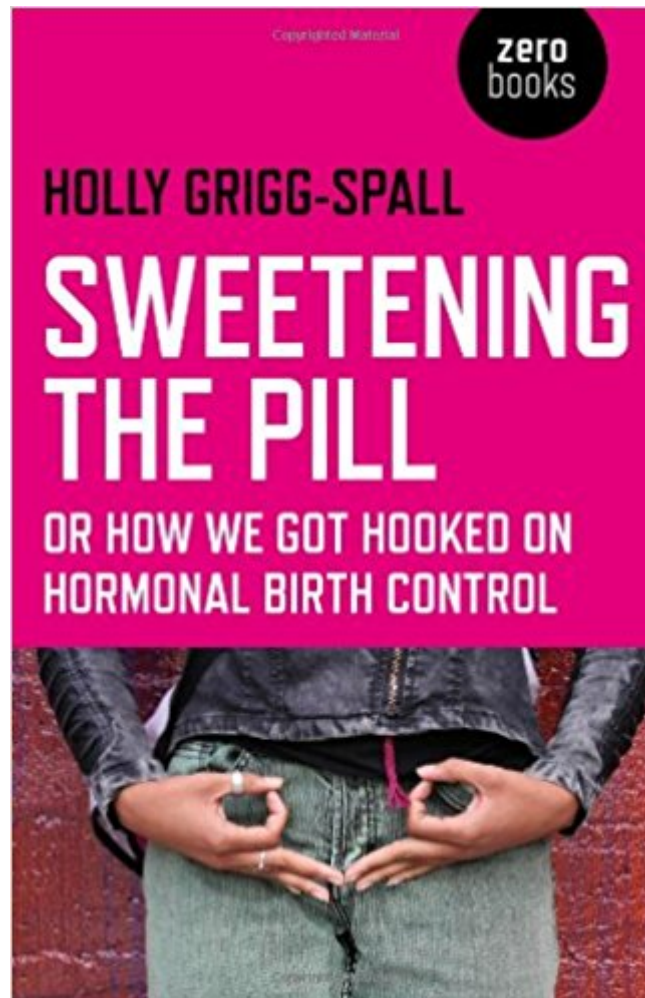




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Sweetening The Pill: Or How We Got Hooked On Hormonal Birth Control



Synopsis

Millions of healthy women take a powerful medication every day from their mid-teens to menopause - the Pill - but few know how this drug works or the potential side effects. Contrary to cultural myth, the birth-control pill impacts on every organ and function of the body, and yet most women do not even think of it as a drug. Depression, anxiety, paranoia, rage, panic attacks - just a few of the effects of the Pill on half of the over 80% of women who pop these tablets during their lifetimes. When the Pill was released, it was thought that women would not submit to taking a medication each day when they were not sick. Now the Pill is making women sick. However, there are a growing number of women looking for non-hormonal alternatives for preventing pregnancy. In a bid to spark the backlash against hormonal contraceptives, this book asks: Why can't we criticize the Pill?

Book Information

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Customer Reviews

"Holly Grigg-Spall is fearless, and her courageous advocacy on behalf of women whose stories are too often silenced is a model for others trying to make positive change through health activism. Read the book and get inspired, get angry, and most importantly get information. Sweetening the Pill is exactly the thing needed to energize and mobilize this important women's health conversation."--
Laura Eldridge, author of *In Our Control: The Complete Guide to Contraceptive Choices for Women* and co-author and co-editor with Barbara Seaman of *The No-Nonsense Guide to Menopause*. Holly Grigg-Spall effectively melts the candy coating that obscures a simple truth: what we don't know,

can indeed hurt us. *Sweetening the Pill*, equal parts personal journey, investigative journalism and feminist manifesto, cracks open the paternalist and corporate-driven ethos of self-improvement that undermines women's body literacy. We've got to demand better: more transparency, more options and more support for self-determined health care. Getting there begins with the kind of courageous inquiry Grigg-Spall inspires. (Chris Bobel, associate professor of Women's Studies at University of Massachusetts Boston and author of *New Blood: Third Wave Feminism and the Politic*)

Holly Grigg-Spall is fearless, and her courageous advocacy on behalf of women whose stories are too often silenced is a model for others trying to make positive change through health activism. Read the book and get inspired, get angry, and most importantly get information. *Sweetening the Pill* is exactly the thing needed to energize and mobilize this important women's health conversation. (Laura Eldridge, author of *In Our Control: The Complete Guide to Contraceptive Choices for Women*)

In *Sweetening the Pill*, Holly Grigg-Spall lays out the reality of hormonal contraception, and the ubiquitous political and commercial interests at play, with breathtaking precision. With most young women using these drugs, and providers cynically side-stepping informed consent and respectful consultation, this is a core and urgent issue of our time. If you are interested in teen girl and women's health, and the wellbeing and evolution of society as a whole, read *Sweetening the Pill*. It's a riveting read and a powerful tool for change. (Jane Bennett, co-author of *The Pill: Are You Sure It's For You?* and *The Natural Fertility Management Contraception Kit and A Blessing Not A Curse*)

We discovered in the 1970s that the personal is political. Holly Grigg-Spall starts with her and other women's personal experiences with the Pill, then thoughtfully and thoroughly considers it scientifically, medically and philosophically to discover the political truth of the Pill. She shares strategies for finding new ways to control our fertility while regaining control of our destiny. Grigg-Spall's careful study on the Pill's effect on women's health is long, long overdue. We are so busy fighting to keep hormonal birth control available that we don't want to question what it is doing to our health and our lives. After reading this book, we can never see the Pill in the same way again. (Carol Downer, veteran women's health activist and author of *A New View of a Woman's Body, How to Stay Out of the Gynecologist's Office, A Woman's Book*)

Oral contraceptives have done so much for so many, but when they don't stand up to scrutiny, women have a right to know more. *Sweetening The Pill* is a fascinating and up-to-the-minute account of the persistent questions around the effects of birth-control pills. Holly Grigg-Spall's cross-cultural perspective provides keen insights into the impact of the latest US health care initiatives. Consolidating personal testimonies, current thought and the controversy surrounding the widespread and prolonged use of oral

contraception, this book is a toolkit for action. (Chella Quint, writer, performer and educator at Adventures in Menstruating)

Holly Grigg-Spall's writing has featured in the UK Independent and Times newspapers and the Washington Post. She has contributed to the Ms. Magazine blog, re:Cycling, the F Bomb, Bedside Manners, and Bitch magazine. She lives in California, USA.

Any women considering the pill for "regulating" the period, or dealing with other menstrual issues should read this book. I'm a health care practitioner and Sweetening the Pill opened my eyes up to all kinds of issues that women will usually NOT talk about to their doctors. But, if we invite with a gentle, open minded inquiry into their experience with the pill, then the truth of her experience will often spill out. Holly is spot on with issues that rarely get addressed. The Pill is usually not the magic solution we've been sold, it simply masks the underlying issues, which then surface with a vengeance once the the synthetic hormonal tide is stopped. If you are considering using birth control pills to "regulate" your menstrual issues, then read the book and think again!

It's an okay book. I just hate that it is not cited, or referenced. It's also a little disorganized. But I agree with her on the topic. But, I can't really share it around. I need a book that is well researched, and shown it is well researched. This is a controversial topic, and if it is not cited well, how can anyone trust you? Especially if they are skeptical on the topic at hand. Just my opinion.

It tends to repeat itself (lightly) at times and the writing feels a bit sloppy in some places, but the content is golden and a must-read for women regardless of how they feel about hormonal contraceptives. I heard about it while heavily questioning my health on the pill and started reading it after I decided to stop taking it, and this book completely solidified my decision and backed up all of my suspicions that doctors refused to acknowledge. You owe it to yourself, your health, and the women around you to read this book. Most likely, you'll be nodding along during majority of it.

After 8 years of mindlessly popping hormonal birth control pills, I had recently become a more health conscious person. I had switched to organic tampons and eventually a menstrual cup... and then one day I started to question what was in those "harmless" little guys I took every day. After googling the ingredients in my brand of pill, I discovered everything I was trying to avoid was blindly being put into my body anyways...ugh.. so I delved even deeper into internet land, uncovering

articles, blogs, and threads of what happens to women while on BCP's, first-hand stories of women who were describing things that I too was experiencing the past few years. I had no idea it could've been because of that pill! I had to stop, but how? I'd get pregnant! Oh thank you mysterious internet ladies, I could try to learn about Fertility Awareness. So I googled that too. And hours later I think to myself: WHY THE HECK AM I 26 AND JUST LEARNING ABOUT MY CYCLE!!?! Girls need to know more about this. I needed to know more.... so I went on and found Sweetening The Pill, read some reviews, ordered it, and it became the first book I've been able to finish in a looong time. Holly's story just verified my decision so much more. It is truly scary how many women are living in a blah of a life not knowing why they feel so crappy, let alone the risks they are taking! Thank you for the facts, Sweetening The Pill, I am so very excited for the documentary. Anyway, it's been 6 months since I took my last Birth Control Pill, and quite a roller coaster of changes, but I am truly happy about my decision and this book has played a huge role in that. Awesome :)

As others have said, there's a ton of great and interesting information in this book, but it's not very well-written or organized, and there are a lot of typos, even on important words like the names of different medicines or birth control pills. I'm able to read between the lines (and mistakes) so I still recommend this book, but just be aware-if it's going to bug you, maybe try another one. I find that Taking Charge of Your Fertility~ Taking Charge of Your Fertility, 20th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health~ has a lot of the same info but without the disorganization and typos.

This book was eye opening. I was on the pill for six years, without realizing what exactly it was doing to my body and what risks I was taking on, let alone understanding the political, cultural, and environmental implications of the pill. Holly does an incredible job of peeling back all these layers to show us how the pill has been sweetened for the mass market. The book helped me personally to make more informed choices about hormonal contraception and has inspired me to do the professional work I'm doing today. I highly recommend this book!

This is a must read, and therefore I feel I need to communicate the following:I do not believe it is due to any fault of the editor or the author, but there are many grammar and spelling errors. There are also words that repeat each other side by side. I'm not sure if this is the forum to on which communicate this concern, but I do feel that these should be corrected. This book holds great significance for many women and society as a whole. I do not appreciate how the author's message

and intellect may be discredited because of these faults. The print version does not contain these errors. Please reissue another kindle edition that is free from error. Thank you.

This book changed my whole view of birth control. When I started the pill, I cried everyday. I thought it had to do with life circumstances but in hindsight I was struggling with my emotions more than I should have. Thanks to the education in this book, I am now empowered to make healthier choices about my reproductive health. I recommend this book all the time and I'm excited about the upcoming documentary.

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