

DID YOU KNOW...

# HORMONAL CONTRACEPTIVES



## DON'T CURE PERIOD PROBLEMS



Many women are prescribed birth control to "solve" a problem with their cycles. This can lead to masking symptoms without addressing the root cause. You deserve treatment that restores your health.

## HAVE UNNECESSARY RISKS

Since hormonal contraceptives are not usually medically needed, the risks they carry are likewise unnecessary. Certain contraceptives can create blood clots and others are even classified as Group 1 carcinogens - the same class as asbestos and tobacco.



## CAN KILL SEX DRIVE

Multiple studies have confirmed that hormonal contraceptive users experience dramatically lower libido. Contraceptives are also linked to depression and mood changes which can impact your sexual intimacy.



## CAN ACTUALLY MAKE REPRODUCTIVE DISORDERS WORST

Hormonal contraceptives can mask symptoms or serious disorders, which worsen the longer they go untreated. Undetected PCOS and endometriosis can have lasting effects on fertility.



## ARE THE RISKS WORTH IT?

Hormonal contraceptives have a long list of side effects including: dry eyes, migraines, weight gain, moodiness, dry skin, bloating, nausea, blood clotting, acne, fatigue, vaginal irritation, depression, anxiety, depleted nutrients, and even an increased risk for some serious diseases. Why not choose a completely safe, healthy and effective fertility awareness based method (FABM) with none of these side effects?



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Source: Marilyn Shannon's popular book  
Shorter, Lighter and Pain-Free Periods

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