



## Is the Female Menstrual Cycle Natural?



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Concurring with metaphysicists Rev. Phil Valentine (University of Kemetian Sciences) and Dr. Delbert Blair (The Meta Center), the female menstrual cycle is normal, but not natural.

As the human body has the innate capabilities to adapt to pathologies, irregularities, and abnormalities, the female body has adapted to the pathology of menstruation and now uses this process as a cleansing method to rid the female body of toxins and waste. The female body has taken that which is unnatural (to bleed and lose the vital life essence) and converted that process into a normal female body function. Because of the menstrual cycle, women now have an additional eliminative channel in the vagina, bringing their total to six major eliminative channels (colon, lungs, kidneys, liver, skin, and uterus).

It is because of this sixth eliminative channel that rids the female body of unnecessary waste and toxins that women generally outlive men by seven years.

### Why is menstruation considered unnatural?

Menstruation is considered unnatural because it violates the Law of Reciprocity. In Nature, when a thing is taken, it is also replaced. When you take a watermelon, there are seeds in the watermelon so the watermelon can come back many times over. Nature always gives back. Now with the menstrual cycle, in the blood (menstruum) is not only toxins, but also nutrients. With the menstrual cycle, necessary and essential nutrients (minerals) are lost by the body but not replaced. This activity leads to deficiency and deficiency of nutrients leads to diseases. It's the same thing with male ejaculation. With every ejaculation nutrients are lost along with the ejaculate. This too is why many consider ejaculating other than for purposes of impregnation unnatural.

Menstruation is considered a disease because it is not natural to Nature. It is rare to find a mammal that lives and eats according to the laws of Nature to have a menstrual cycle. Have you ever witnessed a female horse, gorilla, elephant, buffalo, monkey, hippopotamus, giraffe, zebra, rhinoceros, or cow having a menstrual discharge? Don't you think corporate and greedy man would have devised feminine pads and tampons for these animals to prevent the spilling and dropping of excessively large amounts of blood?

Man created pads and tampons for career females so that the menstrual cycle would not interfere with daily business activity. Originally, during the cycle time, women abstained from work and other daily functions. This break time due to menstruation was anywhere from 1-3 days at the most. Women broke from the world or society because during the menses women/females became very receptive to psychic phenomena, became very intuitive, which allowed them to pick up information from the cosmos or the ethers which they could use for the mundane world.

### Menstruation Side Effects

For a human being to lose its vital life essence monthly is not a natural occurrence. Blood exiting out of the body is not a natural thing. If a man goes to urinate and sees blood in his urine, he first screams in fear and then goes to the emergency room at the local hospital to see the doctor.

Now if the blood which carries these minerals throughout the body is being eliminated out of the body for the sake of ridding the female body of toxins and waste (which the colon and kidneys could easily perform), then the organs that need and depend on these vital elements are not going to get them and the result is going to be lack of optimal health.

### PMS

PMS is associated with mood swings, irritability of nerves, gas (flatulence), abdominal cramps, headaches, body spasms, short term memory loss, etc. With blood saturated in the vaginal area during the menses and exiting via the vagina, the brain is not going to get the minerals carbon, copper, calcium and potassium it requires. With blood leaving the body during the menses, the nerves are not going to get its needed amount of potassium for proper nerve transmission. The thyroid gland (a major factor in weight gain and loss) is not going to get the necessary amount of iodine it needs to regulate body weight. And with a major loss of iron, a trace element, anemia is going to undoubtedly occur and cause a host of ill-effects such as dizziness, weakness, nausea, fatigue, frigidity, and brittle fingernails.

During the menstrual cycle, the female body is going to saturate the blood supply in the vaginal area to help with the menstrual cycle, and as a result, necessary minerals will not be transported in the amount needed by the other body organs and members. These minerals that are lodged in the vaginal area during the menstruation will come out in bulk in the "white" stage (leukorrhoea discharge). Yes, that white discharge commonly referred to as "leucorrhoea," is full of nutrition (that nutrition which did not make the grade doing the menstrual cycle). The white discharge is considered healthy or normal due to its high mineral content and non-smelly or foul odor, whereas and in contrast to an irritating, pruritic, copious, foul-smelling green or yellow discharge, which indicates vaginal or uterine infection or other pathogenic conditions of gynecologic origin.

So PMS is due to a mineral deficiency. Medical logic suggests that PMS can be corrected by counteracting mineral deficiency by giving the body more minerals before, during, and after the menstrual cycle. The best source of these minerals is raw, organic foods (fruits and vegetables) and herbs.

### Pregnancy and Menstruation

If menstruation is necessary and natural, and serves to expel or eliminate toxins from the female body on a monthly basis, why then does the menstrual cycle stop or go away during pregnancy?

Does an unhealthy woman automatically become because of pregnancy? Of course not. So why does the menses halt? The answer lies in the fact of the body's intelligence knowing that a new life is forming in the flesh and that the body will need extra nutrition for the building blocks of the new life.

So what about the process of eliminating toxins? How does the female body throw off toxins during pregnancy? The female body will utilize the first trimester (or first three months) to eliminate toxins from the mother host body via "morning sickness."

### **Natural Healing**

Natural sources rich in "iron" include: yellow dock root, burdock root, dandelion root, elderberries, red raspberry leaf, devil's claw, rooibos, and mullein leaf.

Natural remedies to counteract breast soreness and tenderness during the menstrual cycle include: (oils) [internally and externally] evening primrose oil, borage oil, black currant oil; (externally - massaged into breasts) olive oil, coconut oil, shea butter, sweet almond oil, avocado oil, grapefruit seed oil, rose hip seed oil; (essential oils that can be added to breast massage oil) fennel seed oil, clary sage, grapefruit peel oil, and rosemary; (herbs) saw palmetto berries, honeysuckle flower, red raspberry leaf, red clover tops, yew tips, poke root, wild indigo, and red root. Herbs that counteract eclampsia during pregnancy include: white peony bark, deer tongue herb, milk thistle seeds, dandelion root, burdock root, carbon (activated charcoal), uva ursi, grapevine leaf, and Oregon grape.

Herbs to coagulate the blood and stop excessive bleeding include: goldenseal, cranesbill (alum root), dragon's blood, manjistha, musta, shepherd's purse, lady's mantle, yarrow, cayenne, Solomon's seal, barberry, and heal-all herb.

### **Dietary Intervention**

Green vegetables such as parsley, greens, chives, and spinach are also great sources of iron.

To replenish the body of the necessary nutrients (minerals), consume herbs such as alfalfa, sheep sorrel, suma, rooibos, rose hips, watercress, parsley leaf, moringa or karela seed, barley grass, wheat grass, nettle leaf, moringa, and spinach leaf. These herbs individually provide almost every mineral the body needs and if consumed together will provide a full spectrum of every mineral and nutrient required to maintain and sustain optimal health and well-being.

Also, consume sea weeds (algae) such as kelp, dulse, spirulina, chlorella, Irish Moss, bladderwrack, Blue-Green Algae, Iceland Moss, and red marine algae. Sea weeds are the best and most nutritious foods you can eat, and provide your body with everything you need (oxygen, minerals, protein, etc.) and are an excellent source of organic "iodine" (thyroid gland food).

Herbs to regulate and normalize the menstrual cycle and flow include: maca, black cohosh, blue cohosh, dong quai, mugwort, red raspberry leaf, wild yam root (best and highest source of natural progesterone), squawvine, false unicorn, chaste tree berries, lycii fruit, red clover tops (best and highest source of natural estrogen), licorice root, sarsaparilla, and angelica.

Herbs that help soothe the nerves during the menstrual cycle include: nerve root or lady's slipper, kava kava, jatamansi, valerian root, lavender flower, passionflower, hops, skullcap, chamomile, and linden flower.

Herbs that counteract menstrual cramping and spasms include: beth or birth root, crampbark, fennel seed, anise seed, and wild yam root. Herbs that counteract menstrual related pain and headaches include: white willow bark, black willow bark, feverfew, meadowsweet, birch bark, wood betony, wild lettuce, peppermint, wintergreen, and woodruff.

Herbs that give energy for fatigue during the menstrual cycle include: ginseng (all species), ashwagandha, schizandra berries, jiwanti, yerba mate, green tea, suma, codonopsis bark, kola or bissey nut, and guarana seed.

Herbs that counteract constipation during the menstrual cycle include: senna leaves and pods, cascara sagrada, buckthorn, aloe vera resin, rhubarb root, jalap root, bibitaki, mandrake, black walnut hulls, poke root, slippery elm bark, Irish moss, guar gum, acacia gum, and psyllium Husks.

Herbs that strengthen the uterus during the menstrual cycle include: ashoka, squawvine, false unicorn, pumpkin seed, cocculus root, and saw palmetto. Herbs for mental stimulation during the menstrual cycle include: gotu kola, ginkgo biloba, bringraj, ashwagandha, ginseng, holy or blessed thistle, kola or bissey nut, yerba mate, and guarana seed.

The female menstruation itself is not dirty. A woman/female is not dirty at any time of her existence. She is not impure because of her blood. Menstrual blood, especially in modern woman/female, is only unhealthy due to what she eats, thinks, and feel and allows to come inside of her from a male (be it his penis or his inventions, such as condoms, intrauterine devices, tampons, etc.).

### **DHerbs.com Solutions**

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- [Menstrual Cycle Formula](#)

- Moon Cycle Tea
- Nerves Formula
- Nerve Calming Tea
- Energy Formula
- Energy Booster Tea
- Brain Booster
- Brain Booster Tea
- Bowel Motion
- Bowel Motion Tea
- Colon & Digestive Tract
- Yoni Cleanser
- Female Breast Oil

Thank you for reading!

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