously, albeit not by desire?

PGs have been used to prevent conception, induce abortion, initiate childbirth and to overcome sterility. The uterus produces two of the substances, PGF, which causes the uterine muscle to contract and PGE, which causes the muscle to relax. There is speculation that an imbalance in the two PGs may be a cause of the cramps.

Another factor may be that since the uterus has been quiescent for a couple of weeks, perhaps sudden activity in the presence of some internal tension causes the cramping.

Coming from the point of view that uterine contractions normally induce the menstrual period each month, the BCT is very close to what happens naturally. Perhaps this is why it is so easy to learn and so immediately effective. What will inspire confidence in your own ability to bring on your menstrual period is to do so a few times outside of its normal cycle. If we can learn to control this function, why use drugs to do that? If you like challenges, this can be one.

WHISPERY LACE OF CONNECTIONS

The mind and the brain are misty areas clouded by the fact that we don't need to be conscious of what goes on in the brain for it to function. But curiosity often opens doors to some of our unknown capabilities and clears away some of the mystery surrounding our lives.

Breathing techniques can be used for calming ourselves, for slowing the heart rate and pulse rate. But we can feel our heart beating and we can feel our pulse, and we are aware of our emotions. Now, apparently, a breathing technique can take us into a functional area of the body that is usually outside of our consciousness.

Many times I have wondered if any of the various techniques for controlling one's breathing would create the necessary state of consciousness for the BCT to work. Or is a special rhythm set up in the body by this particular breathing technique?

While reading an article in "The Brain" published by Scientific American (1979), I came upon a discussion of the olfactory bulbs and I wondered what would happen if I consciously followed the sensation of breathing into these organs. The following is what happened:

Feeling the air flowing through my nose as I breathed, I followed the sensations as they traveled deeper. Apparently I touched the pleasure centers in my brain for I felt feelings of desire and pleasure in the sexual areas of my body. A small enlightening experience that created more questions than it answered.

Breathing transformed? Is there more to breathing than the absorption of oxygen? Is there a direct connection between that part of my brain and that part of my body? Using the mind single pointedly as an electrode can one probe the body cell by cell? With incessant curiosity and my ongoing search to clarify the BCT I continually ask random questions and encounter subtle relationships that do apply to the technique.

Is it possible that by breathing, we can excite and stimulate a

primitive function of the body and use it consciously? And if we can turn on this function at a particular time, certain specific results can occur. To consciously control the reproductive function of the body with the mind, would this perhaps be considered conscious evolution of the human being?

Looking at another side of the matter for a moment, lets bring the two different kinds of orgasms that a woman can have, together in a slightly different way. If a vaginal orgasm can be used to prevent and end a pregnancy, as has been my experience, then would it be possible that a clitoral orgasm could be used to maintain and hold a pregnancy? If one kind of orgasm can be used for birth control can the other be used to prevent a potential miscarriage?

This might be a possibility. The human body is a logical entity. If it is necessary for the uterus to be quiescent to maintain a pregnancy then why not an orgasm to accomplish that? Sounds farfetched? The uterus and the clitoris do have different nerve sources running through them. (I did try this out i.e., exploring the feelings and sensations of a clitoral orgasm in contrast to a vaginal one. I encourage others to do so also.)

Our culture is immersed in an expansion of consciousness. Do we decide which way evolution is to go?

From Discover Magazine, July 2001 issue, Neuroquest article, "What the Nose Really Knows: More than your brain is willing to reveal."

----- vomeronasal organ -----

". . . a pair of tiny vomeronasal ducts near the bottom of the cartilage dividing the nose. They carry pheromones to an organ that may govern your level of sexual excitement. . . "

The neurons that sense pheromones, ". . . are directly wired to brain areas driving sexual appetite. . ." (Science Now, 11/19/2002, Pheromones; Neurons; Genes, Heuss, Christian) (Catherine Dulac, www.hhmi.org/research/investigators/dulac...)

Such fun the body is.

A FEW OTHERS HAVE TRIED IT

FOR THE PURPOSE OF SHARING

Once a woman said to me, “I don’t know if I want to have that much control over my body”. I had the same thought about yoga once. But this kind of control is different from what I thought it was in the beginning. Self control is not taking some function away from the body, but is really an addition and brings with it the realization that one is no longer a pawn.

A few people have tried the technique. Enough to let me know that it is learnable. One person was enough to let me know that others could learn to use this method.

I thought of writing a book about the technique back in March of 1973 when I realized what I was doing. Back then there was little I could put into a book except the technique itself. There was a lot I needed to learn about it. I am an artist, a painter, and writing is new to me but I feel that other women should have the opportunity to learn and develop their capabilities of controlling their body in this important area of their life.

There are a few people who have responded to my attempts to share the technique. These few are people who are willing to try something new. Something that is untested and unverified by established authorities. These women are interesting people. They don’t stand out in any obvious way. They go quietly about their lives, in some ways doing what others dare not. They seem to be people who do not want anyone to intrude into their lives. They are people who are self sufficient and independent.

The very first person I taught this method to came to a workshop I was giving through Strawpoppy School. This was in October of 1976. Beverly was a woman who was traveling around the country in a van. She told me that her menstrual period was 17 days late and on the following Wednesday, this was Monday, she was scheduled to have an abortion. After we had gone over the technique and I answered her questions as best I could, I asked her to call me and let me know what happened. She did and told me that her menstrual period had started

on Thursday, just three days after she was here to learn the technique.

I was ecstatic! I shouted with joy! I danced around the room! Other women can learn to do this too! I have no special powers!

Lucy, the second person who came to my workshop, had been using a visualization technique to cause her menstrual period to come. She was successful with this for a couple of years until her parent and her husband convinced her that she couldn't do it. She then became pregnant and had an abortion. It's amazing what the mind can do. It's also amazing the control that others can have on us. It was shortly after her abortion that she came to my workshop. I was sure that she could learn to do this technique very easily for she already had the qualities needed for the BCT. But in response to my letter of inquiry she said she was not using the technique.

This was a disappointment for me. Although she didn't elaborate, perhaps the workshop was an inspiration for her to resume her original method of birth control.

Nonnie is a woman I worked with for several years. She had been using the pill for about four years and she had to stop because of blood clot in her legs and was looking for something else to use for birth control. The moment she heard about the technique, she began using it. I don't recommend that but she did it anyway. I told her she was crazy.

She was successful with the BCT for the time she used it. She did become pregnant and there was a lot of confusion surrounding the beginnings of her pregnancy caused by medication that she was taking for a back injury (pain medication containing morphine blocks transmissions of nerve impulses and so can interfere with the BCT). Not knowing or not realizing that the technique could cause her to abort she continued with her pregnancy when it was confirmed. When I heard about her pregnancy, she was three months along. I told her that the technique could cause her to abort, but she said she couldn't do that now and so she didn't.

Yes, one can conceive while using this technique, and one can also abort. I do not think that every seed that falls from a tree is destined to be a tree.

A bumpy beginning.

ON AND ON FURTHER

In order to gather the supportive material I needed to present the BCT as a viable method of family planning and birth control, I placed the following ad in a local publication.

I NEED

Women who are willing to learn something new. Learn to control your own life with your own thought. You can learn to cause your menstrual period to begin. A technique of birth control that I used for about 6 years. As a part of the research for my book describing the technique, I need to demonstrate that this technique is easily learnable. An alternative to present methods of birth control, it has a pleasant side effect. If interested please contact . . .

The ad ran for several months. The response was there, erratic, slow, now and then. Some women came as skeptics but out of curiosity they listened. Some were thoroughly delighted with the the technique and went away smiling.

Over a period of a year and a half or so, thirty six women responded to the ad. Out of these few courageous women, twenty three of them responded to my follow up questionnaire or I spoke with them on the phone. Out of this group of twenty three women, ten were successful in using the technique, ten were not and three said that they use their own methods. Two of these three were inspired to use their own method by virtue of experiencing this technique.

Coming out of your own experience, knowing that what you did was real and not just a coincidence, is exciting. To go with that knowing is to make the spirit sing and the body to dance.

I sent a questionnaire to all who participated in my research three months after they had come to the workshop to learn the technique. I include it here as a general guideline if anyone reading this book wishes to share their experiences of the BCT with me.

QUESTIONNAIRE

- 1] Can you cause your menstrual period to begin using the BCT?
- 2] Have you caused it to begin earlier than its due date?
- 3] If yes, how much earlier?
- 4] How long is it for you between doing the BCT and your menstrual period beginning?
- 5] Are you confident enough with your ability to cause your menstrual period to begin yourself, to use the BCT for birth control and are you using it for that purpose?
- 6] If your answer to the first question was no, is there any way that I may be of assistance to you?
- 7] Anything else that you may wish to say, comment upon or have questions about or wish to share with me regarding your own experiences surrounding the BCT.

The following are some of the responses to the questionnaire.

Juliette teaches classes in meditation and psychic development and does psychic readings, past life readings and auric readings. Her experiences while doing the BCT were very visual, movies going through her head about her own blocks preventing her from doing this previously. She did experience the contractions of the uterus during the process. She said she had a very vivid, intense experience.

Juliette's reply to my questionnaire was . . ." 1] yes. 2] yes. 3] One week. 4] Two - five days. 5] yes." Her questionnaire was accompanied by the following letter.

"Dear Jean,
Your technique is so very wonderful. It has relieved me of my

pregnancy fears. Save me from having to put chemicals inside my body -- chemicals which are unpleasant at best, deadly at worst. This method has freed me from tension and anger by allowing my body her full pleasure without an inner nagging of fear. With this technique we reclaim our primordial connections with our bodies/heart/soul/mind integration once again. Thank you. Love Juliette”

As Laura was going through the technique, she later said, she began to experience the contractions of her uterus, then would not let herself. She blocked it. She explained about having a similar experience while doing a shoulder stand at school. She felt sexual energy going through the center of her. She said she could have had an orgasm but that she did not feel in a safe place to do that. She also said that while doing the process she got in touch with some of the blocks in her life.

The day after she had been to the workshop to learn the BCT, she called me about 10:30 pm. Her menstrual period started that morning. she said that she went home and did the BCT again after being at my place. At the time she called she was still having some cramps. She said that she thought she was pregnant. She also told me why she thought she did not feel the contractions during the process at my apartment. When she went through the process at home she had a good orgasm . . . she cried afterward. For her it was an emotional release as well as a pleasurable physical release.

She is so excited, she is telling all her friends about it and is teaching it to her roommate. This was in May. I talked to her again in August. She said the birth control technique has regulated her menstrual period and she is not using it for birth control yet. She is going to give it a six month try before she does that. And she is somewhat afraid of causing it to come early.

Laura has worked as an abortion counselor at the women’s clinic in Los Angeles. Part of their job is to examine the discharge following an abortion ot determine if in fact there was a pregnancy. She did this with her own. The following is her response to the questionnaire I sent to her.

- “1] I believe that I have, for the last two periods. It’s not something I count on YET -- but I am working towards that with time.
- 2] No, but the first time I did the technique I caused a miscarriage --

I hadn't known I was pregnant, being only three weeks along; but the contractions came with the blood, and lasted a few hours, during which time after each contraction I would pass a clot of tissue.

I rinsed them and identified what is known as 'villae' -- what one looks for in an abortion, the factor that identifies ordinary tissue from ones in which gestation has begun. (I used to work in an abortion clinic.) The next day there was practically no flow -- it stopped after the miscarriage, about within two days.

4] One day.

5] That is what I am working towards. I am still in what I consider to be the experimental stage -- six months or so. Four months to go. (The following pertains to if she is using the BCT for birth control.) Yes, that is, I also use my cervical cap but I do practice the technique every month."

I have met such interesting people through this ad. Dina helped to deliver a friend's baby at home the week before she was here. Then they all went out to dinner, including baby. Perhaps Dina came to see and verify if what I am doing is the same as what she is doing. She said that she has used orgasms to cause her menstrual period to come, either with sexual intercourse or without (masturbation). She doesn't do this all the time but only when her period is late.

Yes, essentially we are doing the same thing and this technique is a way to learn to do that for those women who do not know how.

Susie. For the past three or so months, she said, her menstrual period has started about a week early. After talking to me on the phone about the BCT, she had thoughts of maybe she herself was causing that to occur. I talked to her again about six months after she was here to learn the technique and she said that talking with me and learning the technique has given her confidence in what she was doing previously and that is what she is doing instead of my technique. She didn't explain what that was.

Luz is a young woman studying to become a psychiatrist. While doing the technique during the workshop, she did feel her uterus move. She said she felt as she feels in the beginning of her menstrual period. When I talked to her again nine months later, she said she does the BCT about two days before her menstrual period is due and it starts two days later. She is not using any other form of contraception and is having a

relationship and has not gotten pregnant. She does not want to cause her period to come early because she feels once a month to go through that is enough.

Dorothy, who is a counselor, has recently opened her own office. While going through the process with me, she said she did not feel the contractions but she did feel a tightening in that area of her body. She felt she was not completely relaxed, so I suggested that she do the breathing part of the technique for a longer period of time. Talking to her again four months later these are her words. "I will think, my menstrual period is due and will do the BCT. My menstrual period will then come two days later, and it is always two days later." She said she is not using any other contraceptive. She has not caused her period to come early yet.

Juana, a dancer, had an unusual experience. She has never done any type of meditation. While doing the breathing part of the technique, she left her body -- through her forehead. This scared her. She then told herself to just go with it and see what happens. She said her contractions were very intense and continued after we were through with the process and were sitting around talking.

She said she saw the uterus, its muscle fibers contracting, while she was out of her body. She saw light, colors and images in her mind. She compared it to being born or dying, going down a long tunnel. This was a very powerful experience for her.

I talked to her again about eight months later. Yes, she had caused her menstrual period to come early with the BCT and also every time she did the technique her period would start. But she had to stop because the out - of - body experiences frightened her. Even when doing regular exercise, whenever she started a regular rhythmic breathing pattern, she would go out of her body. She says of the BCT, "It certainly works!"

I suggested something that she might try, since she is so extraordinarily sensitive. That she might just think of her uterus contracting when her menstrual period is due and not go through the technique at all and perhaps she could avoid going out of the body and still use the idea for birth control.

[This research was done many years ago and I have since learned a bit more about meditation. There are grounding exercises that one

can do if one leaves the body too easily. Suggestions only -- while walking outside, feel your feet connecting to the earth, feel your feet even extending down into the earth as if you had fingers of energy coming out of your feet, penetrating into the earth as far as you can imagine. Another suggestion -- Visualize a ball of white or golden light about a foot above your head, bring this ball of light into your head, down into and through your body, into the earth; feel your connections with the rich and vibrant earth. Then come back to yourself and be with the experience for a bit. And also check out other resources; people, books, meditation groups.]

Cheryl is a masseuse and uses acupressure and energy balancing in her work. She is an ordained minister, she is a healer and is very experienced in meditation. When I talked with her again six months after she was here to learn the BCT, she said that she is using it. She has caused her menstrual period to come four days early. When she knows her period is due, she will do the BCT and her menstrual period will then come.

Reva came with her boyfriend. Reva is a very interesting person. My experience of her was like facing one aspect of myself. She spoke hardly a word the whole time she was here. With regards to the BCT, she liked the breathing process. She said the breathing really relaxed her, that she had not been that relaxed in a long time. She did not feel the contractions and I said I thought that she might need longer practice.

One never knows another's capabilities. I cannot tell nor judge from my experience of a person, whether or not they will be successful with this technique.

I talked with her again five months after she was here. Yahoo! Success. She uses it every month. Her menstrual period always comes. She uses it to plan around vacations, etc. She causes it to come when she wants it to. Last month she went skiing and her menstrual period was due right in the middle of her vacation. She caused it to come the week prior to that and went on her vacation free of having to deal with a menstrual period.

Ruth, at the time I saw her, was a student at Valley Community College. She was absolutely delighted with the technique. Throughout the whole time I was talking and explaining the BCT she just sat there

and smiled. When she left it was with a beautiful secret smile that welled up from inside of her.

I talked with her again six months later. She did make the BCT work. The most recent time that she did it was the first time that she really felt confident that she caused her menstrual period to come. Her menstrual period was due the 20th, so it was approximately a week early.

Marilyn is a writer who is presently working in the film industry doing research. She has two children, both girls, four and seven years old. In her first experience with the technique as we went through the process, she did very well with the breathing. This is what she said of her experience -- she visualized the uterus moving, she felt sensations in the vagina and felt she was on the verge of getting into the contractions.

When I talked with her five months later she said that when she has done the technique, her menstrual period starts three days later almost to the hour.

Connie was an interesting experience. She can cause her uterus to contract by just thinking of it. She just recently completed the Silva Mind Control Seminar. It was not even necessary for her to go through the technique. She sat there on the couch and as we talked she felt her uterus contracting and, as she said, knowing that that will cause her menstrual period to begin she can use it at the appropriate time to do so.

When I talked to her a few months later, she said she had become pregnant and could not cause her menstrual period to come. She also wanted very badly to have a baby but practical circumstances were against her having one.

Just a few words to say what I think may have been happening, in spite of her very great desire to have a baby which may have had a lot to do with it. This technique works indirectly and perhaps indirect control in this area of the body is better than a direct attempt to control the uterus, which is what I think Connie was doing. With this technique one goes through the back door, using the natural sexual response one has. The contractions of the uterus are central to an orgasm. One notices this and then allows it to happen. Your conscious mind is the observer.

The sexual and reproductive functions are so intimately interwoven

with many centers in our brains that maybe approaching them through an intermediary such as a meditation technique or sexual intercourse would work more effectively than a direct attempt to control an organ itself.

Marisol had trouble getting into the technique. She said she could not stay with the breathing process, she said her mind wanders. This was her reply to the questionnaire;

“Jean, Sorry I’ve taken such a long time to answer. The technique didn’t work for me but I can’t say that I really tried. I think my problem is that I don’t really get in a state of relaxation. I’ll try it again one of these days! Marisol”

Juliette said she was determined to make the BCT work for her. Motivation and determination may be the key to making this work for you. My own mind wanders a lot and I frequently have to grab hold of it and tell it to knock off the nonsense for a while so that I can do what I want to do.

Sometimes we will have things inside of us that prevents us from doing something that we want to do. Sometimes it takes a lot to find out what that is and how it works inside of us and how to overcome it. I recommend the journey. It is most interesting.

Shortly after my ad appeared in the Whole Person Calendar, I had a call from a man from India who teaches yoga here in the area. He was interested in this birth control technique I was teaching and told me why. There is a yoga exercise that some women in his classes can use to cause their menstrual period to begin and do use it for that. The posture is called Mulabanda Posture and is simply a contraction of the sphincter muscles on the floor of the pelvis. After listening to my description and explanation of the BCT, he said that previously he did not know how the Mulabanda Posture worked but only that it did and now he knows. So, historically women have controlled their reproductive function. The practice of yoga is as old as the human race, almost. Or at least older than any recorded history.

After reading the manuscript, Anne decided to do the technique. She shared with me her experience and with her permission, I include it here. She said what she felt was the empty space where the uterus

wasn't and had been at one time (via a hysterectomy). She felt this space contracting as the uterus would have, had it been there.

A pleasant side effect of using the BCT is an increase in sexual sensitivity. One grows where one focuses one's attention. What interesting creatures we are!

I think the women who have answered my ad are characteristic of women through the populace as a whole. I think they cover the wide range of development of inner sensitivity of women everywhere. They were of all ages, from late teens into their early forties.

Use this technique if you wish and let me know of your experiences. Thank you for reading this book and listening to what I have to say. My e - mail address is jean@bct3.org.

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