

Menstruation Memoirs

Period woes have been haunting women forever. Whether you leaked right through your white pants during your high school years or you couldn't swim at your friend's pool party in middle school, it's safe to say every woman has experienced a traumatic experience with her period. Before disposable products were available, rags had to be washed out after use. We have all heard the stories of women in biblical times being shunned during menstruation because they were seen as unclean.

Before you think that this information doesn't apply to you because you are heading into menopause or are already beyond it, think again. Your kids might have already been through it, but what about your grandchildren? The tools that are available now are the best that they have ever been. Keep reading for information on our favorite tried and true period products!



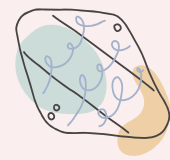
MENSTRUAL CUP

This product has been out for a while, but it can be very intimidating. It is a silicone cup that is inserted and catches any liquid.



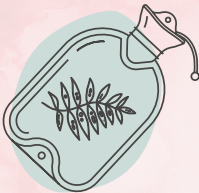
ORGANIC TAMPONS

You can find these anywhere that sells regular tampons. We let so many toxins and chemicals into our body on a daily basis. This is one easy way to avoid introducing unnecessary toxins to yourself.



WASHABLE PADS

Most women are turned off by the thought of having to launder absorbent underwear or pads, but it isn't nearly as unsanitary or difficult as you may think. Pre-rinse them and wash in cold water—that's it!



HEATING PAD

This is probably not news to most of you, but heating pads can make a world of difference with menstrual cramps or period back pain. You don't need anything fancy either. You can purchase an electrical heating pad, a microwavable heating pad or just fill a wool sock with rice and microwave it!



PERIOD UNDERWEAR

EVERY woman needs at least one pair of these. Absolute game changer. Every pre-teen and teenage girl should have a back-up pair of these in their backpack or locker. These are incredible for pregnancy, postpartum and forever after you have kids to catch small leaks! They come in a ton of sizes and various levels of absorbency.



FLEX DISC

This is a newer product, but it is revolutionary for period care and products. The disc is self-emptying—yes, you read that right. You put it in when your period starts and when you use the restroom it is designed to empty itself. No mess. These are available in reusable silicone or disposables which last 12 hours.



MY FIRST PERIOD KIT:

Have a preteen ready to start her period? Here are some musthaves to always keep with her!

- LEGGINGS
- PADS
- PERIOD UNDERWEAR
- MINTS
- IBUPROFEN
- AN ENCOURAGING STICKER OR NOTE!