

Table of Contents

Introduction.....	1
How to Use This Book	23
Icon Key.....	23
Part I Self-induced Abortion Basics	26
What is self-induced abortion?.....	26
Why would a woman choose self-induced abortion?	26
Why would a woman not choose self-induced abortion?.....	27
Are there certain times in a pregnancy when self-induced abortion is more effective than other times?	27
What are the contraindications for self-induced abortion?	28
What methods are used in self-induced abortion?.....	30
What steps should a woman take before self-induced abortion?	31
• Administer a Pregnancy Test.....	31
• Get a Sonogram	32
• Calculate Gestational Age	33
• Review Options	34
How does a woman care for herself during an abortion?.....	34
How does a woman care for herself after an abortion?	36
What signs would indicate something is wrong?.....	37
Where can a woman go if something is wrong?.....	37

What are the potential negative health effects of self-induced abortion?	37
What are the characteristics of a normal abortion?	40
Understanding Gestational Age and Self-induced Abortion.....	41
Week 1: Menstrual Period	41
Week 2: Estrogen Increases	41
Week 3: Ovulation and Conception	41
Week 4: Embedding of the Embryo.....	42
Weeks 2, 3, and 4: Promoting Menstruation	43
Weeks 5 and 6: “Am I pregnant?”	44
Weeks 5 and 6: Abortion.....	45
Weeks 7 and 8: Making Decisions	46
Weeks 9 and 10: Marked Fetal and Placental Development.....	46
Weeks 7 through 10: Abortion.....	47
Weeks 11 to 14: Placental Formation.....	48
Weeks 11 – 14: Abortion.....	49
Part II Modern Self-induced Abortion Methods.....	50
Introduction	50
Medical abortion.....	51
Menstrual Extraction	63
Part III Alternative Self-induced Abortion Methods.....	78
Herbal Introduction	80
Chart of Herbal Abortifacients and Common Effects	85
Aloe Vera	87
Angelica.....	93
Arbor Vitae	99

Arum.....	104
Avocado.....	108
Barrenwort.....	114
Birthwort.....	118
Black Cohosh.....	123
Black Hellebore.....	128
Blue Cohosh.....	132
Castor.....	137
Chamomile.....	143
Chaste Tree.....	147
Cotton.....	152
Daphne.....	158
Dittany.....	164
Garlic.....	169
Ginger.....	176
Hibiscus.....	179
Horseradish.....	185
Juniper.....	189
Lupine.....	195
Mistletoe.....	205
Mugwort.....	211
Nutmeg.....	217
Onion.....	221
Papaya.....	226
Parsley.....	232
Pennyroyal.....	238
Pineapple.....	244
Pomegranate.....	248
Queen Anne's Lace.....	256

Rosemary.....	261
Rue	266
Saffron.....	272
Squirting Cucumber.....	276
Stoneseed	279
Tansy.....	283
Wild Ginger	288
Homeopathy.....	292
Acupuncture.....	300
Yoga.....	317
Massage	327
Hyperthermia	332
Psychic.....	335
Part IV - Post-Abortion Care.....	341
Glossary	349
Appendixes	359
Appendix A: Rh Factor and RhoGam®	359
Appendix B: Breastfeeding and Abortion.....	361
Appendix C: Bimanual Pelvic Examination.....	362
Appendix D: Speculum Insertion.....	365
Appendix E: Cervical Dilation	366
Appendix F: Sterilizing Equipment.....	370
Appendix G: Herbal Preparation Methods and Dosages	372
Infusions.....	372
Decoctions	372

Tinctures.....	373
Herb-Based Vaginal Pessaries.....	373
Vaginal Fumigation	374
Essential Oils.....	375
Appendix H: Weights and Measures.....	377
Appendix I: Antibiotics	378
Appendix J: Contraception – Prevention is better than Cure.....	381
Online Resources	387
Illustration Notes	401
Endnotes	404
Index	444