

# Open and Honest Discussion About Birth Control Between You and Your Holistic Practitioner

Birth control is a personal and important decision that can have a significant impact on your life. There are many different types of birth control available, and it's important to understand the benefits, risks, and side effects of each one before you make a decision.



## Contraception Deception: Open and Honest Discussion about Birth Control Between Your Holistic Gynecologist & Eastern Medicine Doctor (Women's Health Master Series Book 1) by Akinobu Kishi

★★★★☆ 4.3 out of 5

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Your holistic practitioner can be a valuable resource in helping you make the best decision for your health. They can provide you with information about the different types of birth control, answer your questions, and help you weigh the pros and cons of each option.

It's important to remember that there is no one-size-fits-all approach to birth control. The best option for you will depend on your individual needs and circumstances. Your holistic practitioner can help you find the method that is right for you.

## **Types of Birth Control**

There are many different types of birth control available, including:

\* **Barrier methods:** Barrier methods prevent sperm from reaching the egg. Examples of barrier methods include condoms, diaphragms, and cervical caps. \* **Hormonal methods:** Hormonal methods prevent ovulation, the release of an egg from the ovary. Examples of hormonal methods include birth control pills, patches, and rings. \* **Intrauterine devices (IUDs):** IUDs are small devices that are inserted into the uterus to prevent pregnancy. IUDs can be hormonal or non-hormonal. \* **Implants:** Implants are small rods that are inserted under the skin of the upper arm to prevent pregnancy. Implants are hormonal. \* **Injections:** Injections are given every few months to prevent pregnancy. Injections are hormonal. \* **Sterilization:** Sterilization is a surgical procedure that prevents pregnancy permanently. Sterilization is usually only considered for people who are certain that they do not want to have children.

## **Benefits of Birth Control**

Birth control can provide a number of benefits, including:

\* Prevents pregnancy \* Regulates the menstrual cycle \* Reduces the risk of certain STDs \* Can help improve acne

## **Risks and Side Effects of Birth Control**

All types of birth control have potential risks and side effects. It's important to be aware of these risks and side effects before you start using birth control.

\* **Barrier methods:** Barrier methods can cause irritation or discomfort. They can also be less effective than other methods of birth control. \*

**Hormonal methods:** Hormonal methods can cause a variety of side effects, including nausea, vomiting, bleeding between periods, and mood changes. \*

**IUDs:** IUDs can cause cramping, bleeding, and pain during insertion. They can also increase the risk of pelvic inflammatory disease (PID). \*

**Implants:** Implants can cause bruising, pain, and bleeding at the injection site. They can also cause irregular bleeding. \*

**Injections:** Injections can cause bleeding, weight gain, and mood changes. \*

**Sterilization:** Sterilization is a permanent procedure, so it's important to be certain that you do not want to have children before you undergo the procedure.

## **Talking to Your Holistic Practitioner About Birth Control**

It's important to talk to your holistic practitioner about birth control before you start using it. They can help you understand the different types of birth control available and make the best decision for your health.

Here are some questions to ask your holistic practitioner:

\* What are the different types of birth control available? \* What are the benefits and risks of each type of birth control? \* Which type of birth control is right for me? \* How do I use birth control? \* What are the side effects of birth control? \* What should I do if I have side effects from birth control?

Your holistic practitioner can also help you find resources to help you make an informed decision about birth control.

Birth control is a personal and important decision that can have a significant impact on your life. It's important to understand the different types of birth control available, the benefits and risks of each one, and how to use it correctly. Your holistic practitioner can be a valuable resource in helping you make the best decision for your health.



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