

BIOLOGICAL SUPERIORITY OF WOMAN

"For freedom Christ has set us free stand fast therefore and do not submit again to a yoke of slavery." Galatians 5:1

"It seems strange that the Mother of the race should be made the Slave of the Fruits of her Womb, It appears peculiar that she should have no privileges except those received through her son. It seems illogical that the God Principle of the Universe, in its infinite wisdom, should endanger the existence of the Race by making the Mother of it the weak, cringing underling of her husband." HILTON HOTEWA

"There is a parallel resemblance in the sexes that proves and shows their conformity in essential parts to some remote ancestor or progenitor, which preceded them before division of the sexes." CHARLES DARWIN Origin of the Species

"Mellaart's report, written in 1966 before the completion of the excavations, shows that Catal Huyuk, whatever its name may have been ten thousand years ago, was not only a matriarchal but a utopian society. There had been no wars for a thousand years. There was an ordered pattern of society. There were no human or animal sacrifices: pets were kept and cherished. Vegetarianism prevailed - . . . the supreme deity in all the temples was a goddess."

ELIZABETH GOULD DAVIS THE FIRST SEX

"All female animals yield their regular ovulation, but it is not accompanied by waste or loss [of vital fluid]. Woman only is cursed this way. But let the female brute lose the control of her procreative function as woman has been deprived of hers [under male rule], and let her be subjected to the unbridled passion of the male, as woman is I Gen. 3:16, and she will soon begin to feel the curse. It is through woman's freedom only, and her resumption of her natural queenship in the domain of sex that she and man can be redeemed. Where is the female animal that wastes her life away at every changing moon? There are none such, save perhaps among the monkey tribes, and the fact exists there for the same reason that it does in woman. No animal that has intercourse for reproduction only, is cursed as woman is." VICTORIA W000HALL

CESSATION OF MENSTRUATION DUE TO SUPERIOR HEALTH

Professor Evans, in experiments with animals, showed that by reducing the protein intake one can delay the appearance of the first estrus and lengthen the resting period between successive periods. Reduction of caloric intake leads to similar, but less marked results (123).

Comparing the modern woman to the less sophisticated one, we note that menstruation is less a problem among primitive peoples (124): "One is astounded at the apparent cleanliness of the vagina in Navaho women who know nothing of douches and personal hygiene. Few Navaho women wear undergarments and the great majority apparently do not use perineal pads during menstruation."

In a detoxified woman, the bloodstream has all the material needed to build healthy tissue; as a result her uterus is made of strong tissue, and, with the monthly increase in blood pressure, blood will not be forced through the uterine tissue.

The toxicity of menstrual blood has been well substantiated. Mach and Lubin (136) showed that the blood plasma, milk, sweat and saliva of menstruating women contains a substance that is highly toxic to protoplasm of living plants. This toxic substance is not present during the intermenstrual periods.

The presence of toxic matter becomes obvious when one discovers that "during the first three days of menstruation the leukocyte counts in the discharge were generally higher . . . on the first days it was three times higher than normal values for venous blood." Leukocyte count goes up only when there is poisoning of the body.

Dr. Bieler, M.D., in his excellent book, *Natural Way To Sexual Health*, 1972, observes that: "Among one primitive people in the Australian bush country, WHO LIVE ENTIRELY ON FRUIT, THE MENSTRUAL PERIOD LASTS ABOUT TWENTY MINUTES; approximately a tablespoon of blood is expelled . . . The women of the American Indian of the Great Plains who lived on a simple diet and were exceedingly active, had a short uncomplicated menstrual period, scarcely noticeable" (125).

If menstruation were a natural function, it would be present in all healthy women. However, investigations show that unhealthy women experience the longest menstrual period, and, as health improves, menstrual discomfort diminishes. If a woman has not degenerated too far,

chooses her diet wisely, abstains from sexual activity, follows an exercise program in fresh air, menstrual losses will continue to diminish and, in some cases, disappear altogether. Dr. George Starr, M.D., claims menstruation is unnatural and pathological. He has cured thousands of women of this discomfort so that their periods were no longer bloody. He writes: "Nothing influences a woman's monthly flow more than diet. Sometimes a woman who flows profusely can be cured entirely by cutting down the diet and living on raw food. Often persons will skip one or two months when changing from heavy cooked food to raw food but they need not worry about it" (139).

Havelock Ellis writes about a woman who suffered painful and profuse menstruation on a meat diet and found menstruation and pain almost completely vanished when she changed to vegetarian foods. Ellis quotes her: "Food too makes a difference. I find that if I take two meat meals each day during the previous twenty-four to twenty-eight days, the next menstrual shows more blood. On two occasions I have lived on a vegetarian diet for three weeks and the flow has decreased — almost ceased in fact."

Dr. Schroyer feels that to reduce and end these discharges (menstrual and leucorrhoeal) it is necessary to detoxify the blood and the intestinal tract, which is best accomplished on a low protein, strictly vegetarian diet. This leads to re-establishing the intestinal flora. Dr. Schroyer believes that menstruation is a product of pathological inflammation of the endometrium (mucous lining of the uterus) (134).

Arnold Ehret claims that menstruation is due to a toxic condition of the blood. He found that a low protein diet, mainly raw vegetables and fruit, caused menstruation to take place at progressively longer intervals until it finally disappeared. Ehret writes: "If the female body is made perfectly clean through this diet, menstruation ceases . . . every one of my female patients reported their menses as becoming less and less then two, three, four month intermission, and finally disappeared."

This method of reducing menstruation works best in a female who lives in chastity, free from uterine hyperemia caused by sexual activity which can induce menstruation, regardless of diet. However, as she rebuilds herself nutritionally through the mucusless diet, and limits intercourse to a minimum, bleeding completely ceases.

FOOTNOTES:

124. Am. J. Obst. and Gyne, May 1951.