

Nappy free women!

The free-flow instinctive

I would like to talk about a taboo topic, which involves things you can see everyday in newspapers, on TV and in supermarkets. Some goods for women, with several options, color, material, technique, but which they never suggest you can get rid of!

I am thinking of pads, tampons and menstrual cups, and I would like to talk about their alternative, free and autonomous: the knowing of our own body (listening and control of the pelvic floor muscle).

Culturally, the menstrual flow was considered as a disease by the doctors¹ and as a sign of impurity by The Church. Today, still taboo or anti-sexy, the blood flow has to be hidden. With the industrialization and the appearance of underwear and short skirts, tampons and disposable pads appear from 1930 and 1960 respectively. However, during Middle Age, women used to wear long skirts, mostly without underwear or feminine hygiene products for their menstrual flow².

The price of blood...

Today, in our woman life, “to serve us”, a market of several billions (359 millions of euros in 2003 in France) offers us products we can’t fabricate ourselves and tend to be dependant of. Those industrial products often contain chemical substances and we keep them in contact with our very permeable mucous membranes, which are an open door to the

inside of our body. On average, we use 10000 to 15000 disposable feminine hygiene products in our life. As a result, tons of water and pesticides are used to produce the cotton and then it makes tons of waste.

So, it costs money, generates pollution and stress (what a tragedy when we have forgotten our protections as our periods begin!), and moreover, we risk to develop some allergies, irritations, or this famous “toxic shock”, explained in the “hygienic” tampon instruction document, and which has killed many women. So many delights we would be pleased to get rid of if we had the choice.

Towards autonomy

This choice, let me announce it, we have it!

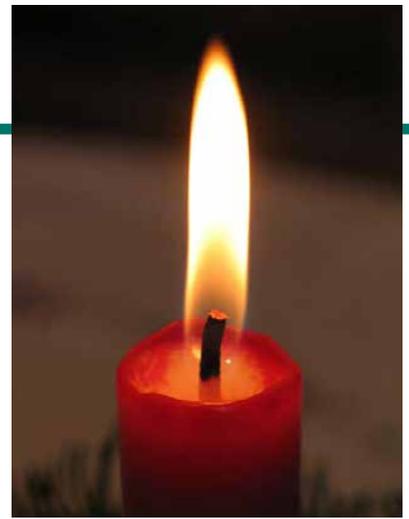
Neither the “specialists” of pads and tampons, nor Schools, will tell you that having our periods is free.

Some women have decided to get rid of all this gear and have then developed their own capacities. Being autonomous is a self choice in our society: we can either depend on consumption goods, be assisted, or either increase our own capacities. Regarding menstruation, good news, we can all learn how to control our blood flow. In the United States, there is a movement called “free-flow-instinctive”. It is the information I would like to share with you though my own experience.

I started to get rid of the blood flow absorbing gear without knowing it was possible, by chance, during holidays when I had no feminine hygiene products with me. Without protection or assistance, my body took over, and then, as I was expecting a big red catastrophe, there was only a tiny stain. From then, I would just go to the toilets when I felt it necessary. Now, with time, my control is getting better. I can sleep with no feminine hygiene products without problems (sometimes I need to get up once at night, the first two days). If I write this article, it is to share my pleasure to feel and develop my personal and natural capacity! It is a huge satisfaction to get the control, while learning to listen to our body! What a freedom to stop thinking of buying, carrying and using menstrual products...

A society without nappies?

Imagine a society where parents wouldn’t teach their kids to get rid of nappies; we would have to wear some all our life! In this sense, women are still like babies, dependent for a quarter of their life on an industry which “makes their life easier” and prevent them from being autonomous. Ironically, our weak pelvic floor muscles (we are not used to train anymore) leads to incontinence, an issue that concerns mostly women. Thus, after menopauses, pads are replaced by nappies





for urinary loss, for the success of the nappy lobby!

There are maybe other reasons (practical, philosophical, political, ecological, hygienic, economic and sanitary) to learn how to control our blood flow, but I am not going to write a thesis. Every woman should experiment this, if she feels like to it or just by curiosity!

Raw food and menstruations

On the other hand, I should point out that women got free from blood flow issues in another way: eating raw food. For them, blood flow and pain have diminished a lot or have disappeared, which doesn't prevent from ovulating or being pregnant. For the majority of the occidental gynecologists, it is a problem you need to fight against with hormones, although the Christian tradition and the occidental medicine would consider menstruations as a disease...

For raw foodists, abundant blood flow and pain are a sign of inadequate diet. In my opinion, it is logical that female animals don't bleed abundantly, and that it should be the same for woman, considering that both animals and humans are prays in nature. Hopefully someday someone will lead some studies on this subject.

How to start?

The method is simple: next month, if you are at home or in a quiet area, or in nature, just don't put any hygiene products (black underwear, a little bit of toilet paper or a light cloth you can wash possibly). The idea is to be conscious that you don't use any of those valid commercial protections, so that your body takes over. Your muscles end up unconsciously contracting (not strongly, like for fitness). Those muscles belongs to the pelvis floor, they are the same you contract in the vagina when you make love.

After an hour or a few hours, you will feel that there is some blood to evacuate, as you would feel when you need to pee. At this moment, go to the toilet and release the muscles. At night, the flow stops and the vagina contracts naturally,

Testimony

Carine tells us: « A few years ago, I read the testimony of a woman who was saying that she could hold her menstrual flow and do without feminine hygiene products. She was also saying she was eating raw and using the derivative bath technique, which had helped her a lot in her approach. The technique of derivative bath consists in cooling the pelvic region by immersion in water or with a gel pack. It also enables to stop many symptoms. At this time, I was not yet eating raw, but this testimony made me feel like trying to be more conscious about my menstrual flow. And I realized it was rather easy to control, and very convenient. At this time I was breastfeeding, and it helped me being more aware about what was happening in my body. »

so do your muscles which hold the pee. You may want to put a protective cloth on your bed, just in case. The muscle capacity, when used, is impressive: for example, I have never stained my panties when sleeping, whereas I used to stain my pads!

On average, I would say you have to go to the toilets 4-5 times the first two days and then, the next days, mostly while getting up in the morning. You can wonder whether it is harmful: I asked my gynecologist and she said I was strengthening my pelvic floor, which is a very good thing. According to me, holding my blood flow for a few hours is no more harmful than holding my pee. The idea is to be able to release the flows when needed (blood or pee). If we were in nature, we wouldn't have to hold the flows too long. Moreover, if our muscles can stand it naturally and without efforts (except ideological), I don't see any danger in this method. Our capacities are there to be used! Indeed, in my case, it is working perfectly well. Get free from assistance! You will see that while testing your abilities, you will develop them. You will refine your senses and your perception, along with the knowledge and the control of your body. It is some caring also that you give to your body. Women have periods and it is not a disease or a weakness.

Don't let the industrial world take the control over our body, let's take it back!

Léna Abi Chaker

1 - Histoire médicale de la menstruation à la Belle Époque, J-Y Le Naour et C Valenti.

2 - History of underwear, Mike Repplier.

