



PARTS

ACCESSORIES

TOOLS

red alert no.3

recipes

contributors to the cause

maya. adele. mujeres libertarias. gemma.
vero. alexis. sivan. a.d. onya. brittany.
isabelle. amanda. vanessa. leaky. fawn.
geneva. jeannie. husky. bridget. c.c.



all pirated images respectfully used
and the good work by good women folk for herbal stuff
ladies sewing circle and terrorist society
and thank you to all the contributors to the cause

all proceeds go towards the **building**
of the elle corazon center in montreal
our friendly neighborhood.

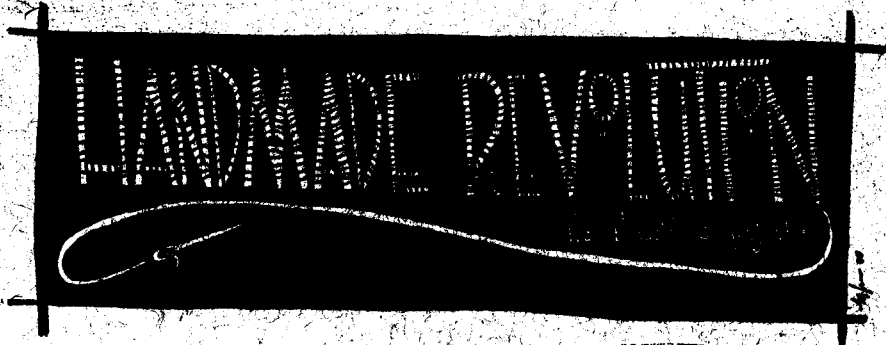
alternative feminine proection center...
- bloodsisters headquarters...
design house of urban armor...
studio of miss print ink...
home of crafty chicks collective
gallery for kick ass artists...
den for cheap yoga classes.
an alternative grrl library...
meeting place to dream and scheme...
a space to hatch revolutionary synergy...
a drop in place to stitch n' bitch...
a hive deserving to be...

we run our mothership from our bakesales,
our roadshows, selling our gear and zines,
and we strive to pay for all the women's work-
the unpaid energy that built this

red riot regime

thank you for your support
from the bottom of our hearts,

yours truly
blood, sweat and tears



ax tampax.


in spirit of challenging and collapsing
the insidious nature of the corporate monster
that gobbles and trashes and fucks us over...
in response to the dirty business...
we have made this recipe book
as an act of resistance to the system
that tramples over the homegrown d.i.y style
we are sick of how they co-opt our life
to spit out into franchises...
to overpackage our needs into taxed luxuries...
we are sick of the garbarators
that insists to dismember...
we are sick of how it insists to hide
and disguise our experiences...
fuck the mark up they make on their lies...
DOWN WITH THE INVENTORS OF NECESSITIES!!!

to the uprising when we stop popping tampons
and popping big business medicines...
when we fuck the poisons
that kill our free remedies....
when we fuck the complacency
to build the uprising...
to bleed and use weeds
to stop feeding the corporate greed

when we ax tampax and what it embodies.

this is dedicated
to the dandellion rebellion
that grows in the cracks of our streets
and to all our herbal gardens
growing on our bal-conies

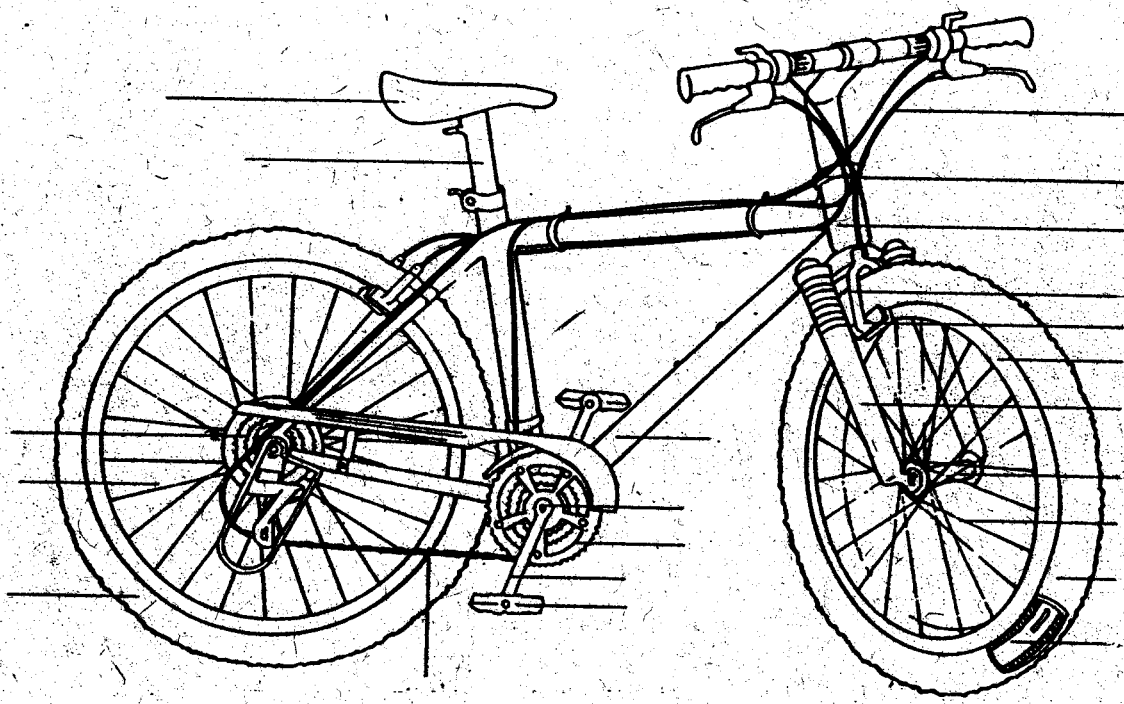
viva
from our backyards
in health
r e c i p e s



Equipment You'll Need

CYCLES PERFECTA









Herbalism has been closely connected with most cultures for thousands of years - it predates almost all other schools of medicine, and is often woven into the traditions and spirituality of the communities that used them. It reflects our lifestyles and our connections with the earth around us. Under European imperialism in Africa, the Americas, and stepped foot, it was the healers, the shamans and spiritual people's that were often first under attack. It is an attack on the very base thread of a community and its identity - after which it has been silenced. The story was much the same within Europe as 5 million people mostly women were burned as witches throughout the middle ages. Midwives & herbalists were a threat to the government and the church

Herbalism can be defined as the use of plants and their products for the prevention and treatment of illness. Many effective herbalists will not go too far past this definition of plant medicine. So where then does the concept of Herbalism and Revolution come into the picture? Some herbalists have taken their understanding of the plants into their understanding as revolutionaries and activists. They see how their work as healers can be intimately connected to their work within to struggle. It's in re-evaluating, the causes and preventions of illness that we look to find solutions for our bodies and society as a whole.

**MAKING MEDICINE
AND
MAKING REVOLUTION
HOW HERBALISM AND SOCIAL CHANGE
WORK TOGETHER**

Today, after a long slow period of re-emerging-herbalism and other forms of traditional medicine are again under attack. This time they pose a threat to capitalism and must either be bought up by big business, institutionalised into sterility by the medical profession - or simply dismissed all together as ineffective or even, dangerous.

You see herbal medicine refuses to acknowledge the difference between the spirit and the body - the body and the world. When you really begin to understand how illness works and what it takes to prevent it - you become aware that no one is going to get better, stay healthy, have happy sound relationships and outlooks the way we currently live and ultimately - the system of domination and oppression under which we exist.

Health = Empowerment

This is what is meant to be avoided when institutions, governments and big business keep us just healthy enough to work - just sick enough to buy their pills and just uninformed enough to believe in the process. We are all healthiest when we are given the tools to a happy life: rich unprocessed organic foods, stability, both emotional and physical, a sense of empowerment and ability to act autonomously and creatively, positive body image and self esteem, supported in our dreams and in our craziness, acceptance by a community, life without isolation from one another. Sounds relatively simple, but if we all made these things happen for ourselves, the system couldn't work. Those who hoard would have to share.



Health = Revolution

One step to true health is through social change and justice- improving our emotional and mental health, in speaking up and acting out from our own places of oppressions- as women, people of colour, first nations, queer and differently abled folk. We learn our oppression is a social illness often manifesting in our communities and in our own bodies.

Another step is to demystify the act of healing our own bodies. Taking doctors off their pedestals, and tuning into our health and it's unique patterns/needs- we eliminate the helplessness we often feel around our own bodies and illness. Not everyone has to study herbalism as ones life focus to get a basic understanding of how to treat our most common ailments and get a grasp on prevention. As an herbalist- I believe that the greatest understanding of my health has come when paying attention in times of illness- your bodies way of telling you what it needs from you.



Finally- don't sit back and let herbalism be again diverted from it's ability to heal bodies and communities- allow yourself to buy into the idea of health they'd love to sell you. Pharmaceutical corporations will try everything to stop it. They'll even buy it and let the government control it, before they'll let you have the simple foods and medicines the earth grows naturally.

"HERBAL PILLS" AREN'T HERBS!
FIGHT TO KEEP WHOLE, ORGANIC,
ETHICALLY WILD CRAFTED HERBS
LOCAL AND ACCESSIBLE- SUPPORT
THOSE WHO WORK WITH "SIMPLES".
THE BASIC, TRADITION OF MEDICINE
THAT SHOULD BE EVERYONE'S
RIGHT- LEARN THE MEDICINAL
PLANTS THAT GROW IN YOUR
BACKYARD, UNDER YOUR FEET, IN
THE CRACKS OF SIDEWALKS- AND
USE THE PLANTS YOU LIVE WITH
EVERYDAY BEFORE ANYTHING ELSE-
GROW YOUR OWN, SHARE THE
SEEDS....

CULTIVATE FREEDOM!!!!



Sheela-na-gizs



France 1920

that time of the month...



Ode to la luna — psycho [sic]

HYGIEA'S JOURNAL:

A Guide to Womyn's Health & Healing
through the Use of Herbal Medicine



compiled by brittany a. stull

* TEAS & TEA BLENDS: for P.M.S. *

*blend of chaste-tree berries, Mexican Yam, ginseng, licorice, fennel, kelp, black cohos & false Unicorn to ease symptoms of P.M.S. If this tea is drunk for atleast three months during the second half of the menstru cycle, it is said to regulate hormone levels

*Strong Dreams Tea:

*2 parts Lemon Thyme herb, 2 parts Stinging Nettle herb, 2 parts dandelion herb or root, 1 part calendula flowers, 1 part bee balm herb, 1 part strawberry leaf, 1 part mugwort/Cronewort herb.

This tea is especially helpful for women with P.M.S.

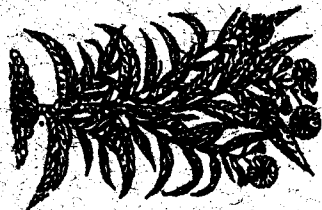
*Tea to Ease Light Menstrual Cramps:

*3 parts of Lady's Mantle herb, 2 parts Yarrow flowers, 2 parts German Chamomile flowers, 1 part Garden Thyme herb, 1 part Wild Thyme (Quendal) herb.

This tea should be used about four days before menstruation if you cramp when bleeding, a cup both in the morning & night until you stop bleeding. This helps eliminate water. It is especially good for girls in puberty & those new to menstruation



2.) Menstrual Cramping:



Menstrual cramps are the result of too-strong contractions to expel the lining of the womb at menstruation. The reason for this is the over-production of prostaglandins, hormone-like substances that promote contractions.

* HERBS: for Menstrual Cramping *

*Dong Quai (Chinese herb), Raspberry leaf, ginger (root), bee-balm (infusion is best), chamomile oil, peppermint, mint oil, pennyroyal oil (for EXTERNAL USE ONLY: this herb can be fatal if ingested).

* TEAS & TEA BLENDS: for Menstrual Cramps *

*warm soy milk or cow's milk with fresh or dried peppermint leaves.

*ginger tea

*raspberry leaf tea

*Sweet Dreams Tea: 3 parts Marjoram, 3 parts Spearmint herb, 2 parts dandelion leaves or root, 2 parts stinging Nettle leaves, 1 part Calendula flowers.

(cont. next page)

(Sweet Dreams Tea, cont.)

*1 part Bachelor's Button/Cornflowers,

$\frac{1}{2}$ part rose blossoms, $\frac{1}{2}$ part orange blossom

This tea has a healing effect on pelvic organs. It encourages energy flow to the uterus and helps relieve uterine tension & menstrual cramps.

*Tea to Ease Light Menstrual Cramps:

--see page number 6.

*Tea to Ease Strong Menstrual Cramps:

*3 parts St. John's/Joan's Wort flowers,

3 parts German Chamomile flowers,

2 parts Hops flowers, 2 parts Woodruff

herb, 2 parts Lady's Mantle herb, 1 part

Motherwort herb.

This is more powerful if brewed as an infusion rather than a tea. This blend is a success with women who bleed for a long time, and for women who have very strong menstrual cramps.

For a variation of this of ease, use 25 drops tincture of St. John's Wort, 15 drops of Lady's Mantle, & 10 drops of Motherwort tincture in a cup of Chamomile Tea.

* * * * *

6.) Abortion Inducing Herbs

***WARNING:** this section is to show womyn that there are herbs available to aid in an abortion, **HOWEVER**, without consulting a certified herbalist, ingesting these herbs can be **FATAL**. Please...this is to be used as a reference- this section is **NOT** a prescription.

- Angelica: decoction of the root or an infusion of the leaves used to induce abortions & promote menstrual flow.
- Juniper: **EXTREMELY DANGEROUS**, consult herbalist.
- Pennyroyal: Oil can be taken to induce abortion, but can be **LETHAL**.
- Rue: Oil is taken to induce abortion. Be careful while handling the oil- it is dangerous. This oil is poisonous, but it rarely causes death.
- Tansy: This herb was used by Native Americans to induce abortions. It is also potentially **FATAL**.

(Not every herb available to cause abortion is listed...

consult an herbalist about these herbs & other abortion-inducing herbs...)

14.

Tea to Stimulate Menstruation

Ingredients for part A

1 teaspoon Groundsel (*Senecio vulgaris*) leaves
1 teaspoon Shepherd's Purse (*Capsella bursa-pastoris*) herb
Mix dried herbs together, steep in 1 cup boiling water for 15 minutes.

Weed notes: If neither fresh nor dried herbs are available, use 10 drops of each tincture instead.

Ingredients for part B

2 teaspoons Horsetail herb (*Equisetum arvense*)
Let soak in one cup of cold water for an hour, and then bring to a quick boil.

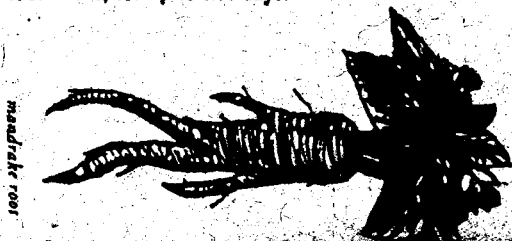
Procedure for preparation

Mix A and B together or drink singly, two cups daily before the onset of menstruation. This tea is good for both men and women during mid-life crisis.

Weed note: American herbalists are less familiar with the power of Senecios than European herb women, who use the Senecios frequently. I've come to love these so-called dangerous plants for their ability to increase energy in women's reproductive/genital area (many women report aphrodisiac effects from daily use of 5 drops), to normalize erratic hormones, and to help women who have extremely painful periods.

As given, this formula is not abortifacient, nor even emmenagogue; it is exceedingly unlikely that its use would disrupt an early pregnancy or even truly stimulate menses to come before their time. It could help prevent heavy bleeding in women with fibroids or endometriosis and regular use would certainly reduce and hopefully prevent even the most severe menstrual cramping.

Senecios do have the ability to increase energy to the uterine area so dramatically that birth and bleeding are hastened. Instead of making two teas, I would use 10 drops of tincture of fresh Liferoot (*Senecio aureus*) flowers and 10 drops of tincture of fresh Shepherd's Purse herb in a cup of Horsetail tea, and take it every three to four hours, for up to five days.



8.) Vitalizing Herbs/Stimulants

* HERBS: for vitalizing yourself *

- Bloodroot: a stimulant in small doses.
- Cardamon: the seed's oil is a stimulant.
- Cayenne Pepper: 1 tsp. in 1 cup water as a stimulant.
- Chervil: an infusion made from the leaves & flowers can be used as a stimulant.
- Cinnamon: herbalists recommend as a stimulant.
- Elderberry: strained, sterilized tea used as a mild stimulant.
- Eucalyptus: an infusion of the leaves can be added to bathwater as a stimulating astringent.
- Feverfew: a infusion can be drunk 1 to 2 cups daily as a stimulant.
- Ginger (tea): mild stimulant/promotes circulation.
- Horsehound: leaves & tops used as a stimulant.
- Hyssop: warm infusion of tops and leaves used as a stimulant.
- Myrrh: resin in an infusion in $\frac{1}{2}$ cup of water used as a stimulant.
- Peppermint: an infusion of the leaves in 1 cup doses used as a stimulant.

(TEAS on the NEXT page...)



* TEAS/TEA BLEEDS *

for stimulation/vitalization

-Ginger tea: 3 to 4 thin slices of the root in a pint of water for 15 to 20 minutes can be used as a stimulant.

-Vitality Tea:

1 part Turmeric root, 1 part cinnamon bark, 1 part fresh ginger root, 4 seed pods of cardamon, 1 part caraway or cumin seeds, 1 part cloves, 1 part anise.

Simmer all & the bring to a boil.

Drink this tea only in the DAYTIME...it is very stimulating for all metabolic processes

-Summertime tea:

1 part lemongrass herb, 1 part lemon thyme herb, 1 part Vervain flowering herb. Steep 1 tablespoon in 2-4 cups boiling water for 5 minutes. This is a refreshing and enlivening drink. Add honey for a treat.

-Womyn's Tea:

1 part raspberry leaves, 1 part Yarrow flowers, 1 part Lady's Mantle herb, 1 part strawberry leaves/ 1 part black-berry leaves. Pour 3 cups of boiling water over 1 tbsp. herbs, steep 10 minutes.

19. This tea energizes the womb.

18.

Cold Feet

by: isabelle m.

i started my period when i was around 13 years old. my friends had gotten theirs much sooner - causing me to anticipate the event as though it would serve as a testament to my maturity. when it came i felt both elated and scared, fascinated and disgusted. i hadn't



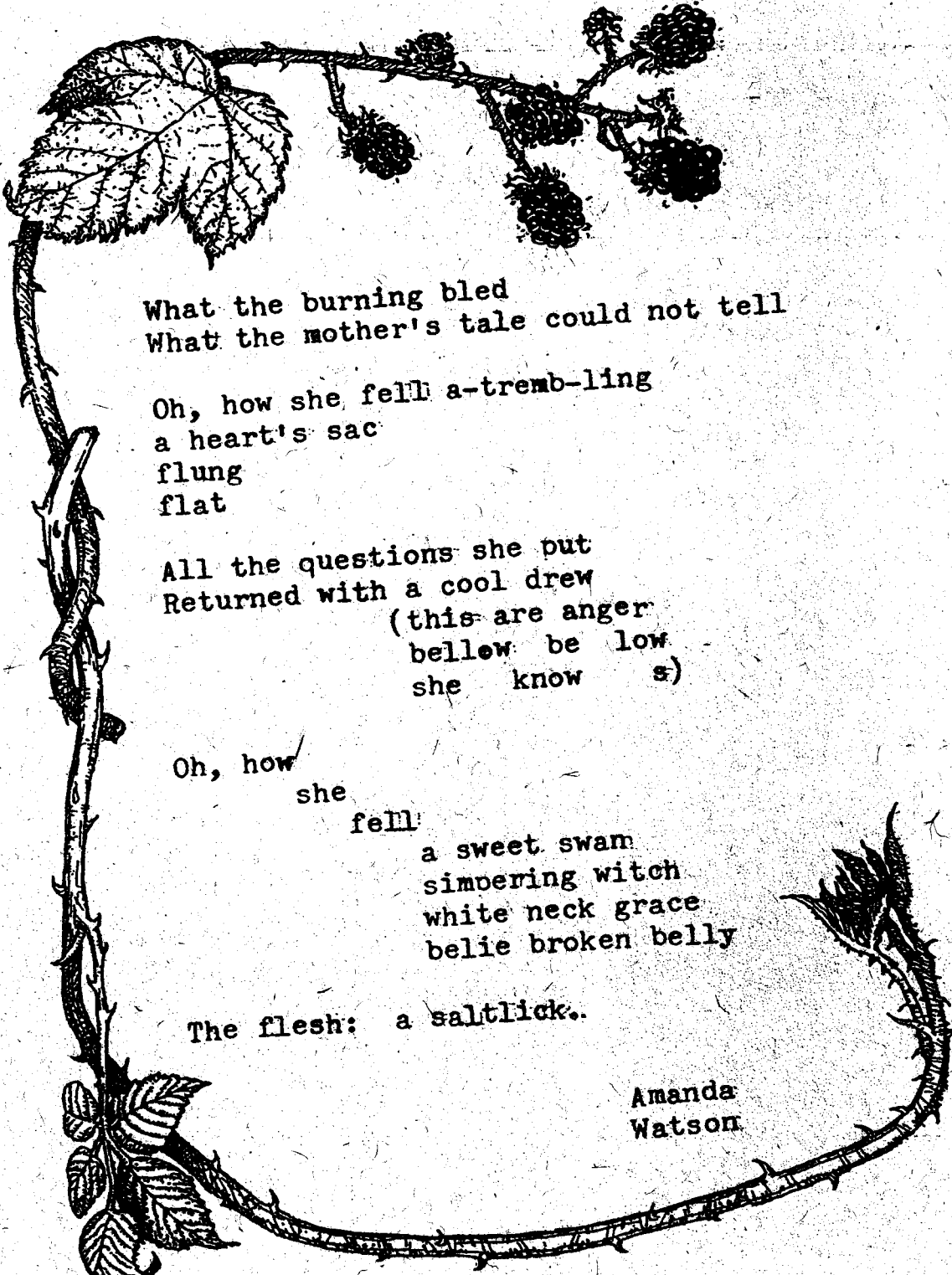
... considered practicalities: blood stains on sheets and underwear, on clothing, and all the other embarrassing side-effects that can occur. i was getting incapacitating cramps as well. of course they'd make me cranky... especially around my poor maman. One day she told me: "Chou-chou, si c'est que tu as des crampes, il faut simplement regarder les jambes et les pieds au chaud pour les adoucir." ("cabbage-cabbage, if the problem is that you've got cramps, you simply need to keep the legs and feet warm for them to subside.") i think i brushed her off, thinking "that sounds like some silly old wives tale", but frustrated, and not wanting to "take a pill", i gave it a try. Exasperating as it was, i had to admit that the old girl was right. Since that time, i rarely get cramps, and when i asked a nurse about it once she told me: "it makes sense, by keeping legs and feet warm, you're improving the blood flow in those limbs."



As an aside...

I'm realizing that I wasn't fair to my mother. I often thought she was irrational or overemotional. I implicitly respected my father and brothers, but not so the feminine role models. I think I was seduced by the common gender stereotype that permeates our culture. We live in a mindset that generally devalues emotion and intuition, especially in intelligent or powerful women. The danger in discrediting and disrespecting the women in our lives that hold positions of authority, is that we are inflicting on other women the perception we're most afraid of suffering from.





What the burning bled
What the mother's tale could not tell

Oh, how she fell a-tremb-ling
a heart's sac
flung
flat

All the questions she put
Returned with a cool drew
(this are anger
bellow be low
she know s)

Oh, how
she

fell

a sweet swam
simpering witch
white neck grace
belie broken belly

The flesh: a saltlick..

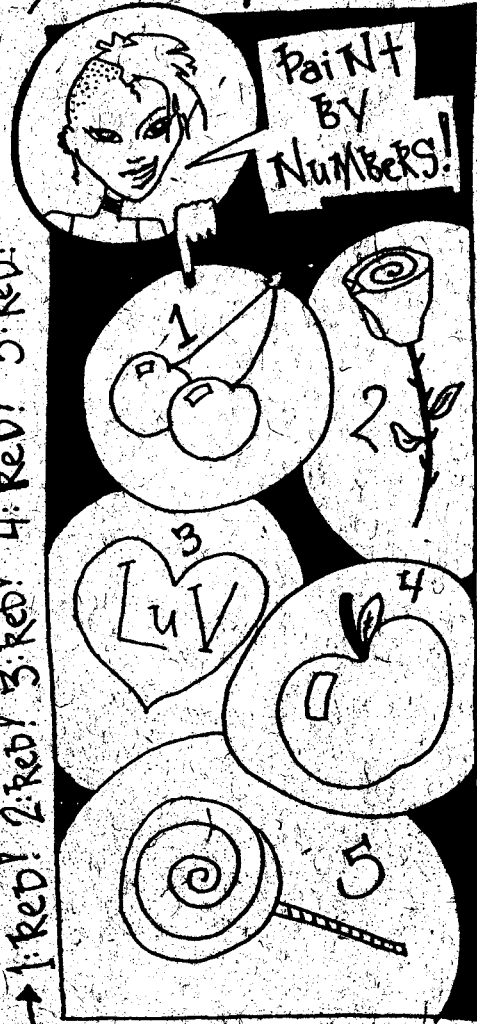
Amanda
Watson

Hey Ladies!

Paint
By
Numbers!

No Water Required! Paint Like Magic!

1: Red! 2: Red! 3: Red! 4: Red! 5: Red!



Under Lady's Fun Corner!

-There are over 30 million menstruating women in North America.
 - The average woman will use approximately 2 / 0 00 pads or tampons during her lifetime.

-60-70% of menstruating women use tampons during all or part of their menstruation, so minimizing the risks associated with their use has substantial health importance.

the story of DIOXIN BY FAWN P.

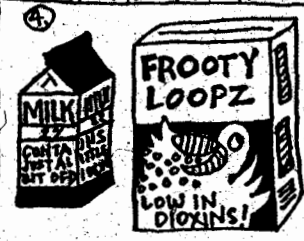
① YES IT'S TRUE, SOME CONSERVATIVE FUNDIS ARGUE THAT DIOXINS ARE NATURAL CHEMICALS BECAUSE THEY ARE EMITTED DURING FOREST FIRES. TRUE ENOUGH, BUT RING-SAMPLES SHOW THAT DIOXINS ARE ONLY PRESENT IN TREES SINCE WW2 - THE ADVENT OF THE CHLORINE INDUSTRY.



② WHERE CAN YOU FIND DIOXINS? EVERYWHERE! SINCE LOTS OF INDUSTRIES SPEW DIOXIN-LADEN EFFLUENT INTO THE AIR, SOIL + WATER, DIOXINS HAVE SPREAD TO ALL KINDS OF PLACES, FROM TREES TO WHALE BLUBBER TO BREAST-MILK!

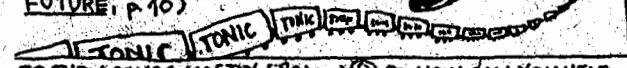


② DIOXINS ARE A FAMILY OF 75 INDUSTRIAL POLLUTANTS CALLED 'ORGANOCHLORINES', A BY-PRODUCT OF CHLORINE COMPOUNDS. DIOXINS ARE KNOWN TO CAUSE HEALTH EFFECTS IN HUMANS, SUCH AS: CANCER, BIRTH DEFECTS, BEHAVIORAL EFFECTS & LEARNING DISORDERS, REDUCED IMMUNITY, REPRODUCTIVE FAILURE, SKIN DISFIGURATION, WEIGHT LOSS, LIVER DAMAGE, ATROPHY OF THE THYMUS, DIABETES AND ENDOMETRIOSIS. IN FACT, DIOXINS ARE PROBABLY THE MOST TOXIC & POTENT COMPOUNDS ON EARTH.



BUT WAIT! SAY THE CONSERVATIVE FUNDIS, DIOXINS HAVE ONLY BEEN FOUND IN COW'S MILK AND HAMBURGERS IN TINY AMOUNTS! THAT CAN'T POSSIBLY BE ENOUGH TO HURT US!

③ DID I MENTION DIOXINS ARE POTENT? HARMFUL EFFECTS OCCUR IN HUMANS AT THE PARTS-PER-TRILLION LEVEL. ONE PART PER TRILLION (PPT) IS EQUAL TO A SINGLE DROP OF GIN IN A TRAIN OF 660 TANKER CARS FILLED WITH TONIC. SUCH A TRAIN WOULD BE SIX MILES LONG! (SOURCE: COLBORN, DUMANOSKI, AND MYERS, OUR STOLEN FUTURE, p. 10)



TO THEM COMES MOSTLY FROM THE FOODS YOU EAT:
 • MEAT, FISH & EGGS (66%)
 • DAIRY & MILK (33%)
 • THE AIR YOU BREATHE (1%)
 (SOURCE: US EPA DIOXIN REASSESSMENT, 1994)



④ SO HOW CAN YOU HELP REDUCE THE AMOUNT OF DIOXINS BEING PUMPED INTO OUR ENVIRONMENT?
 • AVOID PLASTICS - ESP. DISPOSABLE PRODUCTS.
 • BUY ONLY TOTALLY-CHLORINE FREE (TCP) PAPER PRODUCTS.

④ SO WHO'S PUTTING ALL THIS DIOXIN INTO OUR ENVIRONMENT? HERE ARE THE MAJOR SOURCES:
 • THE PLASTICS INDUSTRY (ESPECIALLY PVC PLASTICS)
 • THE PULP & PAPER INDUSTRY (BLEACHING W/ CHLORINE COMPOUNDS LIKE CHLORINE DIOXIDE & CHLORINE GAS).
 • PESTICIDE & HERBICIDE PRODUCERS (DIELDRIN, LINDANE, HOUSEHOLD PRODUCTS LIKE SPECTRACIDE).
 • INCINERATION OF MUNICIPAL & HAZARDOUS WASTES, REFINING & BURNING FOSSIL FUELS.
 BECAUSE DIOXINS ARE SO WIDESPREAD, YOUR EXPOSURE

• USE ONLY PAPER FROM 100% POST-CONSUMER RECYCLED STOCK, OR REUSE PAPER RECOVERED FROM RECYCLING BINS.
 • STOP USING TAMPONS & DISPOSABLE PADS/DIAPERS. TRY REUSABLES LIKE THE KEEPER OR COTTON FLANNEL PADS.
 • DON'T USE PESTICIDES OR HERBICIDES. BUY PRODUCTS THAT ARE GROWN ORGANICALLY, w/o THESE HARMFUL CHEMICALS.
 • CREATE MARKET PRESSURE! GET YOUR EMPLOYER OR SCHOOL TO SWITCH TO TCF, RECYCLED PAPER.
 • GO VEGAN!
 • DON'T DRIVE - BIKE, WALK, TAKE THE BUS.

-Tiny fibres can break off the tampon and buckle embedded in the vaginal wall, inducing leish and ulcerations. This is also potentially linked to cervical cancer, vaginal ulcers, etc. at an portals of entry for toxins into the bloodstream.

Once upon a time i met these 2 witchy-woo, tofu-loving, dancing, laughing ladies with a renegade sparkle in their eyes. We sat in a circle of many speaking our 2 minute utopic dreams with an activism for academia slant.

We gathered at a kitchen table. Tea settling our bellies nervousness of the first visit to a new friends home. We liked threes, vulvas and bloody pussy palitics. How to talk about it, how to think about it, and how to change it?

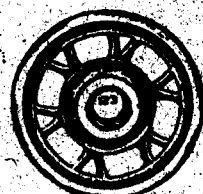
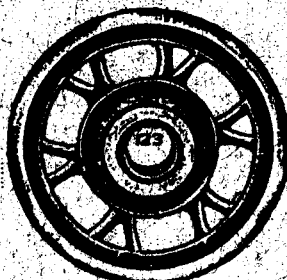
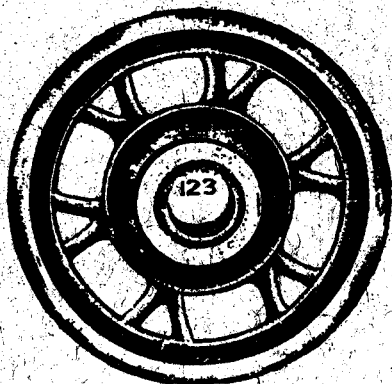
July /5, /986- I woke up to red underwear. Why so soon, I'm

only //, too young!! I told my mom and she gave me a box of "sanitary napkins". The exact same ones I used to steal to make beds for my Barbie and Donnie Osmond dolls. I didn,t tell anyone else. My box stayed in my bedroom (so my brother wouldn't know. till I moved out.

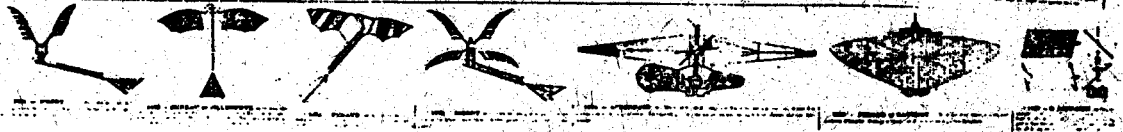
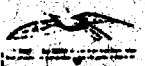
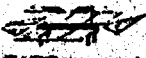
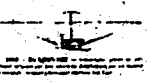
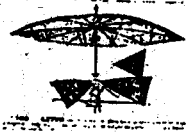
We loaded up /60 packages in 2 overflowing shopping carts and took pictures. the local Safeway check-out line to illustrate / (one) woman's supply compared to alternative products such as the wonderful cloth pads and keeper. We had discussions with women about the horrors of dioxins, bleaching and brainwashing to a sterile mind. I sewed my first pad and celebrated my first ONE HUNDRED PERCENT chemical free flow.

Inspired and driwven to express this excitement of my beloved vulva and join the pussy power n' revolution came: the 3 foot pussy drawing series, the clay & vulva, pussy prints an investigative speculum of the first ooze of moon juice and the blessed 7 foot vulva on wheels. It just continues daily- Viva la Vulva!!!!

BY LEAKY









HYGIENA

Emmenagogues

An emmenagogue promotes the menstrual flow.

Aloe

Aloe fruticosa. As an emmenagogue, the dose is from 5 - 20 centigrams for a tonic effect, and from 30 centigrams to one gram for a purgative effect. It should not be used by people with piles as it acts on the large intestine, drawing blood to that area. It is best used as a carminative. It is extremely bitter to taste. The Indians call aloe "the wand of heaven". Legend says it's the only plant to come directly from the Garden of Eden. Used sometimes to increase the menstrual flow; its main use is as a first aid for burns. Also, it is used with white vinegar to cure falling hair by applying to the scalp. Let it set for a few minutes before shampooing.

Angelica

Archangelica officinalis umbelliferae. Important! Do not confuse this with poison hemlock, of the same family. Take 30 grains (about 3/8 of a tsp.) at a time of the root powder. It's reported to bring on menstruation and to expel the placenta. *Angelica astrorpurpurea*. "Dead nettle". "Masterwort". This has the same uses. It's old German name is "root of Holy Ghost". The Laplanders chew the root like tobacco and believe it lengthens life. The root is sweet smelling and thought to be the scent of angels, hence its name. Carried, it protects against infections and other evil spirits. Anna Riva suggests you sprinkle it about the house for the same purpose.

Balm

See "Infertility".

Basil

Ocimum minimum or *Ocimum basilicum*. "Sweet Basil". Once used often in white magic. A decoction of basil with honey and a dash of nutmeg is reported to ease childbirth and expel the placenta. Easy to grow and good for bringing a fever down in a baby. Do this by giving a tepid or cooling bath of steeped basil. The Jews hold sprays of basil in their hands for strength during religious fasts. The tea taken hot is good in suppressed menses. It has been regarded as a sacred herb in India, of Vishnu and Krishna. It's planted in the home garden to be revered by the entire family. Hindus invoke the powers of protection and bring fertility with this herb. Wreaths have been found, in Egyptian burial chambers in the pyramids, made of basil. It also promotes the production of mother's milk. According to Dr. Fleming, Indian women of Chile used Basil to relieve the pains of childbirth. Medicas, Spanish speaking herbalists, used this herb, known to them as Albica, for curing menstrual pains, morning sickness, and expelling the afterbirth. She's known lastly as a Talismanic charm. The youths of Sicily in our time wear a sprig of Basil behind their ear to denote the fact that they are of marriageable age and romantically inclined. Kept open in a bowl, the aroma tends to make the occupants of the room "happy and gay".

Bay Laurel Also used as an emmenagogue.

Black Cohosh *Cimicifuga racemosa* "macrotys". She is used for pelvic diseases. See "Cycle Herbs".

Blue Cohosh *Caulophyllum thalictroides* L. "squaw root". Aside from its emmenagogic properties, it can be used to stem an excessive flow. It helps to regulate one's menses. Used by Menominee, Potawatomi, and Meskwaki Indians, Cohosh is an Algonquian name which has been applied to other herbs as well. Wiener reports the Chippewas used a strong decoction as a contraceptive or for ovarian and womb trouble. She treats leukorrhea, and increases menstrual flow.

Blue Vervain See *Verbena* under "Cycle Herbs".

Camphor *Cinnamomum camphora*. Ancient herbalists ascribed great emmenagogic properties to camphor. Homeopathic remedies are negated by exposure to its vapors. It is also used for hysterical complaints, and for "irritating conditions of the sexual apparatus" says J. Rose. Arabians used it to lessen sexual desire. Use it with care if at all.

Catnip *Nepeta cataria* L., "catmint". The plant is used to bring on delayed menstruation. It increases the flow. It's an ancient medicine for babies and young children for expelling wind, or curing hiccups and stomach spasms (colic). It's a pain reliever and nerve soother. Since medieval times it has been used to summon up fierceness during battle by chewing it.

Chamomile *Matricaria chamomilla*, "German chamomile"; *Anthemis nobilis*, "Roman chamomile" *compositae*. A very fragrant herb, it has a sweet apple scent. It's very useful for female complaints. South American and Mexican women have used it as an emmenagogue. It's just wonderful as an herbal bath for you and especially for your baby. One of the ideal calming herbs for your wearisome toddlers, it is also good for hysterical complaints. It is reported to increase the menstrual flow. Also called "manzanilla". After a birthing, Chicana midwives give a tea of this to promote a peaceful sleep in the mother, and through her coxstrum, to the new-born baby. Hung up around the house, Riva suggests Chamomile will protect against lightning.

Cinnamon *Cinnamomum zeylanicum*, "oil of cassia". Hermann writes, "It stimulates the uterus, menstruation, and uterine hemorrhages." In Egypt it was used for embalming and for witchcraft. It was once more valuable than gold. In medieval Europe it was used as an aphrodisiac. "Upon inhalation, the oil is reported to act as a sexual stimulant to the female", states J. Rose. The leaves were used to decorate the ancient Roman temples. "Laurus cinnamomum". The Arabians valued the bark and used the oil to anoint the sacred vessels used in religious ceremony. Only the priests were allowed to gather cinnamon bark. Folkard reports that the ancients used the flowers in distilled water as a love potion. I use the bark to flavor our warm apple cider on winter nights.

Cimicifuga R. See *Black Cohosh*, "Cycle Herbs".

Corydalis Because this herb looks like *Aristolochia clematitis*, corydalis has been regarded as an emmenagogue. It is also said to have the same properties as fumitory, says Hermann.

Cotton Root *Gossypium herbaceum*. A great friend of reproduction, she is used to hasten or initiate childbirth, contract the uterus in cases of suppressed or obstructed menses, and also to remove sexual weariness. Two ounces of the powdered bark to a pint of boiling water. Let sit a few minutes. To be used when freshly brewed only. May be taken several times a day.

Creeping Thyme
Thyme *Thymus serpyllum* Labiatae. The "women's herb" of Central Europe and the Alps in folk medicine. It is excellent taken hot for suppressed or obstructed menses. *Thymus vulgaris* will produce perspiration when taken hot. Also it is called "Mother of Thyme". This herb was given in folk medicine to pregnant women in the Alps. It makes a good bath for sickly children.

Dittany of Crete *Dictamnus*. In the twelfth book of the Aeneid, Venus goes to Crete to gather Dittany. The ancients regarded it as an emmenagogue.

Double Tansy See Tansy.

Larkspur *Delphinium ajacis* or *D. consolida*, "Delphinium". She is an emmenagogue, especially in its wild form. Hermann compared her with *Asconde*. All plants contain alkaloids which can be poisonous. She is only rarely used for internal use for humans. She is used to kill head lice, nits, and vermins. Seeds are used as an insecticide.

Lavendar *Lavendula spica* and *Lavendula vera*. Abiatae. It has been said that sprinkled upon one's head helps keeping chaste. My friend, Nan, the Midwife, always wears it to a birthing. "It helps the energy", she says. Gather the potent flowers when they are newly open. The whole plant is medicinal. She is a nervine, used for hysteria. She is great in herb pillows. Her perfume was used to scent a room by the Romans to prepare for childbirth. They used her also to promote the menses and deliver the placenta. A decoction of the flower buds can be used as a douche for leukorrhea. Lavender flowers, or *Alucens*, aids a newborn in ridding his body of mucous. The medica would trace a cross with the dried, crushed leaves, over hot coats, to fill the room with this scent during birthing.

Licorice Root See "Infertility".

Life Root She is a female regulator. Aluhr says she is good for promoting menstrual flow. Ingredient for formula number 195.

Little Mallow *Malva parviflora* L. The leaves have been used to induce perspiration and the menstrual flow. The marshmallow is used to increase the milk of mothers, speed delivery, ease the pain of urination and gonorrhea and the roots and seeds can be boiled in white wine and massaged into breasts to ease swelling.

Marigold *Calendula officinalis*. It was considered an emmenagogue in older times, and now in the U.S. Formerly, an extract of marigold, crushed blossoms in alcohol, diluted with water, was used for carcinomas of the breasts and of the womb. Several writers have recommended it for obstructions of the uterus.

Marjoram *Origanum marjorana*. "Sweet marjoram". Its name means "joy of the mountain". It is excellent for suppressed menstruation. No Italian salad is complete without a handful of leaves of marjoram. Taken hot as a tea, it will promote perspiration as well as increase the flow of menstruation.

Masterwort *Heracleum lanatum*. "Madnep", "Youthwort", "Cow parsnip". It is used for suppressed menstruation when the flow is scanty and painful.

Mexican Tea *Chenopodium ambrosioides*. "Wormseed", "Jerusalem Tea", "Spanish Tea", "strong-scented pigweed". In New Mexico, it is used to promote menses and also to reduce a heavy and painful flow. It has also been used for after-birth pains.

Mint See Aphrodisiac Herbs.

Mentaria This is an emmenagogue that is used by the Zapotec Indians of Mexico.

Totentosa See "Cycle Herbs", (other chapter).

Motherwort See "Cycle Herbs".

Origanum *Origanum vulgare*. "Wild marjoram", "Mountain mint". This is good for suppressed menstruation or urine. It is also good for the "itch". Steep a heaping tablespoon in a pint of boiling water for 30 minutes. Dip a cloth in and apply as a heating compress to a sore throat, bind loosely with a dry cloth, then cover with oiled silk, says Kloss.

Pennyroyal *HEDEOMA PALLEGANDIES*. "Squaw mint". An infusion of dried or fresh leaves and flower tops were used by the Rappahannock Indians to bring on a delayed menstruation. She is the American Pennyroyal that possesses this emmenagogic properties. Taken with blue cohosh, five days before bleeding is due, she promotes the flow and facilitates the regulation of menses.

Pennyroyal

Mentha pulegium

"Squaw mint". If troubled with suppressed or scanty menses, take 1 or 2 cupsfuls hot at bedtime along with a hot foot bath several days before expected. It will relieve nausea, but should not be taken by pregnant women, says Kloss. The oil is abortive and potentially fatal to the mother as well as the fetus. A menstrual regulator used by the Indians, it will increase the flow. It is also used for uterine exhaustion following childbirth and uterine ulcers. I repeat, it should not be taken by pregnant women. Take 2 tablespoons before meals, 3 times daily. It is also specific for the ovaries. Kloss says that, tied to your bedpost, she is said to increase brain power, and to make one aware and alert. Also if carried when traveling by water, pennyroyal is said to prevent seasickness.

Purple Stem Angelica

Angelica atropurpurea L. "Masterwort". The roots are used to stimulate suppressed menses.

See Angelica.

Ragwort

See "Cycle Herbs".

Red Cedar, Eastern

See "Cycle Herbs".

Red Sage

See Sage.

Rue, Common

Ruta graveolens. Rutaceae. An infusion of this plant has been used to promote delayed menstruation. She will increase the flow. The witches in medieval times used it as a stimulative and an irritant drug for female disorders. The oil is a poisonous abortifacient. Large doses can cause nerve derangements. An infusion of the herb is used for hysteria. She is the only herb Mohammed is known to have blessed. This herb in Iraq is eaten with raisins to overcome fears. She treats pain in pregnancy (caution). She is also used for faulty menstruation and congestion of the womb. Small doses, only, should be used. It is also known as the "Herb of Repentance" or the "Herb of Grace" and those who have a bit of Rue and sincere sorrow for any wrong caused another are assured full forgiveness both in this world and any others, reports Anna Riva. Also, to hold a love, take her, or his, right shoe, and write your name on its sole. Then fill the shoe with rue and hang it from a red cord from your bed. Your lover will be there as long as the shoe continues to hang.

Russian Thistle

Salsola kali L. "Tumbling thistle"; "Saltwort". This herb has been used to promote menstrual flow and to decrease water retention in the body.

Sage

Salvia officinalis. Sage foot soaks are great when menstruating. Rubbing the sage over the genitals helps bring on delayed menses. It is also used to suppress mammary secretion, or "dry up milk", and also as a tonic after childbirth, in the case of the stillborn. She is excellent with mugwort and yarrow for promoting

menstruation. Drink 2 to 3 cups daily; again, the afternoon and evening are the best time. Red sage increases the menstrual flow, (*Salvia Colorata*), and is listed by Kloss as an aphrodisiac. She will also check this tendency if too profuse. She's used also, with beneficial effect, for the female organs where the pelvis is small. A bit of sage absorbs any ill fortune which may enter the home when hung over the doorway. She is used by both males and lesbians to induce lust in another woman, by pulverizing with a mortar and pestle some sage into a powder, placing her in a small glass vial and leaving her in the sun's rays for at least 10 days. Then, place some, just a pinch, under your tongue when you meet a woman you desire. Riva reports that it will make you irresistible to the human female. The spell is best performed on the day before the woman starts her menses.

Sagebrush *Big* *Artemisia tridentata*. "Wormwood". A poultice was made and placed on the stomach to induce menstruation. *Artemisia Absinthium*. "Wormwood". This species is used for leukorrhea. Steep a heaping teaspoon in a cup of boiling water for 30 minutes. Drink 1 to 2 cups daily.

Sumac
Berries See "Cycle Herbs".

Summer
Savory See herbs for "Infertility".

Tansy *Tanacetum vulgare* L. "Golden Buttons". The flowery tops were used to promote menstruation, says Vogel. Kloss said it is good for leukorrhea. In olden days, tansy was used for hysteric disorders. In the 17th century, it was mixed with powdered ivory and coral and used for uterine discharge. It is safest used only externally. It is a dangerous abortifacient. Kloss reports that it increases the menstrual flow.

Thyme *Thymus vulgaris*. From the medieval ages, we've used this herb for female complaints: to induce menstruation, provoke abortion, and to ease pain in genitals and hips. It's a reliable nerve and excellent for nightmares. It can be used as a bath herb and for children, in frequent and small doses. It is also used in treating scabies, and will increase the menstrual flow.

Verbena See "Cycle Herbs".

Water Avers *Geum rivale*. "Te del Indio". This was used by the Flambeau Ojibway Indians; they used the wild species, *Geum macrophyllum*. An infusion was made, and after heating it and skimming the infusion, the women drank this as a powerful emmenagogue.

Water Pepper *Polygonum punctatum*, "Smart weed". This is an emmenagogue and is a best known remedy for pain in the bowels, and for ulcers. It is also used as a mouth wash for sore mouth in nursing mothers.

Wild Carrot See "Aphrodisiacs".

Wild Ginger See "Temporary Sterility".

Wintergreen See "Cycle Herbs".

Yarrow See "Cycle Herbs".

Yew *Taxus baccata*. This is listed by Hermann as an emmenagogue. It is very acrid bitter and nauseous, however. Use the bark and the leaves.

"menstrual blood under kirilian photography looks like a human fetus."

TELL MANIPULATIVE MEDIA TO...



BREAK FREE FROM MANIPULATIVE MEDIA!

You are a woman and therefore you should be ashamed of your body's natural processes. You will always be dirty and unattractive unless you take an active role against them and yourself. Buy perfumed feminine products! Not only do they mask your natural scents but they undermine your better judgement!







RUNNING LATE?

Queen Anne's Lace also known as Wild Carrot, Birds or Crows Nest, Lace Flower, Devils-plague, Parsnip and Rantipole is a wild medicine wonder plant found in fields, sidewalk cracks and health food stores. This little wonder is used as an abortifacient, antifertility agent, emmenagogue, progesterone inhibitor and estrogenic. Used by women for over 2000 years, Queen Anne's Lace is an excellent herb to help bring on one's cycle and control fertility. Like RU486, antiprogestones are released to block progesterone in the uterine lining which is required to make a nutritive bed for the fertilized egg. Without a nutritive uterus, the fertilized egg does not implant, and the woman passes the egg in her menstruation.

REGULATION AND USAGE

The majority of women who use Queen Anne's Lace seeds report no side effects. However, a few women have noticed an occasional side effect of slight constipation from the seeds being a bit drying to the colon. This side effect may be remedied by increased water consumption. Women with a history of kidney or gall stones should consult with a herbalist before using. Queen Anne's Lace seeds are estrogenic. Estrogenic herbs contain estrogenic-like substances, which act to produce the effects of female sex hormone estrogen. Estrogenic herbs can cause estrogen like side-effects: abnormal blood clotting, liver problems, and may encourage the growth of estrogen-dependent tumors.

Estrogenic herbs should be avoided by anyone taking birth control pills, other estrogen medications, and or blood pressure pills. If you have been advised against taking estrogenic drugs, like Birth Control Pills, consult with your herbalist/health care provider before taking Queen Anne's Lace seeds. Estrogenic substances are suspected of being teratogens (meaning causing birth defects). Always have a solid backup plan, like a clinical abortion, in case the seeds are not effective. Also when purchasing Queen Anne's Lace seeds, make sure the organic and are not treated with any chemicals to increase germination rates.

Using Queen Annes Lace seeds:

In order to use Queen Annes Lace seeds for effective contraception and abortive purposes, one must have awareness of ones body cycles and know when one is ovulating. Ovulation, the time when an egg is released from the ovary is the when women are the most fertile. In most women, ovulation occurs 14 days before the first day of the next menstrual period. Ovulation, the time when an egg is released from the ovary is characterised by body basal temperature fluctuation, increased vaginal mucous (long stringy stretchy mucous), the cervix becomes softer and is found much higher up in the vaginathan in other times of the month, and some women see pinkish mucous during ovulation.

QueenAnnes Lace seeds work effectively for contraception/abortive purposes during the time period of ovulation, because the seeds interfere in the production of the hormone progesterone

When the egg is fertilized, the ovary begins to secrete the hormone progesterone. The progesterone secreted by the ovary causes rapid cell division of the lining of the uterus to make a fertile bed for the embryo. When Queens Annes Lace seeds are used to interfere in the production of progesterone, the uterine lining doesnt grow to be supportive to the fertilized egg.

Thus, the fertilized egg does not implant, and the woman menstruates as usual on her moon cycle. The appearance of the menstrual blood is normal to heavy possible with a bit more clotting than usual. The microscopic fertilized egg passes unnoticed admist the blood.

DOSAGES

Chewing one teaspoon of Queen Annes Lace seeds the day after unprotected sex has been an effective contraceptive according to herbal lore. However, this is not always effective according to modern-day herbalists. Modern wise women recommend one teaspoon od Queen Annes Lace seeds, chewed daily during ovulation (the most fertile timefor most women) and continuing for up to one week. (This dosage has worked effectively for women of average height and build. If you are above average in height and/or build you might find the seeds more effectively if you slightly raise the dosage. Consult with your herbalist).

This information is sampled from Sage-femmel Publications - Empowering Women with Knowledge of Options.





I am jiggling
 My feet on the wooden ground
 My toes tickle
 I am vibrating through town.

My butt sticks out
 My back aches
 My breasts bounce
 I am prime bait

Tomato cheeks and gloey eyes
 Stick to my face with out disguise
 Over cologne and erotic perfume
 I am on the boss to "termina" at noon.

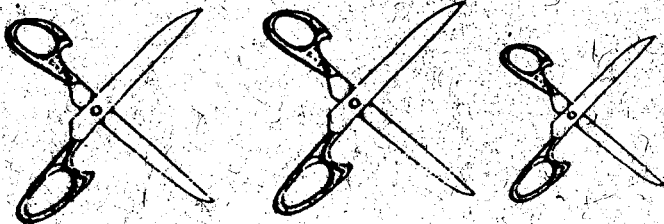
There's always me.
 A giant man hand
 that finds my bum.
 It squeezes, pushes and pits
 It glen finds it's way between the cracks.
 I inch through the writhing mass
 an escape from the man that now smells like ass.

It follows, gaining bigger with each step.
 Resumes it's position behind me
 As though we'd never met

Swollen and hot, it seeds in as a pair
 Flush against my back
 Breathing into my dirty hair.

It is stiff
 I feel sick
 I turn around
 To give it a kick.

But the bus stops
 And the light turns red
 The hand sneaks an exit
 And I kick an old woman instead.



The BIG Bad Cops Bathhouse 2000

September 14, 2000 club toronto,
toronto

the fourth floor is a maze of little rooms with no ceilings. most ladies, including me and my new friends have chosen to close and lock the door. a few however have preferred to leave it open.

one of them is licking my ass, the other unrolling her tongue in my throat. this cubicle is so very tiny and life is so very good. the ladies in various parts of the maze are offering their moans. their sighs. their screams as lovely background to our own.

a jarring stop to the chorus occurs. a man that we can only hear, not see, is using his voice as if it were a very big gun, walking up to various women roaming the halls. "hello ladies. how are you doing this evening?" big man going around, knocking on doors and fucking with our heads because who knows what the difference is between public and private. if i'm fucking in a private room housed in a public place, am i having public sex? when you knock on the door, do i have to open it? if i ,m screaming "fuck me" at the top of my lungs from a private room, is my body private and my voice public? can you confiscate the noises i make?

i know i really should be worrying about what my rights are right now but i'm too busy imagining what boy in blue looks like. all i have to go on is sound and the ladies around us keep getting louder and louder. your big man attitude sounds pretty kinky from here. nobody can take themselves that seriously, especially not here. this is a big sexy setup and you're just a toy to be played with. i like hearing you trying to maintain your authority as your cock swells from the steamy sounds.

i get fucked listening to your voice and i love it and i,m not afraid.

husky.

Sexuality and freedom



Friends don't let
friends use tampons

Pissed Off Women!

www.powonline.org

white sugar batter

white dye
of sheets
red

with the smell
of me
curl up to sleep wrapped

of you and me and be ⁿly here

with this warmth
pulsing in my belly
our ocean rolls in and

in the heat

pulls
me
out

i float in a
red sea
look up
at the mirror

of your sky yesterday

reflected back at me

in your face

lick
my
lips

my head to me

lick
my
lips

bridge

Some of our favorite reads...
sorry we do not do alphabetical order here.

Cont. by Ingo Muscia Seal Press 1998 — a trusty handbook to have.

Purify Your Body. by Nina Diamond. Crown Trade Paperbacks 1996

The Womens Health Products Handbook - Smart Buys for Healthy Bodies by Carol Ann Rausier. Hunter House P.

The Wise Wounds - menstruation and Everywoman by Penelope Shuttle and Peter Redgrave. Marion boysars ?

The Curse by Karen Hubert (publisher info is being boxed) 1999

Women An Intimate Geography. by Natake Auger. Anchor Books 1999

The New Good Vibrations Guide to Sex by Cathy Winks and Anne Semon. Cleis Press 1997

Our Bodies, Our Selves for the New Century. by the Boston Womens Health Book Collective.
Touchstone Book, 1998.

Stop the Whitewash Exposing the Sanitary Products. by Liz Armstrong and Adriane Scott.
Haper Collins, 1992

Women Healthsharing by Enaksei Dui. Womens Press, 1994

Herbal Healing for Women. by Rosemary Gladstar.

Blessings of the Blood. By Celi Amberston. Beach/Holme Publishers Limited, 1991

Hot Pants - Do it Yourself Gynecology Zine Isabelle Gauthier. 1999 edition. (we destroy it!)

Herbal Birth Control by RR McGregor. Owl Chief Publishing 1993

Hygeias Journal A Guide to Womens Health and Healing through the Use of Herbal Medicine
by brittany a stull... a diy. photocopied job

Hygeia A Womens Herbal by Jeanine Parvati. Book People 1978.



zine queens



SUBMIT

3



176 bernard ouest
montreal PQ H2T 2K2

bloodsisters@chickmail.com

(514) 273-3933

Vancouver Women's Health Collective
1 - 175 East 15th Avenue
Vancouver BC V5T 2P6

