


# FOOD FOR THE FEMALE BODY



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Curated by Martha Dimitratou



## Prologue

This book gathers recipes of ancestral wisdom about caring for the female body and its cycles. From Haiti's fey teas to Mexico's caldo de pollo, from Korean moon juk to India's haldi doodh, from Chinese ejiao cake to West Africa's bouillie enrichie, and from the Middle East and North Africa's alkabid almashwiu (grilled liver) rich in iron, these foods reflect how communities across the world have long turned to food in moments of menstruation, miscarriage, abortion, birth, and recovery.

They remind us that reproductive health has always been sustained through culture, kept alive in kitchens, shared through rituals, and passed down as everyday acts of care. By gathering them here, we honor that wisdom, recognize their power, and carry it forward.

## Special Thanks

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And to all our sisters, mothers, and ancestors whose practices and stories have inspired these pages.

With gratitude,  
Repro Uncensored

Disclaimer: This book is not a medical guide. The recipes collected here reflect cultural and ancestral practices and are shared for educational and cultural purposes only. They are not intended as medical advice. For health concerns or medical questions, please consult a qualified healthcare professional.

# EJIAO CAKE

*Ejiao, a donkey-hide gelatin, has a history dating back over 2,000 years in China, with its origin linked to Shandong Province. It offers a range of therapeutic benefits, including anti-anemia, antibacterial properties, and anti-inflammatory effects. In traditional Chinese medicine, it's considered a powerful blood tonic used after miscarriage, abortion, childbirth, or heavy menstruation to restore vitality and nourish the blood. It's typically consumed as a sweet, syrupy tonic or poured into molds as candy.*

1. **BOIL DOWN  
DONKEY HIDE  
GELATIN**

2. **ADD GOJI  
BERRIES,  
WALNUTS,  
BLACK SESAME  
SEED**

3. **LET COOL IN  
MOULD**

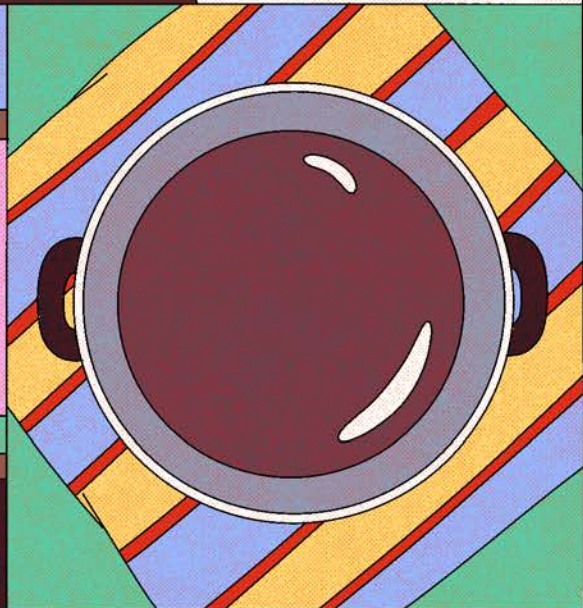
4. **CUT GELATIN  
INTO BITE  
SIZED PIECES  
AND ENJOY**



## *Key Ingredients:*

- ★ donkey hide gelatin
- ★ goji berries
- ★ walnuts
- ★ black sesame seeds







# CALDO DE POLLO

*Caldo de Pollo (Chicken Soup) with epazote or rue - Often given after a miscarriage or abortion to "warm" the body and restore strength. Epazote is a traditional herb used in many Indigenous and rural communities, sometimes also linked to reproductive health remedies (used with caution). traditional soup primarily associated with Mexican cuisine. While it's also found in other Latin American countries like Guatemala and Colombia, it's particularly well-known and commonly made in Mexico. The dish is a staple in Hispanic households and is often seen as a comforting meal, particularly during illness.*

**1. BOIL THE WATER, CHICKEN, AND SEASONINGS TOGETHER.**

**2. REDUCE TO A SIMMER AND COOK UNTIL THE MEAT FALLS OFF THE BONE.**

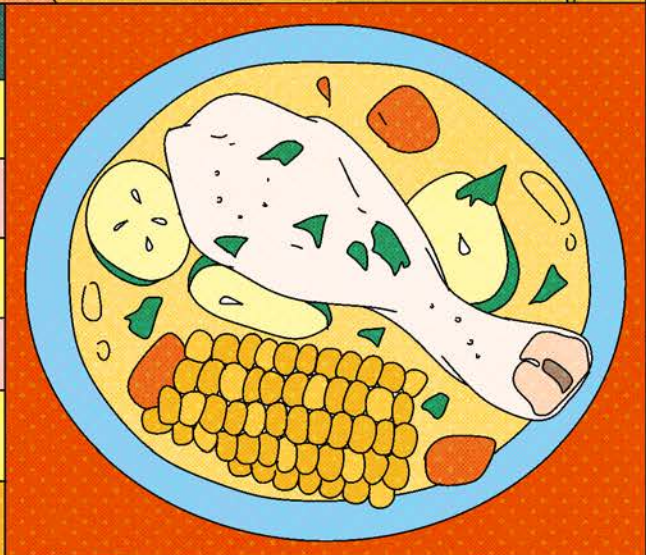
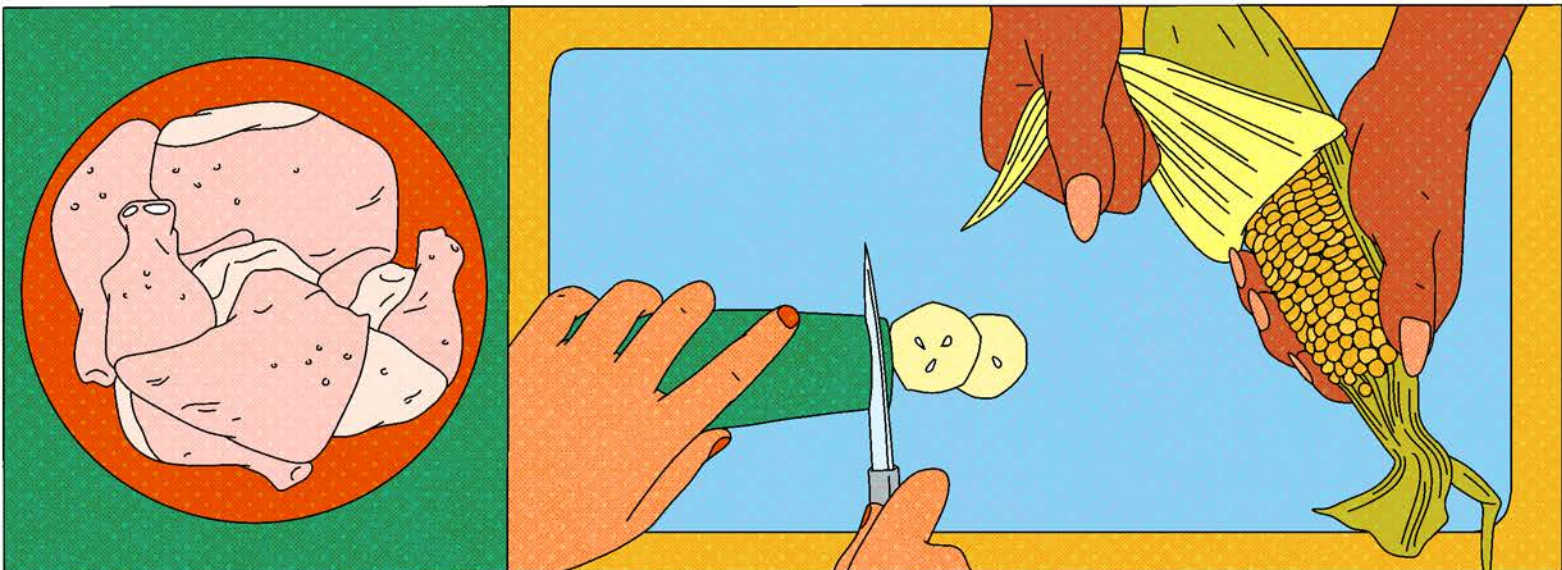
**3. STIR IN THE BOUILLON AND VEGETABLES, THEN SIMMER UNTIL THE VEGGIES ARE TENDER.**



#### Key Ingredients:

- ★ chicken legs
- ★ 2 tablespoons minced garlic
- ★ carrots, zucchini, white onion
- ★ fresh cilantro



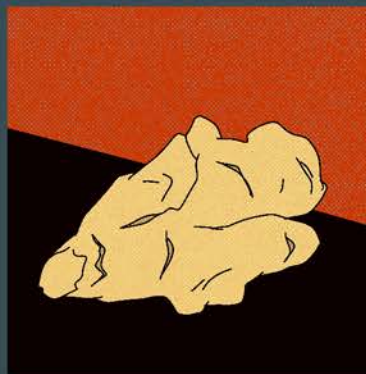
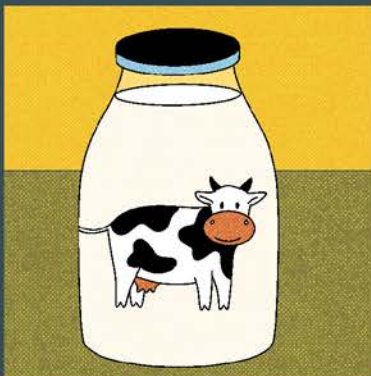
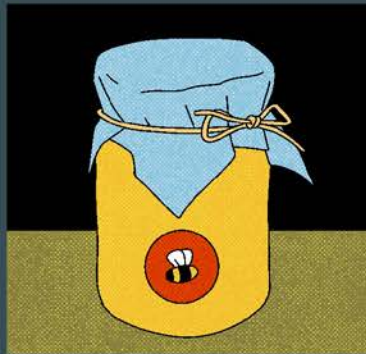
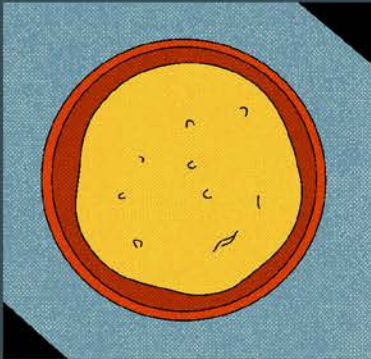




# HALDI DOODH

Originated in India, haldi doodh is milk infused with turmeric and has been used to aid many ailments, including colds, coughs, inflammation, aches, and menstrual cramps. In Indian culture, it's mom's go-to solution for everything, and a tradition found very comforting. Golden milk has recently gained popularity as a "turmeric latte" in Western culture, often with added ingredients like almond milk or coconut butter.

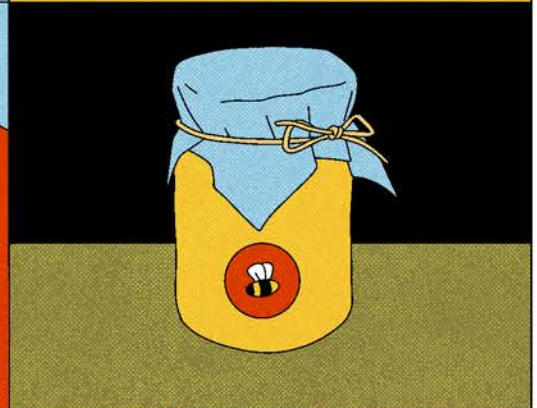
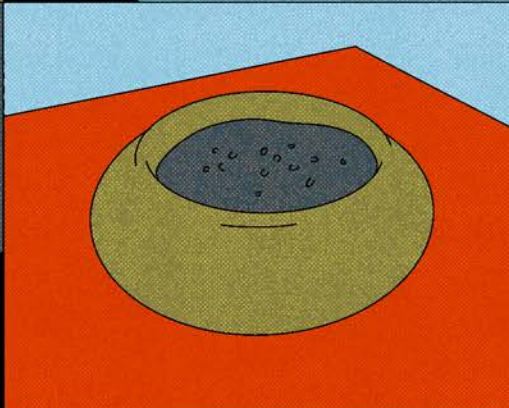
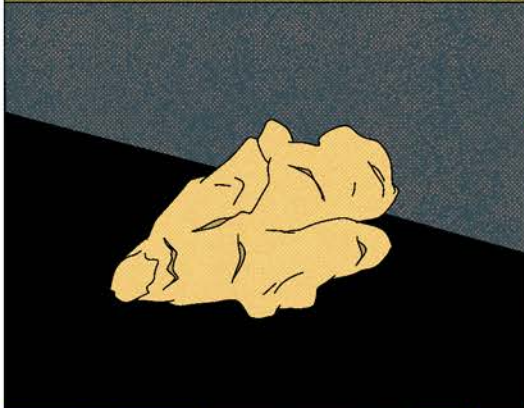
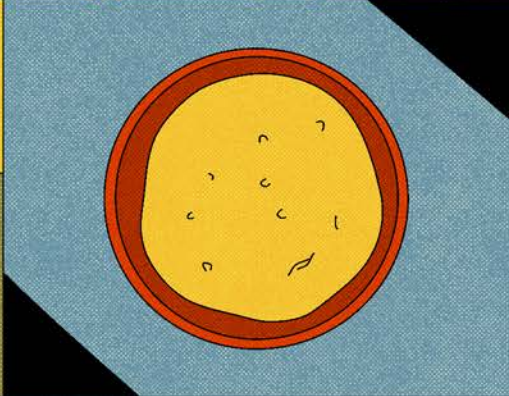
1. In a sauce pan, add your milk, turmeric, ginger, ajwain, and honey
2. Let it simmer on low heat for about 5–7 minutes
3. Strain and sip it warm, ideally before bedtime or when cramps feel intense



## Key Ingredients:

- ★ 1 cup milk
- ★ 1/2 tsp turmeric powder (haldi)
- ★ 1/4 tsp ajwain (carom seeds)
- ★ 1/2 inch piece of fresh ginger (grated)
- ★ pinch of black pepper
- ★ 1 tsp honey







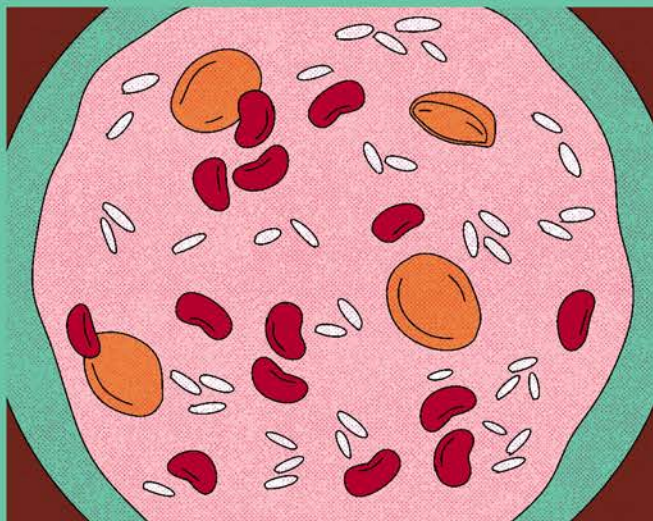
# MOON JUK

*During menstruation, Koreans often consume Moon Juk (period porridge) made with adzuki beans, rice, and longan berries to help with blood circulation, fluid retention, and inflammation, along with spinach and soy dishes for PMS relief. A moontime ritual is an action or practice carried out with mindful intention, specifically around the time of your bleed. It's something that you return to each month that helps create a sacred bond between your body, womb and bleed.*

1. soak the first 4 ingredients for several hours or overnight to further increase the digestibility.

2. add ingredients to crock pot with 6-8 cups of water. cook on low overnight.

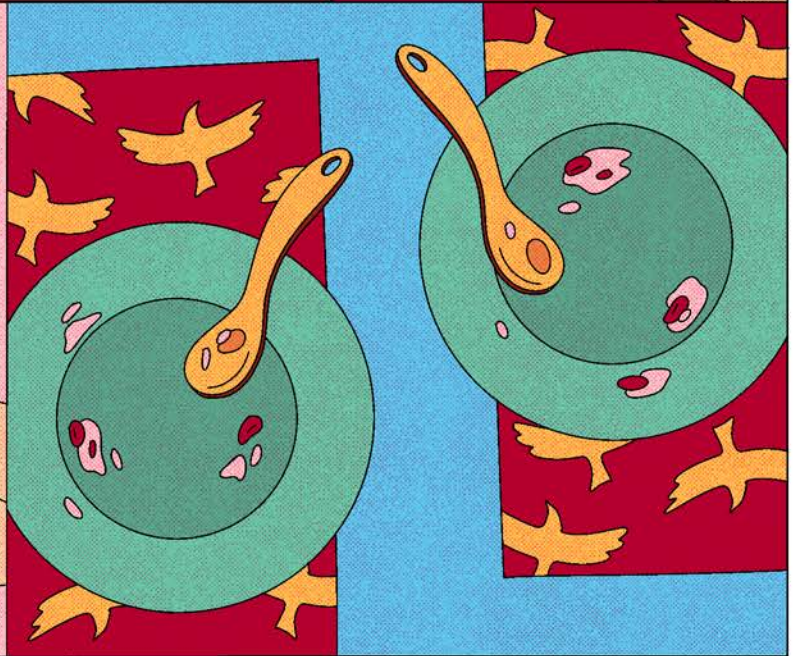
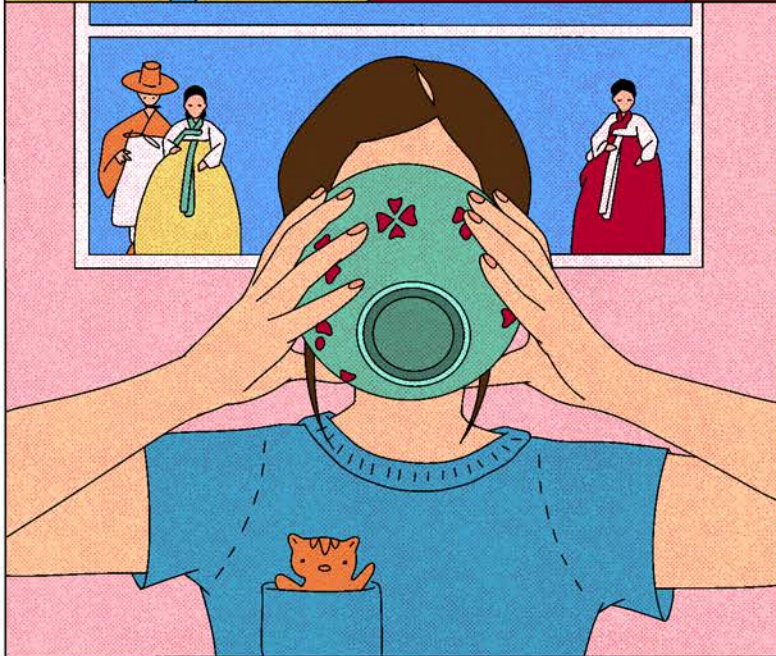
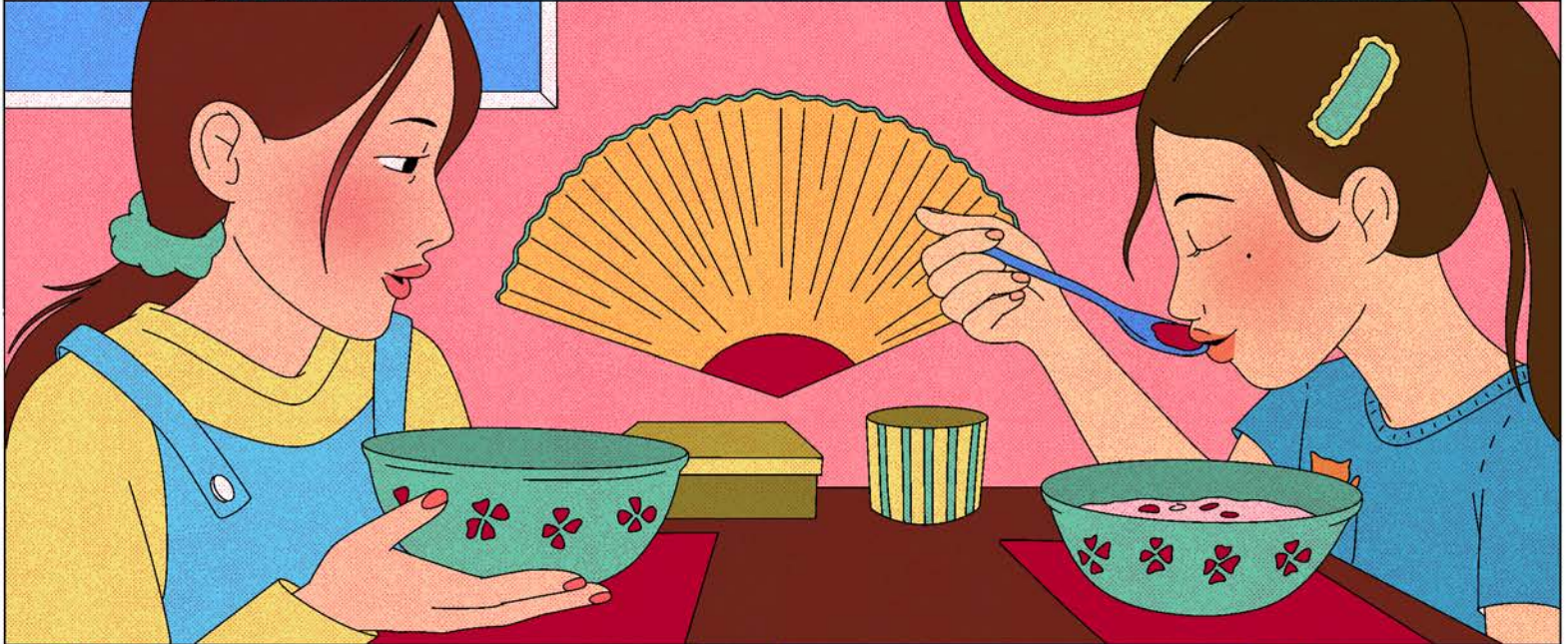
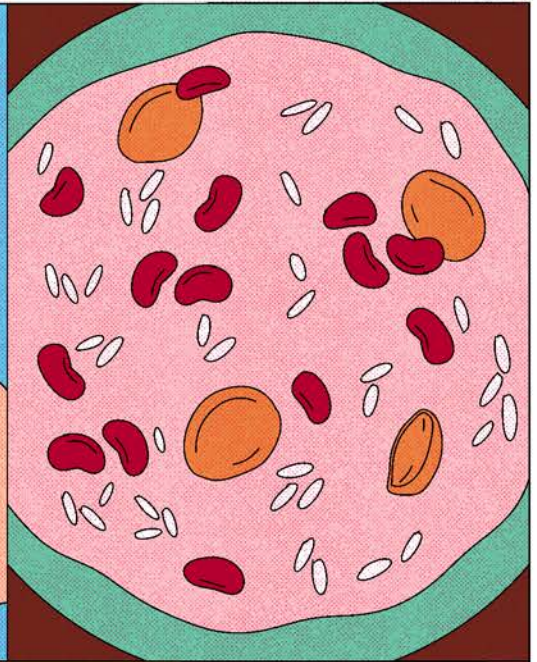
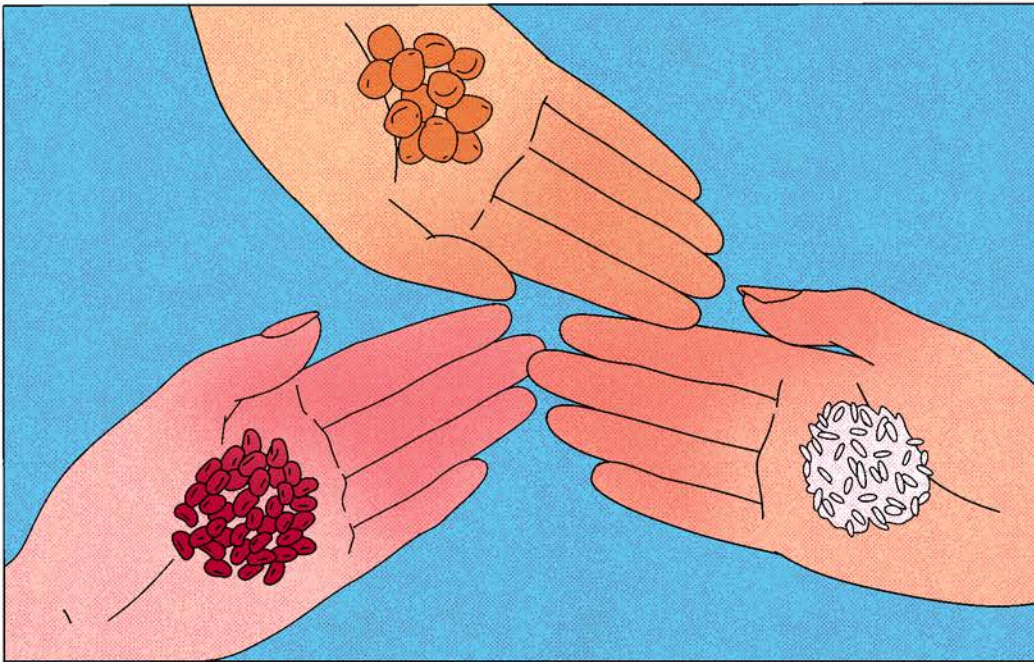
3. add honey, brown sugar, or cinnamon.



## Key Ingredients:

- ★ 1/4 cup adzuki beans
- ★ 1/4 cup job's tears
- ★ 1/4 cup jasmine white rice
- ★ 1/4 cup sweet rice
- ★ 1/4 cup longan berries







# ALKABID ALMASHWIU

*Women in Middle Eastern and North African countries eat beef liver to replenish blood after menstruation or abortion, as it is rich in iron and traditionally believed to support strength and recovery.*

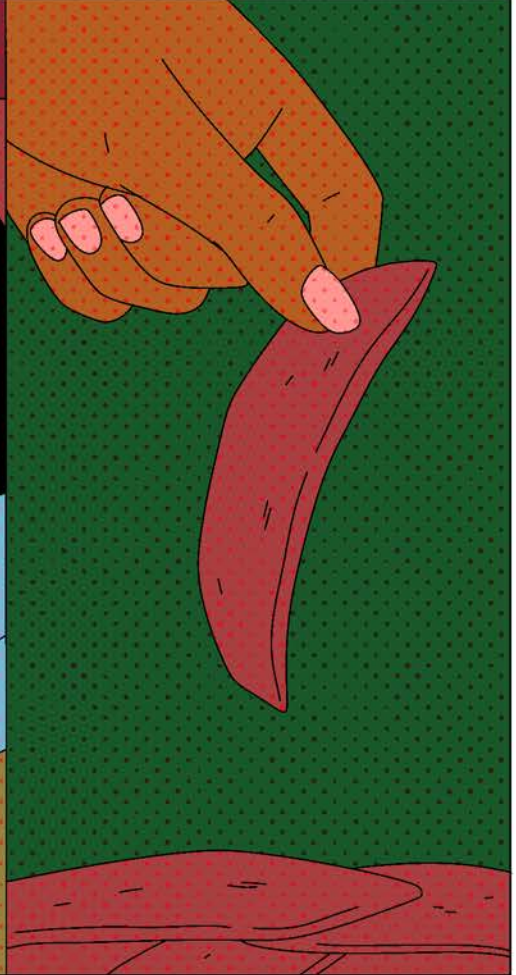
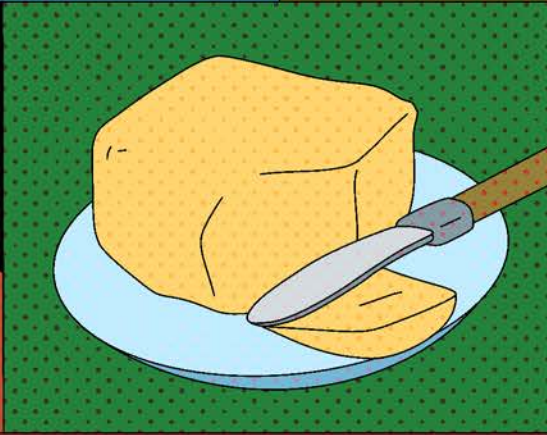
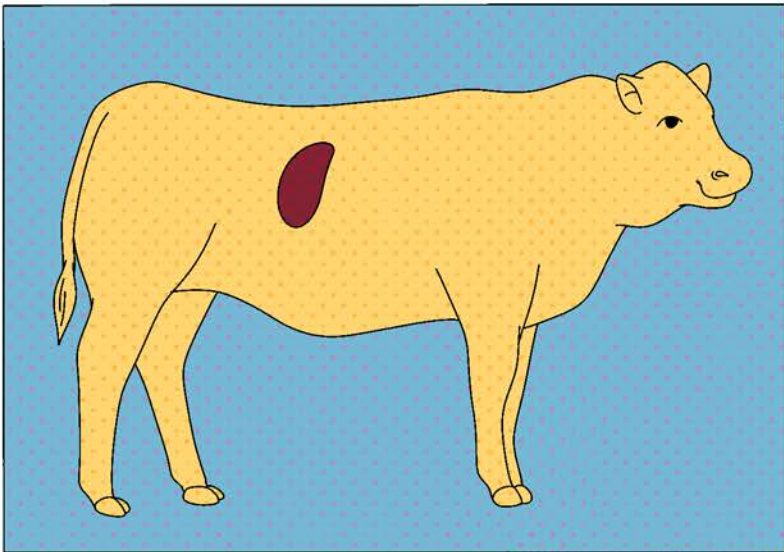
1. **thinly slice  
beef liver**
2. **cook on  
medium heat  
until  
browned  
and cooked  
through**
3. **season and  
serve with  
rice or bread**

## *Key Ingredients:*

- ★ 200g beef liver, sliced thin
- ★ 1 clove garlic (minced)
- ★ 1 tbsp olive oil or butter
- ★ A pinch of salt, cumin, and black pepper









# Fey Tea

Made with specific leaves (like fey lougawou, basil, or cinnamon leaves), these teas are consumed post-abortion or after miscarriage to support uterine recovery. Often taken warm, in a quiet recovery space, sometimes with community rituals. In Haiti, sipping tea made from "fey" is a practice passed down through generations for its medicinal and calming benefits.

1. WASH, PEEL, AND DICE GINGER INTO SMALL PIECES

2. ADD FEY LOUGAWOU, CINNAMON, STAR ANISE TO WATER TO A SMALL POT AND BRING TO A BOIL

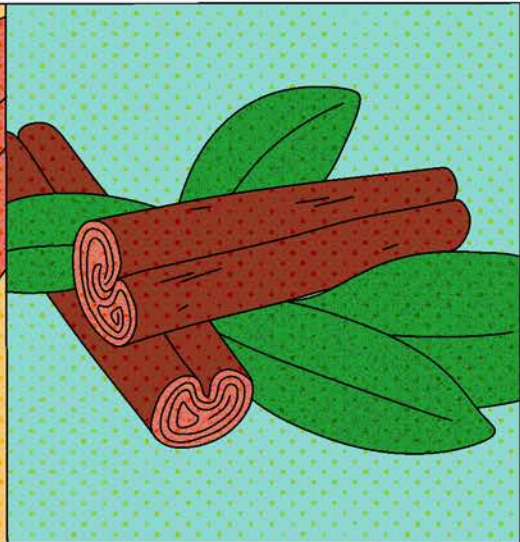
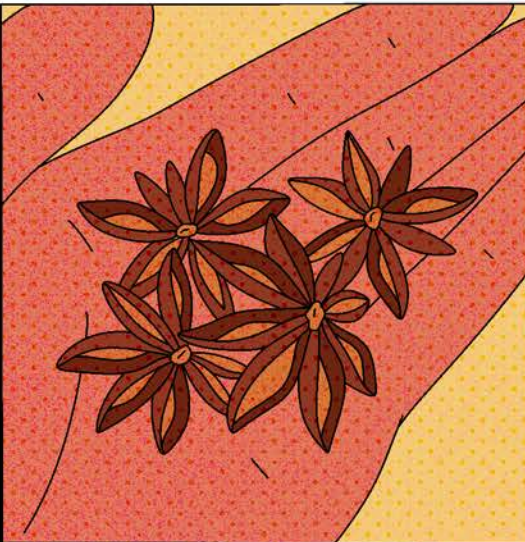
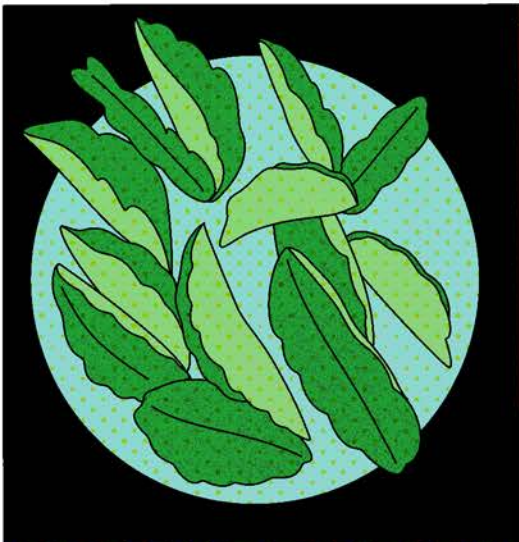


3. REDUCE HEAT TO MEDIUM AND ALLOW TEA TO BREW FOR 5 MORE MINUTES. STRAIN IN CUP AND SWEETEN.

## Key Ingredients:

- ★ fey lougawou
- ★ ginger
- ★ cinnamon
- ★ star anise
- ★ honey







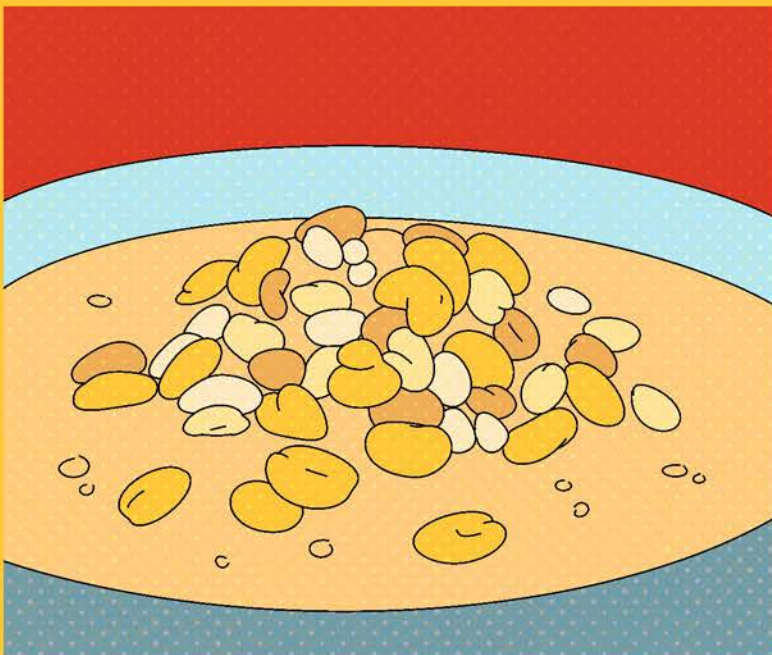
# BOUILLIE ENRICHE

In Benin, as in several West African countries, some women turn to traditional recipes or home remedies after an abortion to relieve pain, or support healing. These practices vary by region and community. Enriched porridge (Bouillie enrichie) uses maize, millet, or rice, groundnut, milk, and sugar to strengthen the body after blood loss.

1. SOAK MAIZE,  
MILLET, RICE

2. BOIL WITH  
WATER AND  
A SPLASH  
OF MILK

3. SERVE AND  
ENJOY WARM



Key Ingredients:

- ★ maize
- ★ millet
- ★ groundnut
- ★ milk



