

How to Regulate Periods

With the right approaches, women can **resolve hormonal imbalance** to regulate their periods naturally without risky treatments.



Regulating Menstruation

Sallie Han, Cecília Tomori



Regulating Menstruation:

Regulating Menstruation Etienne van de Walle, Elisha P. Renne, 2001-06 Menstruation seen alternately as something negative a curse or a failed conception or as a positive part of the reproductive process to be celebrated as evidence of fertility has long been a universal concern How women interpret and react to menstruation and its absence reflects their individual needs both historically as well as in the contemporary cultural social economic and political context in which they live This unique volume considers what is known of women s options and practices used to regulate menstruation practices used to control the periodicity quantity color and even consistency of menses in different places and times while revealing the ambiguity that those practices present Originating from an Internet conference held in February 1998 this volume contains fourteen papers that have been revised and updated to cover everything from the impact of the birth control pill to contemporary views on reproduction to the pharmacological properties of various herbal substances reflecting the historical contemporary and anthropological perspectives of this timely and complex issue *The Palgrave Handbook of Critical Menstruation Studies* Chris Bobel, Inga T. Winkler, Breanne Fahs, Katie Ann Hasson, Elizabeth Arveda Kissling, Tomi-Ann Roberts, 2020-07-24 This open access handbook the first of its kind provides a comprehensive and carefully curated multidisciplinary and genre spanning view of the state of the field of Critical Menstruation Studies opening up new directions in research and advocacy It is animated by the central question what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course The chapters diverse in content form and perspective establish Critical Menstruation Studies as a potent lens that reveals complicates and unpacks inequalities across biological social cultural and historical dimensions This handbook is an unmatched resource for researchers policy makers practitioners and activists new to and already familiar with the field as it rapidly develops and expands Menstruation and Procreation in Early Modern France Cathy McClive, 2016-03-03 Early modern bodies particularly menstruating and pregnant bodies were not stable signifiers Menstruation and Procreation in Early Modern France presents the first full length discussion of menstruation and its uncertain connections with embodied sex gender and reproduction in early modern France Attitudes to menstruation are explored in three inter linked arenas medicine moral theology and law across the sixteenth to the eighteenth centuries Drawing on a wide range of diverse sources including court records and private documents the author uses case studies to explore the relationship between the exceptional corporeality of individuals and attempts to construct menstrual norms reflecting on how early modern individuals lay or otherwise grappled with the enigma of menstruation She analyzes how early modern men and women accounted for the function recurrence and appearance of menstruation from its role in maintaining health to the link between other physiological and bodily processes including those found in both male and female bodies She questions the assumption that menstruation was exclusively associated with women by the second half of the eighteenth century arguing that whilst sex related menstruation was not sex specific even at the turn of the nineteenth

Menstruation remains a contentious topic today This book is not therefore simply a study of periods in early modern France but is also of necessity an exploration about the nature and constitution of historical evidence particularly bodily evidence and how historians use this evidence It raises important questions about the concept of certainty and about the value of observation testimony expertise the nature of language and the construction of bodily truths about the body as witness and the body as evidence **The Routledge Handbook of Anthropology and Reproduction** Sallie Han,Cecília

Tomori,2021-11-09 The Routledge Handbook of Anthropology and Reproduction is a comprehensive overview of the topics approaches and trajectories in the anthropological study of human reproduction The book brings together work from across the discipline of anthropology with contributions by established and emerging scholars in archaeological biological linguistic and sociocultural anthropology Across these areas of research consideration is given to the contexts conditions and contingencies that mark and shape the experiences of reproduction as always gendered classed and racialized Over 39 chapters a diverse range of international scholars cover topics including Reproductive governance stratification justice and freedom Fertility and infertility Technologies and imaginations Queering reproduction Pregnancy childbirth and reproductive loss Postpartum and infant care Care kinship and alloparenting This is a valuable reference for scholars and upper level students in anthropology and related disciplines associated with reproduction including sociology gender studies science and technology studies human development and family studies global health public health medicine medical humanities and midwifery and nursing **Abortion and Contraception in Modern Greece, 1830-1967** Violetta Hionidou,2020-05-15 The

book examines the history of abortion and contraception in Modern Greece from the time of its creation in the 1830s to 1967 soon after the Pill became available It situates the history of abortion and contraception within the historiography of the fertility decline and the question of whether the decline was due to adjustment to changing social conditions or innovation of contraceptive methods The study reveals that all methods had been in use for other purposes before they were employed as contraceptives For example Greek women were employing emmenagogues well before fertility was controlled they did so in order to put themselves right and to enhance their fertility When they needed to control their fertility they employed abortifacients some of which were also emmenagogues while others had been used as expellants in earlier times Curettage was also employed since the late nineteenth century as a cure for sterility once couples desired to control their fertility curettage was employed to procure abortion Thus couples did not need to innovate but rather had to repurpose old methods and materials to new birth control methods Furthermore the role of physicians was found to have been central in advising and encouraging the use of birth control for health reasons thus facilitating and speeding fertility decline in Greece All this occurred against the backdrop of a state and a church that were at times neutral and at other times disapproving of fertility control **Disorders of Menstruation** Edward Watrous Jenks,1888 [Integrative Healthcare Remedies for Everyday Life](#)

- [E-Book](#) Malinee Thambyayah,2022-12-06 A user friendly guidebook for anyone interested in enhancing health and wellness

Integrative Healthcare Remedies for Everyday Life marries modern medical knowledge with a cross cultural understanding of health and healing The authors are a family of modern physicians who share a passion for the rapidly growing field of holistic and integrative health Representing both Western diagnostics and complementary medicine this reference offers practical guidance on incorporating simple remedies and therapies into everyday life Detailed preparation instructions facilitate the use of Chinese Indian and Western natural remedies Therapies from multiple Asian and Western medical systems are presented side by side to act as both a one stop treatment guide and comparative reference Body system organization provides comprehensive coverage of both common and complex diseases and disorders Expert author team is a family of modern physicians who share a passion for the rapidly growing field of holistic and integrative health An eBook version is included with print purchase The eBook allows students to access all of the text figures and references with the ability to search customize content make notes and highlights and have content read aloud *The Glands regulating personality* Louis Berman,1921 *Birth Control and American Modernity* Trent MacNamara,2018-10-11 How did birth control become legitimate in the United States One kitchen table at a time contends Trent MacNamara who charts how Americans reexamined old ideas about money time transcendence nature and risk when considering approaches to family planning By the time Margaret Sanger and other activists began campaigning for legal contraception in the 1910s Americans had been effectively controlling fertility for a century combining old techniques with explosive new ideas Birth Control and American Modernity charts those ideas capturing a movement that relied less on traditional public advocacy than dispersed action of the kind that nullified Prohibition Acting in bedrooms and gossip corners where formal power was weak and moral feeling strong Americans of both sexes gradually normalized birth control in private then in public as part of a wider prioritization of present material worlds over imagined eternal continuums The moral edifice they constructed and similar citizen movements around the world remains tenuously intact *Proceedings of the International Joint Conference on Arts and Humanities 2023 (IJCAH 2023)* Ali Mustofa,Ima Widiyanah,Binar K. Prahani,Imami A. T. Rahayu,Moh. Mudzakkir,Cicilia D. M. Putri,2023-12-18 This is an open access book Welcome to the International Joint Conference on Arts and Humanities 2023 held by State University of Surabaya This joint conference features four international conferences the International Conference on Education Innovation ICEI 2023 the International Conference on Cultural Studies and Applied Linguistics ICCSAL 2023 the International Conference on Research and Academic Community Services ICRACOS 2023 and the International Conference of SocialScience and Law ICSSL 2023 It encourages dissemination of ideas in arts and humanity and provides a forum for intellectuals from all over the world to discuss and present their research findings on the research area This conference was held in Surabaya East Java Indonesia on August 26th 2023 September 10th 2023

Reproductive Justice and Women's Voices Beth L. Sundstrom,2015-10-08 Reproductive rights are human rights Reproductive Justice and Women s Voices Health Communication across the Lifespan offers an in depth analysis of women s

reproductive health in a transformative sociopolitical moment that is redefining women's access to health care reducing disparities in maternal and child health is a critical public health goal for the United States Sundstrom contributes to patient centered public health by analyzing women's reproductive health across the lifespan Four critical body episodes contraceptive use dynamics pregnancy childbirth and the post partum period explicate women's understandings of control and embodiment in the context of technology Women's meaning making of each body episode is interrogated in three areas 1 the physiological experience of reproductive health 2 perceptions of medicine and the biomedical model and 3 opinions of mediated messages about reproduction including new media Through stories and silence the women interviewed in this book demand accurate information including the risks and benefits of health care and access to reproductive services and technologies The analysis disrupts the nature technology dualism and reconceptualizes health outside of the normative processes of menstruation pregnancy and childbirth By talking with women this study privileges women's decision making about reproductive health and offers insight for how women's partners families and health care providers can support them in this process

Essentials of Chinese Materia Medica and Medical Formulas Shengyan Xi,Yuewen Gong,2017-05-01
Essentials of Chinese Materia Medica and Medical Formulas New Century Traditional Chinese Medicine presents specific knowledge about the source medicinal nature action and application of more than 800 commonly used Chinese materia medica as well as the efficacy and application of more than 740 kinds of commonly used Chinese medical formulas Notably all of the content is presented in table form making the information easier to access understand and apply Each primary herbal medicine is introduced with color pictures and each primary formula is presented with efficacy analysis pictures The book provides readers with essential information on Chinese materia medica and formulas and how to use them accurately including the most common Chinese materia medica used in clinics and in commonly used clinical formulas This is an essential reference for traditional medical professionals and those interested in traditional Chinese medicine including advanced undergraduate and postgraduate students Includes over 800 Chinese materia medica and 740 medical formulas with their essential information Combines 514 color pictures of medicine material crude slices and 255 formulary efficacy analysis pictures Organized with concise forms facilitating understanding and memorization

Gynecology in Chinese Medicine Zhaoling You,2015-01-15
Gynecology in Chinese Medicine is an extensive text written by expert TCM specialists in China covering the theory and practice of TCM gynecology and obstetrics in great depth The book is made up of two major parts with a general discussion on TCM gynecology and specific individual discussions on female physiology and pathology the diagnoses of gynecological diseases the treatment of gynecological diseases and gynecological disease prevention and hygiene Specific discussions introduce fifty types of gynecological diseases ranging from menstruation leukorrhea pregnancy and postpartum conditions and other miscellaneous diseases The overview includes definitions characteristics and categories etiologies and pathomechanisms are depicted in the form of flow charts convenient for memorization Diagnostics consist of

medical histories clinical manifestations and examinations treatments consist of pattern identification essentials therapeutic principles and pattern oriented treatments along with acupuncture and moxibustion treatments The case discussions include abstracts of cases and detailed analyses *A Compendium of Chinese Medical Menstrual Diseases* Bob Flaws,2005

Thicker Than Water Melissa Meyer,2014-02-04 Blood is more than a fluid solution of cells platelets and plasma It is a symbol for the most basic of human concerns life death and family find expression in rituals surrounding everything from menstruation to human sacrifice Comprehensive in its scope and provocative in its argument this book examines beliefs and rituals concerning blood in a range of regional and religious contexts throughout human history Meyer reveals the origins of a wide range of blood rituals from the earliest surviving human symbolism of fertility and the hunt to the Jewish bris and the clitoridectomies given to young girls in parts of Africa The book also explores how cultural practices influence gene selection and makes a connection with the natural sciences by exploring how color perception influences the human proclivity to create blood symbols and rituals **The Foundations of Chinese Medicine** Giovanni Maciocia,2015-07-13 The latest edition of this hugely popular volume continues to provide readers in the West with a clear explanation of the theory and practice of Chinese medicine Richly illustrated and fully updated throughout Foundations of Chinese Medicine retains its careful structure to present the subject in a systemized manner which ranges from first principles to the diagnosis and management of a wide range of disease states NOW WITH AN ACCOMPANYING WEBSITE containing an extensive bank of review and test material the latest edition of this important volume has been redesigned to provide a more accessible up to date feel to the content to enhance the reader s learning experience Offering a unique combination of rigorous scholarship together with a wealth of clinical experience Maciocia s Foundations of Chinese Medicine will be ideal for all students of Chinese medicine acupuncture and Chinese herbal medicine as well as qualified practitioners needing to stay up to date with changes in the field For the student or practitioner of Chinese medicine this is a definitive text book Reviewed by Jim Young on behalf of glycosmedia com Aug 2015 25th Anniversary edition of the Western world s best selling book on Chinese medicine Logical sequential organization builds from basic theoretical concepts through functions of individual organs diagnosis pathology pattern recognition disease categories and the appropriate use of acupuncture points Clearly explains the theory and practice of Chinese Medicine to Western medical audiences Based on a unique and invaluable combination of extensive clinical experience in the West current Chinese Medicine textbooks and ancient sources in particular the Yellow Emperor s Classic of Internal Medicine Nei Jing and the Classic of Difficulties Nan Jing Includes Pinyin equivalents to make it immediately evident which original term is being translated Abundantly illustrated with over 750 line drawings and more than 1000 tables boxes designed to emphasize the key facts End of chapter Learning Outcomes point out must know information Cases Studies and Case Histories apply theory to diagnosis and treatment bringing the subject to life in a realistic context An extensive Glossary explains new terms and their origins from translation Additional Appendices list

Prescriptions Bibliography and Chinese Chronology Authored by Giovanni Maciocia one of the Western world's leading subject matter experts An accompanying EVOLVE website provides over 650 self testing questions and answers to help readers check their understanding of frequently complex information New Case Histories help bring the subject to life Expanded subject area coverage including new clinical guidelines and additional acupuncture point combinations Contains further analysis of acupuncture point actions Innovative guidelines aid students learning Chinese Medicine patterns

Diminished Ovarian Reserve and Assisted Reproductive Technologies Orhan Bukulmez, 2019-10-01 This book brings together the most current research and the latest clinical approaches to the management of diminished ovarian reserve DOR one of the largest segments of the IVF patient population both in the advanced reproductive age group as well as poor responders Opening with a review of the definition and scope of the problem as well as the current understanding of the natural history of DOR subsequent chapters in part I outline dietary hormonal traditional supplements and conventional methods used to stimulate ovaries and improve ART outcomes The main segment of chapters comprising part II present minimal and mild stimulation protocols and alternatives frozen embryo transfer preparation trigger agents and post trigger testing embryo culture and endometrial considerations and a review of clinical outcomes Part III discusses the utilization of contemporary technologies in the treatment of DOR including fresh vs frozen embryo transfer cryopreservation and comprehensive chromosomal analysis Future prospects are presented in part IV such as the artificial oocyte and ovary development early age oocyte freezing ovarian cortical tissue freezing and activation of the ovarian cortex Utilizing the latest evidence and authored by an international array of thought leaders *Diminished Ovarian Reserve and Assisted Reproductive Technologies* is an excellent resource for reproductive medicine and REI specialists IVF lab professionals and students and residents in these areas

Infirmity in Antiquity and the Middle Ages Christian Krötzl, Katarina Mustakallio, Jenni Kuuliala, 2016-03-09 This volume discusses infirmitas infirmity or weakness in ancient and medieval societies It concentrates on the cultural social and domestic aspects of physical and mental illness impairment and health and also examines frailty as a more abstract cultural construct It seeks to widen our understanding of how physical and mental well being and weakness were understood and constructed in the longue durée from antiquity to the Middle Ages The chapters are written by experts from a variety of disciplines including archaeology art history and philology and pay particular attention to the differences of experience due to gender age and social status The book opens with chapters on the more theoretical aspects of pre modern infirmity and disability moving on to discuss different types of mental and cultural infirmities including those with positive connotations such as medieval stigmata The last section of the book discusses infirmity in everyday life from the perspective of healing medicine and care

Anthropology of Reproduction: The Basics Sallie Han, Cecília Tomori, 2025-02-24 *Anthropology of Reproduction The Basics* is a clear and accessible guide to topics in reproduction from the perspective of anthropology emphasizing the central importance of reproduction in human sociocultural and biological experience It

examines why reproduction matters so much to human beings and what anthropology offers to better understand their decisions about having or not having children and their experiences with periods infertility contraception abortion pregnancy pregnancy loss birth and care for children The book shows that all of reproduction is shaped by our evolution prehistory and history as well as the cultural social political and economic contexts and conditions that impact our lives It tells the story of how these conditions enable support constrain or coerce reproduction and how people around the world survive or thrive within comply with or resist against these forces to create their reproductive futures Its primary goals are to promote an understanding of human reproduction as sociocultural and biological experience awareness of and attention to the sociocultural historical political and economic contexts and conditions influence the ideas and practices of human reproduction particularly how social inequities shape reproduction and in turn how we can move towards more equal and just reproductive futures to introduce and reinforce an understanding of anthropology as a discipline taking a holistic approach to human experiences This student friendly text provides an overview of the fundamental principles of reproduction and is an invaluable guide for anyone wanting to learn more about this fascinating subject It is an essential read for students approaching the subject for the first time as well as researchers coming to the topic from another discipline in the sciences and humanities

The Autism-Friendly Guide to Periods Robyn Steward, 2019-04-18 Written by autistic author Robyn Steward this is a detailed guide for young people aged 9 to 16 on the basics of menstruation Created in consultation with young people an online survey and a group of medical professionals this is a book that teaches all people about periods which can be a scary and overwhelming issue Promoting the fact that everyone either has periods or knows someone who does the book reduces the anxiety girls face in asking for help It offers direct advice on what periods look and feel like and how to manage hygiene and pain It also breaks up information using flaps and step by step photos of how to change pads and tampons it discusses alternatives to tampons and pads and gives information about possible sensory issues for people with autism

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