



# Sweetening the Pill: or How We Got Hooked on Hormonal Birth Control

*Holly Grigg-Spall*

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*Millions of healthy women take a powerful medication every day from their mid-teens to menopause - the Pill - but few know how this drug works or the potential side effects. Contrary to cultural myth, the birth-control pill impacts on every organ and function of the body, and yet most women do not even think of it as a drug.*

*Depression, anxiety, paranoia, rage, panic attacks - just a few of the effects of the Pill on half of the over 80% of women who pop these tablets during their lifetimes.*

*When the Pill was released, it was thought that women would not submit to taking a medication each day when they were not sick. Now the Pill is making women sick.*

*However, there are a growing number of women looking for non-hormonal alternatives for preventing pregnancy. In a bid to spark the backlash against hormonal contraceptives, this book asks: Why can't we criticize the Pill?*

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