



The Means of Production

What is the purpose for telling people how to make estrogen? Surely we have enough access to it already, through “legitimate” means such as the GIC, or “grey market”, the legal-but-frowned-upon networks that get us our meds when the GIC decides we’re not heteronormative enough for them.

The short answer is that this measure isn’t- for now. This measure is for what’s next. This methodology, while semi-practical, is a starting point, not an ending point.

This guide points the direction, towards community reclamation of the means of production of our genders. And not just the genders of trans women- estrogen shapes the lives of cis women as much as it shapes our lives- birth control, menopausal depression, and a thousand other conditions.

The capacity to localise gender control is a tide that will raise all boats.

This guide has implicit cases where it might be used- blockades, state crackdowns, those living without access to post or the internet.

But it’s designed to open the possibilities, not close them. Access to this knowledge allows us to begin

Introduction

This is a guide that lets you make dangerous things at home. I believe you should have that ability, but I’m not responsible for what you do with it.

This is, at its core, a guide for self sufficiency. Think of it as a guide on how to grow food not useful in the day to day, but maybe something to experiment with one day, to keep in a drawer in case it gets bad.

This is foremost a practical guide to making estrogen, and it is secondarily an artistic intervention. Activism before art, always.

Legal Things

This guide is the outcome of an art project. It is provided with no warranty or guarantee, implied or statutory.

In no respect shall Ada Cable, those credited on the project, and any institutions, organisations and companies associated with them incur any liability for any damages, including, but not limited to direct, indirect, special or consequential damages arising out of, resulting from, or in any way connected to the use of this guide.

thinking about what what women marginalised by their transness can do to seize control of their own lives, and organise outside of the infrastructures and systems of the state.

This guide is not in itself an end to the biopolitical control of trans womens lives, but it might be the beginning of the end.

What comes next is up to you, in your community, your family, your activist meetings.

There’s work to be done on how to decolonise this work- the history of hormone therapy is a history of black, brown and jewish bodies, from nazi germany to puerto rico, and I do not pretend to be able to talk to this.

If I can help, with any struggle, let me know.

Go and make something weird, that works for you, that gives you autonomy and freedom, that’s hyper-focused to your lives and habits.

I know I’ll be doing that.

Ada Cable, 23/7/2016

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How To Make 0.7g of Oestrogen at home.

(A guide which you certainly shouldn't follow)

Ingredients

Urine(see below: funnel)	3L
Butanol	2L
Caustic Soda(sodium hydroxide)	330

All of the above are available over the counter in the UK and online.

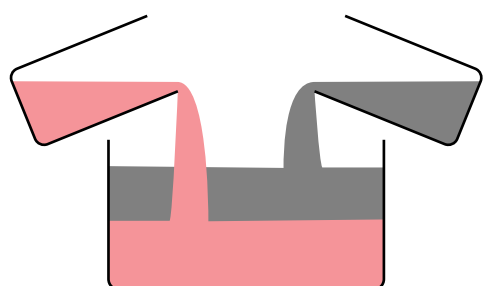
Tools

Stove(or hot plate)
Large Pot(at least 6L)
A funnel
Spare Containers(Bigger than 3L)

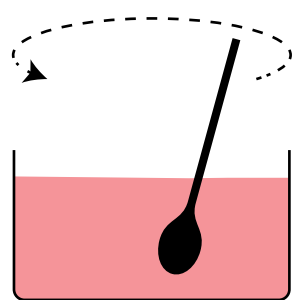
Stiring spoon
Plastic Gloves
Plastic Tubing

A note on urine

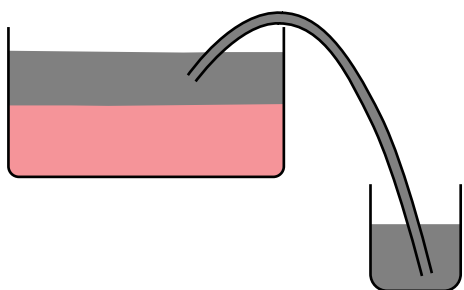
The best urine for this procsss is the urine of a pregnant person- concentrations of estrogen are far higher and you'll recieve much better concentrations and amounts using this urine



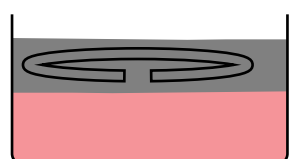
Add the urine and the butanol to the large pot.



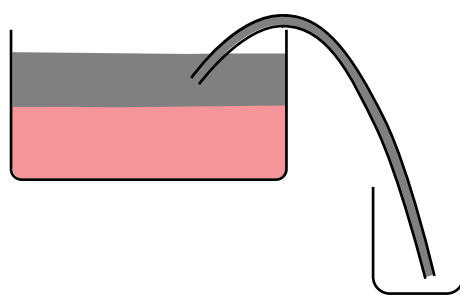
Stir for five minutes, then leave to rest until separation occurs between the two(about 6 hours).



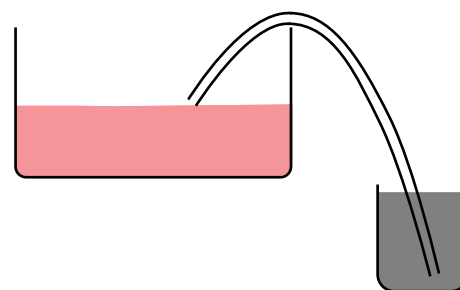
Use the tubing to remove the upper layer into a waste container.



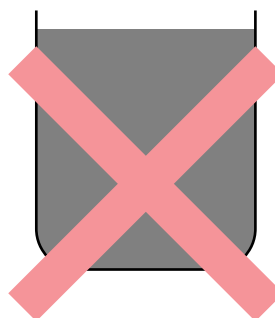
Submerge the tube in the liquid while wearing gloves, until there are no bubbles in the tubing.



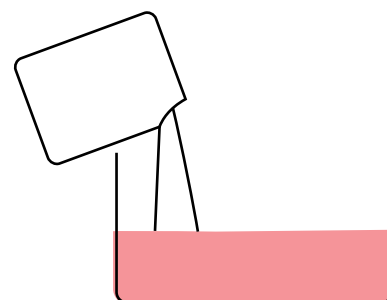
Leaving one end of the tube in the pot, push cover the second end with your thumb, then drop it into a waste container.



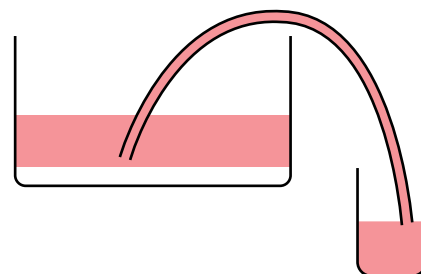
Allow the liquid to transfer until the two layers are in two different containers.



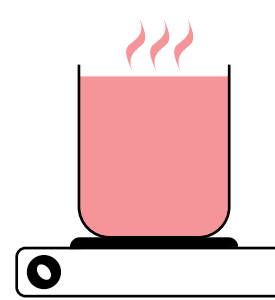
Discard the upper layer(containing mostly butanol).



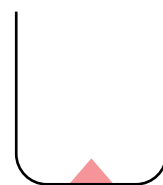
Add the sodium hydroxide to the pot containing the lower layer.



Stir, and allow to rest until a solid layer forms. Remove the remaining liquid, leaving the solids behind



Slowly boil the liquid until nearly dry, and then put it in a warm place until completely dry.



The remaining measure is approximately 96% oestrogen by weight- get it tested at a lab!

Please note that while this estrogen is theoretically safe to consume, it is far easier, safer and cheaper to use a more traditional, established methodology. For more information, please consult:

downwithcis.org