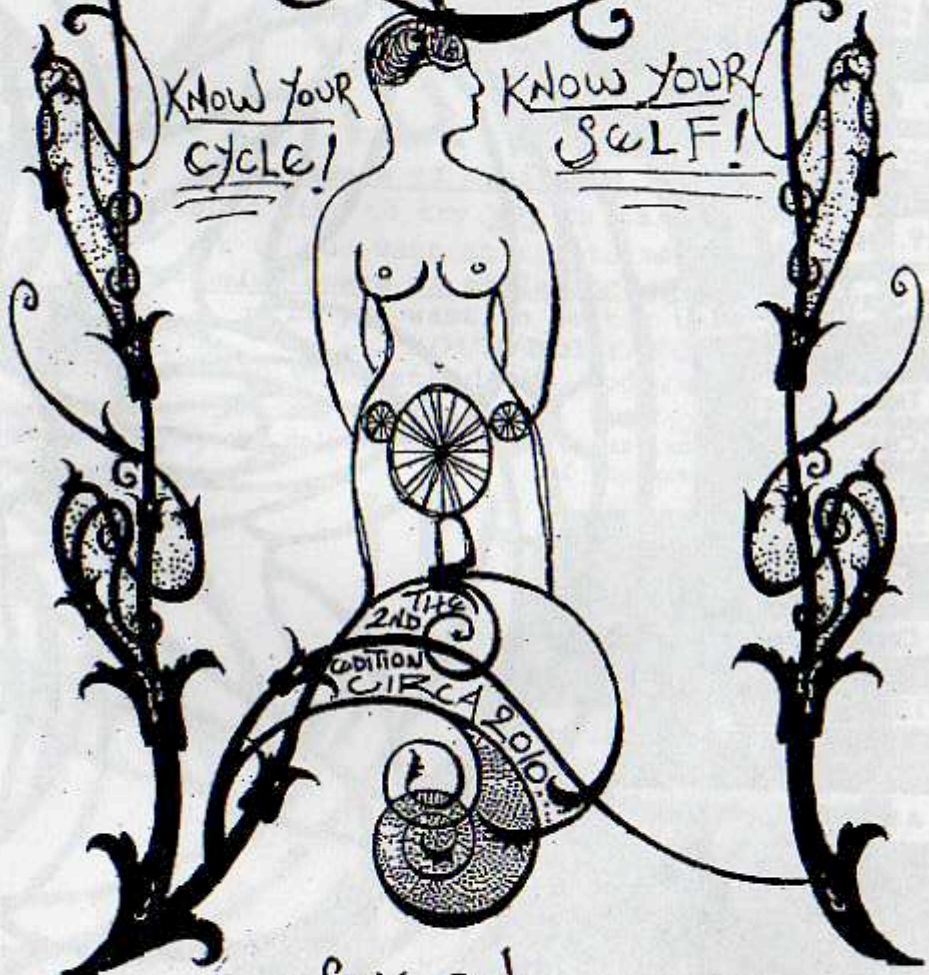


OVULATION AWARENESS!

KNOW YOUR
CYCLE!

KNOW YOUR
SELF!



THE
2ND
EDITION
CIRCA 2010

Sex ed
social & commentary
by, Sam

Q: gee, why would we want to be

AWARE
of OVULATION?

A:

being aware of ovulation is important
if you would like to try NOT to make a baby,
& if you want to try to make babies.
being aware of ovulation is important
if you want to better understand
- YOUR/BODY/YOUR/SELF
if you want to understand the body/self of a
woman that you LOVE.
>if you are a lady who only makes love to other ladies<< even
if you are celibate>>

the implications of
OVULATION

are *fucking fascinating* !!!

i promise.

1

Table of Contents

2. FUN FACTS ABOUT OVULATION

1. FUN FACTS ABOUT EGGS & OVARIES

7. THE 3 PRIMARY
FERTILITY SIGNALS

8. FUN FACTS
ABOUT CERVICAL FLUIDS

9. How To
CHECK CERVICAL FLUIDS

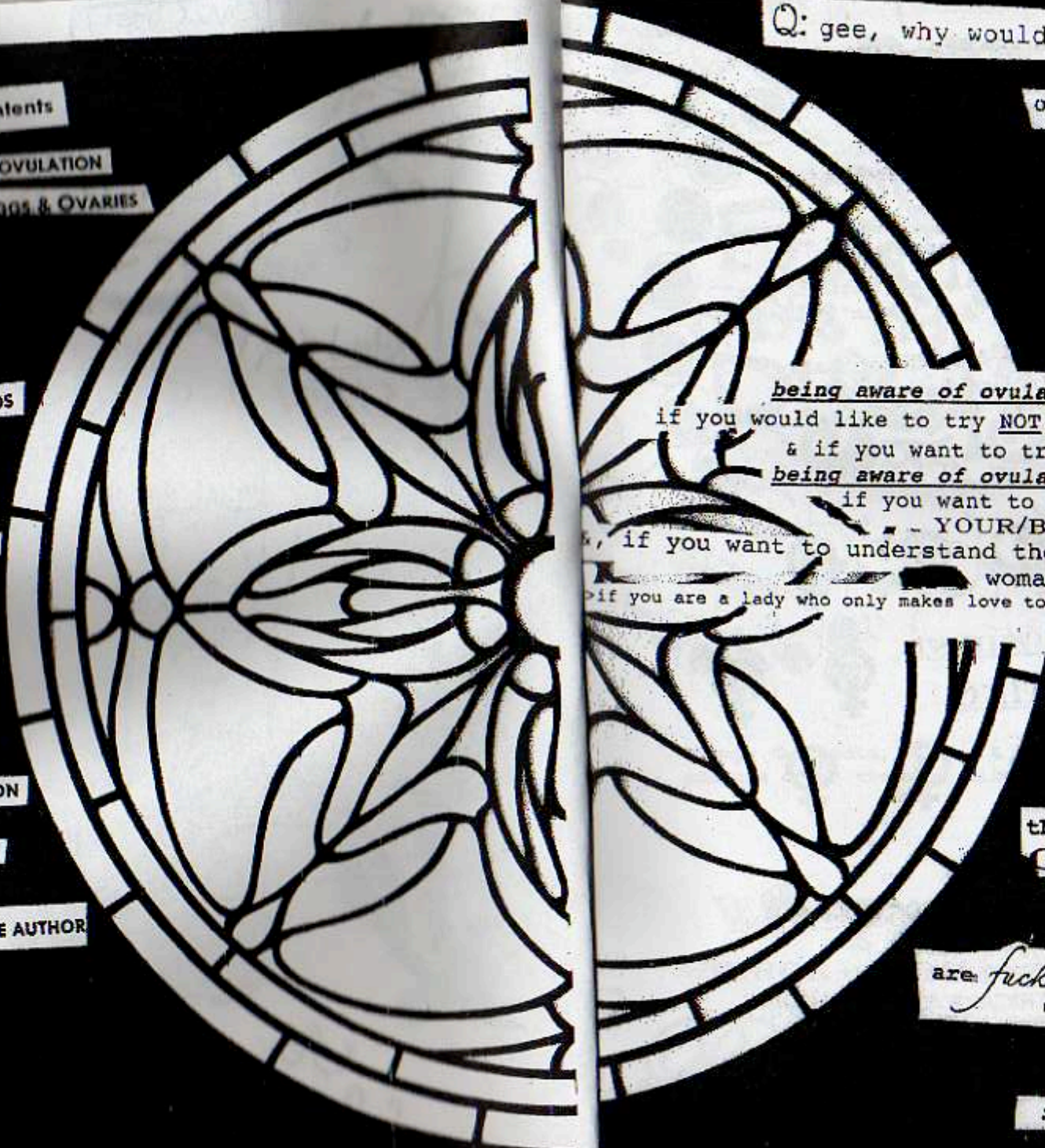
11. TEMPERATURE
CHARTING

12. How to
CHECK

YOUR CERVICAL POSITION

13. RESOURCES

14. A NOTE FROM THE AUTHOR



terally, technically, OVULATION is when the ovary releases an egg,
t essentially, truly, OVULATION is the POWER
: CREATE LIFE.

whether or not the female of our
fancy*free*will*&*self*awareness*possessing
species
CHOOSES
to create another HUMAN life with this
OVULATORY POWER, OVULATION is a potent magical
miraculous phenomenon that affects a woman's
dynamic
socially/sexually/physically/psychologically
really/really..lookitup, there have been
numerous sciencey/university studies that have
proven that



- ❖ PERFORM BETTER IN ATHLETIC COMPETITIONS
- ❖ SCORE HIGHER ON IQ TESTS
- ❖ MAKE MORE \$\$\$ \$TRIPPING
- ❖ HAVE MORE SYMMETRICAL FACES (!Wow!)
- ❖ SECRETE THE HIGHEST LEVELS OF SEX PHEROMONES



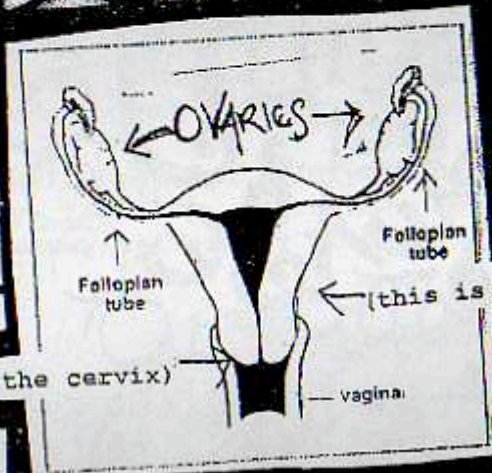
though the media, pills, & attitudes of our culture often treat it like it is.

WOMEN'S CYCLES
do not simply
MIRROR those found in NATURE
they are|

Part of Nature

let's have some fun LEARNING all ...

About Eggs & Ovaries



(this is the cervix)

vagina

❖ OVARIES ARE PEARLY COLORED! PRETTY!

❖ OVARIES ARE ABOUT THE SIZE & SHAPE OF ALMONDS!

❖ A 20 WK OLD FETUS HAS ALL THE EGGS SHE'LL EVER HAVE (so lil eggie you was in your grandmother)

❖ EACH OVARY HAS ~ 10 MILLION EGGS

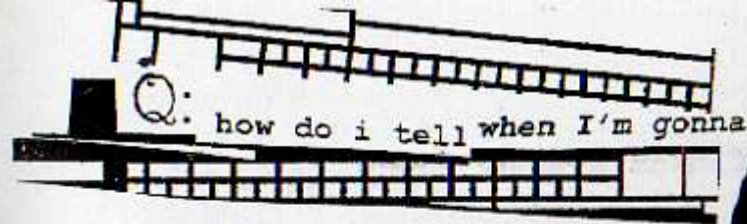
since ovaries are the anatomical & energetic equivalent to male testes (aka: 'balls') we should have popular slang that gives them equal respect! for example, if a woman is particularly brave, sassy, or spunky, we should all be hollerin' out,

DAMN!!! THAT GIRL'S GOTSSSOME EGGS!!



each egg is only
Alive
after ovulation
for about
One Day

an average of 4-24 hours.
this is the only time that
conception can take place

A musical staff with a treble clef and a key signature of one flat. The melody consists of a series of eighth notes. Below the staff, the text "A: there are 3 simple signs to observe. these are called 'primary fertility signals'" is written.

A: there are 3 simple signs to
observe.
these are called "primary fertility signals"

you can do any or all of the following:
yes, you can do it yourself! DIY! DIY!!

- 1.) OBSERVE YOUR CERVICAL FLUID
- 2.) KEEP TRACK OF YOUR TEMPERATURE
- 3.) CHECK YOUR CERVICAL POSITION

cervical fluids are so fancy & so smart!

- ❖ for over 2/3 of our monthly cycle healthy women's vaginas are hostile environments for sperm. deadly in fact. kills 'em!
- ❖ our non-fertile cervical fluid is super acidic
- ❖ it has approximately the same pH as a glass of red wine.

yum.

delicious @ murderous!

facts about fertile fluids:

- ❖ about 6 days before ovulation we begin to secrete fertile fluids
- ❖ sperm can live in this fancy fertile fluid for about 5 days
- ❖ fertile fluids @ seminal fluids have almost identical PHs; they're both alkaline
- ❖ some words to help you identify your fertile fluids would be: ooey, gooey, clear, stretchy egg-white-like

In addition to their cozy livable alkaline PH spermies can swim around in, they even contain sugars that spermy can snack on. now that's hospitality!

1.) OBSERVE YOUR CERVICAL FLUID

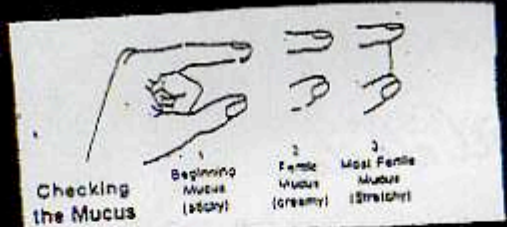
!!!sweetest sexy cervical secretions!!!

to observe this primary fertility signal start checking out what kind of wetness or lack-there-of is inside your vagina every day. write down your observations.

Is there anything there? is it tacky & dry? Is it ooey gooey stretchy?

MOST WOMEN PRODUCE A PATTERN OF FLUIDS IN WHICH THERE ARE LITTLE OR NO FLUIDS 2/3 OF THE CYCLE, & THEN SOMEWHERE BETWEEN WEEK TO A FEW DAYS BEFORE OVULATION FLUIDS BECOME PRESENT & PROGRESSIVELY STRETCHIER OOY GOOEY ER (SIMILAR TO EGGWHITES).

these stretchy er, clearer, ooey gooey er fluids that appear are what we call "fertile fluids".



When observing your fluids, make sure to take into consideration the possible presence of ~vaginal infection

- cum
- spermicides
- lubricants
- etc

if you are confused, ask a midwife &/or gyno

2.) KEEP TRACK OF YOUR TEMPERATURE

CHART IT.

every morning before moving around or doing anything, whilst still in bed, take your temperature!

Do this orally. No need to stick a thermometer in your yoni. if you do this diligently, a pattern will likely emerge.

because

A WOMAN'S BODY TEMPERATURE RISES RIGHT AFTER SHE OVULATES!

WE LITERALLY GET HOTTER.



waking temperature pattern. Note the rise in temperature starting on Day 17, ovulation most likely occurred on Day 16.

tis unfortunate that the patterns of our basal body temperature can be obscured or made difficult to observe by things like: sex, alcohol, varying sleeping patterns, seasons, & weather also please note that this method is a wonderful reinforcement of others, but isn't great to contraceptive purposes; as one cannot tell when one has ovulated after it has already happened & the danger danger zone is the week before & day of!

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

3.) CHECK YOUR CERVICAL POSITION!

make a friend! get to know your cervix!

the cervix is the tip/entrance of your uterus. the position of your cervix changes throughout your cycle.

when you are most fertile
it tends to be higher up
in the vagina, softer,
wetter, & more open
during your non-fertile phase it's
harder, lower,
& more tightly closed



squatting, as pictured here is a great position to check your cervical position in. one leg bent & up on a counter or sink works too.

CERVICAL POSITION CHANGES DURING THE CYCLE

Menstruation	Firm	Soft	Firm	Menstruation
	Low	High	Low	
	Closed	Open	Closed	
	Moist	Wet	Moist	



OVULATION AWARENESS RELATED RESOURCES

BOOKS

- Taking Charge of Your Fertility by, Toni Weschler
- The Garden of Fertility by, Katie Singer
- Women's Bodies Women's Wisdom by, Christine Northrup
- A New View of a Woman's Body by, The Federation of Feminist Women's Health Centers
- Cunt by, Inga Muscio

ZINES

- "hot pantz"
- "wives tales"
- "fertility awareness for non-invasive birth control"
- "Take Back Your Life: A Wimmin's Guide to Alternative Healthcare"

WEBSITES

- sisterzues.com
- anarcha.org
- gardenoffertility.com
- beautifulcervix.com
- myspace.com/luv4eggs
- fertilityfriend.com

& whilst i strongly advocate for getting to know your cycle & your self through direct & physical interaction with your body sans any fancy technology, here's a list of...

VARIOUS FERTILITY SIGNAL READING GADGETS & GIZMOS

- Persona; www.persona.info
- Clear Blue Fertility Monitor; www.clearblueeasy.com
- OvaCue; www.zalut.com
- Fertite Focus Personal Ovulation Microscope; www.fertitefocus.com
- OvWatch; www.ovwatch.com
- The Pearly Monitor; www.rosmedical.com/party.php

motivation for writing this zine has come from my convictions that

women's bodies are sacred, capable, & beautiful

we have the technology, the intelligence, & the right to make informed decisions about our reproductive health

we must demand reverence for the physical scientific reality & the creative energy of divinity that is implicit in our bodies

we need sisters & mamas & aunties & lovers & brothers & fathers
to create a culture where this reverence has community, respect, & dialogue...
to create a culture of inquiry & honesty....
to create a culture of healthy exploration & experience...

the practical is radical
the physical is spiritual

I sincerely hope the information in this zine has been food for thought whether or not you or your loved lady will be actually making charts & feeling cervical positions & uteruses. Thank you so much for your time & the space it took up in your brain to read this & think about it for a minute or two.

For more zines or a t-shirt with the cover art on it, or dialogue, or advice, or Friendship please e-mail me at simchadri@cup.net

Love love love to you from,
me



