

WHAT IS INSIDE

????????

I WISH I HAD A MORE POSITIVE RELATIONSHIP WITH YOU

#1

HALF -A- COMIC ABOUT SOME DIFFERENT BIRTH CONTROL EXPERIENCES I HAVE HAD

some STRETCHES you can do to RELIEVE MENSTRUAL CRAMPS*



2 MORE DRAWINGS OF UTERI

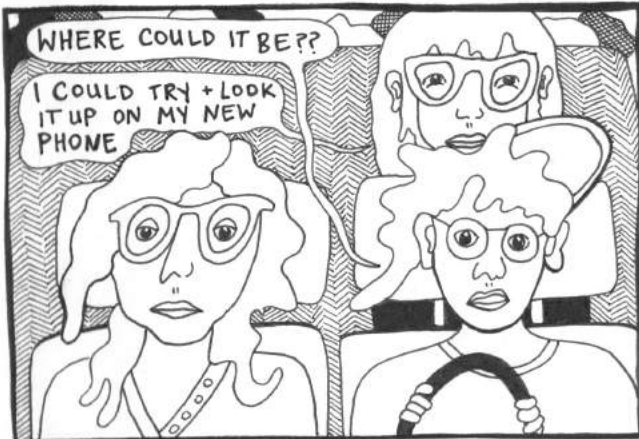
Do you want babies?

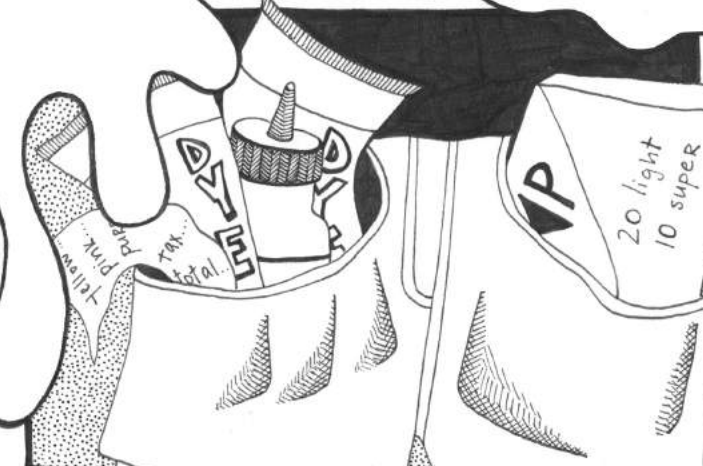
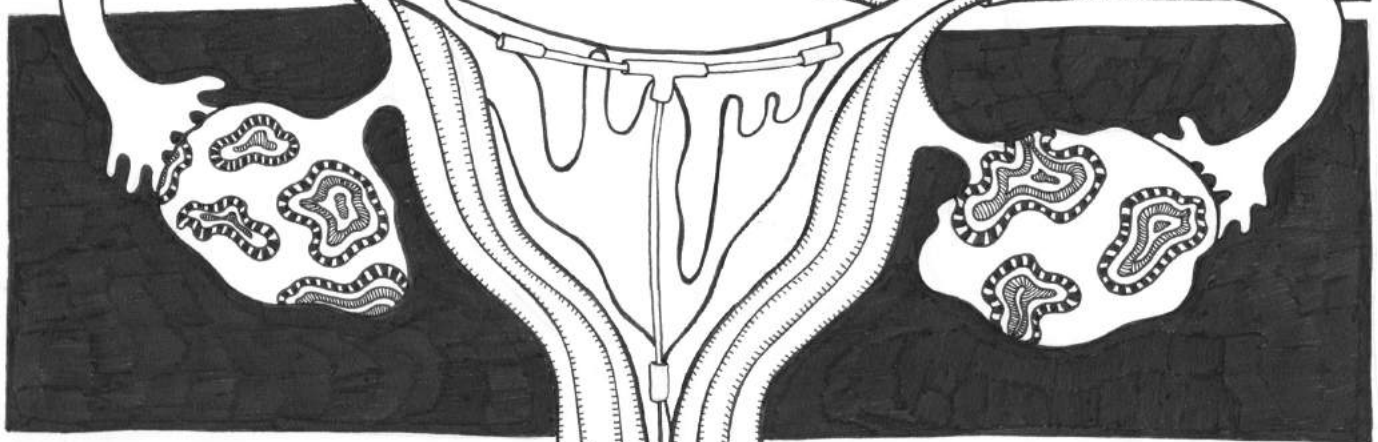
* while waiting for yr ibuprofen to kick in

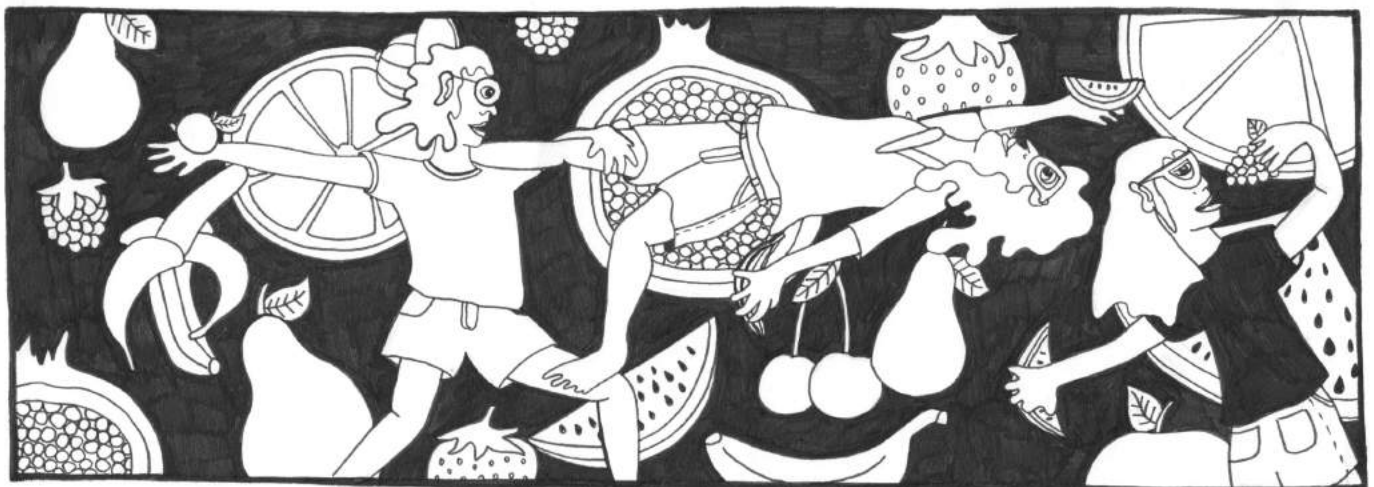
A VIDEO about how/why I draw MYSELF SO MUCH













BACK AT THE SUMMER CAMP WHERE S+G WORK

PRETTY BAD CRAMPS

I CAN SHOW YOU SOME GOOD STRETCHES FOR THAT



BUTTERFLY/
BOUND ANGLE

BASICALLY, YOU WANT TO DO THINGS THAT WILL OPEN UP + RELIEVE STRESS IN THE PELVIC REGION. SO START WITH BUTTERFLY AND WHEN YOU'RE READY, TRY WHAT REDWOOD IS DOING



DUE TO THIS CAMP'S POLICY OF INCLUSIVITY LOTS OF OTHER COUNSELORS, CAMPERS, AND OTHER FOLKS JOIN IN

FROM BUTTERFLY, SLOWLY LOWER YOUR BACK ONTO THE FLOOR

HOLD EACH POSE FOR ONE TO THREE MINUTES, WHATEVER MAKES THE MOST SENSE + FEELS MOST COMFORTABLE

RECLINED
BOUND ANGLE



EAGLE
TWIST

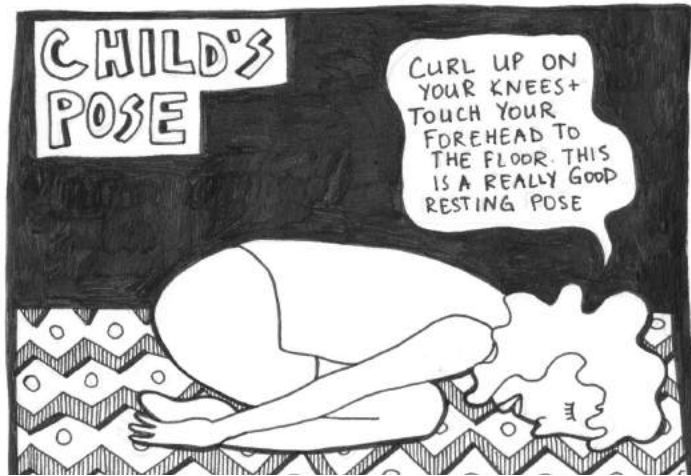
WHILE ON YOUR BACK, CROSS THE RIGHT KNEE IN FRONT OF THE LEFT KNEE THEN SLOWLY LOWER BOTH KNEES TO YOUR LEFT AND TURN YOUR HEAD TO THE RIGHT

THEN DO THE SAME THING ON THE OTHER SIDE!



START FROM LAYING DOWN WITH KNEES BENT + FEET FLAT ON THE FLOOR. THEN PUSH YOUR TAILBONE UP + LIFT YOUR BUM OFF THE FLOOR UNTIL YOUR THIGHS ARE PARALLELISH TO THE FLOOR

BRIDGE



CHILD'S
POSE

CURL UP ON YOUR KNEES + TOUCH YOUR FOREHEAD TO THE FLOOR. THIS IS A REALLY GOOD RESTING POSE



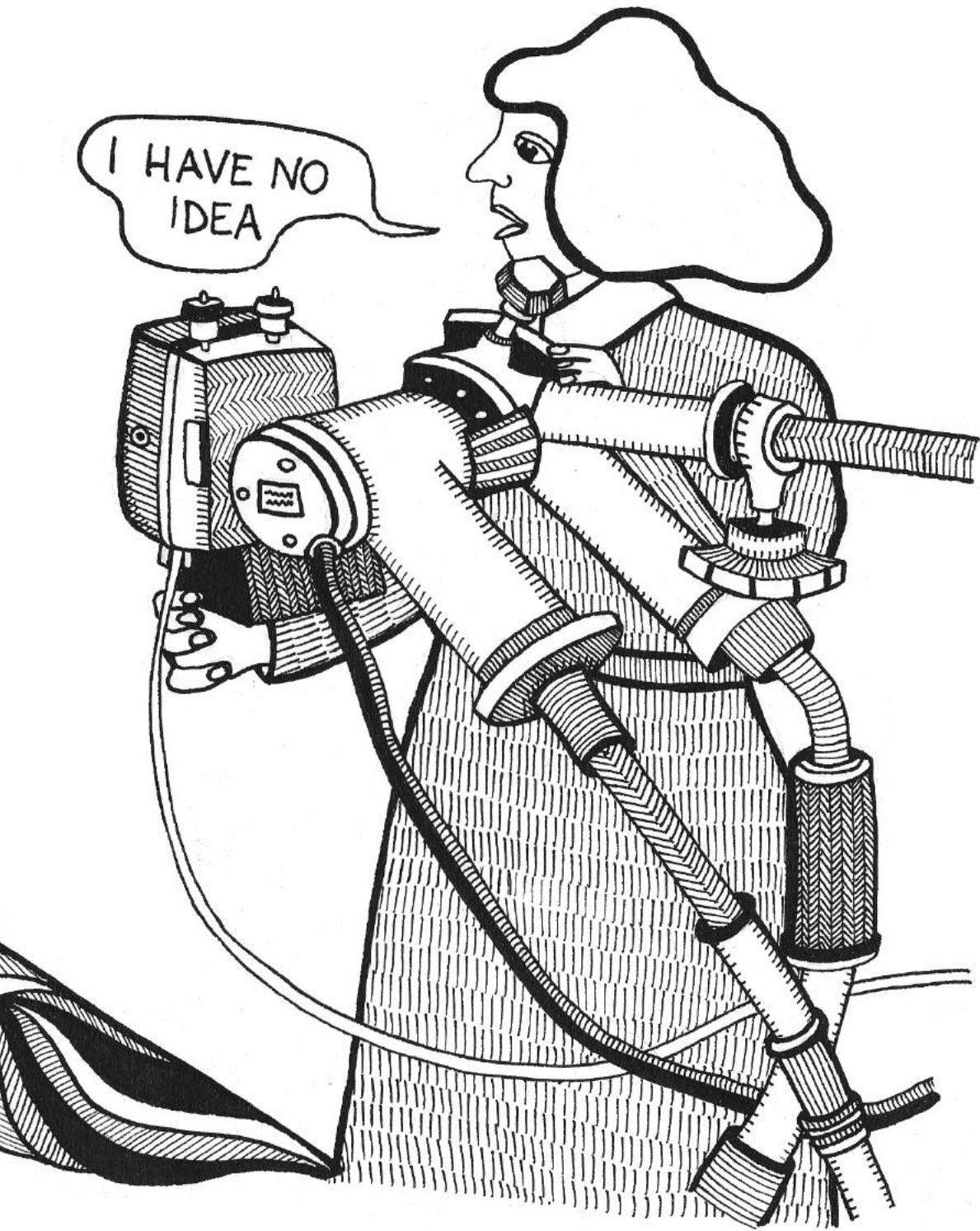
AFTER STRETCHING EVERYONE DYED THEIR HAIR

THE
END



WHAT IS
THAT?!

I HAVE NO
IDEA

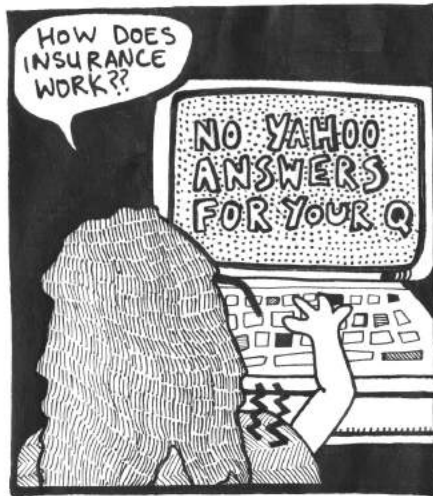


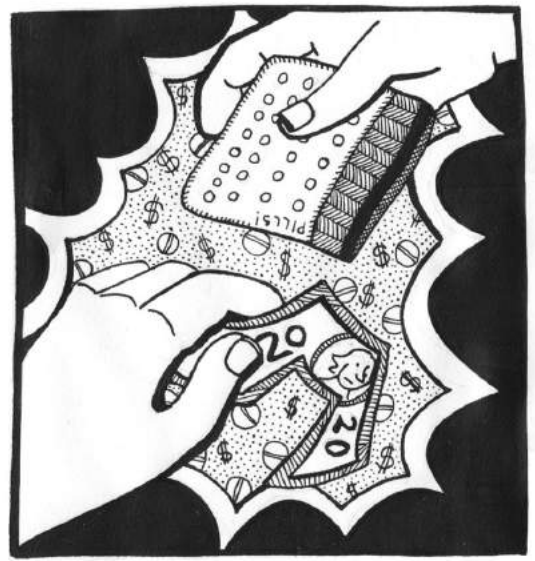
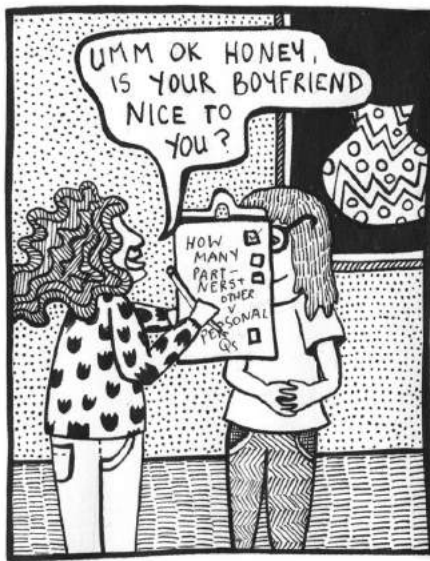
"Birth control out of control" PART 1



HOW IT WORKS





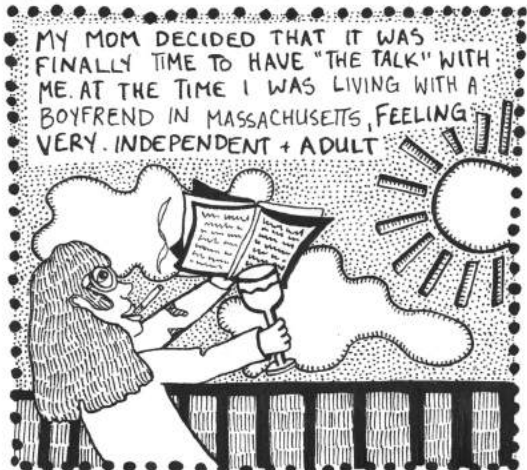


WARNING
SIDE FX INCLUDE BUT ARE NOT LIMITED TO:
HEADACHE, WEIGHT GAIN, MOOD CHANGES, DEPRESSION, AND MORE!
DO NOT STOP! WHEN THESE SIDE FX HAPPEN, THEY MIGHT GO AWAY

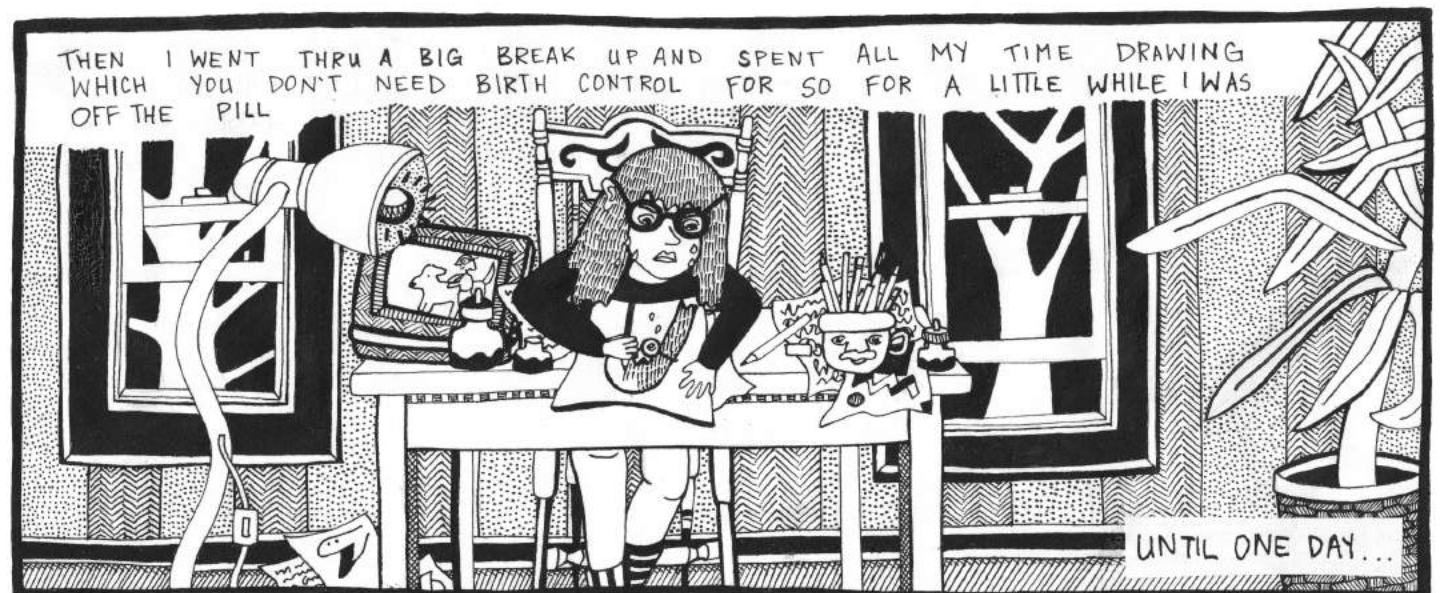


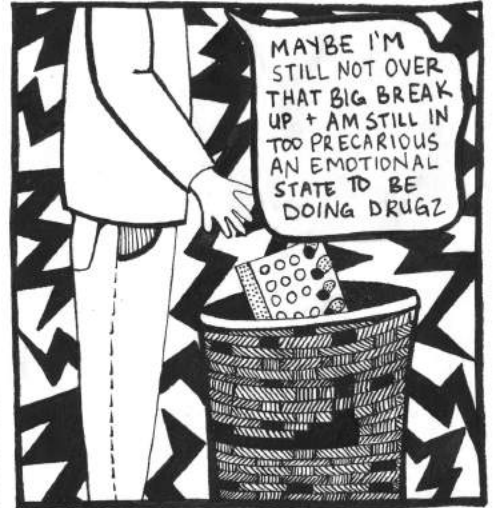
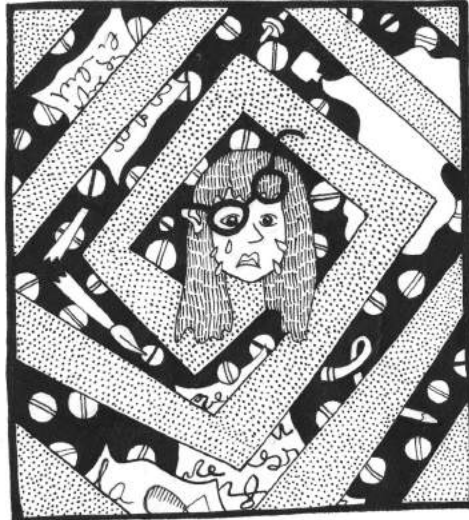
SOME FUN RELEVANT THINGS THAT HAPPENED DURING THAT TIME*

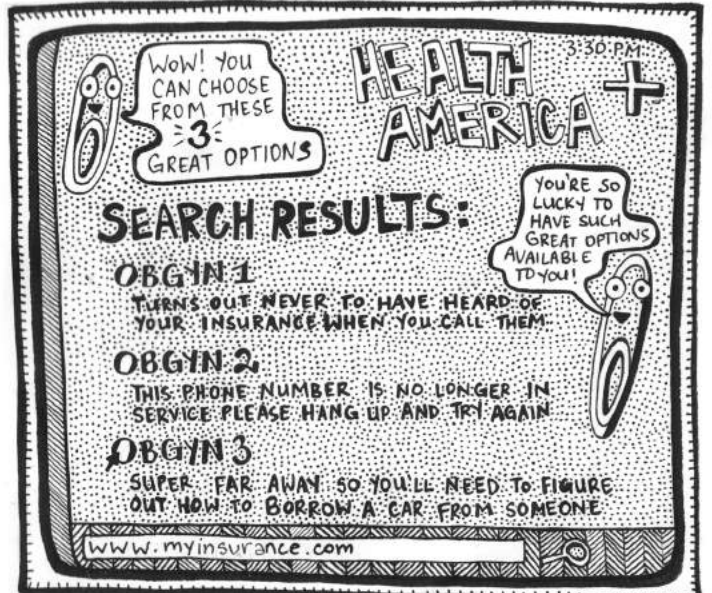
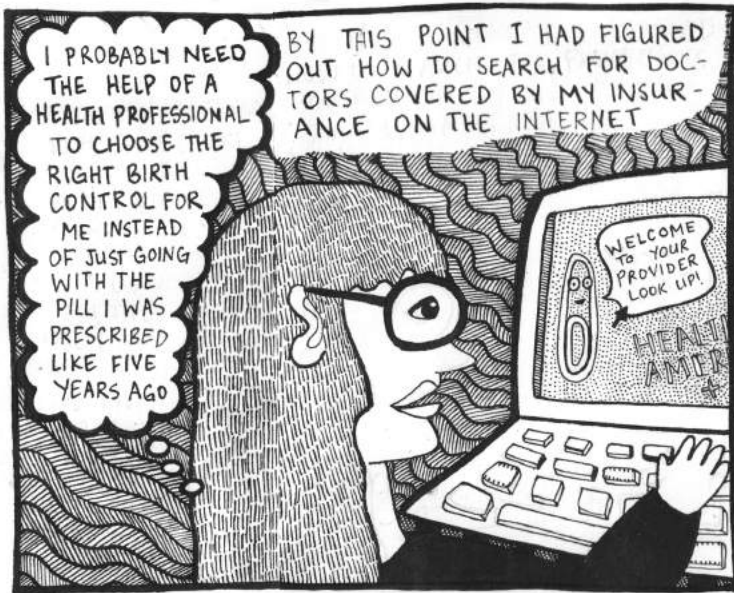
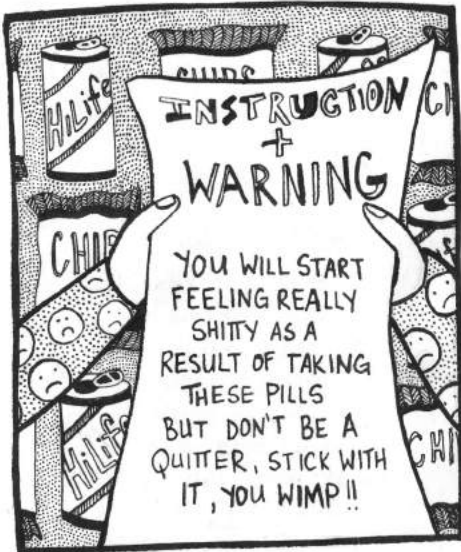
*THE VARIOUS DIFFERENT BORDERS DEMARCATATE SEPARATE STORIES/INCIDENTS

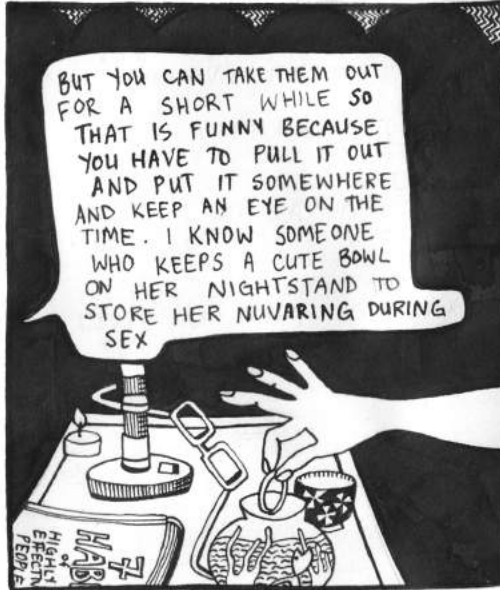








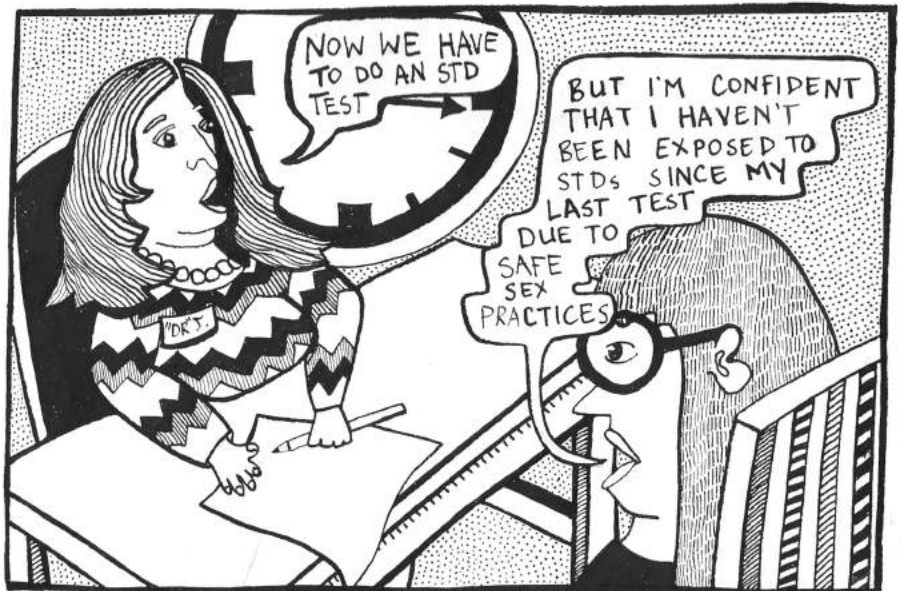
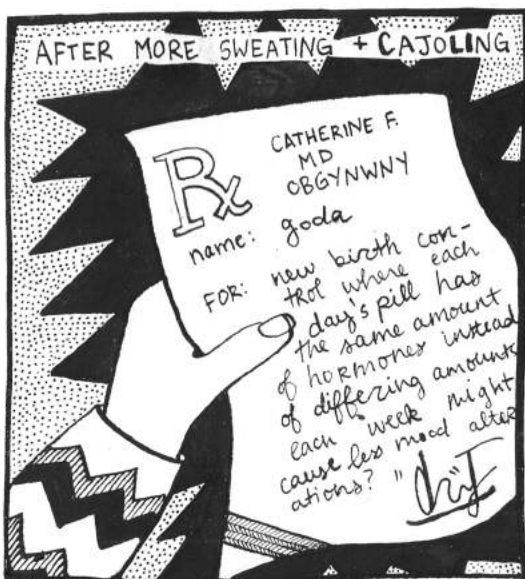


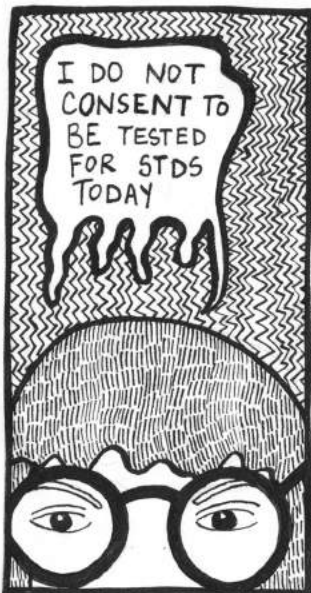
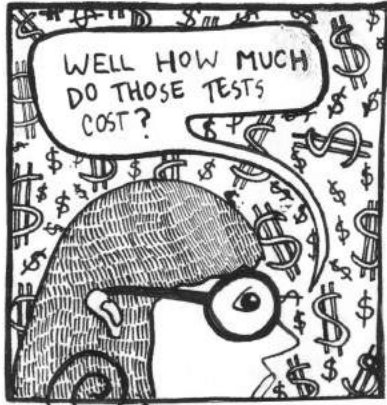


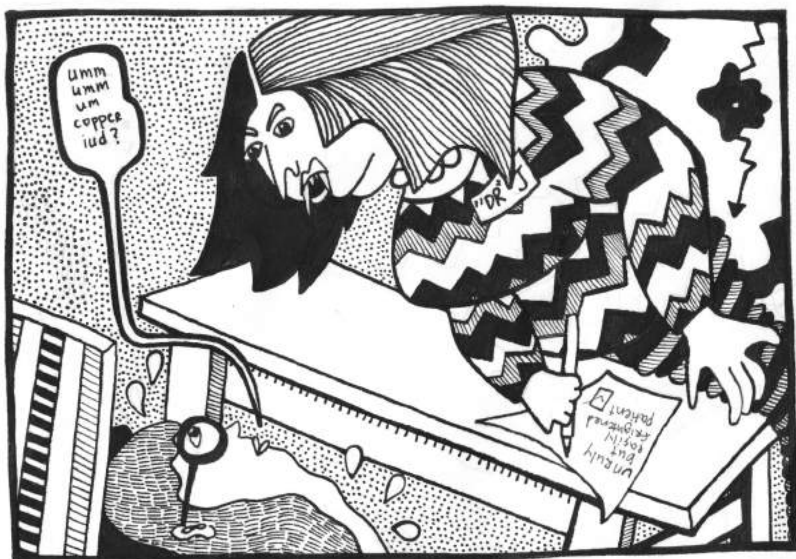
AND NOW... A WORD FROM OUR SPONSORS



AND WE'RE BACK







000
 obgynwhyx42123.com

Board Certified Physicians

Dr. Catherine

DR. CATHERINE IS BUFFALO BORN AND RAISED, ONE OF 11 CHILDREN. SHE ATTENDED A CATHOLIC COLLEGE AND GRADUATED MAGNA CUM LAUDE. DR. CATHERINE RESIDES WITH HER HUSBAND AND HER EXTRACURRICULAR INTERESTS INCLUDE ICE SKATING, SWIMMING, TRAP SHOOTING, HIKING, AND SPENDING TIME OUTDOORS WITH HER CHILDREN.

Dr. Brian

A LIFELONG RESIDENT, HE ATTENDED HIGH SCHOOL WHERE HE RAN TRACK AND CROSS-COUNTRY, PLAYED IN THE




REGARDLESS, I LEFT THE "DR" OFFICE FEELING GOOD + ACCOMPLISHED

I LOVE DRIVING IN THE SUBURBS

DO NOT GAMESTOP

PIER 2

WAS PAIR

BUT THREE WEEKS LATER AT WORK

HEY YOU OK? YOU'VE BEEN ACTING WEIRD

I'M THE BOSS

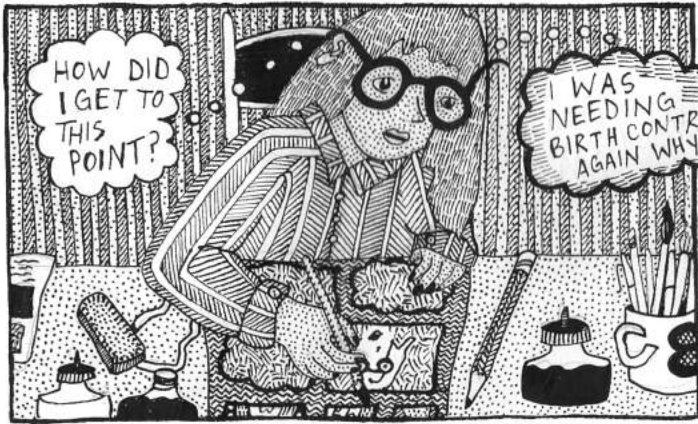
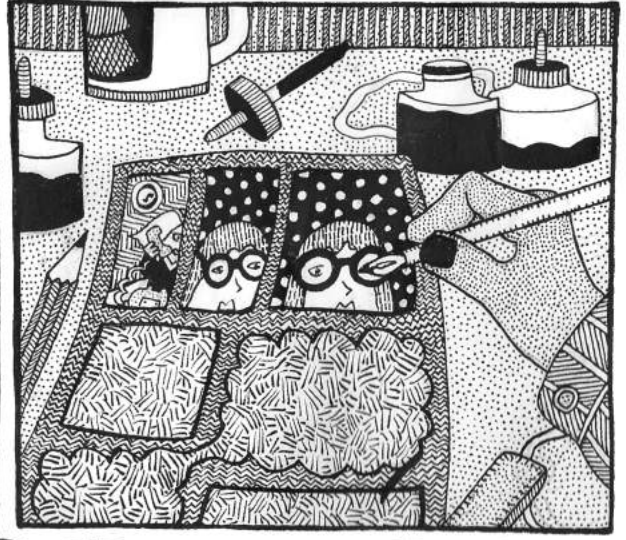
I'VE BEEN ON MY PERIOD AND ON THE VERGE OF TEARS FOR THREE WEEKS

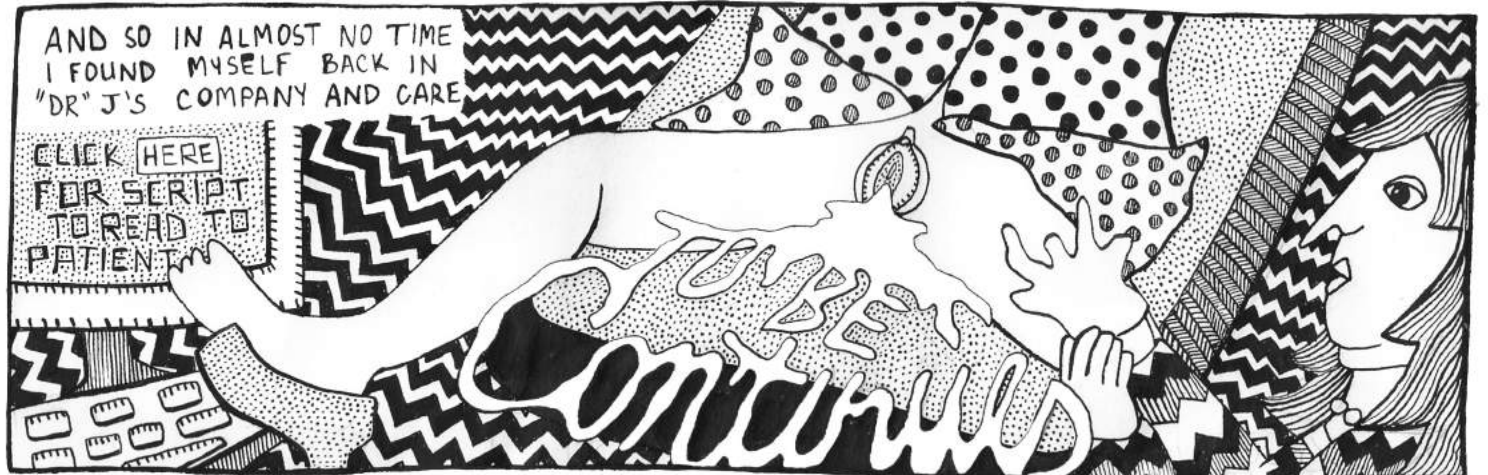
SO IT ALL WORKED OUT + "DR" J TURNED OUT TO BE SOMEWHAT HELPFUL, BUT THE REASON I ALWAYS PUT "DR" IN QUOTES FOR HER IS BECAUSE ACCORDING TO ALL MY PAPERWORK FROM THE OFFICE I ACTUALLY HAD A DIFFERENT DOCTOR NAMED DR. CATHERINE. SHE SEEMS COOL, I WISH I HAD MET HER SOMETIME BUT I ONLY EVER GOT TO SEE "DR" J WHO WAS ACTUALLY PHYSICIAN ASSISTANT, SO PA J, REALLY

YIKES THAT IS NOT NORMAL WHAT YOU NEED IS HAMBURGERS

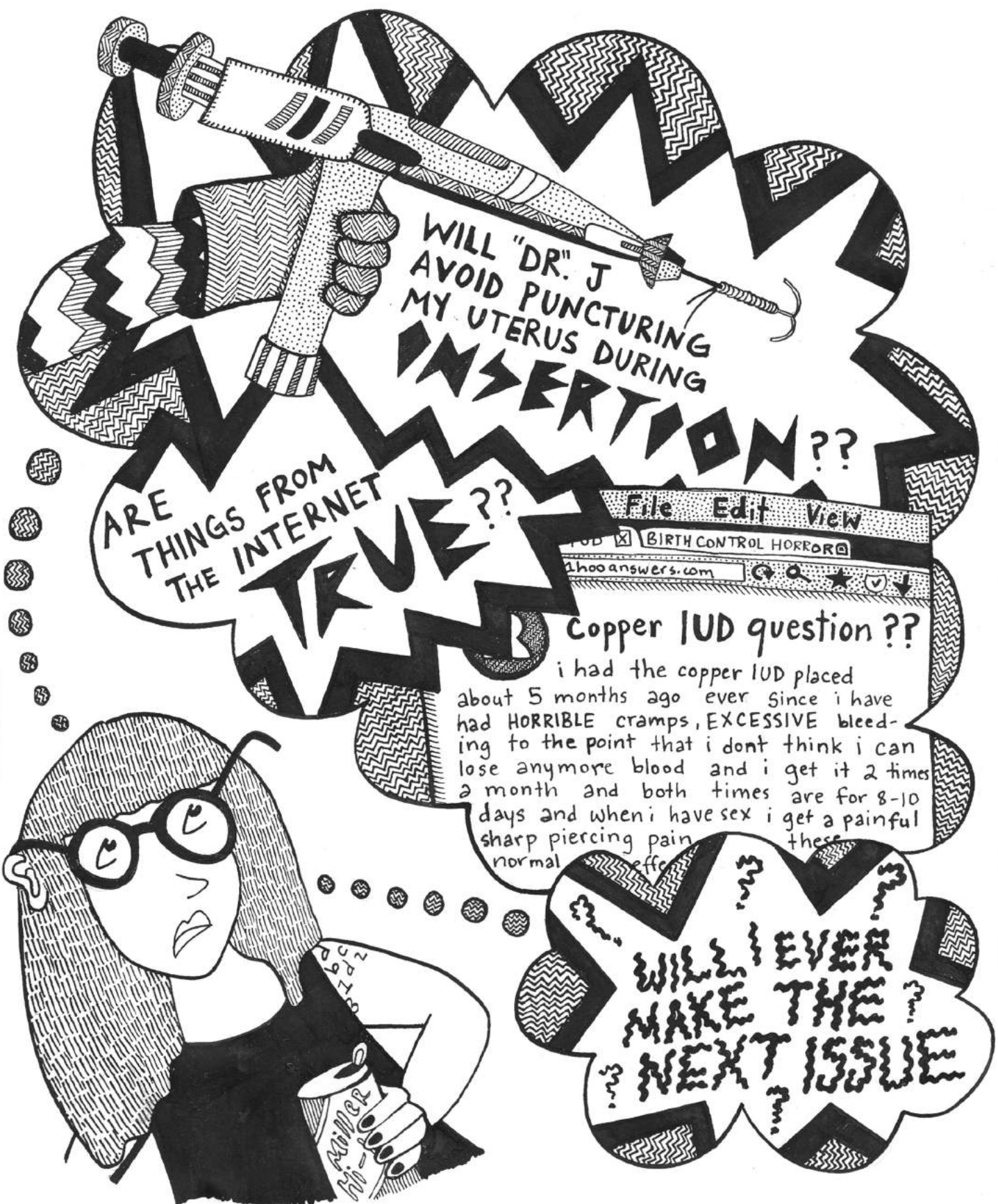
I'M THE BOSS







◆ IN THE NEXT ISSUE ◆



ARE THINGS FROM THE INTERNET TRUE??

WILL "DR." J AVOID PUNCTURING MY UTERUS DURING INSERTION??

File Edit View
BIRTH CONTROL HORROR@
ahooanswers.com

Copper IUD question??

i had the copper IUD placed about 5 months ago ever since i have had HORRIBLE cramps, EXCESSIVE bleeding to the point that i dont think i can lose anymore blood and i get it 2 times a month and both times are for 8-10 days and when i have sex i get a painful sharp piercing pain these normal effe

WILL I EVER MAKE THE NEXT ISSUE??

Shine Within with **IMITATED** **JUDs**
 diamond encrusted ~~\$50,000~~ ~~\$30,000~~
 in platinum or gold

LIMITED TIME ONLY

Now Just: ~~\$50,000~~ ~~\$30,000~~
\$50?*

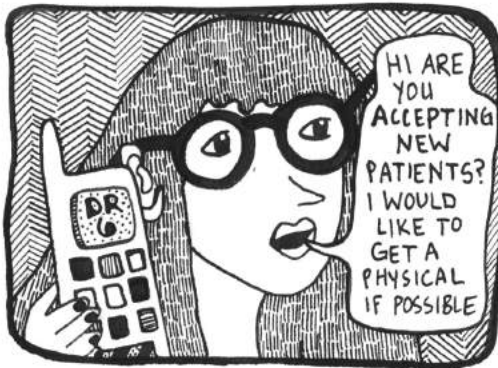
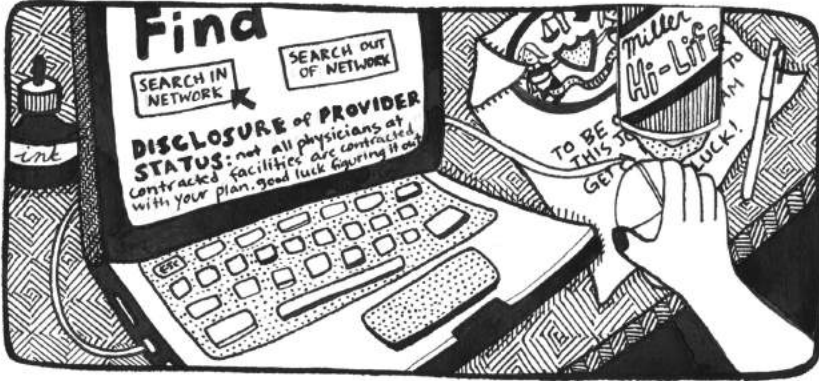
* MAY INCREASE BLEEDING EVENTS

EAT WHATEVER YOU WANT WITHOUT GETTING PREGNANT

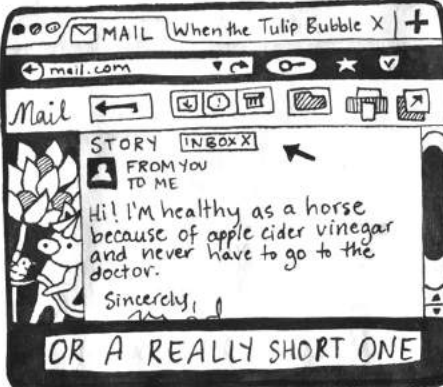
ASK YOUR DOCTOR IF NOBABY POWDER™ IS RIGHT FOR YOU

NOBABY POWDER

** NEITHER YOUR DOCTOR, RECEPTIONIST, NOR INSURANCE COMPANY ASSOCIATE WILL GIVE YOU ANY CLEAR SENSE OF HOW MUCH ANY OF THIS WILL COST, BUT YOU'LL GET A BILL EVENTUALLY.



HEY EVERYONE!





ANYHOW!
PLEASE SEND STUFF TO:
godasleep@gmail.com

my name e-mail address I made up in high school

a funny thing happens when you put certain words (like bed or hell) after my name

THANKS IN ADVANCE FOR SHARING AND FOR HELPING ME DEAL WITH MY PROBLEM OF ALWAYS ONLY DRAWING MYSELF!

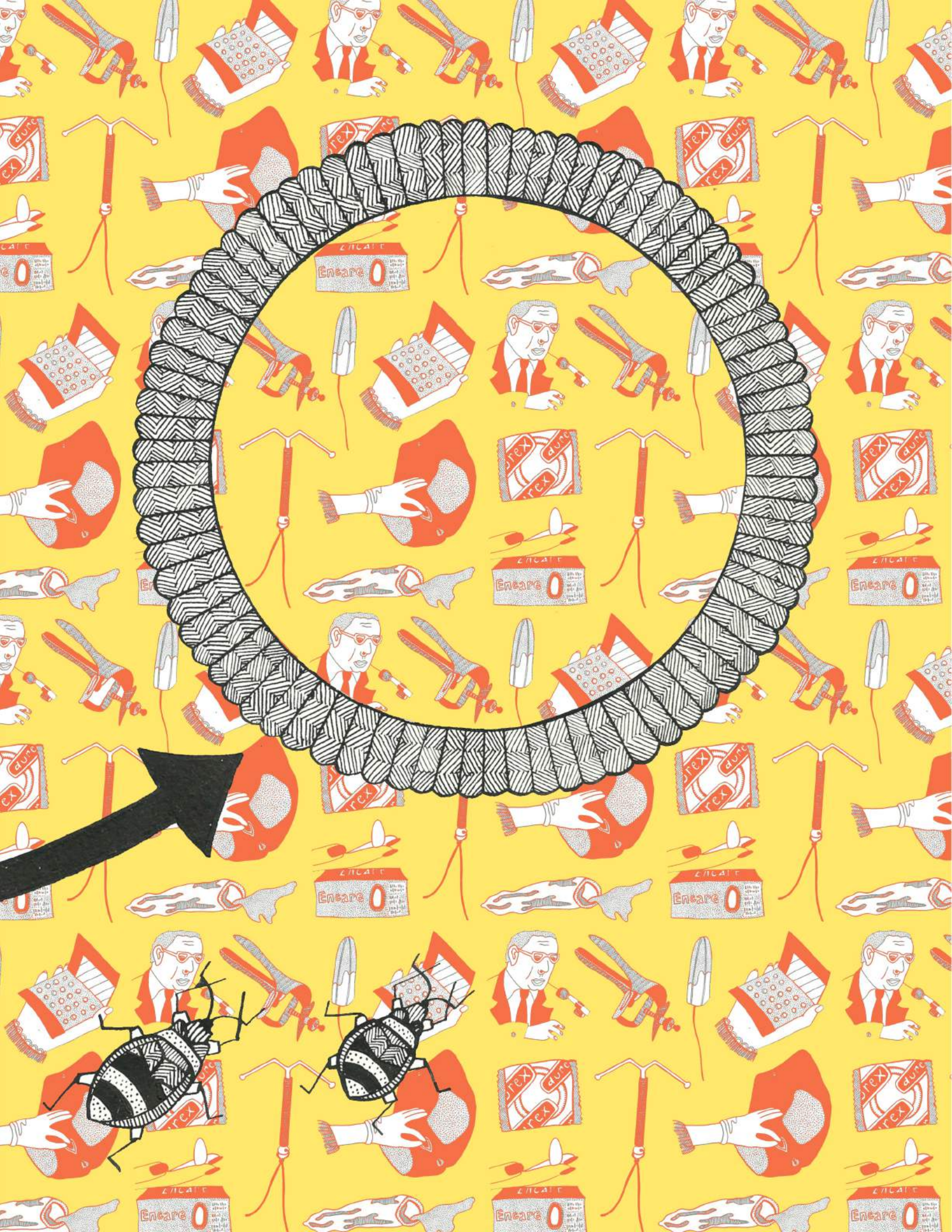




"I DRAW MYSELF A LOT"

THE VIDEO

Thanks to Davey for the voice-over (2012) and maybe the (2015)





2015