

## Natural Birth Control for the Zombie Apocalypse

In very ancient times women had full control of their sex lives. It was common knowledge at the time that a woman could eat a leaf, root, or berry for birth control. A young woman would know these plants would work because her own mother would teach her about these plants. Her rights to sex and birth-control were unquestionable!



Every ancient document including the bible identifies several birth-control plants in their respective locations. The Almighty has placed birth-control and Aphrodisiac in the very same plants and these plants are in every habitable location on earth. Did you know the Bible refers to 136 Aphrodisiac Plants and most of them are also birth-control - *Duke's Handbook of Medicinal Plants of The Bible?*

**Women Were The Sexual Aggressors** – It is not well known, but in Ancient times (Paleolithic/Neolithic) more women were born than men. In fact, there are locations today that do not have selective abortions or female infanticide that have a much higher birthrate of girls than boys. The cave painting at Lascaux Cave, France and El Castillo Cave in Spain have far more female handprints than males. More women remains than men have been found in ancient Paleolithic sites as well. It is a natural occurrence that more girls will be born than boys. Women had to be sexually aggressive because there were many women and few men.



And they even put birth control in food - A large number of the recipes in the Roman cookbook of Apicius called for the use of pennyroyal, often along with such herbs as lovage, oregano and coriander.

The Viking "**Nine Herbs Charm**" is an Old English charm recorded in the tenth-century. The charm involves the preparation of nine plants, one being *Mægðe* Mayweed (*Matricaria*), a genus which includes German chamomile (*Matricaria chamomilla*) which is a birth control plant.

**Disclaimer!** Sorry have to make one! For people trying to move away from a reliance on prescribed drugs and pills; who want to return to the Birth-Control; these plants are a good alternative for use during or after the Zombie – Apocalypse and for emergencies where there is no medical care or Big Pharm - ONLY.



Why this disclaimer. Most of the herbs you buy online or at the vitamin or herb shop **contain none of the actual herbs advertised -that means they will not work!** The only way to know for sure you have the herb you need is to grow them yourself. You have no land to grow your own herbs? Restore the Ancient practice of growing them in secret. That's why Women were running around the forests at night. See Secrets Gardens.

**BIRTH-CONTROL PLANTS** - Below are some of the most available natural birth-control.

**1. *Neem Birth-Control for BOTH Men and Women***★★★★★ Neem Tree, also called Indian lilac, is a popular herb used extensively for birth control for women as well as men. As a birth control method, neem leaves, neem leaf extract and neem oil are used.

Take a 5 cc of Neem oil. Have it injected at the meeting point of the uterus and Fallopian tubes. Alternatively, men can take 2 Neem tablets daily.

Applying Neem oil or extract on the Vagina helps protect against infection. Neem has spermicidal action. For women, a single injection of a minute amount of neem oil in the uterine horns (the points where the uterus and fallopian tubes meet) will create a reversible block in fertility for a year without causing changes in menstrual cycles or ovarian function.

Researchers have found that neem oil can slow the motility of sperm, preventing their ability to reach their destination and fertilize the egg. In fact, neem oil can kill sperm in the vaginal region within just 30 seconds.



For men, ingesting neem leaf tablets for one month produces reversible male anti-fertility. Even daily oral doses of neem seed oil in gelatin-capsule form can also be taken as birth control. Using neem as a birth control method does not affect sperm production or libido.

Along with preventing pregnancy, neem also provides protection from vaginal and sexually transmitted diseases due to its antibiotic, antiviral and immune-stimulating properties.



2. ★★★★★ *Queen Anne's Lace – After Morning Pill.* Another herb that is used as a natural birth control is Queen Anne's Lace, also known as wild carrot. Mainly the seeds collected from the flower head of this herb work as a contraceptive. Are most effective as emergency contraception (rape). Queen Anne's Lace inhibits the synthesis of female sex hormone, progesterone and makes the uterus unsuitable for fetus implantation.

However, women regain their normal fertility after discontinuing its use and are then able to become pregnant. This herb can be taken in form of tincture, tonic, seed extract, pills etc.. Can be used effectively within eight to ten hours after unprotected sex and hence, acts as nature's best morning after contraceptive pill. Can be found on almost all roadsides.

Some people may experience mild side effects like constipation for a few days when using Queen Anne's Lace. Plus, it may not be suitable for those with a history of kidney or gallstones.

- Take one teaspoon of wild carrot seeds within eight hours of being exposed to sperm and continue once daily for another seven days. Chew the seeds for maximum effectiveness.
- Queen Anne's Lace can also be used in tincture or tea form.
- Seeds - To consume Queen Anne's Lace, extract the seeds from the flower of this plant. Eat one tablespoon of seeds within eight hours of unprotected intercourse and daily for a week. Chew the seeds well to get the benefits of this herb. It is advisable to stop using this herb immediately if you experience any health problems.

**Note:** Do not use Queen Anne's Lace if you are breast feeding. Do not confuse this herb with similar-looking deadly plants like poison hemlock and water hemlock.

**3. Blue Cohosh Root-** The root of the blue cohosh plant is used as an effective natural birth control. Blue cohosh contains two uterine-contracting substances, one that mimics the hormone oxytocin, and the other a saponin called Caulosaponin. In case you are not using any protective measures, drink some tea made from blue cohosh soon after.



1. Add one teaspoon of blue cohosh to one quart of boiling water.
2. Steep for five minutes.
3. Sip this tea

slowly, no more than three times per day (or no more than 300 to 400 mg daily) until your menstrual period starts.

**4. Pennyroyal** – Is one of the most ancient and tested forms of birth – control. Pennyroyal is a plant in the mint genus that has been used as birth control by the ancient Greeks and Romans. Pennyroyal was referred to in a joking manner in Aristophanes' play *Peace* (421 BCE). The god Hermes provides the male character Trygaios a female companion (for use in the Great Rite); when Trygaios asks if there would be a problem if she became pregnant, Hermes responds, "Not if you add a dose of pennyroyal." In a similar manner, in Aristophanes' comedy *Lysistrata*, after a pregnant female character on stage is told to withhold her body sexually from her husband (as this could harm the baby), a slender female character, in comparison to the pregnant woman, is described as "a very lovely land well croppy, trimmed and spruced with pennyroyal" would be available for sex with her husband.

Pennyroyal was a common for use as birth control. Records from Greek, Roman, and Egyptian physicians and scholars contain information pertaining to pennyroyal's medicinal properties, as well as recipes used to prepared it. Pliny the Elder, in his encyclopedia *Naturalis Historia* (*Natural History*), Galen listed pennyroyal, as did Oribasius. Roman and Greek writers Quintus Serenus Sammonicus and Aspasia the Physician.



In the “Homeric Hymn to Demeter, the Goddess refuses red wine, but accepts kykeon (a psychedelic) made from water, barley, and pennyroyal before participation in the Eleusinian Mysteries. Incidentally, an Egyptian medical text on gynecology written by Cleopatra (Yes, that Cleopatra) recommends the use of pennyroyal with wine.

**Heavy real-life testing:** Was done on pennyroyal - It was used extensively by millions of prostitutes in London U.K. during the Victorian era. Pennyroyal stimulates the flow of blood in the pelvic region and encourages the onset of menstrual cycles. It is best effective as a birth control when taken immediately after unprotected sex. Pennyroyal can be taken in combination with other herbs (***Blue Cohosh Root***) to stop pregnancy. Note American Pennyroyal is stronger than European Pennyroyal. Both fresh and dried leaves of this herb can be used for birth control. Pennyroyal tea can help induce menstruation.



1. Boil eight ounces of spring or distilled water.
2. Remove from heat and add one teaspoon of dried pennyroyal to the boiling water and allow it to stand for 10 to 15 minutes.
3. Strain and add a little honey if desired.
4. Drink the tea immediately following unprotected sex and before implantation of a fertilized egg can occur for maximum effectiveness.

**Note:** Pennyroyal as natural birth control should be taken cautiously as it can cause liver and kidney damage, nervous system damage and a host of other problems. Do not drink more than three cups of pennyroyal tea within a six-day period. Do not drink this tea if your menstrual period is more than 10 days late.

**5. Mexican Wild Yam Root** Wild yam is another very powerful naturally found herbal remedy for birth control. The root of Wild yam is rich in medicinal properties and contains an active component known as diosgenin. This component diosgenin is the main chemical used in oral contraceptives for females. Wild yam does not interfere with the menstrual cycle of the females and women keep on ovulating regularly. Wild Yam makes the egg follicle and sperms ineffective, thereby acting as a birth control. Wild yam should be taken for at least two to three months before practicing unprotected sex to enable it to act as an effective birth control herbal remedy. When you combine both Wild Yam and Pennyroyal these powerful herbs you get a dynamic duo that will greatly help in all female complaints from PMS, menstrual irregularities, breast problems (including tenderness), hormonal imbalance, abdominal spasms, morning sickness, and uterine atrophy to name a few. Wild Yam root has a very bitter taste and can be consumed in form of herbal tea, tonic, tincture, capsules etc. Additionally, the powder can also be added to creams or vaginal ointments.

**6. Stoneseed (*Lithospermum L.*) ★★★★★ USDA Approved!!!**

Stone seed is another very widely and popularly used herbal remedy for birth control. Lithospermic Acid is the main component of this herb and is used effectively as a natural contraceptive. Stoneseed negatively impacts the pituitary glands and inhibits the production of sex hormones, mainly estrogen and progesterone. This results in suspension of the monthly menstrual cycle and induces sterility. However, once the woman stops consuming Stoneseed, she regains her fertility and can successfully reproduce. Stoneseed can be consumed in form of extract, tincture, tonic, capsules etc.

Boil 1 teaspoon of Stoneseed root powder in a glass of water. Add the Stoneseed root powder. Steep for 6 to 8 minutes. Strain and drink the tea (add a teaspoon of honey for taste).

Stoneseed root was probably used as a birth control medicine first by the Navajo Indian tribes and the Dakota and Shoshone tribes. The Natives were believed to steep the root in cool stream water for one or two hours before administering it to the squaw who

needed to abort an unwanted pregnancy. However, it was only after 1945 that the rest of the world became aware of the powers of Stoneseed root as a contraceptive. **The U.S. Department of Agriculture has confirmed the effectiveness of this herb as a natural birth control medicine.** Stoneseed root powder is one of the best natural ways to control birth.

**Warning:** It is important to note that this herb does not change the menstrual cycle, if it does, consult your physician immediately. However, women who suffer from thyroid disease should completely avoid consuming this herb.

**7. *Smartweed*** - Smartweed is a very effective herbal remedy for birth control. Smartweed leaves are very rich in medicinal properties and is very useful in bringing on menstrual cycle. The chemicals in Smartweed leaves makes the lining of the uterus unfavorable for egg implantation, thereby acting as very effective birth control.

Smartweed leaves can be consumed both before and after unprotected sexual intercourse to prevent pregnancy. Smartweed can be taken in form of extract, herbal tea, tonic etc.

**8. *Cotton Root Bark*** - The Cotton root bark is another very effective birth control herbal remedy used since ancient times to prevent conception. The chemicals present in the cotton root bark negatively impact the corpus luteum of the uterus and inhibits the production of progesterone. As the progesterone production is stopped, the uterus is unable to prepare itself healthily for fetus implantation, thereby preventing pregnancy. American women in ancient times used to chew Cotton root bark as a birth control method. It can also be consumed in form of herbal tea made using root bark of cotton, tincture, tonic etc.

**9. *Rue (The make-up) For Women:*** Rue is another very effective herbal remedy for birth control. Rue has a very bitter taste and is very helpful in solving problems related to the digestive system. Rue inhibits the circulation of blood in the uterus and endometrium lining, as a result of which there is lack of nutrition in the uterus. This makes the uterus unsuitable for implantation of the egg, thus acting as an effective birth control. Rue not only encourages a healthy menstrual flow. Rue is best effective as a birth control when used for a couple of months regularly. An herbal tea made of Rue acts as a very effective emergency contraceptive method.

The method to consume it by adding a cup of boiling water over two teaspoons of powdered rue, which is then allowed to steep and blend for 5 minutes. It is drunk as herbal tea twice or thrice a day for it to show an effect in preventing unwanted pregnancy.

**WARNING-** It should be taken care to not boil the herb in water; it should be simply mixed after the water has boiled. Boiling the herb in water will ruin its properties. And It is recommended that this herb not be consumed more than three tablespoons, because an overdose can affect the nervous system.

**10. *Jack-in-the-Pulpit Root*** ★★☆☆ Jack-in-the pulpit root prevents pregnancy for a long term. Its roots are edible only after getting dried up as fresh roots can cause poisoning. It's a traditional herb with natural birth control properties that has been used for many decades and ages.

One teaspoon of powdered, dried Jack-in-the-pulpit root is mixed well in half glass of cold water and drunk after straining. Drinking this prevents unwanted pregnancy for span of a week.

**Warning:** If two spoons of the herbal root are mixed in hot water and consumed, it causes permanent infertility. So taking the root in hot water should be strictly avoided – Unless?

### **11. Tansy**

It is consumed in form of an infusion of tansy tea prepared by boiling its leaves in water and drinking after straining the water. It is important that the herb is consumed only in small doses and its duration should also be small. Tansy has a main component called Thujone which causes certain side effects. So it is advisable to consult a herbalist before taking this herb. If tansy tea's doses suit you, then you can gradually increase the dose. Use Tansy with Pennyroyal! **Do not use with Vitamin C.**

**12. Asafetida** (Cnicus benedictus) Native Americans such as the Quinault drank a hot tea made with thistle to cause infertility. Asafetida is commonly used herbal spice in foods. It is also known for its abortive qualities. Its regular use prevents conception. Its juice is mixed in water and drunk regularly every month to keep a check on birth control. Asafetida has been used as an abortifacient and it can be boiled and its vapors can be inhaled to strengthen the birth-control-prevention effect. It has no long term or serious side effects, so it can be readily taken along with other natural contraceptive foods.

**13. Cinnamon** ★★★★★ Regular intake of cinnamon prevents fertilization and curbs implantation after unprotected sexual intercourse. Cinnamon's effect as a birth control herb happens gradually and it does not work instantly. However, when consumed as infusion on a regular basis, resulting in birth control. Contains Saffrole, controlled precursor.

**14. Ginger** ★★★★★ Ginger is a common household herbal edible ingredient. It is a very strong herb which stimulates menstruation flow through its regular intake. It is grated and mixed in tea and brought to boil for 5 minutes drunk after straining to prevent pregnancy. Ginger tea must be drunk 2 times a day to see its contraceptive results. It also helps in making periods' cycle regular by bringing delayed periods in time. Take a finger of fresh ginger. Wash, peel and grate the ginger.

Boil a glass of water and add the grated ginger. Steep for 10 minutes. Strain and add a teaspoon of honey. Drink this concoction early in the morning on an empty stomach Ginger is a medicinal root that has several amazing medicinal properties. Apart from being a natural antimicrobial and antibacterial agent, it is an excellent digestive agent as well. However, when the ginger tea is consumed early in the morning on an empty stomach it induces menstrual bleeding and helps prevent unwanted pregnancies. Ginger is one of the easiest herbal home remedies for birth control.

Natural healers suggest drinking 4 cups of ginger tea per day for no more than 5 days to initiate menstruation. You can also mix 1 teaspoon of powdered ginger in 6 ounces of boiling water and consume while hot.

While drinking ginger tea does not cause any adverse side effects, it is not recommended for people with peptic or gastric ulcer as it can cause irritation and a burning sensation in the stomach.

**WARNING:** If you have a positive pregnancy test, you should definitely not consume ginger root since this herb is known to cause miscarriages.

**15. Papaya** Take a ripe Papaya, wash, and peel. Cut the Papaya into small cubes (remove seeds). Eat the Papaya an hour before intercourse. Papaya (*Carica Papaya*) is considered one of the best natural foods that have multiple health benefits. Apart from aiding digestion and curing constipation it helps boost the immune system and is heart-healthy. Packed with minerals and vitamins, it is considered the poor man's health food. Papaya is one of the most effective natural home remedies for birth control. This is one of the most popular natural birth control methods in India. Papaya seeds are majorly effective in killing sperm.

**16. Figs** Dried figs' consumption acts as a natural way to curb pregnancy. Up to three pieces of dried figs can result in preventing implantation. It should however be taken care that figs, when consumed in large quantity, disturb digestion process and upset the stomach.

**17. Vitamin C** ★★★★★ Pills having pure vitamin C extract are advised for being natural birth control method. Vitamin C contains ascorbic acid which controls progesterone hormone in preparing uterus for pregnancy. It is best advised to take a dose of 1500 mg Vitamin C pills two times a day regularly up till three days after an unprotected intercourse. Vitamin C will also have positive effects on your skin. **Caution:** do not take high doses for Vitamin C as it can result in irregularities in body.

**18. Rutin** - This is found at local health food markets, it is also known as Vitamin P. Susun Weed ([www.sisterzeus.com](http://www.sisterzeus.com)) writes it can be used to prevent pregnancy, when taken in tablet form in doses of at least 500 mg daily for several days preceding and following ovulation, or when taken after fertilizing intercourse and continue until menstruation begins.

**19. Buckwheat.** It contains rutin, which does not allow implantation to occur in the uterus. The delayed adrenaline effect works as a guard and causes the uterus to become non-nutritive for any fertilized eggs. The herb forms lining on the uterus, also called as endometrium, which makes it impossible for embryonic growth.

This herb is advisable to be consumed before and after unprotected intercourse and is regarded as the perfect natural birth control herb because it's not known to cause any ill side-effects. Five hundred grams of this herb can be consumed with daily meals. The herb is also cheap.

Buckwheat is also a gluten grain, so if you are allergic to gluten, then this might not be your best shot. Diabetic women should also avoid this herb as well. The emergency contraceptive herb is advised not to be consumed two weeks before any kinds of surgery since it can cause complications.

**An Easy Simple Male Birth Control:** Heat-based contraception, dating in concept to the writings of Hippocrates, involves heating the testicles to prevent the formation of sperm. Requiring the maintenance of testes at 116 °F (47 °C) (just below the threshold of pain) for 45 minutes. In human males, spermatogenic cells need to be maintained at around 2°C below the body temperature to function. This is done by the regulation of blood flow and the positioning of the muscles, which keeps the scrotum away from the heat of the body. Spermatogenesis takes approximately 70 days, therefore in order for sperm production to be continuous and not intermittent, multiple spermatogenic processes are occurring simultaneously within the same seminiferous tubule, with new groups of spermatogonia arising every 16 days. (Polymath here- Wait. Guys have their own menstrual cycle?) (Lady Pandora - No they have a spermatogenic cycle). Each of these populations of spermatogenic cells will be at different stages of spermatogenesis. The application of a heating pad to the testicles can effectively make the little wormies harmless. But how long will you need to heat the jewels? To test male birth-control is very simple! To verify, have him masturbate or withdraw and place the juice on a microscope slide. If the little wormies are not moving, he is good for 16 days at least. Or just heat his jewels during foreplay each and every time. This method will not harm him permanently and after 70 days he will be able to give you a baby.

See

[https://en.wikipedia.org/wiki/Heat-based\\_contraception](https://en.wikipedia.org/wiki/Heat-based_contraception),

<https://www.women-info.com/en/male-contraception-heat-method/>,

<https://www.winfertility.com/blog/heat-male-fertility/>,

<https://www.sciencedirect.com/science/article/abs/pii/0010782475901092>.

Summary: Use a combination of the above Vitamin C, *Cinnamon*, *Ginger*, and heat the jewels!!