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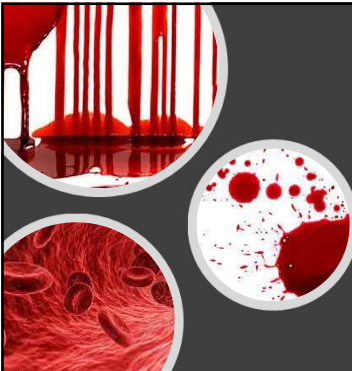
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WHAT THIS LECTURE WILL COVER

- What is blood?
- Fall in LOVE with blood.
- Herbs to build blood and help with staining.
- Women's normal cycles.
- Challenges with the cycle.
- What is normal bleeding after a baby.
- When to be worried about bleeding.
- Bleeding while breastfeeding.
- Bleeding while pregnant.
- Menopause.
- Herbs, Herbs and Herbs
- Why starting birth control too early is a mistake.

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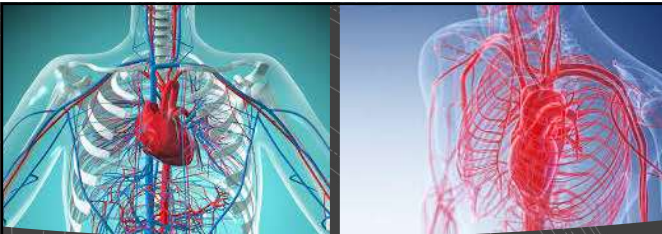
Blood Is Our Friend



- Blood is the primary means of transport for both the helpful and the harmful substances inside your body.
- This vital fluid carries vitamins, minerals, oxygen, hormones, heavy metals and even toxins through your cellular pathways.

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Blood Is Everywhere!




- Blood brings oxygen and nutrients to all the parts of the body so they can keep working.
- Blood touches every organ and every part of our body, from our eyelashes to our toenails!

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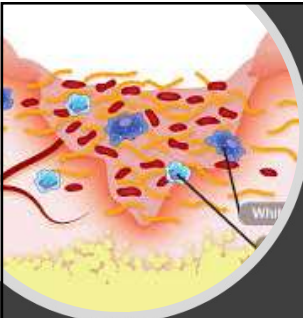
There is NO Man-Made Blood

There is currently no substitute for human blood. Despite more than 70 years of research, scientists have been unable to develop an ideal blood substitute. For a blood substitute to work, it must be able to mimic the ability of red blood cells to carry oxygen.



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Blood Heals Wounds





- It is well established that blood plays an important role in wound healing.
- Various molecular components in the blood are known to trigger tissue repair processes after injury
- Wound healing, as a normal biological process in the human body, is achieved through four precisely and highly programmed phases: hemostasis, inflammation, proliferation, and remodeling.
- For a wound to heal successfully, all four phases must occur in the proper sequence and time frame

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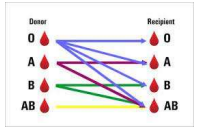
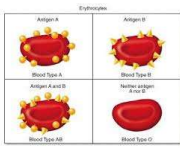
HOW MUCH BLOOD DO WE HAVE

- Humans have 1.3 Gallons.
- 5 liters of blood.
- The average healthy adult produces anywhere from 400 to 2,000 milliliters of blood a day.
- 34,400 liters in a lifetime.
- That's enough to fill 46 hot tubs.
- Making a blood donation uses about 1 pin.
- After which your body has an amazing capacity to replace all the cells and fluids that have been lost.

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THE ABO BLOOD GROUP


Humans Have 4 Different Blood Types

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Blood Types Discovered

Karl Landsteiner, Austrian American immunologist and pathologist who received the 1930 Nobel Prize for Physiology or Medicine


His discovery of the major blood groups and the development of the ABO system of blood typing that has made blood transfusion a routine medical practice.



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The 4th Blood Type Is Discovered

- After Landsteiner's discovery, in 1910 a German doctor Ludwik Hirsfeld together with his wife Hanna, developed the blood type groupings A, B, O and added A/B.
- They ran a bacteriology lab in Thessaloniki, Greece, where they had nearly unlimited access to human test subjects since the multinational Army of the Orient was stationed in the port city in northern Greece.




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Blood Transfusions

If people received the blood transfusion of the wrong type of blood their immune system responds with a furious attack, as if the blood were an invader.

The exception to this rule is type O blood who are universal donors.

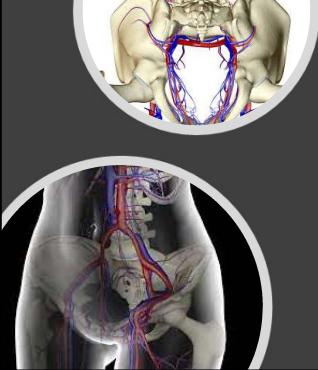
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How To Build Your Blood

- Nettles
- Alfalfa
- Spinach
- Lettuce
- Arugula
- Kale
- Chlorella
- Chlorophyll
- Liver
- Red Meat
- Bone broth



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Blood Flow To The Pelvis

- The arterial blood supply of the uterus comes from three arteries:
- The uterine branch of the ovarian artery.
- The uterine artery of the external iliac artery.
- The uterine branch of the urogenital artery.
- All arteries enter the uterus at its mesometrial border and divide into smaller ones.

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Menstrual Cycle



- Is counted from the first day of one period to the first day of the next, isn't the same for every woman.
- Menstrual flow might occur every 21 to 35 days and last two to seven days.
- For the first few years after menstruation begins, long cycles are common.
- **After a baby, most women bleed for 6 to 7....days NOT 5!**

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Menstruation Taboo



- A menstruation hut is a place of seclusion or isolation used by certain cultures with strong menstrual taboos.
- In some societies it involves menstruation being perceived as unclean or embarrassing, inhibiting even the mention of menstruation whether in public or in private among friends, in the household, or with men.

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PERIODS PADS ARE A LUXURY!



- Pads are a luxury!
- Period poverty mostly occurs because of having a low income.
- If you're only earning enough money to choose between food and heating, then period products quickly slip down the list of priorities.

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UTI Urinary Tract Infection



- Do NOT do brazilin wax
- Lubricants can block the urethra
- Can cause blood
- Don't want to move to kidneys
- Take antibiotic
- Herbs really do help

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You Can Drink Herbs In Tea



- Most people around the world have 1 to 2 cups of tea a day.
- They often don't even think of them as medicinal.
- Tea drinking in the US is not so common.
- If you want the medicinal benefits of tea you need to add 4-5 tea bags.

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I Prefer Herbs in Tincture Form

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Making A Tincture

- Take the herb either fresh or dried.
- Pour 100 proof alcohol over the herb.
- You can also use glycerite.
- Let it steep for 6 weeks.
- Shake occasionally.
- Strain and put into a brown glass bottle.
- Has a 10 year shelf life.



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HERBS TO REGULATE CYCLES


- It takes at least 3 cycles to help a woman begin to regulate.
- Herbs may need to be taken for 3 to 12 months.
- Chaste Berry (vitex)
- Ashwagandha
- Marjoram (PCO Syndrome)
- Saw Palmetto



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TOO GET CLEAN FASTER NEED TO BLEED MORE THE FIRST 4 DAYS

- I have never found trying to shorten the period from the end works.
- I have only found that it works when the women uses herbs to bleed more in the first 4 days.
- Mugwort
- Ginger
- Angelica



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EXCESS BLEEDING

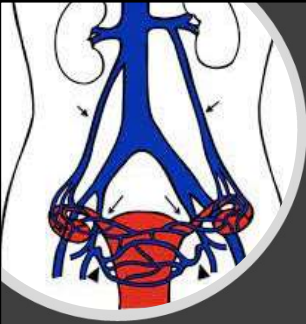
- B12 Shots
- Check Iron
- Look for Wounds
- Eat Green Plants
- Increase Vitamin C
- Black Strap Molasses



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Pelvic Congestion Syndrome

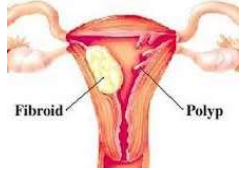
- Pelvic congestion syndrome is a condition that causes chronic pelvic pain. It's thought to be caused by problems with the veins in the pelvic area.
- Veins are the blood vessels that carry blood back to the heart.
- In some women, veins in the lower abdomen may stop working well. Blood may start to build up inside the veins.
- When this happens, the veins in your pelvis can enlarge and change shape, like varicose veins.
- This may lead to the pain and other symptoms of pelvic congestion syndrome.
- It happens mostly in women of childbearing age. It may be more common in women who have given birth to more than one child.



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POLYPS AND FIBROIDS

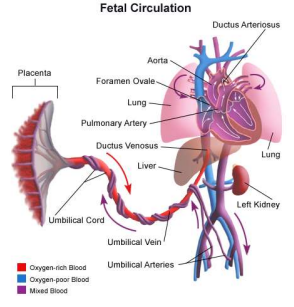
- Approximately half of women with uterine polyps have irregular periods. Other symptoms include prolonged or excessive menstrual bleeding also bleeding between periods.
- Fibroids can grow on the inside of the uterus, within the muscle wall of the uterus, or on the outer surface of the uterus.
- Many women who have uterine fibroids do not have symptoms.
- When symptoms are present, they can include Abnormal vaginal bleeding, such as heavier, longer periods or bleeding between periods.



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PREGNANT WOMEN HAVE DOUBLE THE AMOUNT OF BLOOD


- Blood volume increases significantly within the first few weeks of gestation and increases progressively throughout the pregnancy.
- The total blood volume increase varies from 20% to 100% above pre-pregnancy levels, usually close to 45%.



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Pregnancy

- Herbs
- Strawberry leaves
- Red Raspberry leaves
- Chaste tree
- Cranberry
- Nettle
- Alfalfa
- Oats



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INFERTILITY


- Infertility is a condition of the male or female reproductive system defined by the failure to achieve a pregnancy after 12 months or more of regular unprotected intimacy.
- Both men and women can have fertility problems. In about 20% of infertile couples, both partners have fertility problems. In about 15% of couples, no cause is found after all tests have been done. This is called unexplained infertility
- Herbs: Chinese Peony, Licorice, Vitex, Shatavari, Lady's Mantle



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Mayan Uterine Massage

- Abdominal Therapy originates in ancient Maya massage practices.
- Gentle external massage helps guide organs back into proper position and enhances the flow of blood, lymph, nerve impulses and chi in the abdomen.
- Increases flow restores balance and allows the body to heal.



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8 WEEK BREASTFEEDING BLEED

- It is NORMAL to bleed again after 8 weeks.
- Especially after the second baby.
- This is actually very healthy.
- It means the uterus is healing and moving back to its proper place.
- Be joyous and expect this!





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BREAST MILK IS MADE FROM BLOOD

- The Gemora says, "Hashem makes a chessed and turns the breast milk from red to white, so the mother is not repulsed from breastfeeding their baby."
- Pregnancy and breastfeeding hormones caused a permanent change in your body. Your milk making glands will FOREVER remember how to make milk. They can ALWAYS make milk again, no matter how long it has been. They just need enough of the right stimulation to turn on and start filling again.

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MISCARRIAGE

- It is totally normal to bleed for 6 weeks.
- Leave most miscarriages alone!
- Herbs can help bring on miscarriage if it begins on its own.
- DNC's may be necessary BUT they can also scrap too deeply into the uterine wall.
- Placenta percreta: (Often after a C-Section) The most severe of the types, placenta percreta happens when the placenta passes through the wall of the uterus. The placenta might grow through the uterus and impact other organs, such as the bladder or intestines.

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HERBS TO HELP A MISCARRIAGE

- Blue Cohosh
- Angelica
- Mugwort
- Ginger
- Rue

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THE MINI PILL

- Not a good idea to begin pill at the 6-week visit.
- The mini pill is made from progesterone.
- The pregnancy hormone is progesterone.
- Called pro-gestation.
- To gestate is to be pregnant.
- Bleeding occurs if the body is trying to create a miscarriage.

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Birth Control Pill Risks

- The most common side effects are spotting or bleeding between periods (this is more common with progestin-only pills), sore breasts, nausea, or headaches.
- Mood changes.
- Blood clots.
- Scandinavian researchers have noted an increase in breast cancer in a group of women that were currently taking or had recently taken birth control pills. Longer use of the pill seemed to increase the risk.

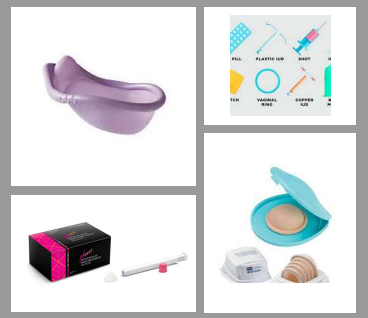
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IUD INSERTION

- A woman MUST wait until 3 months after giving birth.
- Must be inserted by a surgeon.
- Will bleed for a week or two.
- Herbs only after 4 weeks.

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OTHER BIRTH CONTROL OPTIONS

- Regular pill totally stops breast milk.
- Nuva ring stops breast milk.
- Shot stops the woman from menstruating.
- Diaphragm best but difficult to use.
- Today's sponge fabulous but hard to find.

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HERBS TO HELP EXCESS BLEEDING



- Yarrow
- Sheppard's Purse
- Cinnamon
- Cramp Bark
- Black Haw
- Dong Quai
- Red Raspberry?

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Herbs For Menstrual Cramps

- Black Haw
- Cramp Bark
- Wild Lettuce
- Wild Yam

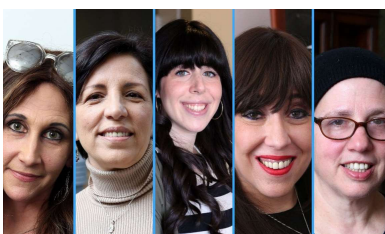
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HERBS FOR MENOPAUSE

- Black Cohosh
- Sage
- Soy
- Red Clover
- Dong Quai
- Evening Primrose Oil

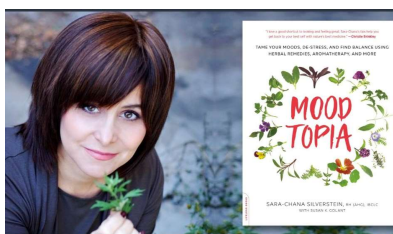
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CONCLUSION

- Blood gives us LIFE!
- Normal to bleed for 6 to 7 days!
- Normal to NOT be clean by 6 weeks after your baby!
- Normal to get a bleed between 8-12 weeks after birth!
- Herbs were given to us from Hashem!
- Don't listen to the internet! It didn't graduate medical school!

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