

HOT PANTS

DO-IT-YOURSELF GYNECOLOGY by LISA VINEBAUM AND ISABELLE GAUTHIER

"Hot Pantz provides readers with an understanding of anatomy, recipes to conquer yeast infections and hormonal imbalances, an extensive glossary of self-healing herbs, a list of aphrodisiacs, and it provides instructions on how to give foot massages that will alleviate cramps! I can't tell you how often I consult this zine, or how excited I've been to share information from this zine with a friend in need."

—*Bitch Magazine*

"Hot Pantz, the DIY gynecology zine that's been on the bookshelf of every savvy riot wiccan and herbal grrrl since it was first published in 1994. If there was one object I'd like to place lovingly in the hands of every woman I meet, it's this guide to, as the authors put it, "knowing more about your cunt than your doctor does." With herbal recipes for everything from treating STIs to brewing aphrodisiacs, it's a well-researched, clearly-written, non-condescending booklet that has helped me, at least, feel like my "area" isn't a foreign country that I have to learn a whole new language to visit."

—*Active Distribution*

A thorough and classic examination on tried and true herbal treatments for common gynecological problems, as well as great basic sexual health info. It begins, 'Patriarchy sucks. It's robbed us of our autonomy and much of our history. It's integral for women to be aware and in control of our own bodies.' Diagrams and herbal remedies teach you how to diagnose and heal many problems from bladder infections to inducing your period to ease cramps to even dealing with pregnancy. Learn herbal remedies to ease every stage of the menstrual cycle. There's references to further reading, descriptions of herbs, and even a section on aphrodisiacs. The sections include: Body Mapping (in brief), About Menstruation, Love in the Age of Aids, 35 years of fertility, STDs and Other Aliens, The Ovaries and the Uterus, Aphrodisiacs, How to Prepare and Use Herbs, Picking Your Own Herbs, Herbal Properties and Dosages. It deserves to sit next to a dog-eared copy of *Our Bodies, Our Selves*.

ISBN: 978-1-62106-648-4

Publication Date: June 15, 2015

Format: Trade Paperback

Subjects: Heath / Gender

Price: \$9.95 U.S.

COMPARABLE/COMPETITIVE TITLES:

Our Bodies, Ourselves Boston Women's Health

Book 9781439190661 \$19.95 Touchstone 2011

S.E.X. Heather Corinna 9781600940101

\$17.95 Da Capo 2007

Alive with Vigor Robert S u t t e r

9781934620472 \$9.95 Microcosm 2013

Stay Solid MattHern 9781849350990 \$19.95 AK Press

2013

Has been a popular underground resource since 1994

One of the few self-sufficiency titles for women's healthcare

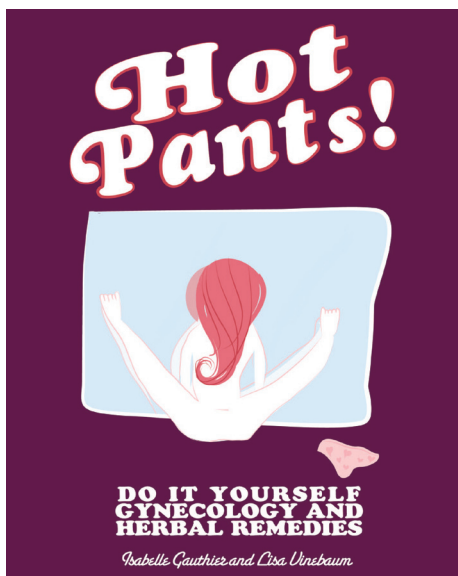
An important publication during a time of intense discussion about healthcare

Hundreds of copies will be distributed for free to women's shelters in the U.S.



Lisa Vinebaum is a community radio activist. She has been using herbal therapy on herself and other people for a number of years. **Isabelle Gauthier** holds a degree in herbal therapy. She studied with Joyce Rediker of le Grand Monde des Herbes in Montreal and is an herbal practitioner with many years of active experience.

A small, charming, and innovative publishing house, **Microcosm Publishing** specializes in work designed to make the reader feel good about being alive, take an active role in bettering their life, and impact the world around them. Microcosm has developed a reputation for teaching self-empowerment, showing hidden histories, and fostering creativity through challenging conventional publishing wisdom, with books and bookettes about DIY skills, food, zines, and art.



MICROCOSM PUBLISHING

Distributed by Legato / Perseus (World) and Turnaround (England)

Direct sales: Microcosm Publishing | 2752 N Williams Ave. | Portland, OR 97227

microcosmpublishing.com | tim@microcosmpublishing.com | 503-232-3666

