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MONTANA WOMEN'S RESOURCE

vol. 5, no. 1

WHOLISTIC HEALTH

fall 1980

The women's health movement, which began to make its influence felt in the early 1970's, has provided a powerful boost to the acceptance and practice of wholistic lifestyles and methods of healing. The wholistic approach works to create and maintain optimal health through the integration of all levels of being: body, mind, emotion and spirit. This health theory is aimed at the prevention of disease and the acceptance of personal responsibility in maintaining good physical and mental health.

Like the "ladies' physiological societies" of the 19th century, women today are demanding to know about their bodies and how to best take care of themselves. Treatment-oriented doctors in conventional medical practices either do not have this information or are unwilling to produce it. Thus, women have established their own health clinics and are educating themselves about care of their bodies through self-examination, proper nutrition and a harmonious relationship with the natural environment.

Using the wholistic approach, women take more responsibility for their own bodies. Health is not just the absence of disease, but a positive quality of living. The wholistic approach is non-elitist. It integrates the ancient Oriental practices such as acupuncture and simple eating habits; it seeks remedies from the herbs and practices of Native Americans. It does not stand in opposition to traditional health care methods: they are complementary. It is an integrated approach to an integrated human being.

The women's health movement emphasizes increased personal responsibility for one's physical and emotional well-being through the intelligent use of natural healing agents such as herbs and poison-free foods, and the development of preventative health care practices.

One model of health care which has particular relevance for women wishing to implement the wholistic approach has been developed by Dr. John McCamy and James Presley in their book, *Human Life Styling*. They teach the avoidance of illness by adopting a life-style conducive to good health and an optimal level of wellness. "The key is in methodically changing your life style. The changes must be consistent and life-long, not effected temporarily or separately."

The human life styling model identifies four specific areas of health care practice: proper nutrition, aerobic exercises, effective stress management and a concerned, cooperative relationship with the natural environment.

This ecological approach to nutrition stresses the avoidance of health-destroying food additives and preservatives. Equally important is ridding our diets of health depleters such as refined white sugar and bleached white flour, hydrogenated fats and

continued next page



cholesterol-laden proteins, foods which have been robbed of their nutritional value through over-processing and packaging - the empty-calorie foods. Foods which prompt good health such as whole grains, fresh fruits and vegetables, and better quality proteins are encouraged.

Keeping the body in good physical condition through a regular exercise program is an integral part of human life styling. However, not just any exercise will do. To be of maximum value these must be aerobic exercises specifically designed to strengthen the heart and lungs against disease. Aerobic exercises include jogging, swimming, cycling and walking. These exercises must be sustained over a period of time and be performed regularly to be of value.

Effective stress management is the third area emphasized. Extensive research with biofeedback technology has amply demonstrated the effectiveness of the mind in prompting a healthy body. One must develop a positive mental attitude as an effective means of stress management. A daily schedule of rhythmic breathing and total relaxation, along with good nutrition and exercise are the four components of a successful stress management schedule.

We must also reexamine our relationship to the natural environment. A program of conserving natural resources, limiting the population growth, curbing material consumption and reducing pollution must be adopted if we are to maintain a healthy life style as part of the world community. We must realize that we are an inseparable part of nature and cannot be well if the Earth Mother is not healthy.



AMERICANS COMPOSE APPROXIMATELY FIVE AND ONE HALF PERCENT OF THE WORLD POPULATION. WE CONSUME 40% OF THE WORLD'S RESOURCES AND CONTRIBUTE 50% OF THE MAN-MADE POLLUTION.¹

¹ Brown, Harrison. The Human Future Revisited, New York; N.W. Norton and Co., 1978.

MARY BIRCH, AUTHOR OF THIS ARTICLE, IS AN ASSOCIATE PROFESSOR OF SOCIAL WORK AT U.M.. SHE ALSO GIVES SEMINARS ON WHOLISTIC HEALTH AND STRESS THROUGH THE CONTINUING EDUCATION PROGRAM.

The print on the front cover, Wanabee, The Blackfeet Woman, is the work of western artist, R. Anderson. Thirteen by 20" copies are available for ten dollars. Fifty percent of the profits will go to WRC. (Phone 549-6874 or write 326 E. Spruce, Missoula Montana, 59801.)

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Using Stress Energy

You have just flunked a test, lost a job, been jilted by a lover or need a new adventure.

You are ready to give up. You want to run away or have a fairy godmother appear to save you from your troubles.

Deep down inside you know it is all up to you. No one can help you until you are ready to help yourself. It's boot strap time.

Can you take it? Can you cope with it? How do you feel?

Our reactions to all of this is stress. It is the tension, the tight feeling, the anxiety that we feel. Stress occurs in pleasant as well as unpleasant situations. It is the intensity of the demand that varies and our reaction to that demand.

Stress is natural in this day and age. We live in a world of physical dangers (possible rape when walking home at night), economic insecurity (layoffs, closures, shorter hours) and psychological threats (fear of failure, or for some women, the fear of success).

It is up to each of us to understand and deal with our own tensions. Much is being researched and written on stress and its results.

Studies show that an increasing number of women suffer from heart disease. Stresses from the changing roles--the expectations, frustrations and repercussions seem part of this upward mobility. Facing and dealing with stress can help us grow and become stronger and happier.

Canadian physician, Dr. Hans Selye, has written on the subject. He states that we thrive on stress because it makes life more interesting. The only complete freedom from stress, he says, is death.

We are under some stress all the time, no matter what we do. Even when we sleep, our bodies react to the stress brought on by dreaming.



Bad stress can be called distress. We must learn to deal with it before it deals with us. Mental health experts agree that if a tense situation continues for long enough it can create fatigue (sleeping longer lately?), exhaustion (getting headaches easily?) and even mental and physical breakdown.

Look for the early warning signs of too much stress: are you irritable, dissatisfied, doubtful, timid or over-aggressive? Are you becoming tense as you read this?

STOP. There are ways to deal with all of this.

Managing stress can be accomplished in many ways, depending on you. Many recommend stress reduction through effecting different behaviors--problem-solving, time management, assertiveness training, social support and collective action. Women's classes, organizations and consciousness raising groups help in all of these areas.

Deep breathing, yoga, meditation, jogging, hypnosis and belly dancing are all constructive ways to use stress energy.

Doing something for others (volunteers are always needed in

Missoula's women's centers) is a positive way to turn stress into good feelings. Also recommended is giving in to tensions once in a while. Learn to accept what you cannot change.

What to avoid? Don't let yourself slip into actions that hurt others or yourself (no hitting or overeating).

On a personal level what can we do? Talk it over with a trustworthy and sensible friend. Take it one day at a time, don't feel trapped. Get rid of pent up anger safely--kicking or crushing beverage cans perhaps, or a round of racquetball.

Escapism either through drugs or alcohol (downed or drowned any stress lately?) do not help a person learn to adjust and grow.

Remember, the most dangerous myth of all is that "stress is all in your head."

You can make the world around you run smoothly. You can make relaxation and cooperation contagious.

MARY ANNE CAUDIO HAS HAD FIFTEEN YEARS JOURNALISTIC EXPERIENCE. SHE MOVED TO MISSOULA THREE MONTHS AGO FROM FLAGSTAFF, ARIZONA. SHE NOW WORKS WITH THE SOCIAL SECURITY ADMINISTRATION AND DOES FREELANCE WRITING.



Arrow  graphics

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Body Awareness

There are many spiritual teachers in the Missoula community who have relaxation techniques to help us cope in our world of frenetic activity. Most methods, however, involve long-term, specific disciplines. Celeste River of YOGA EVERYDAY has a method so simple that it only requires becoming more conscious of how our bodies function daily.

"The easiest way to rid our lives of excess tension is to become conscious of our breathing. Since breathing is considered an autonomic process of our lungs, we give up our control over it. We should use our breathing as a healing tool. Whenever we are in traumatic situations, we tend to shut down our breath. It gets stuck. We need to open up our breath and flow with it.

We have to become more attuned to our bodies. This is done through a conscious endeavor to oxygenate ourselves. Even in Missoula with our poor air quality, we should take long, deep breaths. Otherwise we will become fragile like hothouse flowers, flourishing only under ideal conditions. We need to make our bodies hardy, like wildflowers."

Celeste keeps a journal in which we writes her thoughts as a means of becoming more aware of her environment and the part she plays in it. This is another very useful way for developing greater knowledge of our minds and bodies. These are some recent excerpts from her journal that she agreed to share with us.

"Sometimes when I am doing 'the yoga', everyday, I notice the tension in my movements --

As I kneel forward upon the hearth to light the fire, I recognize a strain in my back, and I am holding my breath --



I release into the form and beauty of the act in which I am engaged.

Brushing my hair...I am disconnected, it feels as though my arm is not connected to my hand, the brush is some foreign object raking through the hair on my head (wherever that is!) my arm is tense, the elbow projecting skyward, the shoulder joint solid

And suddenly I feel the connection and my arm begins to flow as I brush and stroke my hair, fine filaments, My hair begins to shine and glow, it falls freely upon my shoulders my head feels alive.

-- it is good to be aware of what we do -- to be at one with our movement in and through time."

Celeste River teaches yoga at YOGA EVERYDAY, 2118 S. Higgins.



S

BREAKFAST AT THE SHACK

You can always find the best meat and egg breakfasts at The Shack, all served with freshly prepared hashbrowns and toast—also look for a variety of interesting morning starters such as:

Omelettes

Ham and Cheese—cheddar-jack-swiss

Sauteed Vegetables

Avocado and Tomato

Spanish—with ham, green pepper, tomato, jalapeno-ortega, and salsa with olives

Apple and cheddar with cinnamon

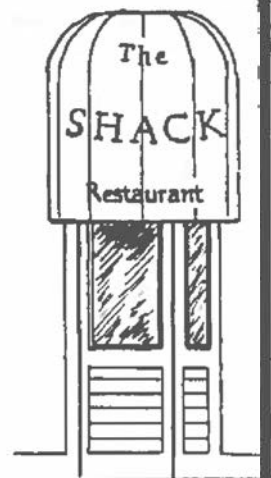
Sausage, swiss and fresh mushrooms

Oriental—shrimp, bamboo shoots, green onion and ginger

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High Level Nutrition

To a large extent, we are what we eat. The newest nutritional information, plus personal experience has proven to many the value of unprocessed, whole foods as a healthy foundation for our diets. It is also important to have a basic knowledge of the vitamins and minerals we are getting from the foods we consume. But if you are too busy to worry about nutrition, here are a few basic ideas to help you maintain good health.

First, don't be overly concerned about getting enough protein. Measurement of protein consumption does not take into account the constant exchange between protein, fats and carbohydrates in our bodies. There is usually no differentiation made between protein for long-term formation of the body and protein used for quick energy. The average ratio is one part protein for muscle and tissue construction and seven parts carbohydrates and a small part protein for general activity.

Vegetable quality protein converts more easily in the body than animal quality protein. One high-protein, low carbohydrate unsaturated fat food often overlooked by Americans is tofu. In eight ounces of tofu one gets a daily allowance of protein totalling only 147 calories. It also provides 38% of an adult's daily calcium requirement. It is high in all of the B vitamins and vitamin E and has no cholesterol.

Tofu is a versatile protein, it assumes the flavors of the food it is cooked with. It can be eaten raw or fried in a wok or skillet. Stir fry your tofu with other vegetables such as onions, carrots, bell peppers, cabbage and mushrooms. Steam leafy, iron-rich vegetables such as swiss chard, spinach or kale before you add them to your casserole. Season with a little soy sauce or diluted miso. This dish goes nicely over noodles or grains (brown rice, millet,

buckwheat, bulgar or wheat berries). Tofu and grains combine to make a more complete protein. Garbanzos, adzuki beans or lentils can be added to provide even richer protein.

Sea vegetables such as kombu, wakame, hiziki and nori are a neglected source of vitamins and minerals. A thin sheet of nori can be toasted over the gas flame of your stove or baked a couple of minutes. Nori can then be crushed in your palm over grains or beans. Hiziki can be boiled down with soy sauce to make a rich side dish. Wakame or kombu can be cooked in water to form a soup stock when seasoned with diluted miso.

Almost all your leftovers can be added to this soup stock. Miso is rich in protein and contains vitamin B12, often missing in vegetarian regimens. Miso contains enzymes which build up our intestinal flora which we need for proper digestion of food. (Similar to the acidophilus culture in kefir and yoghurt.)

Sprouts can be made in your kitchen from alfalfa or mung bean seeds. Just put the seeds in a jar with a little water and cover the top with gauze. Sit them in the sun. Rinse them and leave in fresh water daily. Soon you will

have a rich source of greens for your salads.

For the pièce de résistance, make a tofu cheesecake for dessert. Here is a jiffy recipe.

FILLING:

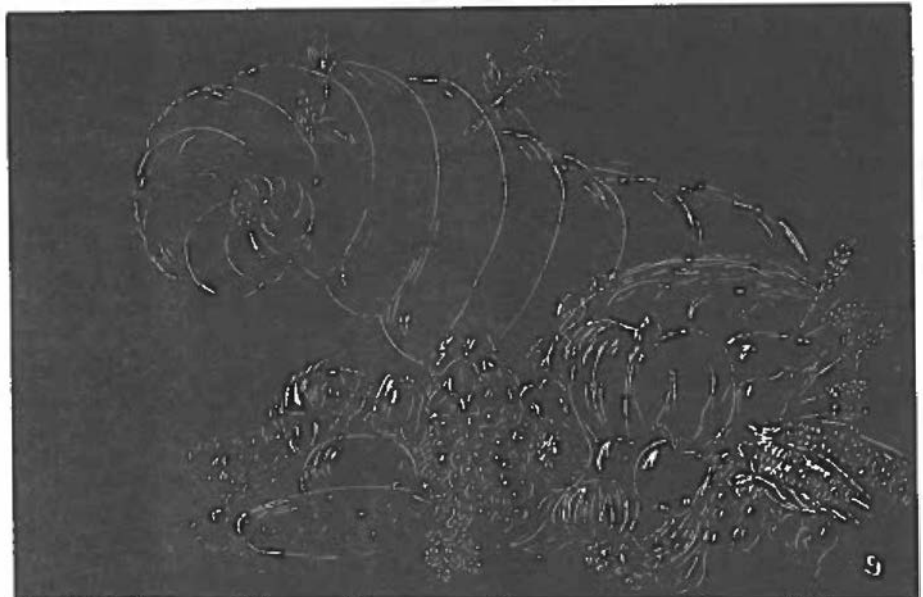
2 lb. tofu, cut up
 $\frac{1}{2}$ tsp salt $\frac{1}{2}$ cup oil
2 TBS water
 $\frac{1}{4}$ cup lemon juice
1 TBS corn or arrowroot starch
 $\frac{1}{2}$ cup honey
2 tsp vanilla

CRUST

2-4 oz. pkg honey grahams
 $1\frac{1}{2}$ sticks soy margarine

Preheat oven to 350. Dissolve starch in water. Blend ingredients until creamy. Crush graham crackers and marg & press in 9" pie tin. Fill and bake for 40 minutes or until top is golden & cake has jelled. Cherries, apples or peaches (canned or dried from last summer) can be thickened with cornstarch, honey and water and cooked to form a fancy topping.

Laurie Sutherland works at the Tofu Factory of St. Ignatius. She has also been associated with Mammy's Bakery of Missoula, a woman-owned and operated restaurant.



Optimal Fitness

When we are young it is easy to stay fit. There are abundant opportunities to participate in group sports. Young people live on their bikes, on dance floors, baseball diamonds and soccer fields.

As we grow older, our pace of life slows down. We spend more time indoors occupied with sedentary activities. Vigorous exercising of our bodies is no longer an intrinsic part of our days. An extra effort is required to stay in optimal shape.

Jane Weber, in her WRC Brown Bag Lecture, "Women Getting Strong," emphasized the benefits of pursuing a life-long program of physical fitness.

Jane works for the Forest Service, but also finds time to participate in the City Parks & Recreation's women's sports teams. She sees five areas of a person's life that are enhanced through making a participant sport part of one's lifestyle:

1. **HEALTH.** The heart is an organ which benefits from exercise just like the muscles of our body. In order to build a strong heart, aerobic exercises are of the most value. The heart rate must be elevated and maintained for ten to fifteen minutes during an activity for it to be classified as aerobic. Sports which emphasize running (rugby) as opposed to standing (volleyball) have greater aerobic value.

2. **STRESS RELEASE.** Sports are a perfect way to release tension in a positive way. Pent up anger or anxiety can quickly be dissipated through a workout on a racquetball court. Various sports arenas are also the ideal place to take a deep breath and scream to our heart's content. We can turn tension into enthusiasm for a game. This is preferable to letting anti-social behavior develop from accumulated stress.

3. **VANITY.** It is good for our mental health to feel proud of our bodies. It is easier to maintain a positive self-image when we know we are looking our best. Exercise



increases our blood circulation, which gives a boost to our system's eliminatory functions. We expel toxins from our skin (sweating), our lungs (accelerated breathing) and our kidneys (a speeding up of all our organ systems). We were born with our faces, but we can develop strong, graceful bodies.

4. **SOCIAL PURPOSES.** Sports participation is an excellent way to meet people. There is a unique kind of friendship developed in a group of people working to develop athletic skills. Women should try to share more with others their love of team sports. There is a place on teams for everybody from novice to pre-professional. Friendly competition and the development of personal skills are the foundation for a healthy women's community.

5. **SELF KNOWLEDGE.** Sports are a special way to learn about ourselves and our bodies. Until we develop our own state of

optimal physical fitness, we can not gauge when we are getting out of shape. There is challenge in pressing ourselves to our highest performance levels. Once we achieve strong bodies, nothing less will ever again suffice.



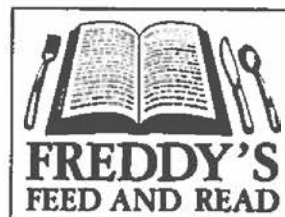
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ALICE'S

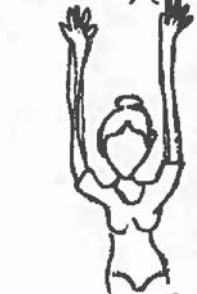
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①

TRY SOME
HEAD ROLLS -
GO SLOWLY + ROLL
THE HEAD IN BOTH
DIRECTIONS.

Jane Weber developed this series of exercises for a women's class she taught a couple of years ago. We are unable to print the entire series due to space limitations. However, Jane has donated the five-page booklet to the Women's Resource Center. Copies may be obtained at the WRC for a small fee.



②

STRETCH YOUR ARMS
ABOVE YOUR HEAD -
PULL AROUND + BUTT
IN! SHAKE ARMS DOWN +
RELAX.



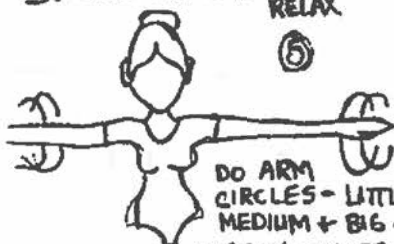
③

ROTATE YOUR
SHOULDERS IN
NICE, BIG CIRCLES -
GO IN BOTH
DIRECTIONS
(TOWARDS THE
FRONT + BACK)



④

SHRUG YOUR SHOULDERS UP
TIGHT + HOLD THEM THERE -
RELAX AFTER A FEW
SECONDS.



⑤

DO ARM
CIRCLES - LITTLE SIZE,
MEDIUM + BIG SIZE.
STRETCH FINGERTIPS OUT TO
SIDES (DON'T FLOP YOUR ARMS)
GO IN BOTH DIRECTIONS
(FORWARD + BACKWARD)



⑥a

ARM STRETCH FROM
BEHIND - CLASP
HANDS + PULL UP...
DON'T LEAN FORWARD
KEEP BACK STRAIGHT



⑥b

NOW BEND
AT THE WAIST
DON'T BEND
YOUR KNEES
LET GRAVITY
PULL YOUR
ARMS TOWARD
THE FLOOR.

⑦

SIDE BENDS
WITH ARMS
PARALLEL TO
EACH OTHER.
BEND AT WAIST
TO THE SIDE.
DON'T THROW
YOUR HIP OUT
TO THE SIDE!



NOW SLIDE
ONE ARM TO
THE SIDE.
REMEMBER NOT

TO THROW YOUR
HIP OUT... BEND
AT YOUR WAIST.
DON'T FORGET TO GO
TO BOTH SIDES.
GO SLOWLY + HOLD
YOUR POSITION TO
THE SIDE. USE A MIRROR TO WATCH.



⑧



⑨

PLANT YOUR
FEET APART +
HOLD THAT POSITION
ARMS OUTSTRETCHED
SWING FROM SIDE-TO-
SIDE TO STRETCH OUT
WAIST + BACK, REMEMBER TO KEEP YOUR FEET
PLANTED.

⑩

PUSH-UPS
FROM THE
WALL. DO
ABOUT 15 TO 20.
DON'T LET YOUR BUTT
STICK UP IN THE AIR.
KEEP YOUR BODY IN A
STRAIGHT LINE. TRY TO KEEP
YOUR HEELS ON THE FLOOR
TO STRETCH THE CALVES OF
YOUR LEGS. USE THE MIRROR



⑪



STRETCH YOUR CALVES OUT - TREAD YOUR
LEGS PUSHING YOUR HEELS TO THE FLOOR
ONE AT A TIME. OK, NOW WALK ON YOUR
TOES CLOSE TO YOUR HANDS + THEN
PRESS BOTH HEELS TO THE FLOOR
WITHOUT BENDING YOUR KNEES.

DON'T CHEAT... HOLD THAT POSITION
FOR A LITTLE WHILE. WORK ON GETTING
YOUR FEET CLOSER + CLOSER TO YOUR
HANDS + THEN PRESS YOUR HEELS DOWN.



Toxic Shock Syndrome (TSS) is a newly recognized disease. TSS is caused by a toxin produced by a bacterium from the *Staphylococcus aureus* family. It has affected mainly women under the age of 30 during their menstrual cycle. There have also been some cases reported in women over 30, and in men and non-menstruating women.

Toxic Shock Syndrome starts with flu-like symptoms: high fever (102 or higher) that comes on suddenly and vomiting or diarrhea. Within half a day, there may be dizziness or sudden drop in blood pressure that can lead to shock. There may be other symptoms as well: a rash that looks like sunburn, severe muscle aches, bloodshot eyes or a sore throat.

All brands of tampons have been associated with the disease. One brand, Rely, was found to increase the risk more than other brands, and the manufacturer (Procter and Gamble) took it off the market.

From January 1980 through October 1980, 408 cases of TSS reported to the Center for Disease Control. Forty cases were fatal. Two studies by state health departments have identified Rely as the tampon most associated with TSS, but all brands of tampons have been related to the disease (Rely, Playtex, Kotex, Tampax and O.B.).

Women can almost entirely eliminate their risk of TSS by not using tampons. Women who do choose to use tampons, can reduce their risk by using them intermittently during each menstrual cycle.

A local Missoula doctor has suggested that the synthetic fiber in some tampons may provide a better environment for the growth of TSS bacterium. It was suggested that women choose tampons of 100% cotton. Another measure which might reduce the risk is the use of natural sea sponges as tampons. All internal sanitary protection should be changed frequently or washed often (sea-pons). Try using external pads when possible during your period.

Information on TSS, other than the final paragraph, came from the U.S. Dept. of Health and Human Services, 5600 Fishers Lane, Rockville, Md., 20857.

The Women's Resource Center and Women's Place will keep updated files on Toxic Shock Syndrome.



BITTERROOT EDUCATIONAL RESOURCES FOR WOMEN

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Montana Birth Control Handbook (2nd ed.) 60¢ + postage for indiv. copies.

Montana Divorce Handbook (2nd ed.)—Information and resources from around the state. \$4.95 + 75¢ postage.

Conference Proceedings: Women & Technology—Speeches & materials from the conference, April 1979. \$2 + 50¢ postage.

Women & Appropriate Technology by Judy Smith. Republished by BER. Available soon!

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Dear Sean,

I would draw you back in my womb
if going out would be different
Your beat skipped, drugged
through my veins - pulled
out. You didn't need sedation,
I was afraid of your coming - hurting,
the knots drawing breath.
And I said, give me some dope.
Where was your champion
tilting? I am sorry I entered you
in the race, was hurried.
Cried when you pushed out, tore the lining
from my belly, tumbled,
in timed sequence head over head
drawing cat and cradle
and bled me.
Birth. What did they say it would be?
What did I read? Did I?
The nurturer's dream.
My dreams are long hallways with solar floors
hardwood glowing smokey
the wall moves
comes away at the touch of your nose.

If I could draw you back
I would deliver you to Ellen,
her naked hands smell
of the afternoon bendings.

Eileen Clarke
November 20, 1980



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Somewhere, In the Crazy Mountains

I wonder about a time
when your face was bright and sweetness
played your smile.
Your mother ached, kissed your tears.
Your father's hands touched your face -
never questioned future times. Were you happy,
once, running through the grass, feeding crackers
to pigeons on Sunday afternoons?

I do not know your demons, they fly with you
alone through the city at night. In the day
dark shadows hide your eyes - no one can see in.
I do not want your madness, it does not fit -
the color does not suit me.

My life moves in crystal spirals,
changing rhythms from jungle to desert -
humor shaping time. I rest in a field of poppies,
golden hair waving up coastal hills
each breaker curling to the sea.
On the ridge Spanish lullabies
flower in the sun.

My senses fight your hatred -
your scream, I do not understand.
I will not give you answers - my wand is broken
and bag of tricks lost - somewhere in the crazies.
The snow never melts there. I am sorry,
but not responsible.

Donetta Klein
Winter, 1980

Survival in the 21st Century

If there was one message we should have gotten from Missoula's Ash Week it was: "It Can Happen Here." In our world, right here in River City, we may have to survive for indefinite periods of time on the resources that exist right in our own homes. We should have in our environments the food, candles, fuel and medical supplies to withstand "siege" conditions. (After all, we are not only downwind from Mount St. Helens, but also have unpredictable weather, political and economic conditions to consider. We also have Hanford Nuclear Waste Dump and Maelstrom as neighbors.)

Many groups have been trying to formulate ideas on how to prepare for emergencies. One group is headed by Viktoras Kulvinskis, M.S., author of Survival in the 21st Century. He and the Green Grass Affinity Group recently put out a "position" paper. The ideas in this paper are worthy of attention. The paper and other books published by this group are available from OMango D'Press, P.O. Box 6401, Woodstock, Connecticut, 06282.

If the following excerpts from this position paper seem radical to you consider the spring and summer of 1979 when Missoula found its eggs and chickens had been contaminated with PCB poisoning. (3-Mile Island, Love Canal, the Karen Silkwood Plutonium Contamination Trial, DES, Thalidomide—are recent history, what can we expect from the 21st century?)

SIEGE DIET (Recommended minimums per person for thirty days)

3 lbs alfalfa seed, 2 lbs mung or aduki beans (sproutable)
2 lbs soybean or garbanzo beans
4 lbs hulled sunflower seed
4 lbs sesame seed
16 oz sea vegetables (dried)
5 lbs dried fruits
4-16 oz favorite herbs, garlic
5 lbs hard red wheat berries
2 gal. sprouting capacity & screening for each person
1 grinder/hand juicer
10 lbs whole grains
Other dried vegetables
Small portable greenhouse with



sunflower, buckwheat, radish seed
for growing greens
16 oz miso or soysauce*

SOME THOUGHTS AND STEPS IN COMING TO A "LIVE" DIET

1. Eliminate salt. Salt is an edemic substance; i.e. it holds fluid in the system. We get chelated (naturally bound into an amino acid group and thereby easily assimilable) sodium and chlorine in sufficient quantity by simply eating a natural diet. Substitute sea vegetables which also flush radiopoisons.

2. Eliminate sugar. Realize that sugar is essentially empty calories, i.e. no other benefits (vitamins, minerals, protein). If the body ingests more calories than it can burn it must store them, mostly in the form of fat. Fat soluble poisons (ddt, 2,4, 5t, pcb) collect in this accumulation. Substitute fresh and dry (soaked) fruit.

Besides the personal physical benefits, there is also the important political benefit of freeing land in third world countries for real food production and self-sufficiency. This is also true if we eliminate other foreign

non-food items: coffee, chocolate, vanilla, alcohol, black teas, and other drugs.

3. Eliminate animal foods. Animals are at the top of the food chain and thus are most accumulative of poisons and toxins in the biosphere. Besides being bio-accumulators, the metabolism of meat, fish and eggs result in massive amounts of uric acid being released and the metabolism of milk products results in casein or glue base.

The political benefits of not eating animal foods include the stopping of massive pain and degradation to other sentient beings (ever see a factory egg farm or slaughterhouse) and extra-nationally for more efficient food production. (See Francis Lappe Moore's Diet for a Small Planet).

4. Start eliminating non-organic and processed food.

5. Start eliminating food that doesn't come through the peoples' co-op and collective food system.

6. The gradual elimination of cooking. This will probably be the slowest process. This can be done through using more lightly cooked grains, vegetables and fruits. We should have more community "pot luck" type meals. To conserve energy (transportation, packaging, refrigeration and heat) we should eat fresh, raw foods when we can. Grow them, dry them, can them, freeze them, eat them and share.*

Survival Into the 21st Century, Viktoras Kulvinskis, OMango D'Press, Connecticut, 06282

*Further suggestions not on original paper.

The views presented in the articles of the Montana Women's Resource do not necessarily reflect the views of the staff of the Women's Resource Center.

Going Back to Mother Earth

Ginger Compress

The ginger compress works in a twofold manner. The ginger breaks down the concentration of excess stored in the organ concerned. The heat of the compress increases the circulation of blood to the organ, thereby facilitating the elimination of the excess toxins.

A ginger compress should never be used to treat appendicitis, since the increased circulation from a ginger compress could rupture that organ.

It is very easy, safe and effective. It works quickly and will afford relief to anyone suffering from discomfort and pain. It can be used on any part of the body. Some of the conditions it can be used for include back pain on any part of the spine, congested and weak intestines, ovaries, hepatitis, cystitis, diarrhea/dysentery or kidney pain.

Items Required:

Enamel pot with close-fitting lid
Cheesecloth, cotton or muslin sack to hold the ginger
Grater

4-6 cotton towels about 2' square plus one bath towel
4 pints of water
1 ounce of ginger per quart of water

Method:

Bring water to boil. Grate unpeeled ginger and tie off in cotton sack. When water has come to a boil, turn off heat. When water ceases to boil, squeeze sack of ginger so juice runs into the water. Place sack in pot and replace lid.

Technique:

Fold towels so that they are 4 to 6" wide and immerse them so edges are dry and bulk of towel in the ginger water. Squeeze excess back into the pot. Cover the area of the skin over the organ you wish to treat. It is preferable to use two layers of towels. These are then covered with the bath towel to keep the heat in. The temperature of the hot soaked towels should be as hot as the person being treated can stand. They should not burn.

Leave the hot towels in place until skin becomes red. Try to keep the temperature of the skin constant. The treatment should last for approximately half an hour. It is working when the

skin is reddened. Keep resoaking towels to keep them hot.

Aloe vera

The salve from this cactus can be used to help heal and soothe burns, scalds or abrasions. It is also helpful on herpes sores.

It can be bought at stores in liquid or ointment or can be grown at home and broken off when emergencies arise.

Jojoba

"One acre saves a whale."

One of the reasons the sperm whale is being extincted by the whalers is for its valuable oil, unavailable from any other animal source. In recent times scientists have discovered that the jojoba plant produces an oil with nearly similar properties. The additional benefit is that jojoba grows in arid areas where no other crops can grow. There are now projects for Indians to harvest this valuable plant.

Jojoba is the basis for many perfumes of the natural variety. It is also one of the great hair and scalp rejuvenators. Shampoos, hair conditioners and natural scents containing jojoba oil are not only good for us, but also good for our environment.

Green Clay

This curative, valuable in certain mineral rich earths, has recently been rediscovered. These various clays are now being sold at stores carrying herbs. The green clay is good as a facial, to tighten pores and increase the circulation in the area where it is applied. It is a good way to draw pus out of pimples or abscesses.

Kuzu arrowroot

This root is dug and pounded down to make a very fine powder. The starch is very useful in stomachaches and sore throats. To prepare a tea for these ailments use 1 level teaspoon of kuzu, 3/4 cup of water and 1 teaspoon of soya sauce. Dilute kuzu in cold water. Place over stove; the mixture will change from opaque to clear. When



Aloe vera

warm, add soy and drink one hour before meals. This is an effective Oriental method which is gaining favor in this country. Kuzu can be found in all natural food stores.

Sesame Oil

For an earache warm some sesame oil and add a drop of grated ginger juice. Dip a piece of cotton in this liquid and apply to ear canal for an easing of the pain.

Recipe for the Ginger Compress is from the East West Journal, 233 Harvard Street, Brookline, MA., 02146. March, 1980 issue.

Other sources for alternate remedies:

Healing Ourselves, Muramoto, N., Avon Books, New York, 1973.

Back to Eden, Koss, Jethro, Lancer Books, New York, 1971

The George Ohsawa Macrobiotic Foundation, 1544 Oak Street, Oroville, California 95965

Chinese Folk Medicine, Wallnofer & Rottauscher, Crown Publisher

Digitalis purpurea



Women's Health Movement Literature

The U.S. Women's Health Movement continues to grow and the amount of literature available on women's health expands exponentially. Whether you are interested in current special topics; e.g., toxic shock, stress management, Herpes; or want a basic overview of how bodies work and self care strategies to use to stay well, there is information available from a variety of women's health sources. Because very few of us have time to read it all, here are some suggestions which are available through the Women's Resource Center:

FOR THE LATEST INFORMATION

For up-to-date, in-depth information, a packet of women's health articles from a variety of sources is available every three months from the Boston Women's Health Book Collective, Box 192, W. Somerville, MA 02144.

National Women's Health Network Newsletter, 224 Seventh Street, S.E., Wa. D.C., 20003, bi-monthly; perhaps the best way to keep in touch with national issues and events, includes research and educational resources; covers all aspects of women's health.

BASIC BODY OVERVIEW & SELF CARE STRATEGIES

Our Bodies, Ourselves, 2nd ed., Boston Women's Health Book Collective, Simon and Schuster, 1976, the basic information manual on all aspects of women's health, good resource lists, graphics and how-to information.

National Women's Health Network Guides, educational manuals with in depth information on Breast Cancer, Hysterectomy, Menopause, Maternal Health and Childbirth, Birth Control, DES, Self Help, Abortion and Sterilization.



RESEARCH

Women and Health, Haworth Press, a journal that reports recent research in women's health, includes reports on public policy, news, educational materials and film reviews.

HISTORY; CRITIQUE OF THE MEDICAL MODEL

The Women's Health Movement, Feminist Alternatives to Medical Control, Sheryl Burt Ruzek, Praeger, 1978; discusses the basic issues and organization of the current Women's Health Movement, includes a bibliography and listing of local women's health groups.

The Hidden Malpractice: How American Medicine Treats Women as Patients and Professionals, Gena Corea, William Morrow, 1977; history and current issues in women's health, including midwifery, contraception and DES.

Witches, Midwives and Nurses: A History of Women Healers, Barbara Ehrenreich & Deirdre English, Glass Mountain Pamphlet #1, Feminist Press, Old Westbury, 1972.

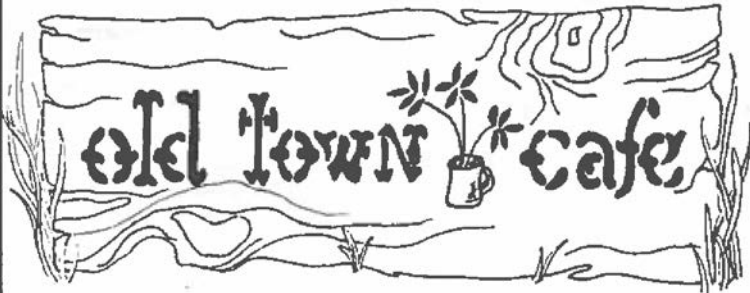
SPECIAL TOPICS

Alcoholism and Women, National Clearinghouse on Alcoholism Information, Box 2345, Rockville, Maryland, 20852; a packet of informational articles on this growing health problem for women.

Women's Work, Women's Health, Jeanne Magen Stellman, Pantheon Books, 1977; one of the few books available on women's occupational health, includes health hazards on the job, stress problems and suggestions for necessary changes.

JUDY SMITH IS A U.M. FACULTY AFFILIATE WITH THE WOMEN'S RESOURCE CENTER. SHE TEACHES WOMEN'S STUDIES AND ASSERTIVENESS TRAINING





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The Woman Warrior
Maxine Hong Kingston
Alfred A. Knopf, Publisher
New York, 1976



The Woman Warrior is a feminist novel, cloaked in the experiences of a Chinese-American woman. The foreign veneer gives us free rein to morally chastise the traditional Oriental culture for its overt discrimination against females before being bludgeoned with the realization that there are western counterparts to every gynephobic event or attitude in this book.

Maxine Hong Kingston begins her book with remembering a "No Name Woman," her aunt in China whose name and existence had been banished from the spoken life of her household. Maxine learns of this relative through a story her mother tells to illustrate the importance of chastity. The aunt had conceived an illegitimate child. To punish her and purge the evil omen, the villagers dress as demons and raid the aunt's house one night. They curse her and wreck and pillage the house, killing animals. Later that night, the aunt goes into labor. She retreats to the pigsty to bear her child alone. Then she takes her newborn baby to the family well where she drowns them both, along with their shame. The aunt's name is never mentioned again, as if she had never been born.

This seems a harsh reprisal, unless we consider our own country before the advent of abortion clinics and widespread knowledge of birth control. To bear children out of wedlock broke with Judeo-Christian morality. Some men, often considered society's martyrs, arranged quickie marriages "to give their child a name." Some fallen virgins from middle-class families were quietly sent off on nine-month "vacations." (They went to unwed mothers' homes to birth and then put their bastard children up for adoption.) No stain ever surfaced on family trees or impinged on the family's community standing. Lower class families not afforded these prerogatives (shotgun weddings, Tiajuana, or confinement homes) had to live with the "proof of the

sin." Life, however, became a treadmill existence for most of these women or girls. School systems kicked them out. (They might influence other minors. Why educate them; they were only going to be mothers.) Uneducated, unwed mothers faced a future of menial jobs or welfare, or both.

While the Chinese villagers' means of retaliating against this breach in the moral code was more brutal; the American way was subtle but laid heavy guilt. Both had the same effect--avenge or hide the evidence that the sanctioned moral code had flaws. And while the erring male was only "doing what comes naturally" or "sowing his oats," the woman took the brunt of the blame.

Chinese children are told "talking stories" by adults, as American children are told fairy tales. Maxine was told she would grow up to be a wife or a slave; but her imagination was fed by talking stories of warrior women with magical power and mythical strength. Maxine dreams she apprentices for seven years with an old couple in the mountains. They teach her skills to be an unbeatable warrior woman. In her dream life, she leads an army disguised as a male soldier. Her victories bring justice to the peasants and honor to herself. After her fantasy, she finds reality disappointing and opportunities as a Chinese-American woman utterly dismal.

Young American girls, luckily, don't find such large chasms between life and fairy tales. In all our traditional children's tales, you won't find one heroine who does more than work, be patient and grow beautiful. Cinderella, Snow White, Rapunzel and Sleeping Beauty work like slaves without

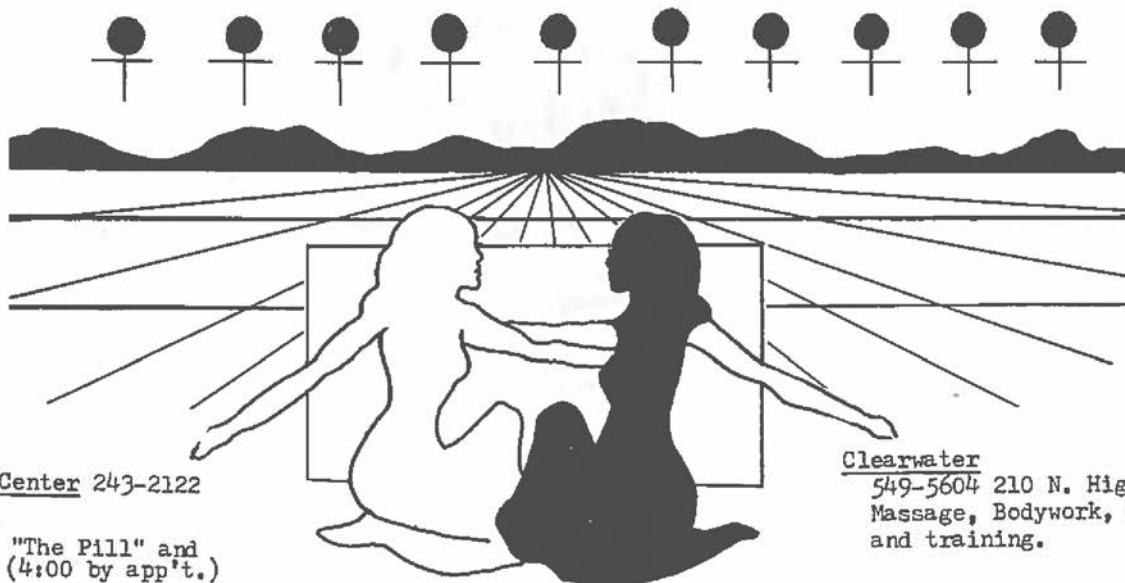
complaining until Prince Charming finds them hiding in their radiance and rescues them to live happily ever after. The only disappointment an American girl-child faces is not being "fairest of them all"--which the media lets us know is easily remedied by cosmetics, clothes or plastic surgery. We learn of Joan of Arc in later years, but also see her "reward" for assuming a male role.

Warrior Woman tells of Chinese-American girls going from their homes where they are expected to serve and be quiet to American schools where they are to compete and be noticed. Maxine is a rebel; she has been raised to believe girls are "maggots" and boys the family's prized "lineage." She makes herself as unattractive as possible to escape an arranged marriage. She excels in school so she can enter the world of action and ideas. Eventually she goes to Cal Berkeley, majors in English and writes books.

Maxine places a lot of blame for her struggling years on her foreign heritage. American women will read this book and find their own family's ghosts and degradation of girl-children strikingly similar.

The patterns, traditions and emphases vary from culture to culture; but the dominant theme is the same. Women, until lately, have been raised to support the dominant male hierarchy. They are prized for their beauty and usefulness. Like every rising minority, they must prove themselves. It takes a warrior-like stance, just to get equal footing.

Shereeliz Caldwell is a Creative Writing/Journalism major at UM.



Student Health Center 243-2122

Birth Control -
Tuesday classes "The Pill" and
other methods (4:00 by app't.)
I.U.D.s available - Copper 7,
Lippes Loop (\$20)
Diaphragms (\$4.85)
Spermicides
Pap Smears, Vaginal Checks,
Breast Exams

University "Walk In"

Peer Counseling, Referrals for
psychological problems (Mental
Health Center, Center for Stu-
dent Development, Clinical
Psch.) 9 to 5, 8 to 11:30 p.m.

Women's Resource Center

243-4153 University Center
Weekdays 9-5 Referrals and
information.

Missoula Mental Health Clinic

543-5177
Women's Therapy, Gestalt, Divorce
Counseling, Adult Therapy. Com-
pulsive Eaters Groups

5 Valley Health Information

Information Clearinghouse
Toll Free 1-800-332-5759
235 East Pine #4, Missoula
Pamphlet and Lending Library,
Speakers Bureau, Newsletter,
AV Equipment & Materials.
Alcoholism, Drug Abuse, Food
Stamp Information, Support
Groups, Youth Problems.

Missoula Planned Parenthood

728-5490 235 E. Pine
Gynecological Services, Birth
Control methods, Pregnancy
testing and counseling, In-
fertility referral, Prenatal,
nutrition & genetics counseling
Sliding fee scale.

Blue Mountain Women's Clinic

542-0029 515 Kensington 24A
Birth control, Pregnancy
Testing, Abortion Clinics,
Gynecological Services.

Crisis Center - 543-4555

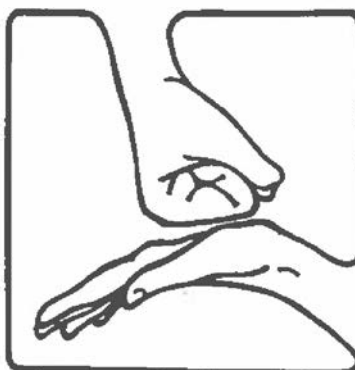
24-hour phone lines, trained
listeners, Outreach teams,
Volunteer training

Battered Women's Shelter

YWCA 543-8277
Open 24 hours a day

Women's Place

543-7606 210 N. Higgins
Services in the area of vio-
lence against women, divorce,
self-help health classes,
support groups (rape, problem-
solving, divorce, compulsive
eating).



Clearwater

549-5604 210 N. Higgins
Massage, Bodywork, Counseling
and training.

CEEDS

543-3550 721-2969
1406 Catlin Psychological
counseling and training.
Sliding fee scale.

Metamorphosis

549-5242 210 N. Higgins
Private counseling, training
and classes. Sliding scale
fee payment.

Drug Treatment Center

721-1880 725 W. Alder

Crime Prevention (City Police)

721-1150

Job Service

728-7060 539 S. Third W.

Legal Services

543-8343

Human Resource Council

728-3710

Poverello Center

728-1809 Food, shelter,
referral.

Hospice

549-7757

People's Market (Co-op)

1221 Helen Avenue 721-3460
To join, Wednesdays 4 to 7



Some Women's Resource Center Staff and Volunteers

Women's Resource Center

The Women's Resource Center will continue to sponsor the Brown Bag Lecture series each Wednesday at 12 o'clock noon. The winter quarter series will begin on January 14 with the topic, "Montana Conservatism, Its Impact on Women."

The series will continue with the following topics scheduled:

"Effective Lobbying in the State Legislature"

"Women in Missoula Politics"

"ERA - Statement, Implications and Future"

"Daycare Centers - Women's Right to Work"

"Pro-choice - National, State and Local"

"Violence Against Women - Statement of Bills in Montana"

"Political Activism, Politics and Feminism"

The Women's Resource Center serves a large number of students community and state residents. The WRC provides a supportive setting to give people information about women's and men's changing roles in society. We also offer referrals to other university and community agencies.

An increasing number of women are consciously choosing to go to schools that show an active response to the needs of women. As a volunteer drop-in center, the WRC helps women acquire new skills, as well as share those skills in a diverse atmosphere.

WRC activities include:

- Brown Bag discussions
- Assertiveness training
- Dorm programs
- Free film series
- Referral files
- Special programming
- Library of books (over 500 titles by and about women),
- periodicals (over 25 different subscriptions, vertical resource file (over 150 topics).
- Employment counseling
- Educational programs and resources
- Womens Studies courses
- Special interest workshops
- Rape and Violence Task Force
- Conferences
- Montana Women's History Project
- Women and Technology Network
- Returning women students support group
- Statewide Newsletter
- Drop-in Center

The MONTANA WOMEN'S HISTORY PROJECT recently received a grant from the Montana Committee for Humanities to do a year-long "Oral History of Illegal Abortion in Montana." Contact Diane Sands at the Montana Women's History Project if you have information about the occurrence of abortion, 1920-1973. (Persons to be interviewed or contacted, etc.) The next issue of Montana Women's Resource will have an article on the project. Address: 315 S. 4th E., Missoula, 59801 728-3041.

Introduction to Women's Studies will be offered winter quarter through the WRC. Diane Sands and Judy Smith will teach the course each Tuesday evening at 7:00 p.m. Credit will be offered through Independent Study in the Sociology Department.

The poster of the Great Northern Railroad circa 1900 and assorted notecards, packets are available:

Poster - \$1.00

Post card and notecards - \$.25ea or \$2.50 packet.

The WRC Lending Library has selections by many leading authoresses including: Anais Nin, Maxine Kingston Hong, Rita Mae Brown, Susan Brownmiller, Betty Friedan, Robin Morgan, Toni Morrison, Kate Millet and Alice Rossi.



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