

# The Whole Woman Village Guide

Welcome to the Whole Woman Village.

The purpose of this guide is to help you navigate through the Whole Woman Village.

## History of the Whole Woman Village

In January of 2004, Christine Kent, author of *Saving the Whole Woman - Natural Alternatives to Surgery for Pelvic Organ Prolapse and Urinary Incontinence* and producer of the *First Aid for Prolapse* DVD, opened wholewoman.com. It was an experiment to see if she could teach other women the techniques she had developed for managing and reversing pelvic organ prolapse (uterine prolapse, rectocele and cystocele) on a forum on the internet. Women began to come to the forum on the Whole Woman site.

Christine began answering their questions and teaching them the Whole Woman posture. Women began writing in that they were getting better. In some cases their prolapse disappeared. They began canceling surgeries they had scheduled. They started writing in that they were running marathons, mountain biking and using their bodies in ways their doctors told them they would never be able to again.

More and more women came and registered on the forum and began posting. Toward the end of 2009, almost 4,000 women had registered, and many thousands more read the forum regularly.

In the fall of 2007, on a drive back to Albuquerque from Sacramento where Christine and Lanny had been visiting Christine's daughter Nikelle, Christine and Lanny started exploring what wholewoman.com might become. Christine's vision was that women should have a village where they could come to learn, share, laugh, cry and enjoy each other's company in a safe and supportive environment.

Returning to Albuquerque, Christine and Lanny documented all the details of their vision. But the pressures of daily life and responsibilities loomed large and for a couple of years, the vision languished for lack of the significant investment in time and effort necessary to put the Village together.

In February of 2010, Lanny, the technology member of the team, moved the Whole Woman site and a number of other sites he had built for his other businesses to "the cloud". For those of you who are not current with technology, traditionally, a web site would sit on a server (a specialized computer) owned by a hosting company who would typically have thousands such servers in big data centers. Web site owners

would pay a monthly fee to host a site, or if they had multiple sites they might rent a part of a server or in Whole Woman's case, we rented a whole dedicated server.

The emerging technology of server "virtualization" where many "virtual servers" could be run in one computer has given rise to "the cloud" where large data centers rent "cycles" rather than "boxes". In other words, instead of renting a computer, in the cloud you rent the computer's capabilities without any concern for where or what computer or computers your sites reside on. This represents a significant savings over the monthly cost of renting a dedicated server. To benefit from that lower cost, we made the decision to migrate to the cloud. Migration is a tedious and complex task which took about a month to complete. Within two hours of completing the task, almost all our sites were seriously hacked and thousands of files corrupted with malicious software designed to infect the computers of anyone who came to our sites.

This was a devastating attack and all our sites had to be taken down immediately. It took days to find and repair all of the corrupted files and then weeks to migrate everything back to a new dedicated server behind a state-of-the-art firewall.

But we had a conundrum. The Whole Woman site had been badly damaged. The question we faced was should we try to restore a site that was already at the end of its useful life or should we just bulldoze it and start over with the vision we had developed some years before?

Taking a deep breath, we started to work on the Whole Woman Village.

Nikelle had moved to Albuquerque in the interim and come to work for us. She is a degreed graphic designer and talented illustrator. Little by little the Village began to take shape. After two months of late nights, weekends and long hours, we were able to open the Village in early April. It was a bit bare bones since we needed to create a great deal of content.

For the first time we offered a membership package to women who, as members, would be given access to videos, chat, and other features not open to the general public. We offered a Charter Membership for those willing to sign up before all our content was completed. By July 1st, the Village formally opened with the first round of content available in the Village Theater, Christine's Cottage and the chat room in the Village Café.

In October of 2010, we decided to abandon the membership component of the site and open what content we had created for members to the general public. The primary reason was that the time and effort to create video content for the members had virtually shut down the development of new DVD products with important information for key segments of our market.

# The Village Features

## The Village Gate

When you come to the home page (<http://www.wholewoman.com>) there are five features to be aware of.

**The Village Gate** is a short video that introduces you to the Village and its features. Click on the “Play” button in the middle of the gate to see the video tour.

**The Sign Posts** are links to most of the features found in the Village. If you’re not sure what a sign is referring to, click on it and find out!

**The Entry Link** is directly below the Village Gate. Click on this link and you will be taken to the town Center from which you can navigate around the Village.

**Introduction** is below the gate and explains a bit of the philosophy behind the Whole Woman Village.

## The Village Center

The Village Center is the center of the Village. You can use the gold arrows at the top of the screen to navigate to the north, south east and west sides of the Center. Be sure your sound is turned on and you may hear some surprises.

### The South View

Note that each view of the Center has a menu bar across the top of the screen that will help you quickly navigate wherever you wish to go in the Village.

### The Town Hall

The south view is the default view when you enter the Village. In front of you in the center is the Village Town Hall. The Town Hall has a number of important functions. Click on the front of the building to enter. You will see the bulletin board which has a number of useful notices:

- How to download this guide for users who have not yet done so
- Website Terms of Use (the usual legal fine print)
- The site’s privacy policy
- A Map of the Village
- A short biography of Whole Woman founder, Christine Kent
- Contact information for Whole Woman

- The necessary disclaimer that we don't practice medicine and you should always consult your physician before making any decisions about your health. Please read [this disclaimer](#) carefully. It is for your protection.
- Also on the bulletin board is the Village Code of Conduct. Please read the Code and follow it while you are in the Village.

Below the bulletin board is the Suggestion Box. Click on this and fill out the form if you have ideas about ways we could make the Village experience better for you or if there are features you'd like to see added. We can't guarantee that we'll be able to accommodate every suggestion, but we want your voice to be a part of the Village experience.

Clicking on Christine's portrait will also bring up her bio.

Down the hall to the left are two offices, the Sheriff and the Village Clerk.

### *The Sheriff's Office*

The Sheriff's job is to keep the peace. If in a chat room or on the Forum you feel you have been treated inappropriately, feel free to come to the Sheriff's office and file a complaint. Click on the bell on the Sheriff's desk to bring up the form. Our Sheriff, Louise Draper-Sevenson lives in Western Australia, so she may not be awake when you file your complaint, but she will get back to you as promptly as possible. Please be as clear, as specific and as complete as you can when filling out a complaint.

### *The Village Clerk's Office*

If you turn right rather than left into the Sheriff's office, you'll find yourself in the Village Clerk's office. Currently she is there to help guests with any administrative issues with the site. Click on the link above her picture and you'll see a form to fill out. Our Clerk is in the US and works Monday through Friday during Mountain Time business hours (GMT -7) and will get back as soon as she can during those hours. Please provide all relevant information so she knows how best to help you.

From the Town Hall lobby, the hall to the right leads to the Conference Room which will be used for meetings.

### *The Village Library*

Back to the Village Center, to the left of the Town Hall is the Village Library. Here you will find a growing number of articles on women's health and the living arts. Also here you will find resource pages. These will include reading lists and websites of authors Christine has interviewed in her monthly video feature.

### *The Whole Woman Center*

To the right of the Town Hall is the Whole Woman Center. Enter the foyer by clicking on the front of the building. In the foyer, you will see a list of video classes currently available. On the small table to the right are brochures for the Center. Click on them and you can download a brochure in pdf format. Below are Christine's book and DVD.

Click on them and you'll be taken to the Whole Woman store to learn more about them. Guests who want to take a class enter into the Center Studio door to the left.

### **The West View**

From the south view of the Village Center you click on the golden arrow on the upper right side of the screen, your view will rotate to the west view. Here you will find the Village Theater, the Village Post newsstand and the Whole Woman Store.

### **The Village Theater**

Click on the front of the theater and you'll find yourself in the theater lobby. (Notice the healthy snacks in the display case. No sugary junk food in the Village!) The titles that are playing are shown along with coming attractions.

### **The Village Post**

The Exit sign will take you back to the Village Center. Clicking on the newsstand will take you to the Village Post, the Village's newspaper. Published from monthly, the Post has in each issue, a feature article, a review of a scientific book or article of particular interest to women, and an article by Christine on a topic of current interest.

### **The Whole Woman Store**

A click on the front of the Whole Woman Store will show you the Whole Woman products including Christine's book, *Saving the Whole Woman* and her DVD, *First Aid for Prolapse*. More products will be coming so be sure to check back. Visitors from overseas often ask if we ship internationally. The answer is yes, we have satisfied customers in many countries around the world.

### **The North View**

Two buildings are on the north side of the Village Center: the Village Café and the Village Tavern.

### **The Village Café**

The Café is a chat room for Village guests. Up to 25 people can chat and up to ten can voice chat. Voice chatting requires a headset and microphone plugged into your computer.

### **The Village Tavern**

The Tavern will be a music venue and is still in development.

### **The East View**

On the east side of the Village Center are Seedcraft and Christine's Cottage.

### **Seedcraft**

Seedcraft will be the Village herb shop. It is still in development and should be open towards the end of 2010.

## **Christine's Cottage**

A central theme of the Village is that many women have lost touch with what Christine calls the Living Arts: food gathering, preparation, preservation and the fiber arts of spinning, weaving and sewing. Enter the foyer of Christine's Cottage by clicking on the front of the building. You will see a list of available videos on the flat screen TV to the left of the portal into Christine's living room. Note that these lists collapse so click on the tab (e.g. Christine's Kitchen Videos) to see the full list. To step into Christine's living room, click on the portal into the room.

Guests entering Christine's living room will find a hallway to the right that leads to her sewing room and a hallway to the left that leads to her kitchen. Each has its own video collection.

## **Features Planned for the Future**

The Village is a dynamic community and we have many features planned. The Whole Woman store will get a makeover in the next couple of months, Seedcraft will open with important nutritional information, herbs, balms and supplements.

The Village Tavern will showcase music and concerts on video.

Dance classes in the Whole Woman Center are planned.

And on and on...

We sincerely hope you will join the fun, learning and community of women, many who have become good friends over the years.

## **Contacts**

If you have administrative questions, please go to the Village Clerk's office and fill out a request for assistance.

If you have questions about prolapse or other women's health issues, the Forum is your best place to post the question.

If there are issues or problems with the website, please write [webmaster@wholewoman.com](mailto:webmaster@wholewoman.com).

If you have purchased from the Whole Woman store or have a product or shipping related question, please call customer service in the US at 505-314-1455 or email [dinah@wholewoman.com](mailto:dinah@wholewoman.com).

If you would like to schedule a personal telephone consultation with Christine Kent, please go to the Whole Woman store and purchase a consultation. Then call Dinah at 505-314-1455 or write to [dinah@wholewoman.com](mailto:dinah@wholewoman.com) to schedule your appointment.

Welcome to the Whole Woman family. Enjoy.