

## **The Contraceptive Morning-After Weed Seeds**

The seeds from Queen Anne's lace, a common weed growing throughout the world, works as a morning after pill. Known in antiquity, for instance among the Egyptians, for its effectiveness. Modern day tests among feminist have shown it to be 100% effective when seeds are munched the morning after, and when one desires a pregnancy the pregnancy is normal with no unknown effects from having used the contraceptive routine. Seeds are harvested from dry seed heads.

For those survival communities that do not have a ready source of protein, take note that certain plants are high in Lysine, the essential plant protein that allows vegetarians to be healthy. Buckwheat, Soy, Peas, Legumes, and Amaranth are highest in Lysine. In fact, Corn and Amaranth together provide the protein equivalent of red meat.

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