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ZINE  
WHEN WOMEN  
2009

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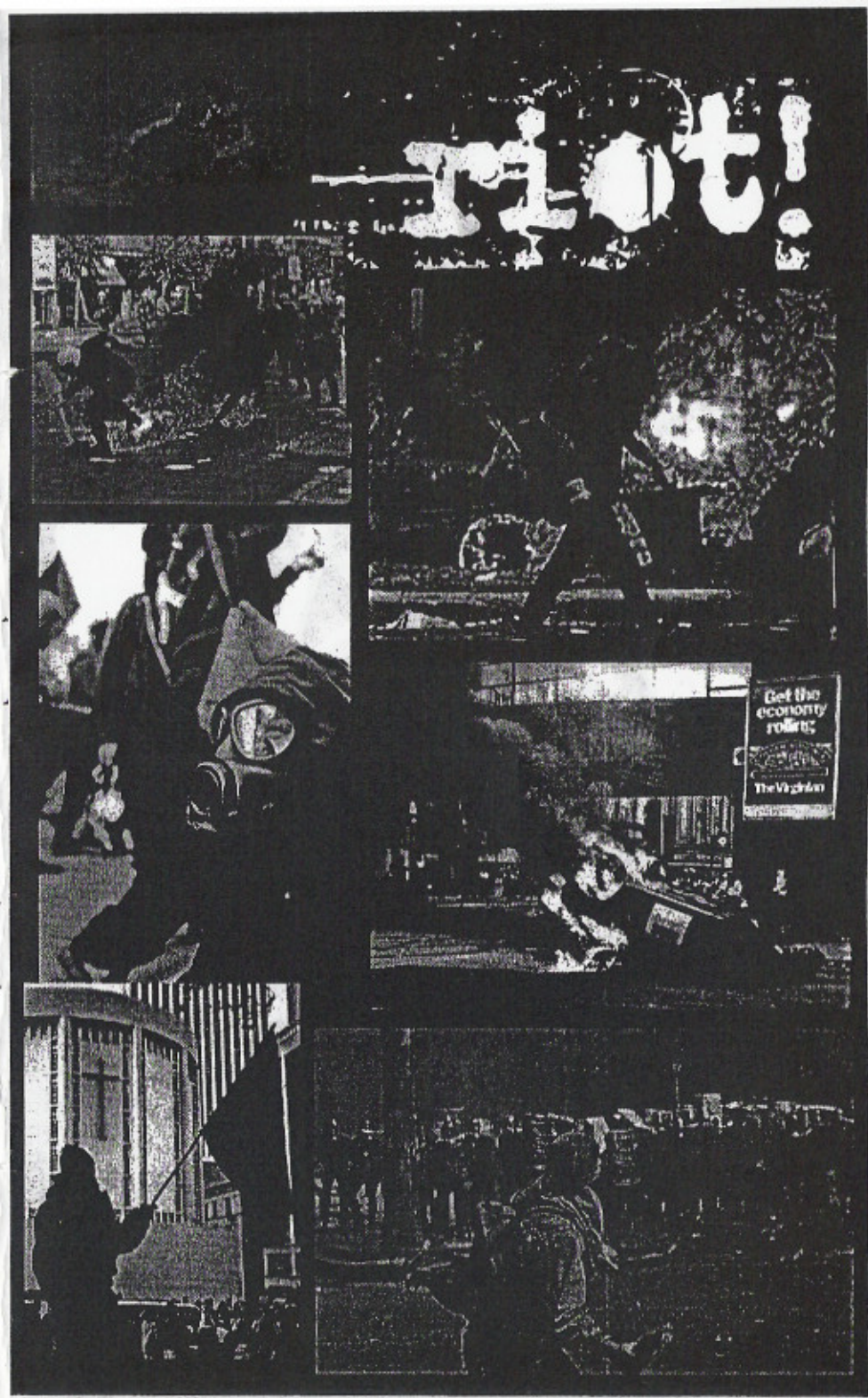
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# WHEN WOMEN ATTACK!

Olympia



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by true community and eating real food will prove to be a better medicine than anything you can buy.

What steps can we make now towards creating this new system of medicine? We all need to learn what we can about our own health. This can be through training in one or more of the surviving models of traditional healing and/or through self-observation. How do you feel when you're just starting to get a cold? What kinds of problems come up repeatedly, especially when you're stressed out? If you're a womyn, how long is your cycle and what does the blood look like? Understanding how our bodies act in times of health can help us recognize the very early stages of dis-ease when herbs are the most useful.

People who have some background in healing (in the traditional or industrial systems) can be a great help to those of us just learning. Healers who are working to form this new model, whether collectively or through their individual practices, should keep in mind that commitment to the Earth and a decentralized form are central to truly revolutionary medicine.

In these times of change, everything is being examined and either destroyed, rebuilt, or created from our hearts. Industrialism has affected every aspect of our lives - we are just starting to realize how much has been lost. Medicine is just one part of the machine that we have to take back and re-create into a form that works for the society we will become. Every herb, pill, and procedure should be judged on its sustainability and accessibility to small groups of people. We can start with ourselves, within our communities and circles, but should never stop expanding outwards until industrial medicine rusts in a forgotten grave, a victim of its own imbalances.

# Contents

Introduction pg 3-4

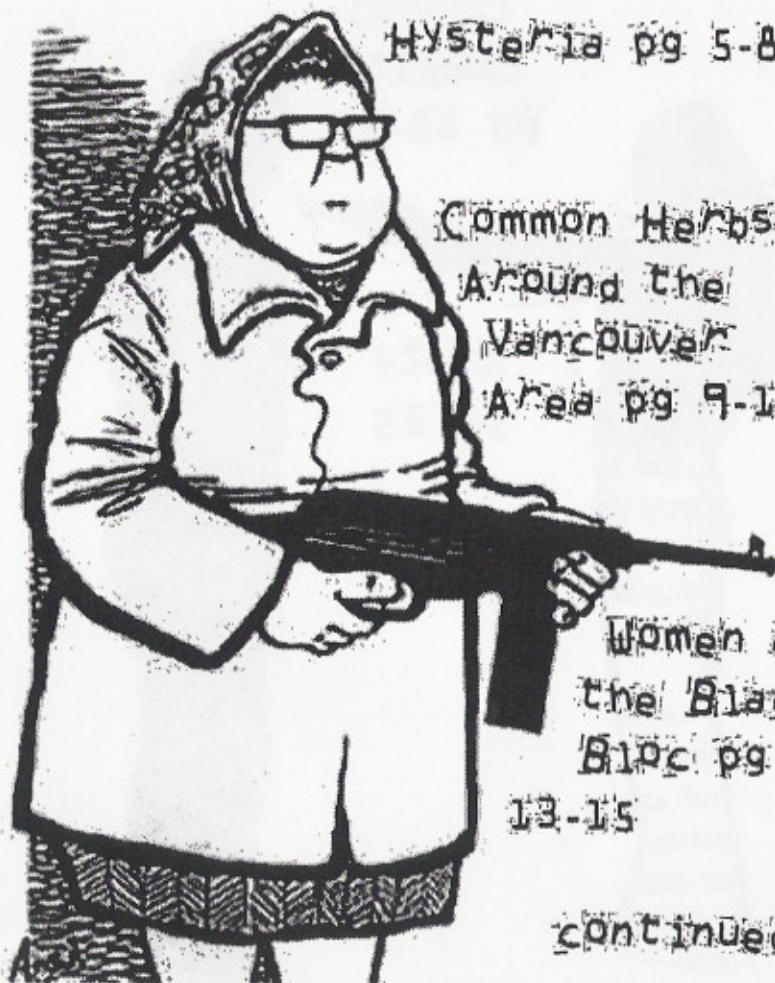
The Pointlessness of Linguistic Reformism pg 4

Hysteria pg 5-8

Common Herbs  
Around the  
Vancouver  
Area pg 9-12

Women and  
the Black  
Bloc pg  
13-15

continued



# Contents Cont'd

Women That Fight Back

pg 16,17

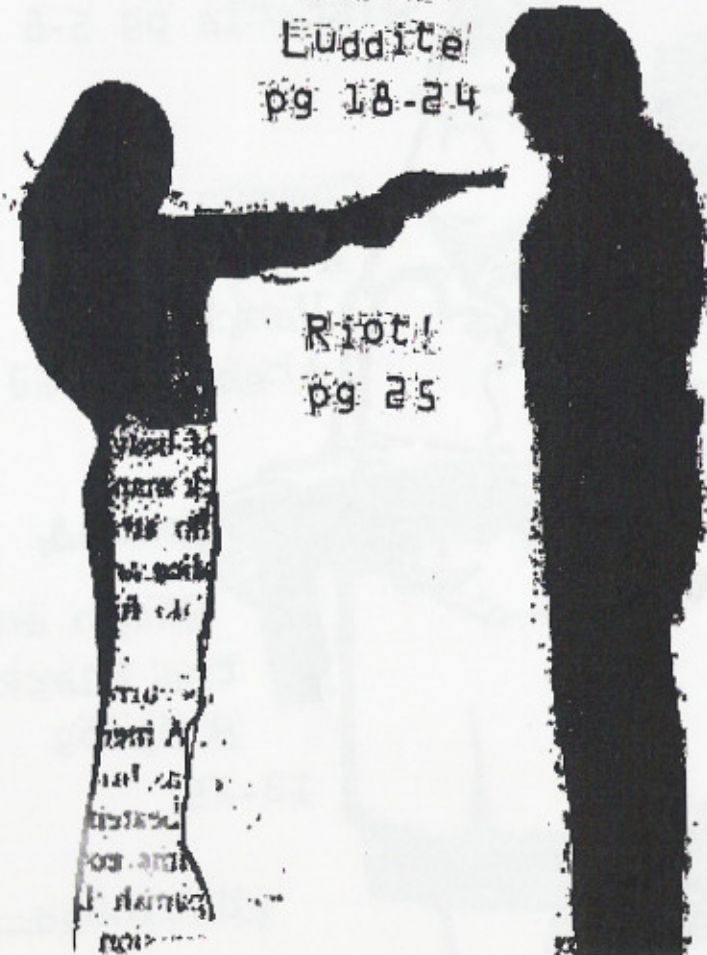
This is Anarcha

Herbalism by

Laurel

Luddite

pg 18-24



Riot!

pg 25

sunlight and soil. For every big-name herb on the market cut from the rainforest or dug from the mountains, there is most likely a plant with a similar action growing in your watershed. Some of the best medicines to maintain good health grow in vacant lots and neglected gardens around the world.

## Anarcha-herbalism

A society of people who are responsible for their own health and able to gather or grow their own medicines is a hard society to rule. These days we are dependent on the power structure of industrial health care - the secret society of the doctors, the white-male-dominated medical schools, the corporate decision makers with their toxic pharmaceuticals and heartless greed and labs full of tortured beings. That dependence is one more thing keeping us tied down to the State and unable to rebel with all our hearts or even envision a world without such oppression. With a new system of healing, based on self-knowledge and herbal wisdom, we will be that much more free.



Offering a real alternative health care system will help to calm some people's fears about returning to an anarchistic, Earth centered way of life. There is a false security in the men with the big machines, ready to put you back together again (if you have enough money). What is ignored is the fact that industrial society causes most of the dis-eases that people fear. Living free on a healing Earth while surrounded

bodies it is easy to spot an imbalance before it turns into an acute disease state. This is where herbs are most effective. They work at this sub-clinical (and therefore invisible to industrial medicine) level of "imbalances" and "deficiency" and "excess."

This old/new healing system is subtle and requires a lot of self-knowledge, or at least self-awareness. It uses intuition as a diagnostic tool. Emotion, spirituality, and environment become medicines. The spirit and environment of the plants we gather affects their healing properties, and our relationship with those plants becomes very important.

## Green Herbology

When we take herbal medicine we are taking in part of the plant's environment. Everything it ate and drank and experienced has formed the medicine you're depending on, so you better make sure it gets all the best. When we are healed by plants, we owe it to them to look out for their kind and the places where they live. Traditional plant-gatherers often have a prayer they recite before they take anything from the wild. I usually say something along the lines of "OK, plant. You heal me and I'll look out for you. I got your back. No one's gonna build over you, or log you, or pick too much while I'm around." So this true herbal healing system has at its heart a deep environmentalism and a commitment to the Earth. The bioregional concept is important to this model of healing.

Plants' actions in our bodies are really quite limited by the chemicals they can produce from

# Introduction

Lately I have searched extensively, attempting to find a depth of anarchy-feminist writing that would really excite me, really challenge me. The results of this search have been less than thrilling for the most part; either citing long the long dead anarchy-celebrities Emma Goldman, Lucy Parsons and Voltairine de Cleyre or repeating the same leftist stuff I'm already quite familiar with and generally disappointed by. I'm not saying that what exists isn't relevant or extremely important because a lot of it is. Much of it has had a substantial influence on the development of my personal body of analysis. What is disappointing is that there seems to be very little new anarchy-feminist theory. There is a lot of the same old leftist rhetoric, but I don't want to read the same thing a thousand times in different words.

I find it disappointing that mainstream feminists seem to have more to say than anarchist feminists, maybe that is just because there are more of them and they are more easily accessible. Perhaps the problem isn't the lack of interesting modern anarchist feminist writings or actions, but rather that any information regarding it is difficult to obtain. Or maybe the problem is my own, that I am a poor researcher. Or maybe the problem is that I'm waiting around to hear something new from someone else instead of just creating it. I'd really like to see more current anarchist women write, and about things that are relevant to us.

So here is my attempt at some kind of solution to the problem: a zine created by an anarchist feminist loosely centered on current women's issues. Explicitly anarchist or otherwise, this zine contains writings that relate to issues I find interesting and relevant and I hope that it provides, for others, what I have found lacking. And what I hope above all is that this zine works out to be something new, unique and exciting and not just rebashed rhetoric.

# THE POINTLESSNESS OF LINGUISTIC REFORMISM.

While many feminists in the last few decades have opted to use alternate spellings of the word woman (womyn) and (wimmin) or human (humyn,) I generally don't although I do completely understand the logic behind it. It challenges patriarchy by removing the concept of man as the defining character of humanity, and the concept of woman as being a modification of man. It has been an important consideration towards the development of feminist thought.

I prefer not to partake in linguistic games because I recognize that the entire English language (and pretty much every other civilized language) is inherently patriarchal (not to mention anthropocentric) and if I was to alter the spelling of a handful of words I should also go ahead and discard the English language altogether, as it cannot be adequately revised. Since I have more pressing concerns than inventing an entire language (and sharing it with everyone so that what I say can be understood,) I will have to make due with what I have, while keeping in mind and struggling with the immense limitations of the only language I am fluent in. I regret the inadequacy of this colonial language but unfortunately I've not been offered much more



-as we're trying to establish as much as possible (in this "lower level" if you will) the fact that we need to create a practice and a model that's impervious to faddism. We're trying to practice in a way that derives from practice rather than from marketing. Not from above to below but from below around. Bioregionalism uber alles. Keep it local. No centralization because centralization kills everything."

## Herbo-primitivism

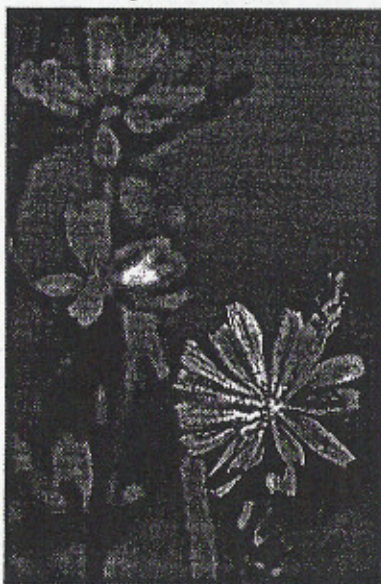
So we need another way of looking at our bodies and the plant medicines. Seeing the two as interconnected and in balance is new to industrial culture, but in reality it is the most ancient healing model on earth. We knew it before we were people. Animals know how to use plants to medicate themselves. Their examples surround us, from dogs eating grass to bears digging Osha roots. Probably every human society has had some way of explaining how the body works and how plant medicines work in us.



One thing all herbalists know - dogs and bears included - is that a health problem is best treated before it begins. In more primitive societies where people have the luxury of listening to their own

blade: something to pry into the body-machine with and use to mess around with the parts. Except of course much less effective, because the herbs have been taken out of the system of healing in which they have their strength.

When the marketers of herbal product get their hands on a new "miracle cure," it can mean extinction for the plant. This is especially sad when so many living creatures go into useless products or are wasted on conditions that they don't treat. (Has anyone else seen that Echinacea shampoo?) The



classic example of this is Goldenseal, *Hydrastis Canadensis*, a plant close to extinction in the wild. It has a couple of amazing actions in the human body but has mostly been marketed as a cure for the common cold, which it will do almost nothing to help. By the way, the largest brokers of wild-harvested Goldenseal and many other big-name herbs are multinational pharmaceutical corporations. Given American society's obsession with herbal Viagra, weight loss pills, and stimulants, most of the herbs on the mass market are being sacrificed to these ridiculous causes.

There is an alternative to "alternative medicine." Southwestern herbalist, author, and teacher Michael Moore probably said it best in one of his recent digressions from a lecture: "In this country, the herb business mostly revolves around recently marketed substances with new research and it comes from them to us. Where-

# HYSSTERIA!



hys·ter·i·a (hī·stĕr'ē·ə, -stĕr'ē·ə)

n. 1. A neurosis characterized by the presentation of a physical ailment without an organic cause, such as amnesia.

2. Excessive or uncontrollable emotion, such as fear.

**Hysteria**

\Hys'te'ri\*a\, n. [NL.: cf. F. hyst[er]ie. See Hysteric.] (Med.) A nervous affection, occurring almost exclusively in women, in which the emotional and reflex excitability is exaggerated, and the will power correspondingly diminished, so that the patient loses control over the emotions, becomes the victim of imaginary sensations, and often falls into paroxysm or fits. Note: The chief symptoms are convulsive, tossing movements of the

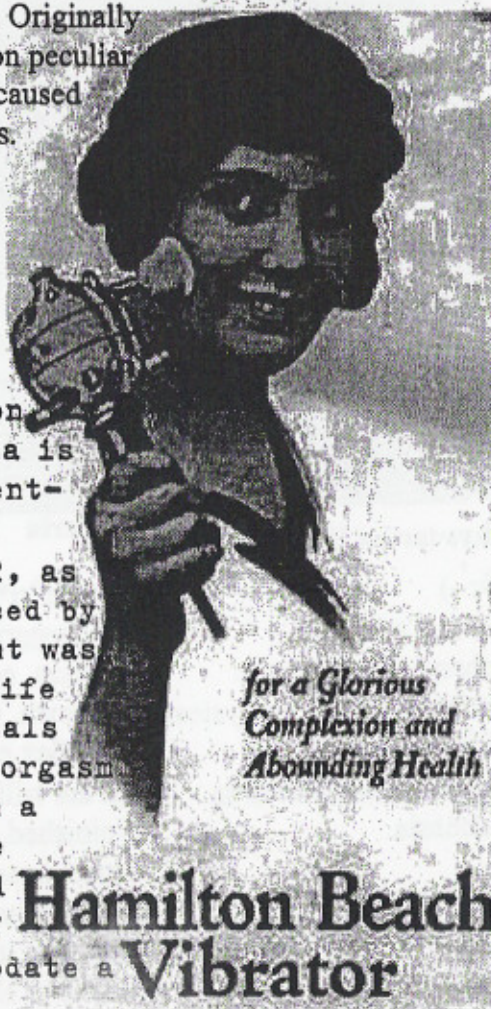
limbs and head, uncontrollable crying and laughing, and a choking sensation as if a ball were lodged in the throat. The affection presents the most varied symptoms, often simulating those of the gravest diseases, but generally curable by mental treatment alone.

Source: *Webster's Revised Unabridged Dictionary*, © 1996, 1998 MICRA, Inc.

**Hysterical:** 1615, from L. *hystericus* "of the womb," from Gk. *hysterikos* "of the womb, suffering in the womb," from *hystera* "womb" (see uterus). Originally defined as a neurotic condition peculiar to women and thought to be caused by a dysfunction of the uterus.

Source: Online Etymological Dictionary  
[www.etymonline.com](http://www.etymonline.com)

A literal translation of the Latin *hysteria* is "womb disease." Essentially, hysteria was regarded, until 1952, as an illness experienced by women whose treatment was for a doctor or midwife to massage the genitals with a finger until orgasm was reached. Only in a society where female sexuality was viewed strictly in light of how it might accommodate a

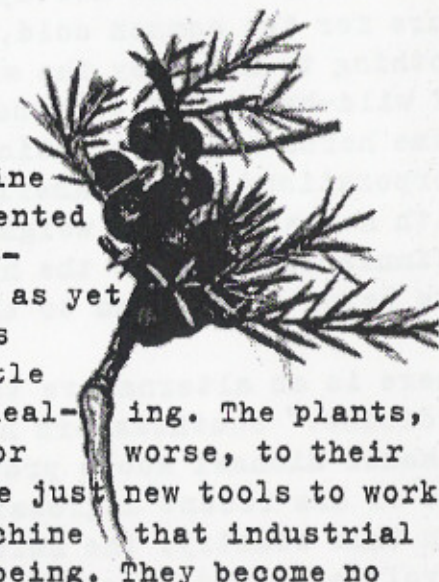


easy to ignore the connections between a bottle on a shelf in some store and a living, growing plant out in the world somewhere. It can be hard to know if the plant grows a mile away or on another continent. There is much to be said for reconnecting, for educating ourselves about the herbs we use and gathering our own medicine when we can. That's how we will be able to build a whole new system of healing--one that can support our movement away from the corporate power structure that medicine has become.

The development of a new medical system, or the recovery of ancient models, will be another link in our safety net when industrialism fails. It will keep us alive and kicking out windows now in the system's last days when so many people have no access to industrial medicine. And it will reestablish our connection to the real medicine that is the Earth.

## An alternative to "alternative medicine"

The sort of herbal medicine popular these days (presented to us by the media and so-called green capitalists as yet another exciting fad) has brought with it very little thought of a new way of healing. The plants, reduced to capsule form or "active ingredients", are just new tools to work with in the same body-machine that industrial medicine sees people as being. They become no different than pharmaceutical drugs or a scalpel





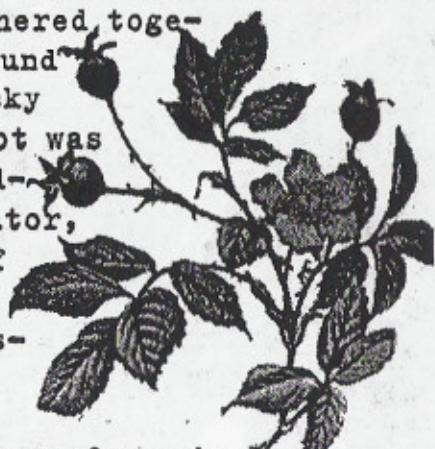
THIS IS  
ANARCHA-HERBALISM  
THOUGHTS ON HEALTH AND  
HEALING FOR THE REVOLUTION  
BY LAUREL LUDDITE

My medicine chest is a council of bioregions, with representatives gathered together as I make my way around the world west of the Rocky Mountains. The Coptis root was picked out of the churned-up scar left by an excavator, at the retreating edge of the Idaho wilderness.

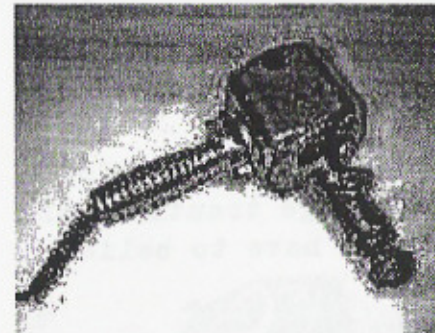
The tiny amount of Pipsissewa leaves came from an ancient grove above the Klamath River just feet away from where the District Ranger sat on a stump talking about his plans to cut it all down. I am drying Nettles from the California creek where salmon die in the silt left after a century of industrial logging.

Every jar holds a story (often a ghost story of dying ecosystems and places gone forever). I am honored to have known the plants in their home places and to have studied their uses as medicine. But for people not lucky enough to roam throughout the wilds, purchased herbal preparations such as tinctures may be the link back to this sort of healing.

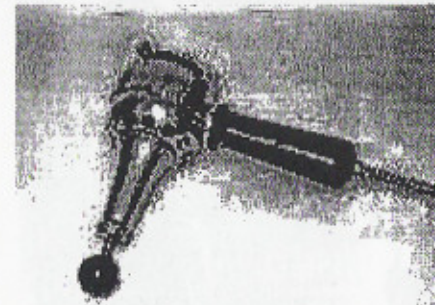
Like so much in this consumerist society, it is



man, and where masturbation was a vile sin and likely to cause illness, could such an inane concept ever exist let alone hold such firm ground. Hysteria was considered a serious psychological and medical condition and genital massage a serious medical treatment. "When marital sex was unsatisfying, and



masturbation discouraged or forbidden, female sexuality, I suggest, asserted itself through one of the few acceptable outlets: hysteroneurasthenic disorders."-Rachel P. Maines, The Technology of Orgasm.



Doctors (much like many male lovers) found the manual procedure inconvenient, difficult to do properly and very

time consuming so in order to deal with the number of treatments they had to perform; the vibrator was invented to speed up the process. At first it was only used in the doctor's office but soon enough it was marketed for personal use at home in many "respectable" mainstream women's magazines. In the mid 20's vibrators appeared in erotic films so it could no longer be pretended that they were really for nonsexual, medical use and doctors stopped performing the treatment while the ads were removed from "respectable" magazines. Vibrators virtually disappeared from the market

until the 60's.

Due to the androcentric model of sexuality it seems no one realized or cared to discover that the majority of women don't orgasm from penetration alone and require clitoral stimulation (some men still don't.) Men were (are) totally oblivious to the fact that women's needs differed from their own and that penetration was not the pinnacle of sexual options.

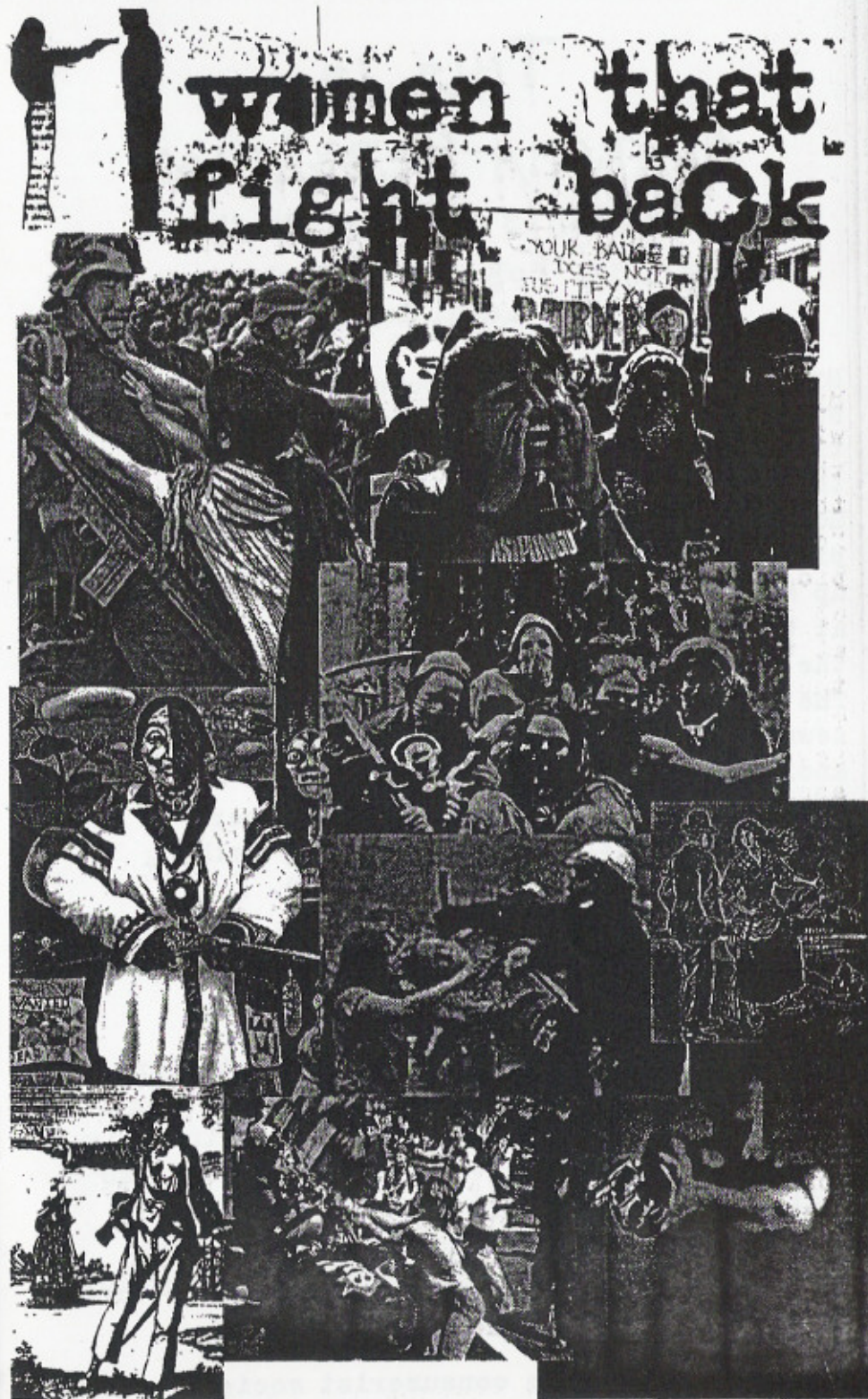
Despite the fact that there are no surviving accounts referring to the massage treatment as sexual rather than medical, I have to believe that at least a portion of women fully understood

what was going on. Maybe they just opted to keep quiet and let the doctor think it was a serious medical treatment rather than one of the only available and culturally acceptable ways of relieving sexual frustration and the neuroses that comes hand in hand with being completely sexually repressed.



## The Final "No!"

"What? Give up my freedom to become your slave? Not in a thousand years!"



"(SOME MORONIC ACTIVISTS) SEEM TO HAVE A MAJOR PROBLEM WITH ME SUPPORTING VIOLENT ACTIONS BECAUSE I'M A WOMAN. WELL GIRLS, IT'S A BIT LIKE THIS SEE, I DON'T GO ALONG WITH THE DICTATES OF PATRIARCHY WHICH SAY THAT AS A WOMAN I SHOULD BE SUBMISSIVE AND PASSIVE. WOMEN AND MEN ARE ATTACKED DAILY BY THE AGGRESSIVE FORCES OF CAPITALISM, SO WHY SHOULD ONLY THE MEN FIGHT BACK? WHY WOULD WOMEN SUPPRESS THEIR ANGER AND ACT AS VICTIMS? CAPITALISM IS VIOLENT AND THEREFORE CAN ONLY BE DESTROYED BY A VIOLENT REVOLUTION. TO NOT FIGHT BACK IS TO CONDONE THE BRUTALITY OF CAPITALISM."

MOLLY MAYHEM



## Common Herbs Found in Vancouver and the surrounding bioregion

These are some common edible and/or medicinal herbs found growing even in the most despicable urban wastelands of the Pacific Northwest and a variety of other regions. It's usually better to avoid eating anything that grows in the city (unless it's a well cared for organic garden with nice clean soil) since the city soil is generally polluted with heavy metals and other toxic shit. However, if you really need it and can't steal it, afford to buy it or go to the countryside to gather it, it's better to use what's available than suffer through illness. Oh yeah, and I'm not a herbalist. Don't just blindly take my word for it; this information is best used as a general and basic starting point and not as any final prescription for your problems. I'd recommend doing your own research if you can. Use your own best judgment.

### Red Clover *Trifolium pratense*

Gather the flower head between May and September. Red Clover is an alterative, expectorant and anti-spasmodic. It is commonly used for skin problems, and useful for coughs and bronchitis. It is a rich source of vitamins and nutrients as well as isoflavones (water soluble chemical that acts like estrogen.) Red Clover is safe for children to use, and is best made into a good cup of strong tea.



### Dandelion *Taraxacum officinale*

Parts used include the root, leaves and flower heads. The whole plant is edible and the flowers make a great wine. The root is the

most frequently used for medicinal purposes. It is a strong liver and kidney cleanser, diuretic and a tonic to the kidney. The root can be roasted and used as a coffee substitute. Dandelion can be ingested in a variety of ways including infusion of leaves (tea,) decoction of the root (like tea but boiled,) tincture, eaten raw or cooked etc.

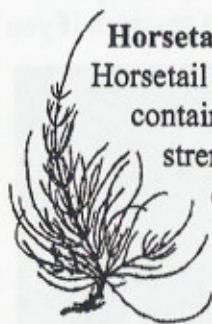
### Lambs Quarters *Chenopodium Album*

Lambs Quarters is a very common weed that is extremely rich in many vitamins and nutrients including vitamin A, calcium, potassium, and phosphorus and is also a good source of protein,



trace minerals, B-complex vitamins, vitamin C, iron, and fiber. It's a mild, tasty green that goes well in salads or as a replacement for spinach. It's best to eat moderately because it contains a high amount of oxalic acid which binds to many vitamins and prevents their proper absorption.

### Horsetail *Equisetum*



Horsetail was traditionally used to scrub pots and pans. It contains high levels of silica which is important to strengthen teeth, nails, hair, cartilage, bones and connective tissues. It is used to treat arthritis, and prevent osteoporosis. It is also a mild diuretic and good for liver and kidney problems (including kidney stones and bladder infections.)

Make tea, or use as a hair rinse.

### Himalayan Blackberry *Rubus Discolor*

The Himalayan Blackberry is an invasive colonizer species to this bioregion. It has a bad habit of driving less aggressive native species out of wide areas of land, a lot like the Europeans. However, unlike the colonial Europeans, these berries are yummy.

change. These things need to be a whole lot more nurturing going on, but that desire comes from all of us, not just women. "Life is ecstatic intercourse between creation and destruction." We must be building nurturing communities and relationships while destroying that which would prevent us our liberation, and it is not macho or patriarchal to recognize this.

What is actually patriarchal, and also cowardly, is the idea that we need to tone down our emotions and our instincts and rationalize and theorize our way out of the utter catastrophe we're in. Ignoring our emotions and instincts is a fucking major part of why we are where we are, and is exactly what patriarchs have urged us to do since patriarchy first began. It has long been regarded by our civilization that women are more emotional, irrational and closer to nature than men who are rational, logical and closer to heaven. Clearly, this is a problem. We are all capable of a equally acknowledging emotion and ration and are in dire need of paying attention to and respecting the emotions and instincts we have forgotten.

And no, I'm not overcompensating, or taking on a "masculine role" as a rebellion against my prescribed role as a female. I am not "acting like a man" because I don't like what it means to be a woman in this culture. I am expressing what is the most essential human quality- the desire for freedom- in what I perceive to be the most direct way possible, and that has nothing to do with gender orientation, except that being a woman makes it all the more urgent. I am acting on my own desires and those desires will not be prescribed by anyone.

"progressive" pacifist activists) who consider the black bloc (or any other force that directly attacks the bosses) "macho," often assuming that the black bloc attracts only privileged white punk men (it may attract them but it also attracts a variety of women and people of colour who may or may not be "punks.") There may be the occasional macho asshole that is interested in or part of a black bloc, but that is a personal issue rather than one inherent to the bloc itself, or to gender. People with this mentality seem to be under the impression that women are inherently passive, diplomatic or solely interested in nurturing their community, and that we are alienated by any violent expression of human emotion. Bullshit. This is one more example of sexism disguised as feminism. I am angry and rightfully so considering what patriarchy has done to me, all other women, the Earth as a whole, and even to men. It's had enough to be seen as a potential victim by those that are clearly my enemies, but to be regarded as naturally so by those that mask themselves as my comrades is unacceptable.

I should make it clear that this form of struggle is inspired by much more than a monochromatic yet justified rage. The drive to physically attack all systems of control cannot sustain itself solely on impassioned rage, no matter how powerful the emotion, nor can the courage to put oneself on the line. If that was the case, all of us would burn out in a matter of months, and would be easily co-opted by those that wish to manage discontent into a narrow ideological package. Rather, the urge to struggle is fed by a complex field of emotion and strong comprehension of where the

**Stinging Nettle *Urtica dioica***

Nettle is very high in vitamin A and C as well as iron. If touched when fresh small fibers cause a stinging sensation, but once dried or cooked they are perfectly safe to touch. It is often used as a remedy for anemia and as a general blood tonic. Externally it is useful for skin problems. It is Antirheumatic, antidandruff, antiasthmatic, astringent, diuretic, galactagogue, etc. Make juice or tea.



**Tansy *Tanacetum Vulgare***

Tansy is a very effective insecticide, useful in the treatment of worms, fleas, lice and scabies. It can be used internally or externally but it is important to be cautious with this plant because it is toxic in excessive doses. It can be used to stimulate menstruation (emmenagogue) and induce miscarriage (abortifacient) and therefore should be avoided by women who are (and want to be) pregnant. The dose generally necessary for inducing miscarriage is toxic so don't fuck around. It can also be useful for stomach and kidney problems. A green dye can also be made from the young shoots.

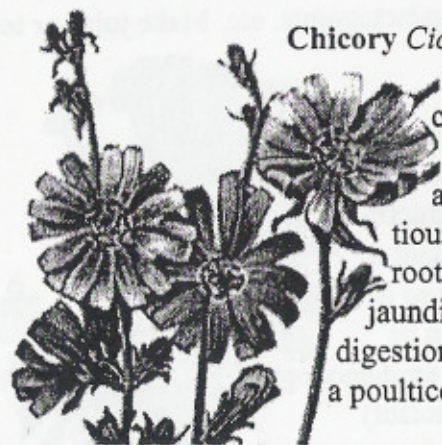
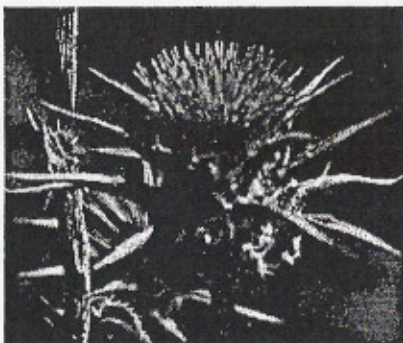


**Oregon Grape *Berberis Aquifolium***



The berries are edible and high in vitamin C however it is the root that is used medicinally. It is best harvested in autumn and best to take small, secondary portions and leave as much of the main root structure as possible. The root is a powerful liver tonic, increasing bile production and cleansing the digestive system. Oregon Grape Root is also known to boost immunity and fight bacteria, fungi and other microbes. A tincture or decoction are the best way to prepare Oregon Grape.

**Milk Thistle** *Silybum marianum*  
 Milk Thistle is a very powerful liver cleanser and tonic, useful in the treatment of alcohol poisoning, hangover, cirrhosis of the liver, hepatitis, and other serious liver problems. The parts used are the seeds and leaves. Milk Thistle is regarded as a fairly safe plant with no known side effects.



**Chicory** *Cichorium Intybus*

Chicory Root is often used as a coffee replacement in the same way dandelion is. The leaves and flowers are edible and nutritious, but bitter. Medicinally the root can be used for liver problems, jaundice, rheumatism, and improving digestion. The leaves can be made into a poultice to soothe the eyes.

**Mullein** *Verbascum Thapsus*  
 Mullein is best used for any respiratory problems. It is anti-viral, tones the mucous membranes and acts as an expectorant. It is commonly taken as a tea or smoked, and the main part used is the leaves. It is a good replacement for tobacco for people trying to quit smoking, since it actually cleanses the lungs.



# WOMEN AND THE BLACK BLOC

As an anarchist I stand for directly and physically confronting oppression wherever and whenever it occurs. I am not interested in passive or symbolic playacting, the false pretense of dialogue ("speaking truth to power,") activist posturing or any other equally mundane or alienating act of guilt appeasement. I am interested in effectually and unapologetically attacking the ruling elite whenever the opportunity presents itself, and creating space for such an opportunity where it doesn't yet exist. I want to see every corporate office, sweatshop, police station, military base and government building burn to the ground. I want to destroy what destroys me, to destroy what aspires to destroy all life on this planet and I refuse to play the role of diplomat, or accept any compromise short of total liberation.

I know a lot of people are going to assume that I'm a man because of what I just wrote. Well, fuck them, and fuck you if you're one of them. I am a woman and I'm completely sick of the mentality that only men can be aggressive, that only men are driven to physically and passionately express their rage, that violence is an abhorrent masculine quality. I have constantly come across people who call themselves anarchists (who are really more like