

## Health Effects Of Birth Control Pills

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Birth control pills contain synthetic estrogens and progestins (synthetic progesterone). Both are carcinogenic (cause cancer, especially breast and cervical) and many other unwanted conditions in women, such as weight gain, aggravation of female problems (premenstrual cramps, excessive menstrual bleeding, fibrocystic breast disease, uterine fibroids, ovarian cysts, weight gain due to edema, hot flashes, etc.). As if that were not enough, excess estrogen causes migraine headaches, increases fat storage, suppresses thyroid function, inhibits memory, causes oxygen deprivation (hypoxia), causes seizures, especially during menses, triples the rate of gallbladder disease in women, causes blood clots, promotes osteoporosis and heart disease, causes aging of skin by making skin thinner (skin atrophy), and decreases cell size and eliminates the dendritic branches.

In addition, birth control pills lead to nutrient deficiencies due to the excess estrogen. Here are some of them: vitamin E, vitamin C, the B-complex, and several minerals, such as calcium, magnesium and zinc.

### So, what is a woman to do to prevent pregnancy?

Is there an answer to the problem of birth control? I believe so. I believe that if each one follows their heart and is *conscious* of their behavior, we may find an answer to the birth control problem, which will give no harm to anyone. I read an interesting comment by Barbara Marciniak in ***BRINGERS OF THE DAWN*** that is relevant to the issue of birth control. She says that the political battle between the pro- and anti-abortion forces creates lack of harmony among the people, programs women into believing that they have no control over the birthing process in their bodies and places control of the female body in the hands of the government. I agree with her statement that women can avoid pregnancy by being conscious of their body processes and *knowing* when they are fertile and when they are not. There are many indicators: the rise in temperature during ovulation, the visible change in the vaginal mucous, middleschmerz in some women (ovulation pain), and so on. Yet, instead of acknowledging these natural signals, we turn our backs on them and rely on dangerous chemicals such as birth control pills, abortion and sterilization. A chemically controlled woman does not need to be conscious of her body cycles and needs abortion to make up for her mistakes. A conscious woman is much less likely to create an unwanted pregnancy. Says Marciniak, "*When you own yourself, you will not need permission from the government about what you can do with your own body*"

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