

Judy Howard

Bach Flower Remedies for Women

Leseprobe

[Bach Flower Remedies for Women](#)

von [Judy Howard](#)

Herausgeber: RandomHouse GB



<http://www.narayana-verlag.de/b11719>

Im [Narayana Webshop](#) finden Sie alle deutschen und englischen Bücher zu Homöopathie, Alternativmedizin und gesunder Lebensweise.

Das Kopieren der Leseproben ist nicht gestattet.
Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern
Tel. +49 7626 9749 700
Email info@narayana-verlag.de
<http://www.narayana-verlag.de>



A Question Of Fertility

There are times in most women's lives when, as the months pass, each one marked by the familiar menstrual period, the thought "what is it all about?" creeps into the mind. Perhaps most commonly, this thought would be uppermost in the minds of teenagers because it is then that the term "curse" is really understood! Just at the time when social life is developing and when looks are all important, the appearance of the period can be so distressing. Not only does it bring with it pain and discomfort, but it also causes an increase in the skin's oiliness which in turn frequently causes spots and boils to appear. There can be nothing more frustrating or disheartening than to be looking forward to a special night out when a period starts just at the wrong moment. We learn to live with it as we get a little older, but during the teenage years, it can be catastrophic, especially if that special night out is with a new boyfriend! I do not think there can be many teenage girls who would not welcome some means of abolishing or postponing periods until their purpose is really needed!

For many girls, as relationships with boys begin, and then later on, a more serious relationship with a man develops, the question of sex is bound to arise and needs to be addressed. Most young women are aware and understanding enough to consider this question in a responsible and practical way, but the fear and anxiety attached to the prospect of becoming

pregnant or contracting a sexually transmitted disease is very real and something which needs to be thought about carefully. In a woman's younger years, her thoughts tend to be concerned with avoiding pregnancy, and avoiding it at all costs. However, even with the best intentions, theory is inevitably much easier than practice. I can remember, even in my mid-twenties and settled in a secure relationship with my husband, feeling that I would not mind at all if I were rendered sterile - anything to overcome the double headache of avoiding pregnancy and dealing with the nuisance of contraception. Ten years later I realized how naive and shortsighted such ideas were, because the ability to bear a child must be the most precious gift that life has to offer - how ungrateful and selfish to snub it.

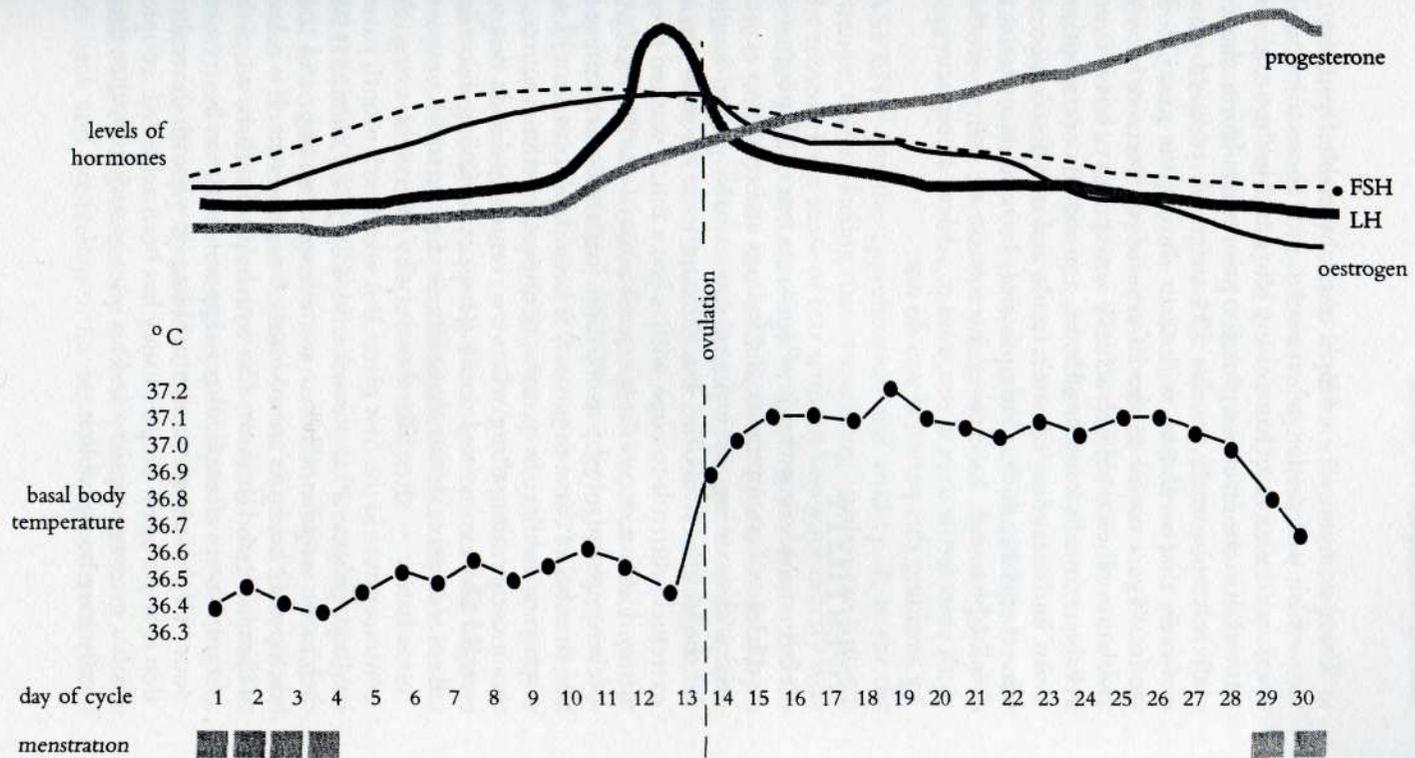
During those early years, one can never know how one is going to feel later on, and what life might have in store. We cannot know what we might experience, desire, reject, long for or delight in, and until we do, we can only appreciate how we feel now, and so we act accordingly, without always considering how we **might** feel as a consequence.

FERTILITY

Having had the dangers of taking up a sexual relationship ingrained into us since we were adolescents, many women grow up with the idea that if sexual intercourse takes place, they will, without doubt, become pregnant; a fact of life. However, despite the fact that numerous cases can be cited where a pregnancy has occurred due to an "accident" on the one occasion it took place, there are only a few days in each menstrual cycle during which conception is possible. An ovum can live for only about 24 hours, and although sperm can survive for up to about five days, they need to be in the right place at the right time for fertilization to take place. They need to meet the ovum in the outer segment of the Fallopian tube, which means that intercourse has to take place within about 12 hours of ovulation, or to have taken place in the preceding few days to enable sperm to be in position, ready and waiting for the ovum to be released. Unfortunately, ovulation cannot be predicted accurately enough

because although it occurs mid-cycle, it occurs 14 days **before** the onset of menstruation, not 14 days afterwards. If you have a 28 day cycle, then this will in fact be 14 days before and afterwards, but if you have a 31 day cycle, ovulation will be 17 days after the onset of your last period, 14 days before the next. Safe practice therefore means using contraceptive measures all the time. Although it is not possible to predict **exactly** when ovulation will take place because the length of our cycle cannot be relied upon no matter how regular it **usually** is (stress and illness for example, can affect the delicate balance of hormones and thus delay ovulation), there are ways and means of establishing that it is about to occur and also when it has actually happened. As the ovum ripens, the cells of the developing follicle produce oestrogen which builds up the endometrium. Oestrogen also causes the cervix to soften or "ripen" and produce a "slippery" mucus. This is called "fertile mucus" as it occurs only during the fertile period of the month. If you make a point of inspecting the mucus produced, you will notice that during the beginning and the end of the cycle, it is opaque and slightly sticky. As mid-cycle approaches, you will notice that it becomes more watery and you will also feel a sensation of "wetness". Then, when ovulation is about to take place, the cervix produces its most fertile mucus which is like the white of an egg, and stretches into a long strand if you hold it between two fingers and slowly draw them apart. Once ovulation has passed, the mucus returns to its usual sticky dryness. The follicle produces progesterone, the hormone that nourishes the ovum and prepares the endometrium for receiving it if it becomes fertilized. Progesterone also causes an increase in the basal body temperature and is in itself, a means of establishing that ovulation has taken place. If the temperature is taken each morning before rising and before eating or drinking, you will notice that after mid-cycle there is a marked increase, and the temperature remains at this higher level until the next period commences when it drops to the lower pre-ovulation level again. Unfortunately, although a fairly accurate diagnosis of ovulation (it is possible to have a temperature rise but not ovulate), it is only useful in retrospect.

HORMONE RELEASE & THEIR EFFECT ON BODY TEMPERATURE AND OVULATION





Judy Howard

[Bach Flower Remedies for Women](#)

A woman's guide to the healing benefits of the Bach Remedies

192 Seiten, paperback
erschienen 2005



Mehr Bücher zu Homöopathie, Alternativmedizin und gesunder Lebensweise www.narayana-verlag.de