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THE

*Evolving  
Womb*

A QUICK GUIDE

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## The Evolving Womb

### **Part 1: Anatomy and physiology of the womb – how and why it shrinks through menopause.**

Your uterus doubles and shrinks with each menstrual cycle.

In menopause, your uterus shrinks to almost a pre-pubescent size and wants to close down on the cleanest possible space. You may well have periods of heavy bleeding as a result.

Don't be scared of heavy bleeding through menopause – it's your womb cleaning itself out. But be aware also that toxins you put into your body (e.g. alcohol) may affect the extent of womb cleaning.

If you're bleeding heavily, see a doctor, but mostly you need to rest.

Symptoms like bladder incontinence, bowel issues, prolapse, weakened ligaments etc. should ease up post menopause due to the womb shrinking and therefore being smaller and lighter.

Circular finger massage in the solar plexis, along with slowing down the breath, can help ease anxiety – a hyper tight diaphragm creates a hyper tight pelvic diaphragm as well, so think about mobilising your diaphragm – laugh, cry, shout...

## Part 2: The importance of retreat and shadow work

In midlife it's useful to spend some time acknowledging aspects of your past and what you want for your future - do a retreat!

Admit the traumas rather than denying them.

"Where is the darkness in my past?"

Shadow work can help you deal with past difficulties.

What do you want to take forward into the next half?

Make a retreat work for you - learning to say no – Me No Pause!

Sense of personal status is key – find a way to improve your own self judgement as part of your retreat.

Where are you holding on to power, where are you giving it away?

Locking yourself in the bathroom is a workable retreat if you can't actually go on retreat!

It's important to mark the life event of menopause – we can create our own good way to do this!

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### Part 3: Vaginal steams, castor oil packs and other self-care wins

#### *Vaginal steaming*

Heat expands, cold contracts - so in the same way you might steam your face, you may like to steam your vagina. Blood flow to the vaginal area will help strengthen ligaments, improve vaginal dryness issues etc.

Do it at the beginning or end of menstruation, not when bleeding heavily.

Post menopause, steam it perhaps four times a year – to bring warmth and moisture to that area – or more regularly.

Try steaming before or post sex to ease any pain. Steam before or after a medical examination or after sexual trauma. It feels really nice!

Watch video 3 for details of how to do it!

### Part 3: Vaginal steams, castor oil packs and other self-care wins

#### *Castor oil packs*

Castor oil is great for healing – highly cathartic. Use it on any scar tissue especially in the uterine area.

Also known as an intuitive oil – good to use before sleep, for tendonitis etc.

Use cotton flannel soaked in castor oil OR (the easy way) rub castor oil on whatever area you're trying to heal, stick a T-towel or flannel on top of that and a hot water bottle on top, which will help the oil to soak in, e.g. in the uterine area. Try rubbing it into your lower belly if you have had prolapse, endometriosis, surgery, painful periods.

Ask for what you need! Ask yourself regularly – what do I need? NOT the to-do list! But what you actually need! It's all about self-preservation!