

Genitourinary System

The Genitourinary System is one of the most gendered and socially policed body systems of all. Western heteronormative culture talks about female/male, woman/man, and the reproductive system, where female is woman, male is man, woman is to be penetrated by man, and the uterus has only the function of reproducing human life. Despite what the medical industrial complex dogmizes, each individual has the right to determine and assess how their genitourinary system will be of service in their human experience.

All living things reproduce. Yet not all living things reproduce other physical life.

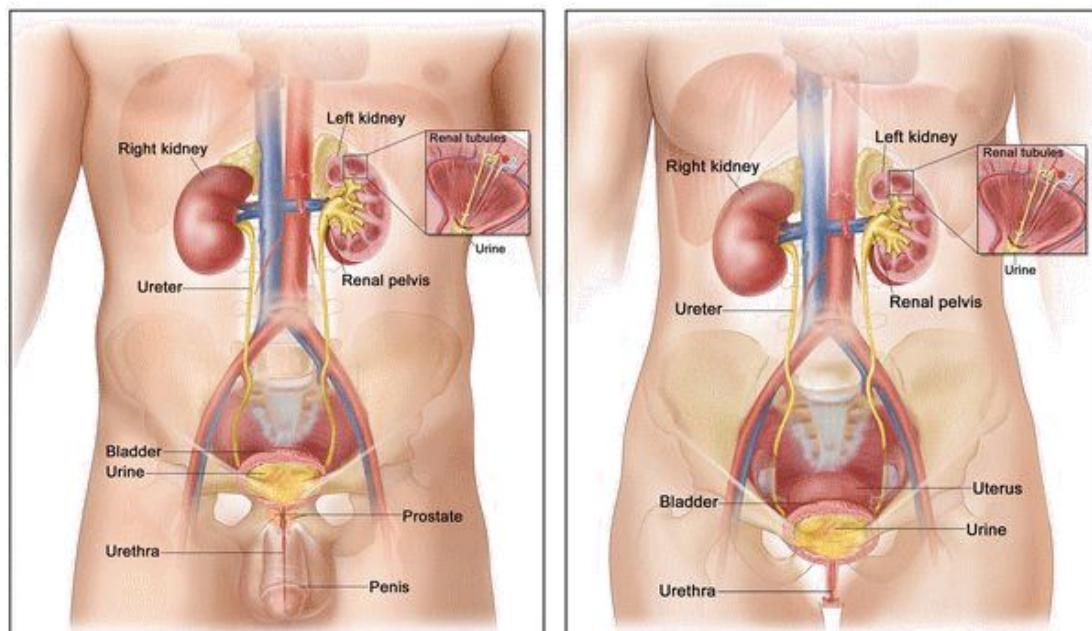
Role of the Genitourinary System

The Genitourinary, or urogenital, System is a matrix of organs that formed from the same embryological tissue/mesoderm. This system encompasses the urinary/excretory system. Its main function is to support the cleansing and purification of the body and blood, and balancing hormones. It does this by:

- Removing waste (esp urea) from the blood through urination
- Producing hormones
- Producing egg and sperm cells
- Transporting and sustaining these cells
- It can be used to nurture and develop the creation of another human being

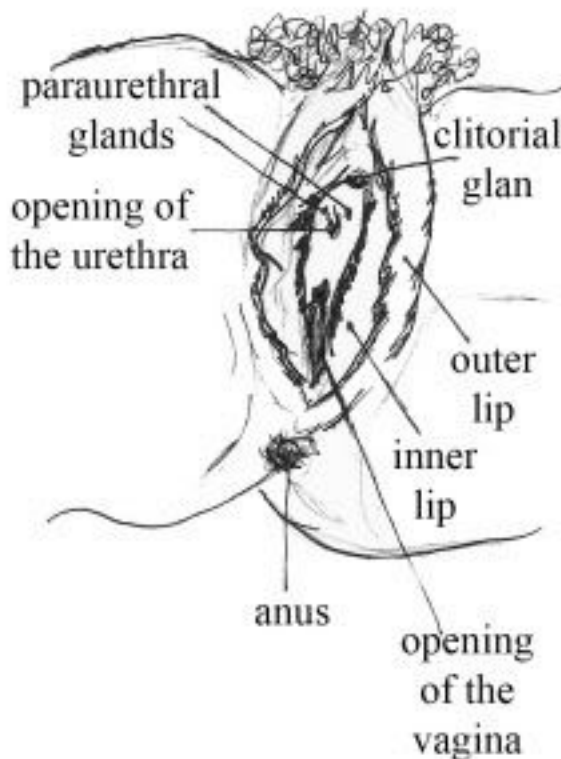
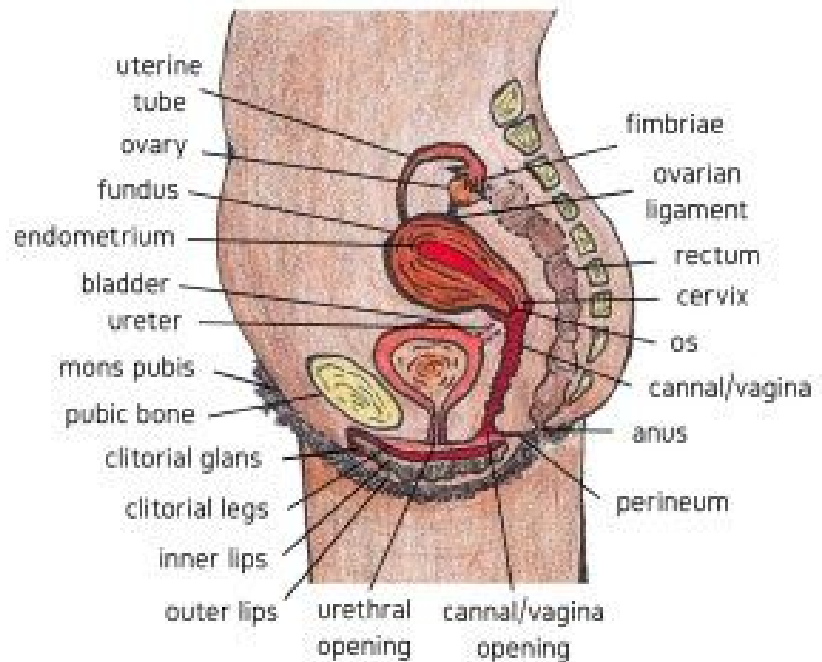
Parts of the Genitourinary System

It is without a doubt imperative that when The Genitourinary System be viewed with all of its parts, each organ tell a story on what is necessary for balanced genitourinary health, particularly when we are experiencing a chronic disease, discomfort, or transitioning.



Genitourinary System

- **Uterus:** a hollow, pear-shaped excretory and sex organ containing an internal opening of the urethra with a muscular wall
- **Ovaries:** there are generally two ovaries, one on either side of the uterus that make eggs and hormones like estrogen and progesterone; these hormones support body part development, and along other variables make childbearing possible
- **Vagina:** an elastic, muscular canal with a soft, flexible lining that provides lubrication and sensation, connecting the uterus to the external world
- **Vulva + labia:** the vulva forms the entrance of the vagina, made of outer + inner lips called the labia
- **Cervix:** narrow neck-like passage forming the lower end of the uterus; protrudes into the vagina, forming the interior end
- **Clitoris:** a sweet ass bundle of 8,000 deliciously sensitive nerve endings held in a small shaft + protected by a hood

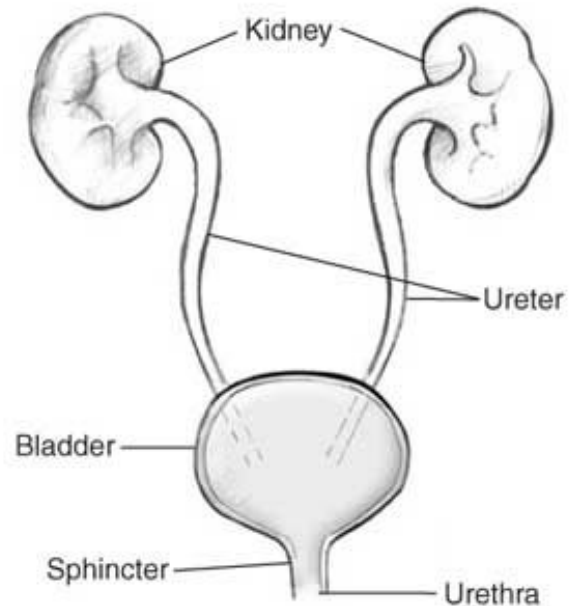


- **Penis:** an excretory and sex organ containing the external opening of the urethra w/ erectile tissue that allows the penis to increase in size + become rigid during sexual stimulation; an erection is an erection, is an erection, it can be used to deliver semen deeper into anywhere desired
- **Prostate:** walnut-sized gland surrounds a portion of the urethra and produces some of the fluid in semen, located under the bladder
- **Testicles:** two plum sized oval organs that produce sperm, enclosed in the scrotum behind the penis
- **Kidney:** filter the blood to remove wastes and produces urine as well as removes and excess of glucose from the blood to be excreted in the urine

Genitourinary System

- **Urinary Tract (aka renal):** The ureters, urinary bladder, and urethra together form the urinary tract, which acts as a plumbing system to drain urine from the kidneys, store it, and then release it during urination.
- **Ureter:** pair of small tubes that connect the kidneys to the urinary bladder forming a vital link allowing urine to drain from the kidneys to be stored in the bladder
- **Urinary bladder:** a hollow elastic organ that functions as the body's urine storage tank
- **Urethra:** the tube that carries urine or semen and urine out of the body

Organs of the Urinary System



How the Genitourinary System Works

- Urea released from digesting protein-full foods
- Kidneys remove urea from the blood through tiny filtering units
- Urea forms the urine as it passes through the kidney
- From the kidneys, urine travels down two thin tubes called ureters to the bladder
 - If urine is allowed to stand still, or back up, a kidney infection can develop
- Bladder stores urine until you are ready to go to the bathroom to empty it.
 - It swells into a round shape when it is full and gets smaller when empty.
 - If the urinary system is healthy, the bladder can hold up to 16 ounces (2 cups) of urine comfortably for 2 to 5 hours.
- Sphincter muscles allow opening of the urethra to release urine
- Simultaneously, the adrenals, hypothalamus, pituitary gland, ovaries + the corpus luteum (the shell of the egg), and prostate + testicles + sperm are working to process hormones
 - We all have estrogen, progesterone and testosterone. They work to balance each other
- The ovaries release an egg as part of a menstrual cycle, during the ovulation phase (14 days). Each egg is tiny - about one-tenth the size of a poppy seed.
- The testicles work with the prostate + Luteinizing hormones to mature sperm
- In order for fertilization to take place sperm + an egg need to come together
- When an egg isn't fertilized, it is released back to the earth, sperm dies + hormones are released through urination

Genitourinary System

Estrogen + Testosterone

Estrogen is involved breast growth, supporting the shedding of the uterine lining during the menstrual cycle, involved in bone and cholesterol metabolism, and regulate food intake.

Estrogen Imbalance

<p>DECREASE if..</p> <ul style="list-style-type: none"> ● painful sex due to a lack of vaginal lubrication ● an increase in urinary tract infections (UTIs) due to a thinning of the urethra ● irregular or absent periods ● mood swings ● hot flashes ● breast tenderness ● headaches or accentuation of pre-existing migraines ● depression ● trouble concentrating ● fatigue 	<p>INCREASE if..</p> <ul style="list-style-type: none"> ● decreased sex drive ● irregular or otherwise abnormal menstrual periods ● bloating (water retention) ● breast swelling and tenderness ● fibrocystic breasts ● headaches (especially premenstrually) ● mood swings (most often irritability and depression) ● weight and/or fat gain ● thyroid dysfunction (cold hands/feet) ● hair loss ● sluggish metabolism ● foggy thinking, memory loss ● fatigue ● trouble sleeping/insomnia
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Testosterone Imbalance

<p>DECREASE if..</p> <ul style="list-style-type: none"> ● fatigue ● depression ● increased body fat ● decreased muscle strength ● loss of body hair ● swelling and tenderness of the breasts ● difficulty achieving an erection ● sleep disturbances 	<p>INCREASE if..</p> <ul style="list-style-type: none"> ● acne or oily skin ● prostate swelling ● breast enlargement ● worsening of sleep apnea (trouble breathing while sleeping) ● fluid retention ● decreased testicle size ● decrease in sperm count ● increase in red blood cells
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TRUTH: All bodies experience a strong decline in the production of reproductive hormones, also known as menopause + male menopause/andropause.

Genitourinary System Imbalances

<ul style="list-style-type: none"> ● Kidney stone disease ● Endometriosis ● Ovarian, testicular cancer ● Erectile dysfunction ● Benign prostatic hyperplasia ● Urinary tract infection 	<ul style="list-style-type: none"> ● ----- ● ----- ● -----
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Genitourinary System

Nourishing the Genitourinary System

- Nourishing the organs that work to reproduce, repair, and thrive
- Monitoring caffeine and salt intake
- Urinate often! (especially before + after inviting anything from the external world)
- Strengthen the pelvic region with exercises

Methods, techniques and therapies for nourishing the genitourinary system through a holistic and intersectional lens:

- Food as medicine/ancestral foods (antioxidants, berries, yogurt, garlic, vitamin c, omega 3 fatty acids, plants with phytoestrogens)
- Drinking 2 liters or ½ a gallon OR MORE of water a day
- Strengthen the pelvic region with exercises

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Herbal Actions for the Genitourinary System

- **Diuretic:** an herb that promotes the passing of urination
- **Phytoestrogen:** plant-derived xenoestrogens (see estrogen) not generated within the endocrine system, but consumed by eating phytoestrogenic plants
- **Androgenic herbs:** plants that work to directly and indirectly raise androgen (ie: testosterone) levels
- **Antimicrobial:** an agent that kills microorganisms or stops their growth
- **Anti-inflammatory:** alleviate pain by counteracting the cyclooxygenase (COX) enzyme that creates the inflammation
- **Astringent:** herbs that cause the tightening of skin and muscle tissues
- **Antispasmodic:** herbs used to relieve spasm of involuntary muscle
- **Emmenagogue:** herbs used to stimulates or increases menstrual flow
- **Galactagogue:** an herb that is used to help increase breastmilk production

Genitourinary System

Chasteberry

Vitex agnus-castus

Vitex, Abraham's balm, monk's pepper, chaste lamb-tree, safe tree, Indian-spice, wild pepper, chasteberry, vitex, agnus-castus, sauzgatillo



Actions: anti aphrodisiac, galactagogue, pituitary adjuvant, progesterogenic, expectorant

Contraindications: it should not be taken with other endocrine therapies or hormonal medications. It should not be used during pregnancy or breast-feeding.

<p>Spiritual Medicine:</p> <ul style="list-style-type: none"> - Quench the desires of the flesh - Suppresses negative wills - Connection to creation energies + fertility of abundance - Creates boundaries with unwanted or overly active attention 	<p>Physical Medicine</p> <ul style="list-style-type: none"> - Strong ally to the uterus + ovaries, supporting menstrual discomfort, lack of flow, heavy flow, stimulate milk production, relative progesterone deficiency, or, a relative estrogen excess - Inhibit the action of male androgens (sex hormones) - Supports with engorged/swollen breasts - Treats diarrhea + respiratory infections - Allies in genitourinary health: black cohosh - Allies in skin health: echinacea, feverfew
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Cornsilk

Zea mays

Maiz, tlayoli

Giver of life, Sacred mother, Seed of seeds



Actions: diuretic, anti-inflammatory, anti-depressant, anti-fatigue, antioxidant, hyperglycaemia reduction, demulcent, tonic, anodyne, alternative, lithotriptic

<p>Spiritual Medicine:</p> <ul style="list-style-type: none"> - Calling the beginnings of beginnings - Opening us up to the magick of solar energy + our inner fire - Clears stagnation - Uplifting to the spirit - Connection to ancestor - Brings us to abundance, nourishment + our harvest 	<p>Physical Medicine</p> <ul style="list-style-type: none"> - Supportive of the reproductive system such as inflamed prostate or labia/vaginal/cervix inflammation - Alleviates premenstrual discomfort and emotional pulls - Allied to the digestive system such as urinary tract problems, bladder infections + kidney stones - Supportive to renal repair (aiding the kidneys) - Actions on the heart, soothing diabetes, lowering high blood pressure, high cholesterol - Immune stimulating properties - Treats boils + wounds (external)
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Genitourinary System

Saw Palmetto

Sabal serrulata/Serenoa repens

American Dwarf Palm Tree,
Baies du Chou Palmiste, Baies
du Palmier Scie, Cabbage Palm,
Chou Palmiste, Ju-Zhong



Actions: genitourinary tonic (male & female), adaptogen, anabolic & endocrine agent, urinary antiseptic, sedative, anti-inflammatory, anti-catarrrhal, expectorant, nutritive, aphrodisiac, diuretic, antispasmodic

Contraindications: *it should not be taken with other endocrine therapies or hormonal medications. It should not be used during pregnancy or breast-feeding.*

Spiritual Medicine:	Physical Medicine
<ul style="list-style-type: none"> - Opens up the gateway to lust, passion + vitality - Keep in the home - Protection - Spiritual openings 	<ul style="list-style-type: none"> - Indicated for BPH (prostatic enlargement) - Acts to tone and strengthen the male reproductive system - May "boost" testosterone sex hormones when required - Aids low libido, impotence, sex hormone disorders or deficiency or testicular atrophy - Prevents + alleviates all infections of the genitourinary tract - Strengthen the bladder in cases of urinary catarrh, bladder inflammation, dysuria, + chronic/subacute cystitis - A tonic to the nervous system as a whole

Uva Ursi

Arctostaphylos uva ursi
Bearberry



Actions: diuretic, astringent, urinary antiseptic, anti-bacterial, anti-inflammatory, tonic, oxytocic, hemostatic, demulcent, anthilic

Contraindication: *Avoid in high quantity, NOT 7 days in a row pregnant or under 12*

Spiritual Medicine:	Physical Medicine
<ul style="list-style-type: none"> - Smoked in ceremony to assist in magick work - Presence in psychic abilities - Brings Saturn's will on sowing the seeds of our wildest dreams - Cloak of protection - Allied to bear 	<ul style="list-style-type: none"> - Treatment of cystitis, ulcerations of the kidney and bladder - Soothes + tonifies genitourinary organs - Removes excess water from the body (particularly the prostate) + clears the urinary system - Alleviates infections - Treats pelvic inflammation - Feeds the body with vitamin C - USed externally to aid with muscular pain

Genitourinary System

Motherwort

Leonurus cardiaca
Lion hearted, lion's tail,



Actions: cardiotonic, mild vasodilator, gentle sedative, nervine, emmenagogue, astringent, carminative, digestive bitter, diuretic, antispasmodic, antirheumatic

Spiritual Medicine:	Physical Medicine
<ul style="list-style-type: none"> - Traditional remedy for gladdening the heart - Diffusive spirit moves stagnant energies and blockages like fear and anger out of the system - Encourages surrender of the need to be in control esp when motivated by fear - Soothes emotions - An ally for those who dissociate or tend to leave their bodies - Brings us back to the present moment - Gives a sense of purpose - Invokes openness, acceptance and peace - Used in spells of protection and counter magick 	<ul style="list-style-type: none"> - Promotes menstruation - Alleviates cramping and other PMS symptoms including hormonal imbalance - Tonifying and relaxing to the uterus - Relieves anxiety and calms overactive nervous system - Restores optimal functioning to the heart - Helps to bring down blood pressure, esp due to stress and anxiety - Helps regulate tachycardia - Assists in bring balance back to hyperactive thyroid - Digestive aid that relieves gas and constipation

Wild Carrot

Daucus carota
Queen Anne's lace



Actions: diuretic, emmenagogue, anti-lithic, carminative, galactagogue, anti-rheumatic, contraceptive

Contraindications: avoid use in pregnancy and take care with damaged kidneys and acute kidney infections

Caution: be sure you can positively identify daucus carota when in flower as it closely resembles two poisonous plants-water hemlock (*cicuta spp*) and poison hemlock (*consumption maculatum*)

Spiritual Medicine:	Physical Medicine
<ul style="list-style-type: none"> - Stimulates clear thinking - Enhances intuition and insight - Awakens consciousness in the third eye - Inspires the perception of beauty - Encourages laughter and playfulness - Increases awareness of energy and its connections 	<ul style="list-style-type: none"> - Genitourinary tonic - Dissolves stones in kidneys and bladder - Aids conscious contraception and may support conception - Increases milk production - Digestive aid - Relieves gas - Stimulates thyroid and pituitary glands

Genitourinary System

Cannabis

Cannabis sativa

Hemp, marijuana, ganja,
weed, herb, pot



Actions: anesthetic, sedative, psychoactive, anti-nausea, anti-inflammatory, hypotensive, aphrodisiac

Spiritual Medicine:

- Widely used throughout the world for centuries as a spiritual ally to help differentiate the ego from the higher, divine self
- Clarifies issues of will and initiative in relation to authority figures
- Brings playfulness and light-heartedness to being on the planet; allows us to "lighten up."
- Useful for shamanic journeys, vision dreams, awareness around altered states
- Brings clarity and order to journeys between dimensions
- Essence helps remove blockages from what should be hollow spaces, i.e. nasal congestion, phlegm in lungs and assists in emptying bowels.

Physical Medicine

- Relieves pain and chronic pain with minimal side effects
- Especially useful in cases of AIDS and cancer, relieving the symptoms that stem from pharmaceutical treatment
- Reduces nausea
- Increases appetite
- Induces sleep
- Reduces spasms and neurological over activity (as in MS and CP)
- Helps reduce blood pressure