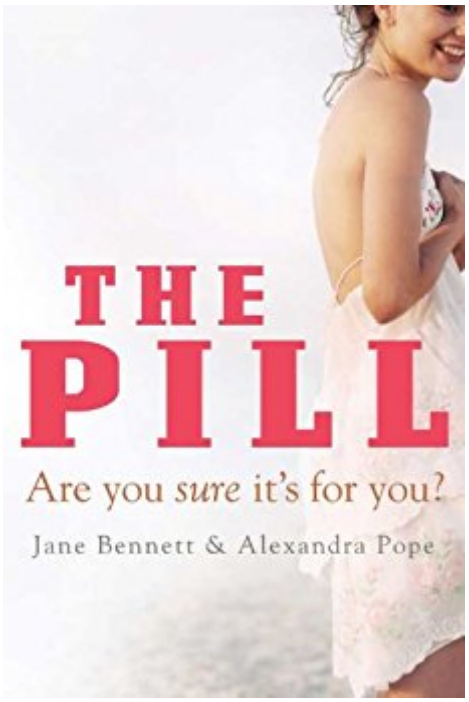
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The Pill: Are You Sure It's For You?



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Synopsis

While a birth control pill is taken by most women at some stage in their lives, few realize that it is not without side effects. Clear links have been made between oral contraceptives and such symptoms as depression, nausea, headaches, and a loss of libido. Other women also experience difficulties conceiving and raising fully healthy children after coming off the drug. Accessible and informed, this insightful guide examines how the pill works, its advantages and dangers, and the best ways to remain healthy during and after use. Alternative contraceptives are also examined, making this the complete guide for women looking to make the difficult choice about contraceptives.

Book Information

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Customer Reviews

The pill is not natural and as an OB/GYN RN, Maternity Nurse, I have recommended for decades that women leave these hormones out of their bodies. They are toxicI recommend this book to all females in every stage of their lives and menstrual flow.Moms and Grandmoms read and recommend to your daughters so they are 100% aware of the effects of hormonal birth control. Excellent information about other options to be in control of your reproductive capacity and menstrual cycles.Have your sons read it so they are more informed about the pills effects on the

females they love. Men will learn how to be responsible with their partner around fertility awareness and reproductive responsibility without poisoning their loved ones bodies with synthetic hormones.Dads read too so they are informed males.I have worked in public schools for over 25 years. I am flabbergasted at the numbers of females put on the pill at very young ages to: "regulate" their cycles, diminish PMS and cramps, lighten flow, etc. Very few young girls cycles are regular until their bodies work their way into what is and will be normal for them.The pill does not fix anything; it only creates a synthetic hormone induced cycle. Long term consequences are not anything I would want in my body or my daughters.I have been teaching females for decades to avoid hormonal birth control. The side effects are awful and the long term consequences will come back to haunt you.Fertility awareness and natural means of regulating your reproduction are far healthier options.Creating a healthy menstrual cycle is easy with good nutrition, herbs to support getting one’s body back into a rhythm, and making natural, whole health choices for your body.I am glad Jane Bennett and Alexandra Pope took the time to write this book and bring to light a topic needing discussion around every dinner table.I hope this book sells millions of copies.

Every woman should read this before going on the pill and if you have been on the pill one should still read it.It answers so many questions that one may have thought but did not know where to find the answers

The first 100 pages of this book are very informative about the many effects hormonal contraception can have on your body and I found that information to be so comforting after spending years with different types and different horrible symptoms for each. But, unless you’re a very crunchy, celebrate your period type of person, the last half of this book may be too much for you. It certainly was for me. I wish they had just stuck to the research about the pill and the effects it can have on your body. It would have been good enough that way.

Very informative.

I wish I would have read this book 15 years ago. So much great info and I love the stories of other women included. It has changed my life!

This book is for any woman who has ever had a nagging feeling that synthetic hormones didn’t feel quite right. It is about finding your natural rhythms, informing yourself as best you can, and learning

about your body. I was nervous at first because the authors are not medical researchers nor MDs, but I found the topic was approached with integrity that honored the scientific, political, social aspects in a fair balanced way. I have worked in the family planning industry in Africa and Hispanic regions of Texas. I am also a nutritionist with a background in neuroscience. I found the information to be accurate. And the authors never pushed an agenda, but rather encouraged readers to have deeper conversations with health providers. I would have a copy of this book in my office for patients.Like: voices of real women highlighted in text.Dislike: not sure if I would recommend for high school sex ed curriculums... The ideas are complex and may not be congruent with large scale teen pregnancy prevention initiatives. I would advise this book to teens on a case by case scenario.

a book every woman who had or is thinking of being on the pill should read. Put it this way...Im no longer on the pill !!

This book is life changing!!!!!!!! It was recommended to me after I was experiencing major headaches and other body issues while on my birth control. The research that went into this book is incredible. Every woman and girl MUST read this book before they make the choice of what contraception to use. READ IT!! It is a very easy read.

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