

Basic Principles of Women health

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Fundamental concepts

From external controll to inner guidance

„We have to take responsibility for our health at first place“

We should give up the habit to rely on outside help only, whenever we experience any pain or disease in our body, mind and emotion.

Doctors do their best, and we should not neglect to search medical help, whenever we need it, but we also have to take responsibility for our health and general wellbeing. When problem and pain arise besides seeing a doctor you should take out time for yourself and start seeking for answers, techniques, life style changes in order to help your betterment.

However I always recommend, if you need doctor look for one who is also trained in naturopathy or any other ancient or eastern medical science. Simply because they look the person and diseases in a hollistic way.

A doctor can not know and feel your body sensations, your thoughts and emotions from which may the diseases developed.

The mind and the body are intimately linked via the immune, endocrine, central nervous, and connective tissue systems. The *body and the mind are a unity*. There is no disease that isn't mental and emotional as well as physical.

Consciousness creates the body, pure and simple. Consciousness isn't just in the head. It is far more vast than our brains and bodies and exists beyond time and space. On a practical day-to-day level, however, our consciousness is the part of us that chooses and directs our thoughts. Thoughts that are uplifting, nurturing, and loving create healthy biochemistry and healthy cells, while thoughts that are destructive to self or others do just the opposite.

In other words when you have good thoughts and emotions it is like an investment to your health bank and when you have to opposite as a loan taken from your health bank.

„All diseases has mental, emotional and body aspect”

When we are young and our body is strong and healthy we can tolerate more stress factors (contaminated surrounding, stress, bad eating habits, sleep deprivation, vitamin and mineral deficiencies: for example some doctors states that vitamin D deficiency one of the root cause of PCOS, or iodine deficiency for hypo thyroidism, it is also a fact that most of the women who suffer from depression are low on magnezium and vitamin D)

„As we get older we are more prone to diseases, we have to take care more about ourselves”

However as we get older is ultimately important to have a strong daily routine, organized life, nourishing diet, uplifting thoughts habit about ouselves and others in order to avoid diseases. As we get older stress affacting more and more women health (adrenal fatigue) and responsible for major negative symphptoms we experience during menopause.

„Prolonged stress affects female organs negatively”

For example when you are under continuous stress for a prolonged time, it is not just affecting your brain, but as there are cortisol receptors all over your body, as well as in your women organs, it is highly possible that you end up with vaginal infection or uterus prolapse as prolonged stress weakens your connective tissues as well. Your microbiom and intestinals are also in danger.

Christine Northrup famous gynecologist also beliefs that problems in our women health arises when we give up ourselves and our feminity. Until we fight to make things better, it is less likely to develop diseases, but as we become unfaithful to ourselves, as we give up ourselves (staying in bad relationship just for the sake of financial security or because of children, or in a workplace which does not serve our goals any more), then soon women organs related diseases follows as cyst, endometriosis, polyps, cervicitis etc.

„Aim to remain tru to yourself and your dreams to avoid female diseases”

And new research has shown that the connective tissue throughout our bodies functions as a continuous crystalline matrix in which a change in one area is immediately communicated throughout the entire system, because crystals are well-known energy transmitters and transducers. That means that the slumped shoulders associated with sadness and grief transmit the biochemistry of “sadness” instantaneously throughout the entire body. On the other hand, the very act of smiling sends the opposite message. All emotions, even those that are suppressed and unexpressed, have physical effects. Unexpressed emotions tend to stay in the body like small ticking timebombs—they are illnesses in incubation.¹

New research has also shown that a gas known as nitric oxide is produced by the lining of every blood vessel in your body during exercise, sex, meditation—and the thinking of joyful or hopeful thoughts. Nitric oxide (not to be confused with nitrous oxide, commonly known as laughing gas) not only instantaneously increases the circulation of blood throughout the body but also is the über-neurotransmitter, having the ability to balance all the other mood-enhancing neurotransmitters such as serotonin and dopamine. I’ve come to believe that nitric oxide is the physical equivalent of the life force, chi, or prana.²

Finding lost connection between body and mind

Many women who’ve survived sexual abuse, for example, divorce themselves from their bodies. Some experience themselves in their bodies only from the neck up, as they do not like their bodies and concealing it with loose outfits. That’s why there is so much menstrual and pelvic pain problem.

„The body uses pain to get attention”

You should train yourself to notice the subtle signs of your body. When you regain lost connection with your body and are able to detect its signals in an early stage of the development of the disease, then you can start to think what is wrong with your lifestyle, and apply changes in order to avoid the advancement of the disease.

¹ Christiane Northrup: Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health

² Christiane Northrup: Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health

„You should train yourself to notice the subtle signs of your body“

All distress, all healing of distress, and all creation of health are simultaneously physical, psychological, emotional, and spiritual.

The ovaries and adrenals are primary sites of hormone production. They, along with the uterus, vagina, and breasts, are also loaded with hormone receptor sites to receive messages from the brain, immune system, and other organs. It's easy, then, to understand that when we are sad, our female organs "feel" sad and their functions are affected. And when we are happy, our female organs respond in kind. Our thoughts, emotions, and brains communicate directly with our immune, nervous, and endocrine systems and with the organs of our bodies. Moreover, although these bodily systems are conventionally studied and viewed as separate, they are, in fact, aspects of the same system. If the uterus, the ovaries, the white blood cells, and the heart all make the same chemicals as the brain makes when it thinks, then where in the body is the mind? The answer is, the mind is located throughout the body and even beyond.³

Millions of women suffer from chronic pelvic pain, vaginitis, painful intercourse, ovarian cysts, genital warts, endometriosis, and cervical dysplasia (abnormal cells on the cervix that are picked up by a Pap smear)—all diseases of organs that are unique to females. These conditions are the language through which our bodies speak to us. Often they are telling us that we need to heal from a deeper, often unconscious wounding—the ingrained belief that we are never enough and that we are somehow tainted.

We all have choices—and we all have inner guidance and spiritual help available that can help us move toward optimal health and fulfillment. Our bodies and their symptoms are our biggest allies in this endeavor, because nothing gets our attention as quickly. Our bodies never lie. They are impeccable barometers of how well we're living in the present and taking care of ourselves.

To become healthy and whole, you must have enough courage to be in touch with the wisdom of your female body, and to follow the desires of your heart. Nothing is more exciting than knowing that our bodies and our feelings are a clear, open pathway toward our destinies.

³ Christiane Northrup: Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health

Healing from destructive thoughts and emotion

„Learn to handle destructive thoughts and believe or w eset ourselves up for physical distress“

If we don't work through self-destructive thoughts and subsequent feelings (“I am worthless,” “I'll never be good enough”), our destructive thoughts and suppressed emotions set ourselves up for physical distress because of the biochemical effect that emotions have on our immune and endocrine systems. Diseases such as rheumatoid arthritis, multiple sclerosis, certain thyroid diseases, and lupus erythematosus, for example, are all called *autoimmune diseases*, meaning that the immune system attacks the body. Why would the immune system attack the cells of the person in whom it is functioning, unless it is getting some kind of destructive message from somewhere very deep within the body? *Mental depression has been associated not only with self-destructive behaviors but with depression of immune system functioning.* Depression is also an independent risk factor for heart disease and osteoporosis. Many women with autoimmune diseases suffer from depression as well. Studies have shown, for example, that stress and loneliness can help cause latent (inactive) herpes virus to become active. *The same is true for those with Epstein-Barr virus, the virus linked with chronic fatigue syndrome.* This is one reason why, even though over 90 percent of the population has been exposed to and has antibodies to Epstein-Barr virus, only a small percentage actually suffer from the disease. The same is true for those suffering from gastric ulcers associated with *H. pylori* bacteria and from yeast-related diseases. This information is especially relevant to women, since at least 80 percent of all autoimmune disease occurs in us. Even endometriosis, epilepsy, premature menopause, infertility, and chronic vaginitis have autoimmune components.

Emotional cleansing: Healing from the past

„Healing can occur in the present only when we allow ourselves to feel, express, and release emotions and unmet needs from the past that we have suppressed or tried to forget“

When we have allowed ourselves a full emotional release, we end up experiencing compassion for the hurting part of us that has been crying out for acknowledgment and validation. As adults, we come to

realize that we now have the skills and strength to get those unmet needs of long ago met directly. As a result our body, mind, and spirit feel cleansed and free.

Key to female health: 20 % symphatetic and 80 % parasymhatetic nerves system operation during the day

When you live your days in a performance oriented point of view, than it is likely that most of the day you operate in symphatic nerves system, in other words in fight or flee mode which is overly destructice to the female health.

Let me explain it with the Cave analogy: A few thousand years ago ladies stayed in the cave raising children, cooking food, gardening, most of the time in parasimpatetic nervous system mode, while men went out hunting and protecting the land. Which means men nervous system are much stronger and they can handle stress better. While if women are under continuos stress, they system starts to shut down functions which does not need for survival, such as libido, fertility, menstruation, women curves, soft voice etc.

If yo want to maintain your feminine traits, fertility, endocrine and nervous system health it is ultimately important that you live most of your day in a parasymphatetic mode. You have to clean your life from too much activities and hobbies, and you have to meditate in your needs and desires. If you do not know yourself well, you pack your days with many activities, coming and going and at the end you end up exhausted, letargic and with adrenal fatigue, not mentioning women diseases.

Excess stress

The stresses in our lives can alter the biochemical machinations of our bodies. it's medical fact. Stress is the top reason behind most visits to the doctor, and it contributes to all the big causes of death, including heart disease, diabetes, stroke, and cancer.

Unremitting cortisol-raising stress tends to produce free radicals, which may cause mutations and other forms of DNA damage in your cells, and deplete certain micronutrients, including magnesium, vitamins B1, B5, B6, B12, C, and tyrosine. Excess stress also can cause you to excrete magnesium, a

mineral key to calcium absorption. Basic supplements can help lower cortisol. Free radicals can be combat with Antioxidants, Glutathione and Superoxide dismutase. (More on it in the Hormone chapter – Cortisol)

When coping with stress – Women talk, men retrieve

That's why women like to meet and socialize with their friends and talk about problems. It is like a de-stressing program, where they form a stress-reducing, protective female network, leveraging oxytocin, the "love" hormone. When oxytocin rises in our blood and brains, which lowers cortisol.

How chronic stress affects the body:

- less diversified microbiome and more pathogenic bacteria
- fat accumulates in unusual parts of the body
- water retention
- loss of female characteristics (body shape, soft voice, curves, menstruation)
- immune system shuts down – immunosuppression (T cells are put to sleep) – you start to get more inflammation
- decreased sperm production, decreased libido, no ovulation
- sustained high blood sugar – IR
- no detoxification
- much slower digestion
- fascia more restricted, you lose your range of motion
- brain shrinks
- amygdala – fear and anxiety

Synchronizing with your menstrual cycle

We believe that if our body performs at the same level each and every day, we've achieved a state of health, vitality, and success. Yet this point of view is against your very nature: everything in your life, in your body, and in the world around you functions in a cyclical manner—from the seasons, to the moon, to your menstrual cycle, to your hormones, and so much more. To expect yourself to wake up feeling exactly the same way tomorrow morning as you did today is a misunderstanding of how forces in your body operate, furthermore it can ruin your female health. Opening your eyes to this new, cyclical way of understanding your body may be the most profound thing you can do when it comes to repairing your relationship with your body. (Menstruation chapter)

Female organs and their messages

The Uterus

The oldest oracle in Greece, sacred to the Great Mother of earth, sea, and sky, was named Delphi, from *delphos*, meaning “womb.” —Barbara Walker, *The Women’s Encyclopedia of Myths and Secrets*

The uterus is located in the low center of the pelvis, in the middle of the pelvic bowl, and is associated with power, passion, and creativity. This makes sense because the uterus is the vessel in which new life is nourished and brought to fruition.

The ovaries, tubes, and uterus are all part of the female hormonal system. Each of these structures is intimately connected to the others. The circulation of blood to the ovaries depends in part on the intact uterus. Following a hysterectomy, changes in the blood supply to the ovaries result in an earlier menopause in many women. The uterus itself is very sensitive to the effects of hormones and also for the quality of food we take. As the central organ in the pelvis, the uterus and its attachments to the pelvic side walls, the cardinal ligaments, are important but underrated components of the entire pelvic anatomy.

Unfortunately hysterectomy is still the most common surgery performed on women around menopause. After the uterus’s childbearing function has been completed or when a woman chooses not to have a child, modern medicine considers the uterus to have no inherent value.

The possibility that the uterus might have any function other than childbearing or tumor production has only recently begun to be addressed. In truth, the uterus plays a role in hormonal regulation, sexual satisfaction, and also bowel and bladder function. Its removal is not advisable unless absolutely necessary.

Though there are distinct differences between the energies of the ovaries and those of the uterus, many women have problems in both at the same time. For example, many women whose ovaries are affected by endometriosis also have fibroid tumors in the uterus. It is helpful, therefore, to discuss in general the overall nature of the emotional and psychological energy patterns that create health and disease in the pelvic organs.

The *female* pelvic organs (ovaries, tubes, and uterus) are related to second-chakra issues. And second-chakra issues are always related to money, creativity, sex, and power. Thus the health of the pelvic organs depends upon a woman's feeling able, competent, or powerful enough to create both financial and emotional abundance and stability, and to express her creativity and sexuality fully. She must be able to feel good about herself and about her relationships with other people in her life. Relationships that she finds stressful and limiting, and which she feels she has no control over, on the other hand, may adversely affect her internal pelvic organs. Thus, if a woman stays in an unhealthy relationship or job because she feels she cannot support herself economically or emotionally, her internal pelvic organs may be at increased risk for disease.⁴

We all have a certain life power, which modern medical science names as hormones, Jung libido, eastern culture prana or chi. It is our responsibility to use well this power to create good things in life, work for the whole, not for selfish motives and use our power for the service of humanity. When you use your creativity in good ways than you can experience joy and happiness, but if you neglect to use your creative power because of laziness, or because you do not need to work for money, this energy starts to lower on the chakras and you start to develop addictions and overdoings just as overindulging in sensory pleasures as watching too much television, over eating, smoking, shopping, games, sex etc.

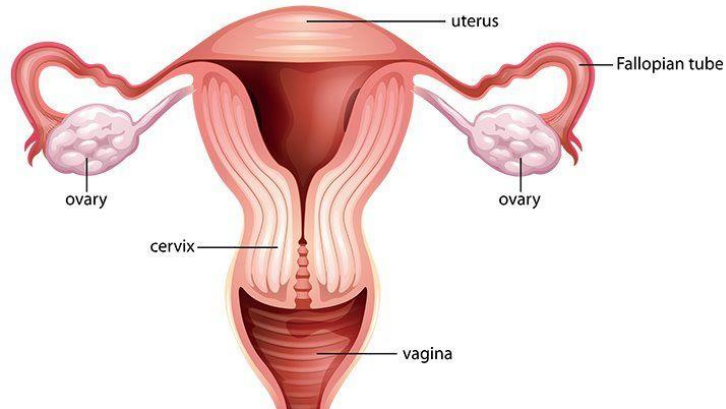
If you neglect to use your creative energy that easily fibroids can develop in your uterus as a sign of unbor child or project.

The uterus is related energetically to a woman's innermost sense of self and her inner world. It is symbolic of her dreams and the selves to which she would like to give birth. Its state of health reflects her inner emotional reality and her belief in herself at the deepest level. The health of the uterus is at risk if a woman doesn't believe in herself, is excessively self-critical, or is putting too much of her energy into a dead-end job or relationship.

„The uterus is related energetically to a woman's innermost sense of self and her inner world“

⁴ Christiane Northrup: Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health

The Ovaries



„To maintain health, she needs to understand how to use her “balls” in a life-enhancing way”

From an energetical standpoint, ovaries are the female equivalent of male testicles. When a man goes out into the world to perform acts of difficulty or courage that require manipulating the external world of things or people, he's said to “have balls.” For a female, going out into the world, particularly a male-oriented world, also “takes balls,” but she must use her ovarian energy. She should not try to imitate a man, because her ovaries and their energy field can be adversely affected by an overly masculine relationship with the outside world. To maintain health, she needs to understand how to use her “balls” in a life-enhancing way.

While uterine health is directly related to a woman's belief in herself at the deepest inner level, ovarian health is related to the quality of a woman's relationships with the people and things outside herself. When problem arise in the ovaries symbolically it represent that there are distortions between us and outside world, in our relationships. Represents distortion between self and outer world (work, family, siblings, friends, partner etc.) Ovaries are at risk when women feel controlled or criticized by others or when they themselves control and criticize others.

„Ovarian health is related to the quality of a woman's relationships with the people and things outside herself”

Vulva, Vagina, Cervix, and Lower Urinary Tract

Problems in the vulva, vagina, cervix, and lower urinary tract are primarily associated with a woman's feelings of violation in her one-on-one relationship with another individual or in her job. Given the substantial number of immune cells at the mucosal surfaces, such as our vagina, urethra, cervix, and bladder, and given that the function of these cells is highly influenced by stress hormones such as cortisol, it is not difficult to see how a perception of violation and the subsequent biological cascade of hormones that results in response to this perception might well impair optimal function in this area of the body.

A woman who has a health problem in the vagina, vulva, or cervix may be involved in a situation in which she is being used sexually or in a job without her complete conscious cooperation and consent. Or she may be feeling forced to do something against her consent or to act in a sexual way about which her emotions are divided. In such a situation her body is likely to respond with problems that we associate with sexual violation. These physical problems can appear if, for instance, she is using sex to obtain financial, physical, or emotional security or to manipulate another person, rather than to bring mutual pleasure. Feelings of being used or raped are associated with chronic vaginitis, chronic vulvar pain, recurrent venereal warts, recurrent herpes, cervical cancer, and associated abnormal Pap smears (cervical dysplasia).

„Getting a urinary tract infection may be the body's way of releasing anger“

Women with episodic urinary symptoms often find that the episodes are accompanied by anger or feeling “pissed off.” Getting a urinary tract infection (UTI) may be the body's way of releasing anger. Women with recurrent UTIs should pay attention to what happened in their lives and relationships twenty-four to forty-eight hours before the onset of the symptoms. With practice, we can often become aware of the offending situation and take steps to change either the situation or our response to it. When the anger becomes more chronic and less available on a conscious level, the symptoms may take the form of continual urinary urgency and frequency.

„Studies have shown that women with chronic bladder infections have more free-floating anxiety“

Studies have shown that women with chronic bladder infections have more free-floating anxiety and more obsessive personality traits and tend to experience emotions only through their bodily symptoms

(somatoform disorder) compared to women without this problem. Several researchers have found that women who feel the need to urinate frequently but who don't have infections are more anxious and neurotic than those without the problem. It has also been found that symptoms of anxiety correlate with urinary urgency, needing to get up at night to urinate, and frequent urination. Many women can relate to urinary frequency around exam time at school or when trying to get to sleep at night while worried about something.

Chronic vulvar problems such as pain and itching are associated with stress from anxiety and irritation related to being controlled either by a partner or by a situation that in energy terms is equivalent to a partner. An example would be a woman who feels so "married" to a job that totally controls her that, unconsciously, she is not free to experience her life on her own terms.

Besides frustration and anger, another emotion that generally tends to affect our health adversely is guilt. When our guilt is centered on our sexuality, it can become associated with problems specific to our entry points.

Now it is even more important for women to be clear about their sexuality and their choice of sexual partners. It is especially important that women consciously use their freedom to understand what their bodies really want and not be led by the blandishments of partners who equate freedom with irresponsible behavior.⁵

Breasts

The female breast is designed to provide optimal nourishment for babies and to provide sexual pleasure for the woman herself. The breasts are very sensitive to hormonal changes in the body; they undergo cyclic changes in synchrony with the menstrual cycle. They are very intimately connected with the female genital system: Nipple stimulation also stimulates the clitoris and increases prolactin and oxytocin secretion from the pituitary gland. These affect the uterus and can cause contractions there and also in the pelvic floor muscles.

⁵ Christiane Northrup: Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health

Our culture has skewed the nurturing metaphor in such a way that women too often give themselves away to others, without nurturing themselves. Women give and give and give without regular replenishment until the well runs dry. Though there is nothing wrong with nurturance, nurturance at the expense of oneself can set the pattern for ill health.

Much breast cancer is related to our need to appear to be self-contained and self-nurturing, which is impossible. Everyone needs the support of others to be fully healthy. The major emotion behind breast lumps and breast cancer is hurt, sorrow, and unfinished emotional business generally related to nurturance.” Breasts are located in the fourth chakra energetic center, near the heart. Emotions such as regret and the classic “broken heart” are energetically stored in this center of the body.

Guilt over not being able to forgive oneself or forgive others blocks the breasts’ energy. (The other organs in the fourth chakra, such as the lungs, are also susceptible to this energy pattern.)

An important 1995 study found that the risk of developing breast cancer increased by almost twelve times if a woman had suffered from bereavement, job loss, or divorce in the previous five years. It is important to note that long-term emotional difficulties were not associated with breast cancer.

Benign Breast Symptoms: Breast Pain, Lumps, Cysts, And Nipple Discharge

The most common reason women seek medical consultation for breast symptoms is breast lumps or cysts. Though most of them are benign, these must be closely monitored to make sure that they are not cancerous. (Nipple discharge is a less-common symptom but can still be cause for concern.)

Breasts are very sensitive to hormonal changes, and nonmalignant lumps or thickenings often go away over time. But it is a standard medical recommendation that you tell your health care practitioner immediately about any lump you find. You want to know if the lump is a cyst. Breast cysts are very common in women in their forties when their hormone levels are changing.

Breast pain are very common and approximately half of all women who go to doctors go because they have some kind of pain in their breasts. Cyclic mastalgia, or breast pain that comes and goes depending on the menstrual cycle, is usually caused by suboptimal iodine levels, excess hormonal

stimulation of the breast from hyperestrogenism, excessive caffeine intake, or even chronic stress. It is *not* a risk factor for breast cancer.

The link between breast pain and breast cancer is very low. In fact, in one study of women with breast pain in whom no breast cancer was found on routine screening exams, less than 1 percent (0.5 percent, to be exact) actually went on to develop subsequent breast cancer at some point in the future.

To get relief from your breast pain, you first have to understand why it may be there. There is no doubt that the most common type of breast pain occurs premenstrually and is related to the hormonal changes in your body that are part of your menstrual cycle. In the luteal phase of your cycle all women have an increased tendency to retain fluid. But in susceptible women, this slight fluid increase, as well as other hormonal changes associated with the menstrual cycle, can cause pressure or inflammation in the breast tissue, resulting in breast tenderness. The same inflammatory chemicals such as prostaglandins and cytokines that cause menstrual cramps can also cause breast tenderness. Your breast tissue actually goes through cyclic changes each month that mirror those that are happening in your uterus. The difference is that the buildup of fluids and tissue in your uterus passes out of your body in the form of your menstrual flow. But the buildup of fluid and cellular tissue in your breasts simply gets reabsorbed back into your body. So it's not difficult to see how pain might result in many women, particularly if their iodine intake is too low or if they are eating a diet that favors cellular inflammation. Some women experience breast pain that is not related to the menstrual cycle at all. No one knows what causes this. Some sources think it is related to inflammation in the body, whereas others think it is related to neuroendocrine changes resulting from subtle interactions between our environment, our perceptions, and our hormonal and immune systems. The key to pain relief is following an inflammation-reducing diet and supplementation program, including iodine, vitamin D and E, Magnesium and at the same time acknowledging and then releasing the various emotional states, including trauma, depression, anxiety, and learned helplessness, that have been shown to alter the body's immune and hormonal systems. (More on Common female diseases chapter)

Engaging feminity

Reveal how connecting with your feminine energy and partnering with your body can help you create and achieve the life of your dreams. Once you get healthy, you'll start to realize just how the practice of planning your day and your life through the lens of what's best for your endocrine system (synchronizing your monthly schedule with your cycle) allows you to be successful at getting more done with less stress and effort. This is what living in partnership with your body looks like. When you live in partnership with your body and operate with every tool that's naturally available to you, you experience your full potential. Your health becomes the platform upon which you can design a life with intention, passion, and purpose.

Here's what masculine and feminine energy look like in action.

Masculine Energy

- Tenaciously pursuing what you want
- Deciding when/where/how a project grows
- Focusing on the end result, less on process
- Focusing on one thing at a time
- Relying on only yourself and your individual achievements
- Setting boundaries around emotions and body in order to accomplish goals
- Relating through camaraderie, entertainment, and problem solving



Feminine Energy

- Magnetically attracting what you want
- Holding the space for projects to develop at their natural pace
- Enjoying the process of creation independent of the end result
- Seeing the big picture; multitasking on many aspects of life
- Working with others; effortlessly creating community
- Connecting to emotional and physical life as a catalyst for change and development
- Relating to others by listening, sharing, and nurturing

Signs of Excess Masculine Energy in Women

- Feeling significant disconnection from your emotions and sensations
- Locating a sense of self-worth outside of yourself—based on material success in the world and the opinions of others
- Finding it difficult to give and receive nurturing and intimacy, including pleasure during sex
- Having fewer verbal skills for building deep relationships with friends, family, and romantic partners
- Being unable to fully get projects up and running the way you envision them
- Feeling isolated and unsupported

What Is Your Masculine/Feminine Balance?

Now it's your turn to identify your personal energetic balance. Think of how you typically proceed through your day. As you approach the scenarios presented, ask yourself, Am I using masculine or feminine energy in this situation?

For many women, an overreliance on masculine energy is what leads to hormonal breakdown in the first place. Masculine energy and its drive to get things done despite your body can lead you to skip meals, binge on sweets, push yourself too hard at the gym, stay too long at work, and sacrifice sleep. This can destabilize your blood sugar, fry your adrenals, and expose you to things that clog your pathways of elimination. Masculine energy can cause you to ignore your menstrual cycle as much as possible or silence it with hormonal contraceptives in an attempt to push your body to be the same every single day. When you're relying on masculine energy, you experience a disconnection from and a disassociation with your female body.

This is why turning up the volume on your feminine energy is so crucial to your healing. It allows you to switch from retroactively fixing the effects of poor food, exercise, and lifestyle choices after you experience hormonal breakdown, to proactively making endocrine-supportive decisions to prevent hormonal breakdown. To embrace feminine energy is to live in partnership with your body. Feminine energy puts you in a mind-set of acknowledging that your body works in a cyclical fashion and encourages you to trust that it has the answers you need to continue feeling well.

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