

Your Body in a State of Health

Everything in your body is connected! This means that something that harms one part of your body harms your entire body. For our body to exist in a state of health, all of our body's parts and systems must work together for the whole to function properly. We must be able to recognize how our body exists in a state of health. If you don't know how your body exists in a state of health, you are missing the necessary foundation to understand the risks and benefits of any other healthcare decision.

Decisions can be tough! Healthcare decisions don't have to be. With access to accurate, reliable information about your body, you can be well-informed about the choices you are making. Remember how important our overall health is. We cannot address one part of our health without talking about our overall health. Our overall health is ordered toward optimizing our sexual and reproductive health. Medicine's job in all of this is to support our bodies, not to take over our bodies' natural capacities. The best medical support will find ways to work with your body's natural capabilities, not override them.

The Wisdom of Your Body

Recall that our bodies are intelligent. Our hormones are constantly sending messages to direct all of our bodies' activities, and most importantly, to keep us alive and safe. These hormones affect much more than our sexual health. In fact, they keep all of our bodies' processes in check. The female hormone estrogen, for example, does not only affect our ovaries and our uterus—this chemical messenger affects every system in our bodies. We can see our bodies' intelligence at work when we understand that everything is connected.

The woman's menstrual cycle is one of the ways we experience different systems of our bodies working together. Our fertility is a capacity that is integral to the health of our whole body. Paying attention to the rhythms of our bodies puts us in tune with what is happening beneath the surface. During the phase of her cycle when a woman is able to become pregnant, her body produces an incredible work of nature—a specialized substance called cervical fluid. A woman's cervical fluid patterns communicate valuable information with her about her fertility, which we will explore in a later lesson.

Integrating Physical and Emotional Health

Our physical capacity to bring new life into the world and the health of our relationships go hand in hand. Bonding and babies, pregnancy and pleasure, go together in our bodies. Since this is the case, we must keep in mind that we get to choose who we share ourselves with and when, and this goes for both sexual relationships and relationships in general! We must also consider whether or not we are equipped to nurture a new life right now. We are most supported in our ability to respond well to new life when we are in a committed relationship with our sexual partner.

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