

While the Pill is taken by most women and girls at some stage in their lives, few realise it is not without side-effects.

Clear links have been made to depression, nausea, headaches and migraines, as well as a loss of libido. Contrary to what most of us believe, it is not a failsafe contraception. Around 2 in 10 women do conceive while taking the Pill. Others experience difficulties conceiving after coming off this drug. There are also nutritional concerns, which can affect the health of subsequent children long after you have stopped taking it.

So what is the Pill, how does it work and what does it do to your body? If not the Pill, then how else can you control your fertility in casual or long-term relationships? Are hormonal implants and injections any better? If you're about to come off the Pill, what are the best ways to reclaim your health and wellbeing? And what can you look forward to when your body returns to its natural rhythm?

Accessible, informed, inspired, *The Pill: Are you sure it's for you?* provides you with a wealth of case studies and information that will help you make the choice you want for your body.



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