

Healing our intimacy

Additional Resources

Herbs for the Genitourinary System

Bee balm, Kiva Rose*

<http://kivasenchantments.com/monarda.html>

Chasteberry, *Herbal Supplement***

<https://www.herbal-supplement-resource.com/chaste-tree-berry.html>

Shatavari, *Natural Healthy***

<https://www.naturalhealthyconcepts.com/shatavari>

Genitourinary System

How the Urinary System Works, Animated Video

https://www.youtube.com/watch?v=2_7Q1xQ-NWU

Inner Body Interactive Anatomy

<http://www.innerbody.com/image/urinov.html>

Radically and Consciously Mooning Online Knowledge Share, La Loba Loca

<http://www.lalobaloca.com/radically-and-consciously-mooning-an-online-knowledge-share.html>

Sacral Magick + Reclamation

Cou Cou mini guide to self-exam

<https://drive.google.com/file/d/0B7HJzsJwcoWQMjhRT1V3ZmlUVWs/view?usp=sharing>

Herbs to bring love, *Worts + Cunnings**

<http://www.wortsandcunning.com/blog/herbs-to-bring-love?rq=damiana>

Herbs of protection, herbs of dreams: Mugwort

<http://www.wortsandcunning.com/blog/herb-of-protection-herb-of-dreams-mugwort?rq=mugwort>

Makeda Voletta, The Scientist Yoni Eggs

<https://www.youtube.com/watch?v=t86w77UPM5c>

FB: <https://www.facebook.com/Makeda-Voletta-The-Body-Scientist-145799608836228/>

The Water Will

Sacral Chakra Healing Chant, *DhyaanGuru Dr. Nipun Aggarwal*

<https://www.youtube.com/watch?v=WIHJd3SATqo>



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Sexual Justice

Pennyroyal is Not a Hanger: Expanding Our Vision of Reproductive Justice

<https://littleredtarot.com/pennyroyal-not-hanger-expanding-vision-reproductive-justice/>

4 Ways to Be Gender Inclusive When Discussing Abortion**

<https://everydayfeminism.com/2014/08/gender-inclusive-discussing-abortion/>

The Abortion Diary Podcast, One Diary. Countless Stories gives space for the important stories and experiences of people around abortion.

heabortiondiary.com

How We Heal From Sexual Violence Against The Queer Community, *Jennifer Patterson**

<https://theestablishment.co/how-we-heal-from-sexual-violence-against-the-queer-community-d028ab2dcf08>

Here's How We Can Center Queer & Trans Survivors In The #MeToo Movement, *Neesha Powell*

<https://everydayfeminism.com/2017/11/lets-center-queer-trans-survivors/>

How Can You Tell if You're Being Sexually Empowered or Objectified? Ask Yourself This Simple Question, *Ronnie Ritchie***

Mapping the Margins: Intersectionality, Identity Politics, and Violence against Women of Color, *Kimberle Crenshaw*

<https://www.racialequitytools.org/resourcefiles/mapping-margins.pdf>

Rape, Racism and the Capitalist Setting *Angela Davis*, *The Black Scholar* 12.6 (1981): 39-45. Web.

The Whats, Hows + Whys of Menstrual Extraction, *Rebecca Chakler***

<https://drive.google.com/file/d/0B7HJzsJwcoWQWjxeWlnZEtISTQ/view?usp=sharing>

Witches, Midwives and Nurses, *Barbara Ehrenreich and Deirdre English***

<https://drive.google.com/file/d/0B7HJzsJwcoWQRWIPd2RrYU9pZjA/view?usp=sharing>

Trans Health + Justice

Black Trans Advocacy

<https://www.blacktrans.org/>

Herbs for Transitioning: The Basics**

<https://prismintegrativeacupuncture.com/2013/06/04/herbs-for-transitioning/>



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Herbs for Trans Women**

<https://www.heartofherbs.com/blog/herbs-for-trans-women/>

Holistic Health For Transgender & Gender Variant Folks**

<http://www.sfherbalist.com/holistic-health-for-transgender-gender-variant-folks/>

Natural Transition, *Lewis Wallace***

<https://theoutline.com/post/2494/can-herbal-hormone-therapy-help-the-transgender-community?zd=1&zi=fyky3w1x>

The Network/La Red is a Boston, MA survivor-led organization working to end partner abuse in LGBTQ/T, BDSM and polyamorous communities through advocacy, counseling, and leadership development of survivors.

tnlr.org

Reproductive Tech will let future humans inhabit the body they truly want, *Lewis Wallace*

<https://futurism.com/trans-reproductive-tech/>

We strive to offer you teachings + wisdom from + that center bipoc communities. Here are is the key for how we acknowledge when teachings are coming from outside our communities:

*white presenting or non-BIPOC identifying

**non-BIPOC

***non-BIPOC, cis man

****to our knowledge their self-identification + lineage

