

## Contraception?

No single method is 100% reliable. Nine out of 100 women on the oral pill get pregnant every year according to official statistics by World Health Organisation (WHO).

The symptothermal method is a scientific method based on charting your own fertility signs and it is approved by WHO. Evidence-based, high quality academic research shows that the method "symptothermal" is indeed more reliable than the pill. Of this family, Sensiplan is the most authoritative methodology (9).

Not only free from side effects and drugs, but it can also be used to chart your overall health. You can also use barrier methods, like condoms ( the only method that protects you against sexually transmitted diseases), the diaphragm, sponges or copper IUD. They all have pros and cons.

## Acne, irregular or painful periods?

Nutrition, exercise and life style choices can help with period problems once you have clearly identified them.

To find out more talk to a medical practitioner who will listen to you and outline all your options, with pros and cons.

Medulla - wild feminine cycles provides insight to people who menstruate on body and mind awareness, to start using the menstrual cycle as the fifth vital sign and our innate alert and defense mechanism against germs, individuals and dead-ends.

Our founder Anna Buzzoni is a certified Sensiplan teacher.

Contacts [hello@annabuzzoni.com](mailto:hello@annabuzzoni.com)  
<https://annabuzzoni.com>  
[@studiomedulla](https://www.instagram.com/studiomedulla)

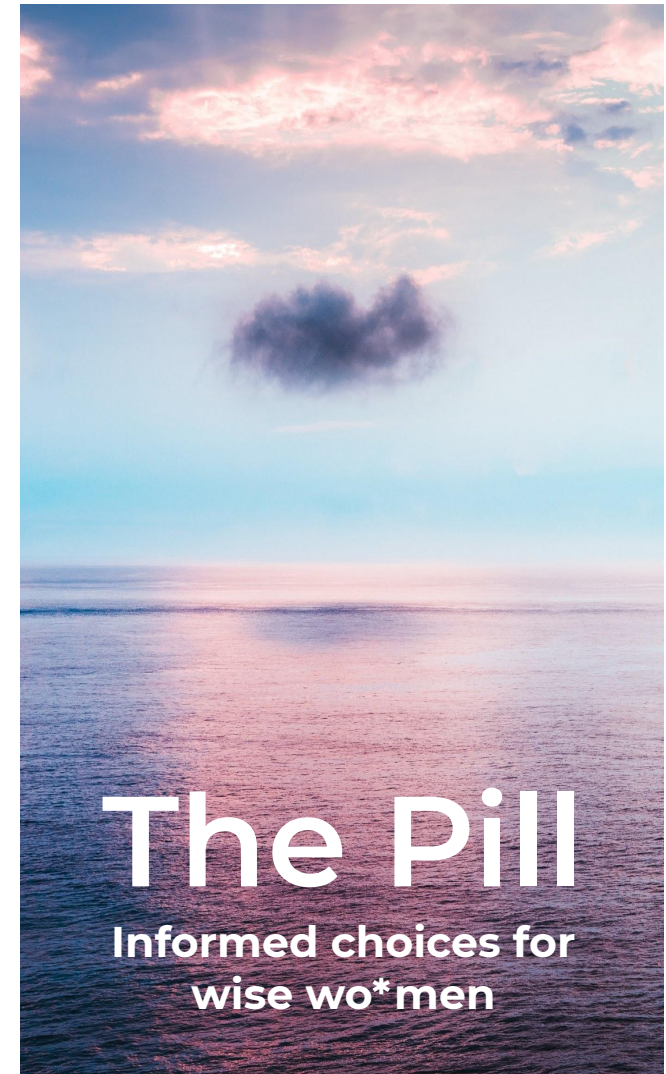
Our cycle exists to help us understand  
what is polluting our efforts.

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## What is the "Pill"?

The word pill generally means all drugs that release synthetic hormones in a woman's body. They can be "combined" (two hormones, one synthetic form of estrogen and progestin) or progestin-only.



They can be taken orally, like the traditional pill.



They can be inserted in the vaginal canal (eg. Nuvaring, the "ring") or in the cervix (eg. Mirena, the hormonal IUD).



They can come as implants inserted under the skin (eg Implanon), or skin patches (eg Ortho Evra), or they can be injected (eg Depo Provera).

### The Pill is commonly used for:

#### Contraception

Because it suppresses ovulation, among other things.

#### Acne

Because it decreases testosterone.

#### Painful periods

Because it avoids the thickening of the uterus, and the contractions to shed it.

#### Irregular periods

Because it suppresses the cycle and natural menstruation.

## Dispelling Myths

### Myth: "The Pill regulates the cycle"

#### Fact: The Pill suppresses the cycle

Synthetic hormones do not behave like natural ones, and block the normal functioning of the brain, thus suppressing the menstrual cycle. The bleeding is not a menstruation but artificial, and induced by temporary drug withdrawal.

### Myth: "The Pill does not interfere with healthy body functions"

#### Fact: it can interfere with the endocrinous and neurological systems, with nutrients assimilation, gut microbiome, and others.

### Myth: "New generations of progestins are safer and lighter"

#### Fact: they increase risks of blood clots by over 300%, especially those prescribed against acne (1).

### Myth: "According to modern scientific research, the Pill is safe"

#### Fact: the World Health Organisation (WHO) has classified the combined Pill as carcinogenic, and the progestin-only Pill as potentially carcinogenic since 1999.(2)

## Best scientific research says...

### The Pill can increase the risk of depression, especially in adolescents.

Danish researchers studied more than 1 million women for 13 years: adolescents showed 80%increased risk with the combined Pill and 160%increased risk with progestin-only. (3)

### The menstrual cycle is the fifth vital sign.

The American Congress of Obstetricians and Gynecologists considers the menstrual cycle the fifth vital sign. (8)

### The Pill can interfere with our sexual and emotional development.

The Pill can interfere with the production and reception of testosterone (sexual desire and vitality), serotonin (optimism and good moods) and dopamine (pleasure).

### Natural estrogen and progesterone protect bones, heart and breasts.

The only way to produce them in appropriate amounts is through ovulation, but the Pill suppresses it. (4)(5)(6)

### The Pill can interfere with breast and bone development.

Breasts fully mature when we are around 20 years old and the back bone around 30. The Pill can disturb their development and decrease bone density. (5)(6)(7)



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