



Ho'olawai

Women & Chocolate: What I really think

a healthcare practitioners perspective

ho'olawai, a 501c3 dedicated to
healing thy body, heal thy world.

Women and Chocolate, can be some serious business. An innate almost animalistic, blood thirsty phenomena: 'get her the chocolate and get out of the way'. Its the one area women are ok with feeling, 'this is mine, get your own'. I see the jokes, but I have felt the seriousness of this experience and took the journey of self discovery. Its not 'pms', your Dr probably wont find a hormone imbalance, in the way of mitigating it, but it is symptomatic, or can be depending on severity.

It may not be what you think, but its worth diving deeply into the root of the imbalance to figure this out. The entire idea of 'pms' infuriates me, mostly because it became a term Men used as well an entire industry, ie. western medicine, to validate a lack of understanding and to justify name calling or behavior. Women also jumped on the bandwagon, turning it into comedy or marketing for products.

Most women don't really understand what's going on with their body either so not to fault anyone or rather to fault everyone. Historically Men shamed, raped, beat, killed and even hung Women for communicating about our bodies and how to help them transition, so I mean fuck that's serious enough to want a disconnection from what's going on within. Accountability is requested and it's happening, quietly, subtly in the healthiest of relationships, but it isn't loud enough for my ethical compass.

Women today have safety in using our voice and platform to share, but trauma is passed down, so it takes time to fix past wrongdoings and misunderstandings in order to feel healthy today.

It's our responsibility as women to understand and love our bodies so we can share its wisdom with our children to make the world a more fair, safe and healthy place to live.

Thank goodness for Traditional Chinese medical school. I learned every intricate detail of a woman's body and healthy functioning and how to fix its imbalance. I healed myself from every symptom one may label within 'pms' and all symptoms one goes into the Doctor for. Our cycle functioning is one of pure pleasure every day of the month when we understand it. Symptoms are not normal, they are a cry asking for help. I spent 15 years helping women understand their cycles through healing the symptoms. Mostly were so busy, we are just happy it's gone and we really don't care how or why.

So back to Chocolate.

I never wanted to be addicted to anything. I didn't like a thing to have power over me, the feeling of fear if it wasn't there. To enjoy anything and nothing~ that feels best. I remember traveling in my early 20's, I'd make sure to have chocolate

covered almonds or high quality chocolate in my bag. It was there as a sort of survival feeling. In my later 20's I began Chinese Medical School and the path of healing my bodies inner most workings. Traveling later in my 30's it hit me, I didn't care about chocolate anymore, I never "needed" it stashed just in case. I was no longer worried id be somewhere far away id need it and I wouldn't have it.

I was interested in this sharing of my body, its desire for chocolate. I realized it had to do with my meat consumption. The entire ordeal was a very subtle aspect of life. We never talked about it, it was just a 'normal thing about being a woman', but I don't think it was. Hence my curiosity, it seemed strange, unnatural. I had been a serious vegan and vegetarian from 18 through my 20's and into my 30's.

As red meat became a part of my life, the less chocolate and dessert foods mattered. It wasn't that i didn't have them or want them, I completely enjoyed chocolate on occasion when I felt like it, but the feeling that 'I may not be ok without it' that went away. Ive seen this behavior in other women as of recent, to make sure to get to the health food store before it closes to get chocolate just in case. It may be subtle or seem normal but it may be a cry for something deeper that can feel better.

When I incorporated meat, it was a slow process that took years. I remember the first time eating it after a decade not, I felt alive and totally satiated. All of my bodies functions got better in every way. I developed a feeling that id have it when i craved it, and it ended up being maybe 3x a year, which shifted to be 3/month in perfect harmony with my bleed or menses. This understanding also fit in with Traditional Chinese Medicine and I noticed a similar behavior in most of my female patients.

When our female bodies are beginning to prep for blood shed we may crave red meat, it seems just a very natural restoration

process, the most directly linked. I tried it all to avoid eating meat, the thought of it made me sick. I did black strap molasses, tcm herbs and iron sups before I incorporated meat. TCM Herbs are 100% necessary for the body being able to use and transform meat into blood. as well as how it courses the blood through the body in a healthy way. TCM herbs will dissolve clots and a cramp can never be felt again. Cramps are symptom of a clot formed, a clot is a symptom of a stagnated emotion. Unresolved clots over time become fibroids and so on.

I began to eat meat every month when I craved it, about 2-3days per month, I never wanted it otherwise. Chocolate became more of something pleasurable id enjoy it if it was there sometimes, i didn't care either way. My female patients felt the same when red meat was incorporated.

To heal the female menstrual cycle, first set up an appointment with me to determine what's going on so we can get the right tcm formula to heal. At that time I can determine if and when meat is necessary. Many people eat too much red meat too consistently, this can create clots and slow the blood. A consult with me can provide a healthy sustainable outlook.

A phenomena with psychological roots its be healthy to address: Many women stopped eating meat in their 20's, via educational information. Animal product anything disgusted me, I felt really good without it. I recognized I smelled differently; armpits and other scents changed and disappeared completely. My cells were firing, I felt superhuman filled with too much energy, but after 10years my body began to break down. I got pretty sick, I even got kidney stones from too many beets and kale.

I do feel we ate too much meat growing up and thats why getting off it felt fabulous and then incorporating it back felt healthy too. Before your quick to draw conclusion 'everything

in moderation' not exactly, its relative. We only ate meat in moderation plus tons of veggies but we ate it regularly, more like the 'food pyramid ideal' which is rooted essentially in an idea, we are testing it now. The healthiest mindset to have with food is less about everything in moderation every day, and more about it over time. When a woman's body is functioning healthy without symptoms, her body is the source of nourishing creation of humanity, so her natural cravings are a very correct approach.

What you can do now, ask yourself:

If you eat meat weekly, or if you have never gone off of it completely for a period of time, try removing it for 3-6 months, up to 1 year. Eat plant based. See how you feel, you will smell better and feel vital and healthy.

If you haven't eaten red meat in years try going on it 1-3x per month, when you're craving it, if you can get in touch with that, you will feel better in every way.

Meat is a very potent food; its more like medicine. Meat isn't really a staple. Rice and lentils, for example kitcharee is a 'stable' meal. Eating kitcharee several days in a row your body begins to relax and regenerate itself. Meat would be best treated as medicine. You'll feel the difference once you pay attention.

Overall we eat quite incorrectly for vital health. We overdo everything. We overdo variety then we overdo exercise and life becomes a constant stressor. Unless your a growing kid or woman growing a baby, the body does better with a more graceful approach and less of a food pyramid style.

Book a consult to know exactly what would be best for your body.

20years ago when I wasn't eating meat, I didn't know a single man that had stopped eating meat, it was all my female friends who became vegan. All of the men I knew associated eating meat with a sort of validation of masculinity, being a strong man. And there is truth to that. Eating meat does provide strength, its potent energy. This is like fueling a fire in a man with anger issues. Meat can trigger, even help to create anger. If you don't 'need' meat, then it causes damage and creates thickened blood and heaviness to the blood flow, which causes Liver to stagnate or not function optimally, we then react with anger, triggers at life's things.

Generally most men don't need meat, they've eaten too much and its negatively affecting their bodies and most women need to incorporate it. Ideally meat should be used by women in regards to our blood and yin nourishing needs. If your thin and frail you may need it and if you're robust you probably don't. I recommend a healthcare consult to help you figure this out.

If we approached food therapy with honor and reverence for such sacredness of our body functioning and to life in general, we may not have caused such a state of confusion, meat is not the problem, its our misunderstanding of its use and how to be in healthy connection to it.

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