

# The NEWSLETTER for the WOMAN on a quest to find the TRUTH



VOLUME 3 - NUMBER 1 - JANUARY 2008

*'Risk nothing... and  
You'll be nothing!'*

Unknown

[Yale University](#)

[Research on PMS - Dr.](#)

[Yonker.](#)

Good day dear woman and man reader!

This month of January 2008 is the beginning of a new year. I bring forth the results of 2008 surveys and a suggestion that will lead you somewhere if you allow your mind, heart and soul to get on its path.

This month, I am suggesting you take a good look at some quotes that are not necessarily in the Little Book of Quotes you received as a gift for subscribing to my Monthly Newsletter.

For many decades I attend self-growth workshops and this one is worth its weight in gold. I wish to share their name: Klemmer & Associates: [www.klemmer.com](http://www.klemmer.com) and I invite you to get in touch with their site and visit the list of their workshops around the world, and recently in Quebec.

Their mission is to:

***'Create bold and ethical, compassionate leaders  
who will create a world to work with everyone  
with no one left out.'***

I find this goal quite impressive and I wish to join them on their path.

Here are the 10 values Klemmer encourages us to promote in our life, integrating and respecting ourselves above all.

So here is the list of values I encourage you to meditate on if you wish, one a day, or read them in any fashion your heart tells you to. Surely reading them will create a difference in your life.

## **CONTRIBUTION:**

*We make a living by what we get. We make a life by what we give.*  
Winston Churchill

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**HONESTY:**

*I hope I shall possess firmness and virtue enough to maintain what I consider the most enviable of all titles, the character of an honest man. George Washington*

**TRUST:**

*You may be deceived if you trust too much, but you will live in torment if you do not trust enough. Dr. Frank Crane*

**ABUNDANCE:**

*You can't afford poverty. Unknown*

**PERSONAL RESPONSIBILITY:**

*A man can fail many times but he isn't a failure until he begins to blame someone else. Unknown*

**HONOR:**

*Integrity is the essence of everything successful. Unknown*

**COURAGE:**

*To try is to risk failure. But risk must be taken and the greatest hazard is to risk nothing. The person who risks nothing, does nothing, has nothing and is nothing. Unknown*

**KNOWLEDGE:**

*Shall I tell you a secret of a true scholar? Every man I meet is my master in some point and in that I learn from him. Emerson*

**FOCUS:**

*Tell me to what you pay attention to and I will tell you who you are. Jose Ortega Y Gasset*

**COMMITMENT:**

*Knock down 7 times. Get up 8 times. Samurai saying*

I really wish you integrate these values that will help you heal your life and become the best of yourself, for it is still the best example you can give of yourself as being a happy and successful person.

As others see your courage and happiness, they will have the desire to copy and stop being a victim of their environment, but above all, start taking responsibility for succeeding their life.

And as I had promised the results of my 2007 surveys, here they are with all the questions and answers. Nearly 200 surveys have arrived through my sites.

**Select all the symptoms that you feel and have felt, even if you answered that you had no menstrual cycles.**

**Group A: Nervous tension:**

Mood swings: 97%

Irritability: 78%

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[Beauty & My Beast - Mind,](#)

[Body and PMS](#)

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[Women and Men](#)

Anxiety: 59%  
Insomnia: 49%

### **Group B: Cravings:**

Headaches: 49%  
Cravings for sweet foods: 65%  
Cravings for carbohydrates: 26%  
Increased appetite: 51%  
Heart palpitations: 28%  
Dizziness: 35%  
Loss of consciousness: 5%  
Fatigue: 80%

### **Group C: Depression:**

Diffused emotions: 63%  
Forgetfulness: 37%  
Lack of concentration: 57%  
Fears: 42%  
Confusion: 30%

### **Group D: Hyperhydratation**

Weight gain: 50%  
Bloating: 63%  
Swelling of extremities: 20%  
Abdominal swelling: 62%  
Liquid retention: 34%

### **Group E: Physical sensitivity:**

Breast tenderness: 70%  
Painful ovulation: 35%  
Muscular discomfort: 23%  
Muscular cramps: 29%  
Abdominal cramps: 47%  
Others: Back pain + endometriosis

### **Group F: Compensatory behaviors:**

Shopping: 24%  
Compulsive buying: 19%  
Need for beauty care: 19%  
The feeling of looking for a fight: 49%  
Need to clean up: 44%  
Others:

Bitchy, dissatisfied, overly sensitive, feeling to want to abandon everything, chronic fatigue, smoke more, closed up, very low morale, impatient...

### **If you have no symptoms, why do you think that is?**

I have always been that way: 7%  
I give it no power: 2%  
I am too busy to realize I have any: 2%  
I take for granted that if I don't mind them, they will pass: 1%  
My mother had none, I have none: 1%  
I am menopausal: 0,5%

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### **Have some events influenced your menstrual cycles in the past?**

Trips:	7%
Death of loved ones:	5%
Intimate hardships:	20%
Separation or divorce:	3%
Job loss:	2%
Hardships of people around you:	2%
Surgery:	2%
Others:	10%

### **Do you believe that you have menstrual problems?**

Yes: 62%  
No: 35%

### **Relating to your PMS, did you feel the need to consult any specialists?**

Yes: 63%  
No: 35%

### **What type of help did you seek?**

Medical:	49%
Psychological:	17%
Alternative medicines:	19%
All of them:	9%

### **Did you consult physicians for these symptoms?**

Yes: 58%  
No: 35%

### **If you consulted a physician, were you given medication?**

Yes: 39%  
No: 38%

### **If you were given medication, did that medication help you?**

Yes: 16%  
No: 37%

### **Select all the symptoms that are the most frequent before or during your menstruation?**

Nervous tension:	60%
Compensatory behaviors:	19%
Cravings for food:	42%
Hyperhydratation (bloating):	19%
Depression:	62%
Physical pain:	64%

### **If you consulted other specialists, who did you consult?**

Psychologist:	14%
Social worker:	5%
Psychiatrist:	5%
Psychotherapist:	5%
Acupuncture:	11%

[You can access a book review for My Beauty & My Beast - Mind, Body and PMS](#)

Chiropractor:	7%
Homeopath:	8%
Osteopath:	11%
Naturopath:	13%
Massage therapy:	14%
Other:	10%

### **What type(s) of psychotherapy did you choose?**

Gestalt:	
Neurolinguistic programming:	1.5%
Hypnosis:	-
Directive psychotherapy approach:	4.2%
Nondirective psychotherapy approach:	-
Body-mind approach:	2.6%
Humanist approach:	6%
Transactional Analysis:	1.5%
Psycho synthesis:	0.5%
Others:	2%

### **If you consulted with a therapist, did it help you?**

Yes: 15%  
No: 17%

### **Did the therapy approach help you to consider the possibility that your PMS might be psychosomatic?**

Yes: 10%  
No: 20%

### **After having consulted in therapy, did you notice a difference in your PMS?**

Yes: 58%  
No: 21%

### **Do you believe that menstrual reality is linked to:**

Emotional fatigue? 68%  
Physical fatigue? 38%

### **Do you believe that PMS is of a:**

Physical nature: 14%  
Psychological nature: 10%  
Both: 63%

### **When it comes to my menstrual cycle:**

I view it as normal: 40%  
I would prefer not to have it: 28%  
I find it dirty: 4%  
I'm in hurry to finish it: 17%  
I find it okay and normal: 8%  
I consider it a real punishment: 8%  
I want to be alone during my period: 13%  
I fear the sexual advances of my partner while I am menstruating: 6%  
I'm happy when it happens: 5%  
I feel perfect in feminine condition: 8%

**What is your method of contraception?**

Pill:	10%
Condoms:	20%
Mousse/Foam:	-
Diaphragm:	-
I.U.D.:	4%
Abstinence:	2%
Tubal ligation:	8%
Vasectomy:	5%
None of the above:	30%

**Are you using oral contraceptives?**

Yes: 15%  
 No: 72%

**Have oral contraceptives helped your menses or PMS?**

Yes: 15%  
 No: 20%

**If you had relief, how long did the relief last?**

Temporarily: 13%  
 Mid term: 4%  
 Long term: 10%

**I feel free to have sex with my partner when I am menstruating:**

Yes: 44%  
 No: 42%

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If you have not yet filled in my survey, I invite you to do so as it allows me to look at the trend and see how women evolve in their appreciation of what is going on.

I see a path where women tend to become more conscious they are having mood swings in that phase of the month.  
 I also see they have a strong tendency to feel it is normal to suffer.

I wish to bring in my contribution and make a difference in their life and their environment. In waiting for you to become ready to mind your happiness, I wish you awakenings of consciousness that will help you never to go back to unhappiness. And I wish and work at the same awakenings for myself.

**NEXT MONTH: A surprise!**

Warmly:

*Pauline Houle* - Therapist – author

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