

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



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**"Liberty, taking the  
word in its concrete  
sense, consists in the  
ability to choose."**

*Simone Weil*

[Pauline Houle University Research  
on PMS - Dr. Yonker.](#)

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Body and PMS](#)

**Good day dear woman reader! And dear man reader!**

This month, I am talking to mothers who have a young daughter to commence her monthly cycles or is already menstruating... and to the fathers as well.

This newsletter will be short and will have you work, if you so wish, to discover answers that may help you realize how much your subconscious may still be at play in your daily routine of being a mother (father), and also still being a daughter (son) of your own mother until she leaves this planet.

When I was young, my mother used to recount at times, how sick she used to be in that time of the month, spending at least one day a month in bed because of pains.

It is certain that her era of the 20's and 30's... had its medical reality. Furthermore, the judeo-christianism would wish for them to complain the least possible, so I conclude that my mother really had to feel sick in her first years of menstruation for the doctor to show up, especially when her family was far from being financially fortunate.

She used to recount her doctor's words that « probably she would stop all her pains once she would have given birth ». Plausible as an answer that she had to patiently wait for and continued to suffer until her first child. She confided that once that first born, she never had pains again. Great for her!

However, on my side of the coin, I remember so clearly that I was telling myself I did not have to go through the same fate. How did I come up with such a feeling? My personality? A subconscious rebellion I had, to not want to resemble my mother? I may never really know!

This being said, I have recounted this short story because I also have heard and realized many times in my office, that so many women believe they have menstrual symptoms because they are hereditary. « My mother had migraines, so do I! » « My mother had cramps, I also do! » « My mother bled profusely, same for me! » And so on...

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I propose for this month that you investigate your maternal history. I invite you to travel back in your past and question your mother, if still possible, and write all the symptoms she shares she used to have or still has while she has her cycle.

As a second step, I invite you to compare with your own cycle and the surrounding days and see if there is a similitude.

If there is a similitude, ask yourself the question if it could be possible that these symptoms have become a learned behaviour or learned attitude that you copied from your mother without having realized it. Because after all, when we are young, we have the instinct that we will attract more love from our Mom (Dad) if we copy their behaviour and lessons.

And on the side of men, because I have some men who have subscribed to this newsletter, if you so wish, see if you remember what your mother was going through in these times of the month.

First of all, did you know she had her menstruations?

Did you know what that time of the month meant for her?

Did your father comment in any way, shape or form regarding this time?

Did you learn some behaviours, reflexes during that time of the month?

And now that you are adult, do you see any resemblance between your partner and your mother regarding this time of the month?

So many questions but also so many discoveries that may possibly help you see the reality.

I invite you all to share your answers with me and wish you an adventure that will be profitable for you in all regards.

Talk to you next month and have a great Fall Season.

**NEXT MONTH: I will share an interview that will happen in New York.**

**Warmly:**

*Pauline Houle*

Therapist – author

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