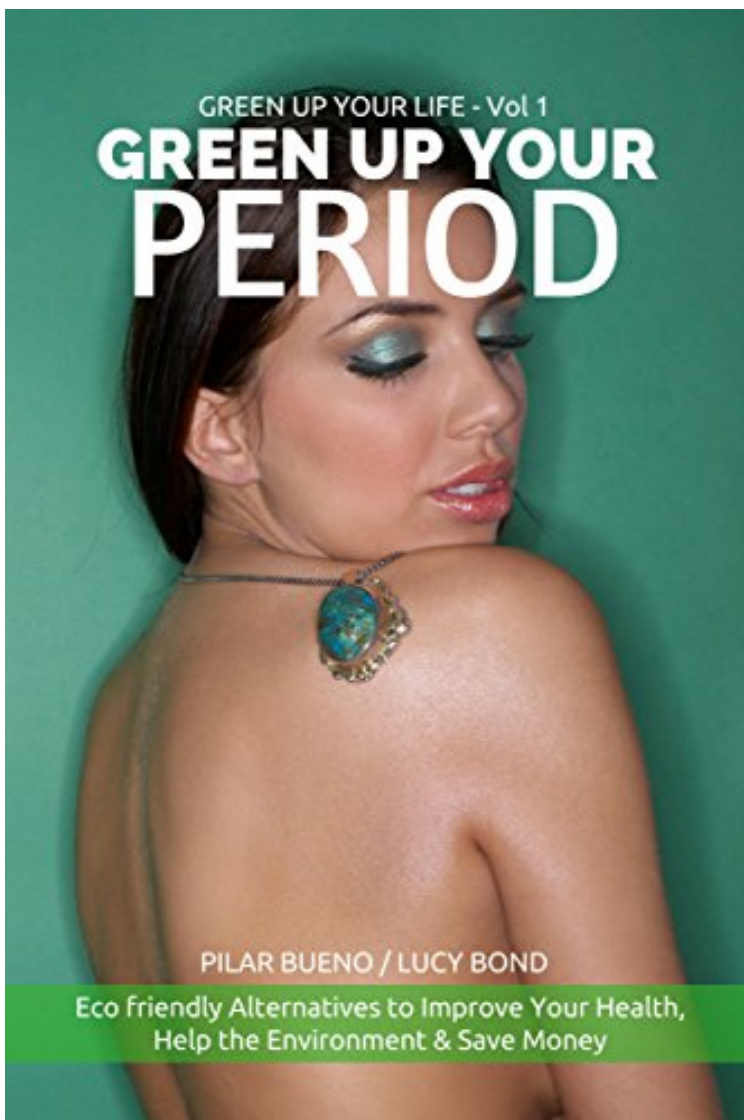


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Par Pilar Bueno, Lucy Bond
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your long-term health and that of our planet. THIS BOOK IS GOING TO HELP YOU BY: Showing you how conventional feminine sanitary products are not always the best choice for your health and the environment - did you know that each sanitary pad uses the equivalent of four plastic bags? Explaining how the cumulative effect of toxic chemicals contained in them can impact your health negatively Guiding you through the many sustainable alternatives available - more than you can imagine - safer, natural, biodegradable and reusable: pads, tampons, menstrual cups, sea sponges, etc Advising you how to prepare properly for the arrival of your period and how to do the best you can to stay healthy and reduce pain, cramps, and the discomforts associated with the menstrual cycle BE YOUR OWN HERO. Take control of your health and wellbeing. Find out what your options are and decide what is best for You, the Planet and your Wallet! GRAB YOUR COPY NOW Please feel free to contact us with any enquiries or for review copies of our titles. Prsentation de l'diteur Let's talk about periods, your menstrual cycle. Whatever you call yours and however you feel about it, you'll know that you're stuck with it for around 40 years! So you want to make the best of them, right? This is a stressful time for your body and managing periods with toxic products is detrimental to your long-term health and that of our planet. THIS BOOK IS GOING TO HELP YOU BY: Showing you how conventional feminine sanitary products are not always the best choice for your health and the environment - did you know that each sanitary pad uses the equivalent of four plastic bags? Explaining how the cumulative effect of toxic chemicals contained in them can impact your health negatively Guiding you through the many sustainable alternatives available - more than you can imagine - safer, natural, biodegradable and reusable: pads, tampons, menstrual cups, sea sponges, etc Advising you how to prepare properly for the arrival of your period and how to do the best you can to stay healthy and reduce pain, cramps, and the discomforts associated with the menstrual cycle BE YOUR OWN HERO. Take control of your health and wellbeing. Find out what your options are and decide what is best for You, the Planet and your Wallet! GRAB YOUR COPY NOW Please feel free to contact us with any enquiries or for review copies of our titles.