

WOMEN'S HEALTH LIBERATION:

Being a woman has become a medical procedure. I have a theory that because health care has been largely dominated by the male species, the female experience has become an issue of control:



Female infants receive more vaccines than their male counterparts despite the unknown long-term effects of the new cocktails being injected directly into the depths of the immune system, and in spite of the fact that some of them are irrelevant until the sexually active era – some 16-20 years later; Advertising and Media interests push the use of synthetic coatings, colorings and fragrances all aimed to make the girl and then woman look and smell better than how they perceive themselves to currently be – thanks to the imagery of the same

interests; The sooner a young woman can be placed on the contraceptive pill the better – beyond the man's need to avoid safe sexual practices, the practice with known long-term vascular and tumor enhancing complications is acceptable to control menstrual symptoms, irritations and irregularities; Conception is increasingly a controlled and artificially assisted procedure, in spite of the fact that the decreased fertility rates can be linked to the excessive exposure to zeno-estrogens – which have been released into the environment by man's many chemical adventures; Pregnancy and birth are medical pathologies which require the cold, clinical and even surgical intervention of blokes in white coats at every possible juncture; Depressive relieving medications are too often prescribed to relieve the isolation and rejection inflicted on the feminine psyche by the male ego; Menopause is an unnecessary and unwelcome disease requiring a range of medications which increase the chances of the next stage of life being filled with even more debilitating struggles with cancer and stroke; And, when the woman receives the final insult of a cancerous diagnosis, she is once again confronted with a bunch of blokes hard-selling heroic, radical and often new but unproven experimental chemotherapeutic and immune destroying tinctures.

So, I ask the question: **What will it take for the female movement to demand liberation from a masculine health care model?** Is the time approaching when white coats will be burned instead of bras? But more essential in the quest for female health liberation will be the demand for personal choice and empowerment – You have the vote; you have (supposedly) equal opportunity in the workplace; you have numerous social and personal freedoms that would once have been shunned; NOW is the time to start to exercise your consumer rights in the health and wellness arenas.



Here are some guidelines for how this liberation might begin:

- 1) Be a child of God:** Female children should be reared with the reassurance that they have been created beautiful and whole. The gradual, insidious and persistent messaging that they would be beautiful if they looked and/or behaved like someone else who is thinner, smarter, and more attractive needs to be replaced with a new cultural upbringing.
- 2) Be a natural-born woman:** Learn how to avoid man-made synthetic stuff; instead selecting natural and nutritional health and beauty products – Choose to enhance the inner beauty that lives within rather than covering up the perceived flaws with thick and asphyxiating compounds. Avoid ingesting processed, preserved, colored, flavored and packaged ingredients which ultimately create a toxic internal and eventually external environment.
- 3) Blossom like a flower:** Feed yourself with rich fertilizer – Eat food that encourages regeneration; follow your dreams and visions; listen to your female intuition; hang out with other flowers of many and varied colors and fragrances.
- 4) Mature like a fine wine:** Make lifestyle choices which nurture, empower, refine, fortify, nourish and encourage wholeness and growth. Seek relationships that support and appreciate YOUR SHAPE – emotionally, physically and spiritually.

This is an excerpt from the Super Healthy Wellness Coaching Manual: You can purchase and download this manual at www.superhealthy.com.au

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