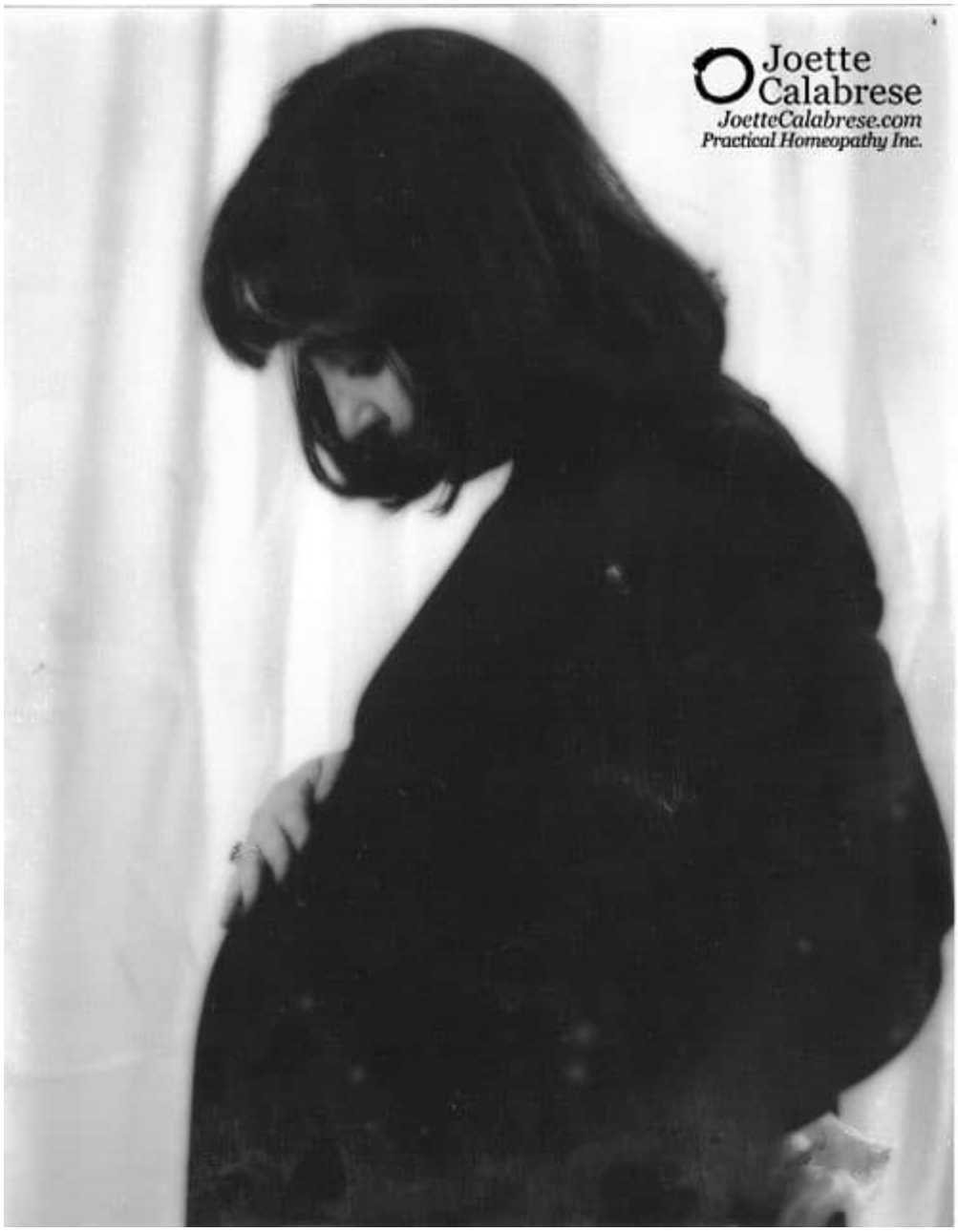
Natural Birth Control: The NEW, Up-to-Date Way



Pregnancy and childbirth are two of the most sacred times in a woman’s life.

As much as a blessing as it is, however, it’s probably safe to say that some women would prefer to choose the optimum time to add to their families.

Ever since the 1960s, the birth control pill has been billed as giving us that "freedom." But unfortunately, it has manipulated our hormones to such a degree that women's natural reproductive responses have become impaired. Not to mention other implications regarding the very nature of its action.

I won't belabor the point here, because I've written about the side effects of The Pill (and Depo-Provera shots) before – several times. (Please read When Synthetic Hormones Manipulate Women Part One and Part Two, and Ditch Birth Control Pills.)

Depending on the susceptibility of the woman, the dosage, and the length of time spent on synthetic birth control, eventually achieving a *wanted* pregnancy can become problematic for some women.

So, what's a woman to do?

You know there are natural alternatives – methods that don't tamper with the very fiber of our beings.

Yes, there's the calendar method, which involves calculating your cycle and carefully keeping track of it on a calendar in order to predict your more fertile days. Not only is that helpful when you're trying to *prevent* getting pregnant, but it also provides invaluable information to *achieve* pregnancy!

When done correctly, it can be very effective! In fact, I used it in both situations!

But I'll be honest; it was a bit of an ordeal. I took a class; I had charts; I kept records. It was far from a piece of cake.

BUT WAIT.

Ladies, we live in the 21st Century! Why relegate ourselves to the hassles of yesteryear?

Now "there's an app for that!"

Did you hear me? An app!! Yep. It just got a whole lot easier to track your monthly cycle (and more accurate, to boot)!

I'm THRILLED to pass along this boon to young women!

This new technology may turn the tide from chemical birth control to "Oh my gosh, I can't believe this is so easy!"

This app, called Natural Cycles, easily tracks the information you would have collected using the calendar method. Plus, it also applies an algorithm to interpret the data and helps you pinpoint your most fertile days (whether that means you avoid those days, or you take advantage of them to enlarge your family).

Imagine.

Now obviously, I haven't used this app. As they say, "That ship has sailed." But when I recently discovered it through a client (who reported that she had counted on it for some time), I was so heartened that I had to share it with you.

All it takes is a tip from someone knowledgeable and a little research.

You can find safe, natural, easy-to-use methods that will allow you to decide when it's the appropriate time to increase your family – without tinkering with your God-given hormones. You can keep your body pristine.

Now, if you're a tad older, and you've already subjected yourself to The Pill or Depo-Provera or another hormonal assassin, don't beat yourself up.

All is not lost!

Just be thankful you're wiser now.

If you are experiencing symptoms from hormones run amok (whether from having been on birth control pills for years *or* from a natural cause such as having children back-to-back-to-back), homeopathy can help.

However – and I can't stress this enough – *homeopathy is medicine*. It's not a supplement that you take "just because." Do not be cavalier and assume that just because you took birth control pills, you should try this medicine.

If however, you're suffering from symptoms – you know, your hormones are completely out of whack – then you might consider *Sepia* 200, every third day, until your body and cycles have returned to normal. (This medicine is not usually called for in young women who have not yet been pregnant or succumbed to the pitfalls of chemical tinkering.)

To be clear, the symptoms that most closely align with the need for *Sepia* 200 are hormonal headaches, noteworthy loss of libido, constant fatigue and irritability with children in the afternoons, overwhelmed with motherly duties and more.

As an aside, *Sepia* is not taken during pregnancy without the supervision of a homeopath.

Should you decide to consider using this medicine, I urge you to read up on it in my *materia medica* or any of the free online *materia medicas* to help establish a solid argument for its use.

But if you've already made mistakes in the past with synthetic birth control methods, you can correct them now. Your body is the perfect creation, ready to reestablish its

perfect working order.

However, if you're just getting started in life, I urge you to keep your body free from damaging hormonal tinkering. Thanks to modern technology, it's easier than ever! The answer is as close as your smartphone. (And I'm willing to bet, right this very minute, your smartphone is within arm's reach.)

Not only will your body thank you, but your future children will thank you!

What an exciting time to be a woman!

Now, go pass on the good news of homeopathy.

Warmly,



P.S. Homeopathy is an impeccable medicine for hormonal issues, as well as many other areas of a young, middle-aged or older woman's life.

My course, *Feminopathy*, covers women's issues in great depth.

This is a marvelous opportunity to take back control of your health, plus it will teach you moms how to safeguard the health of your precious daughters.

In honor of all the pregnant moms and *moms* of pregnant moms, I decided to add over a dozen new protocols – focusing on pregnancy, labor, nursing and newborn care – to the original *Feminopathy* course!

I’m excited to teach you about homeopathic medicines every pregnant woman should know.

