



TheElite Training Group track club

Expanding the area of what is possible

In Track & Field Distance Running & Competent Self-Care in medicine and psychology

birth control via ovulation detection

A major part of TheETG mission is to expand the area of what is possible in competent self-care in medicine and psychology. TheETG's primary method of achieving that is to proliferate applied science based information by way of – free– packets containing plain language info for “the average joe” seeking to move themselves or others forward in these areas. The mail problem TheETG packets attempt to address.....

“...takes an average of 17 years to translate 14% of original research into benefit.....average of 9 years for interventions recommended as evidence-based practices to be fully adopted.”

M.Tinkle, et al
Dissemination and Implementation
Nursing Research and Practice...Volume 2013

Competent Self-Care: Medicine.....The best medicine comes with no risk-versus-benefit equations to contemplate, no daily violations of “first, do no harm”, no whac-a-mole medicine being practiced to medicate each health issue as it pops up. To be a good doctor one must -first- be a good physiologist. And in order to have a fully functioning health care system available to all human beings in America its core must be comprised of competent self-care and good physiologists.

Competent Self-Care: Psychology.....So-called “mental health professionals” should practice more mental health and less pharmacology. The goal of applied psychology is to empower people to achieve self-mastery. This should be the goal of competent self-care and all psychologists. Parenting....dysfunction moves from the parents, into the home, into the kids, into the streets, into the norm. Personal growth toward being a fully functional human being can move from the parents, into the home, into the kids, into the streets, into the norm.

You may copy any and all contents of this packet, with exception and exclusion of using such copies for purposes of producing revenue, profit, or any direct or indirect compensation.

**Ovulation
detection
the most effective
form of
birth control**

Put data ahead of dogma.

Discussion of this subject tends to be frozen in time 2 decades ago even though science and technology have marched on.

Stone-age....pills on one extreme, abstinence on the other.
Stone-age....everything else is risky, might get pregnant.

If -not- getting pregnant is the subject matter, there is a way to achieve that without pills, surgery, or abstinence.

Zero errors, zero mistakes, zero undesired outcomes.

If that's the subject matter.

In my experience over the last couple decades of engaging in this debate, I don't think that's the subject matter or the objective.

The objective is to take a pill. That's the subject matter.

Anything that doesn't comport with that is unacceptable.

In our culture the pill is a flag, a badge, and a banner.

Any idea, research, information, or person trying to take down or replace that flag, badge, or banner is to be opposed.

birth control pills and cervical cancer.....

"Combined oral contraceptives are classified by the International Agency for Research on Cancer as a cause of cervical cancer. As the incidence of cervical cancer increases with age the public-health implications of this association depend largely on the persistence of effects long after use of oral contraceptives has ceased."

"Individual data for 16 573 women with cervical cancer and 35 509 without cervical cancer were reanalysed centrally."

"Among current users of oral contraceptives the risk of invasive cervical cancer increased with increasing duration of use"

"The relative risk of cervical cancer is increased in current users of oral contraceptives and declines after use ceases. 10 years' use of oral contraceptives from around age 20 to 30 years is estimated to increase the cumulative incidence of invasive cervical cancer by age 50....."

The Lancet.....Volume 370 #9599.....November 10-16 2007.....page 1609

International Collaboration of Epidemiological Studies of Cervical Cancer

Cervical cancer and hormonal contraceptives: collaborative reanalysis of individual data for 16 573 women with cervical cancer and 35 509 women without cervical cancer from 24 epidemiological studies

National Cancer Institute.....Oral Contraceptives and Cancer Risk: Questions and Answers

“.....women who were current or recent users of birth control pills had a slightly elevated risk of developing breast cancer. The risk was highest for women who started using oral contraceptives as teenagers. “

“Evidence shows that long-term use of oral contraceptives (5 or more years) may be associated with an increased risk of cancer of the cervix (the narrow, lower portion of the uterus).

Pregnancy

--- **Ovulation.....**Females have 2 small round pouches [ovaries] that contain eggs. Approximately once each month, an egg is released from one of the ovaries, a process called ovulation.

--- **Pregnancy.....**The uterus is attached to another tube called the fallopian tube. Pregnancy is caused by a sperm from a male deposited in the fallopian tube, going up into the uterus and into an egg, then penetrating into the egg of a female [fertilization].

--- **Prevention of Pregnancy.....**No egg = no pregnancy.
A yet to be fertilized egg can survive in the fallopian tube for only about 24 hours. The sperm can survive in the fallopian tube for about 6 days. Thus there are only about 7 days each month when pregnancy can occur. To prevent pregnancy, find out when approximately when those 7 days occur, and avoid introducing sperm into the vagina during those 7 days.

--- **No egg = no pregnancy.....**To find out when ovulation occurs, use an ovulation testing kit. They're sold in local grocery stores and drug stores. Cost ranges from \$30 - \$60. Product suggestion.....

Clear Blue Ovulation Kit

<http://www.clearblueeasy.com/clearblue-easy-fertility-monitor.php>

Book.....

The Pill Problem: How to Protect Your Health from the Side Effects of Oral Contraceptives

<http://www.amazon.com/The-Pill-Problem-Protect-Contraceptives-ebook/dp/B00BEJ1AX2>