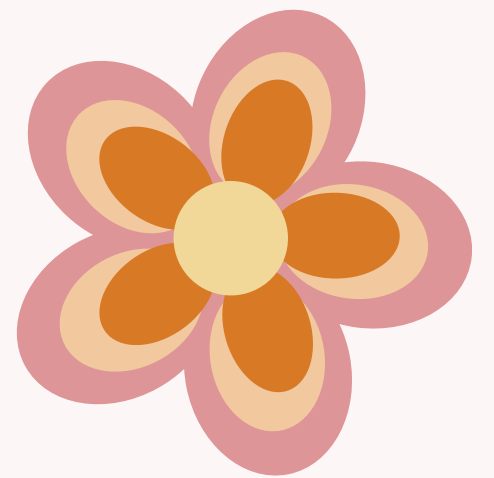


A COMPLETE
GUIDE TO
BUYING AND
USING
CLEAN, NON-
TOXIC
MENSTRUAL
PRODUCTS





Reusable

Menstrual Products



*Note these are recommendations. I have no affiliation with these products these are ones that I have tried or researched and feel comfortable sharing with you.

Period Undies

Brands I like:

- The Period Company
- Modi Bodi
- Innersy
- Ruby Love
- Poppins Period
- Lilova—they have swimwear too.

Pads

Brands I like:

- Lanspritt
- Soft Taco Reusable
- Lil Helper
- Stitches and Grace
- Natissy

+I like to use local makers on Etsy.

Cups and Discs

Brands I like:

- June
- Pixie Cup
- Saalt Co.
- Flex

+Shop for ones that fit your needs.

+Go to: <https://www.periodnirvana.com> to take a quiz.

+Choose ones that are made with medical grade silicone.

Tips for buying

Pads/Undies:

+Shop for ones that fit your needs as far as shape and bleed.

+Choose ones made with natural cloth—bamboo, cotton, linen.

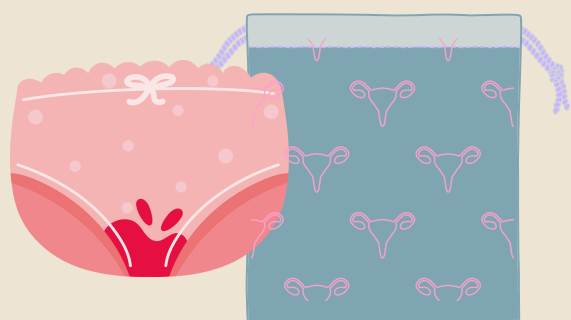
+Stay away from Plastic or PFA's



A Guide



For Washing Period Undies & Pads



When soiled put in
wet bag.

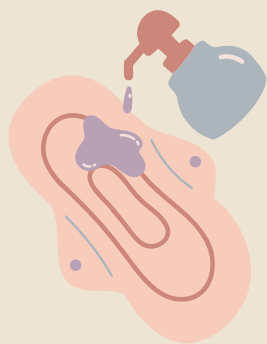
OR



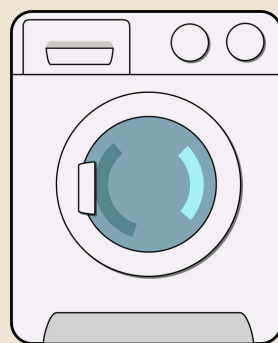
Rinse out under cold
water then hang until
ready to wash.



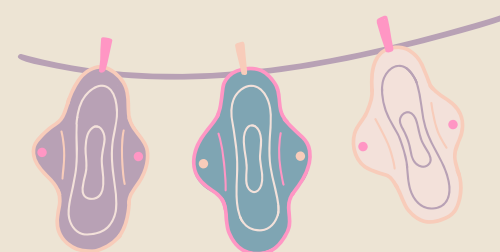
If you didn't rinse- soak
in warm water right
before washing.



Stain treat with
peroxide.



Put in wash, using gentle
scent free soap, NO fabric
softener.



Hang out to dry
or put in dryer.



A Guide



For Washing Period Undies & Pads cont.



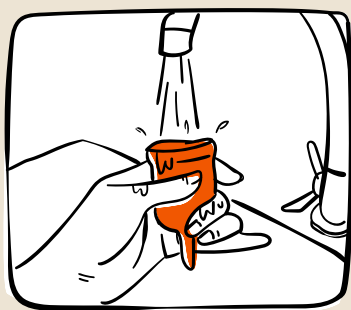
- Step 1: When your period undies or pads are full change them and either put them in a wet bag to wash later or rinse them out under cool water. If you rinse them hang them up so they don't mold.
- Step 2: If you didn't rinse, when you are ready to wash, soak them in warm water to loosen the dried blood. You can use a little laundry soap but it's not necessary.
- Step 3: Pre-treat with peroxide to get any stains out. It's ok if you have stains, they are yours and are used just for this purpose.
- Step 4: Throw them in the washer. Use only unscented gentle laundry soap and DON'T use fabric softener.
- Step 5: Hang to dry to increase life of undies or place in dryer.



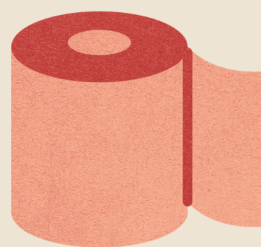
Tips



When Using a Cup or DiSC



During use just rinse out with warm water.



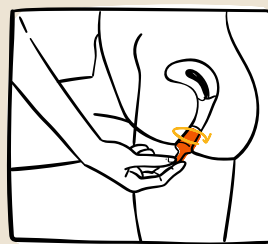
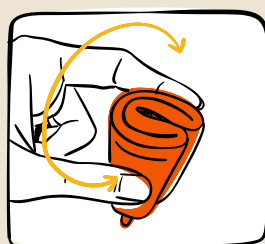
If in a public restroom you can use toilet paper to wipe it out and re-insert or rinse using a water bottle.



You can also choose a family bathroom with a sink.



I like to keep a dry washcloth with me or near my toilet to use to wipe my hands or cup.



Find a fold and position that works for you to insert it. Use lube if needed.



When your period is over put in a cup and pour boiling water over it for a few minutes then allow to dry and store for next month.



Tips



When Using a Cup or Disc



Getting the right fit for a cup or disc may be trial and error. I recommend you take a quiz from either www.putacupinit.com or www.periodnirvana.com to see what will best suit your needs.

When first starting to use, play around with different folds to insert the cup. You can look these up at www.periodnirvana.com/menstrual-cup-folds/

Practice while at home putting in and taking out so that you can become efficient.

Wear extra protection such as period undies or a pad as back up to prevent leaks until you know if the fit is good and that the cup or disc is right for you.

If you have a difficult time removing remember that it can't get lost. Try sitting, squatting or bearing down while releasing the suction if a cup with one finger. Then use your index and middle finger to gently reach, grab and pull out. You can also twist the cup to release the suction.

Only clean your cup with water and store in a cool dry place until next month. Some products are safe for the cup but have endocrine disruptors which aren't good for your vagina.



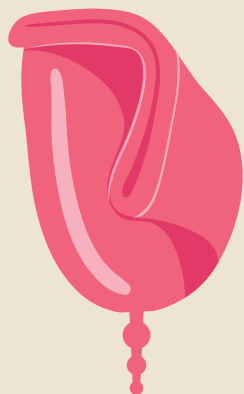
Folds



To use when
inserting a menstrual
cup



The 7



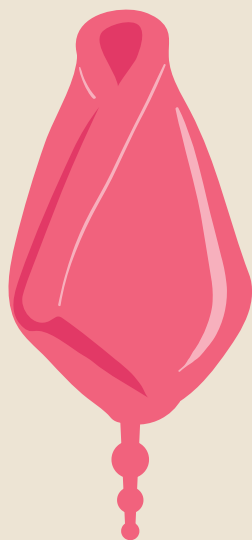
C or U



M or E



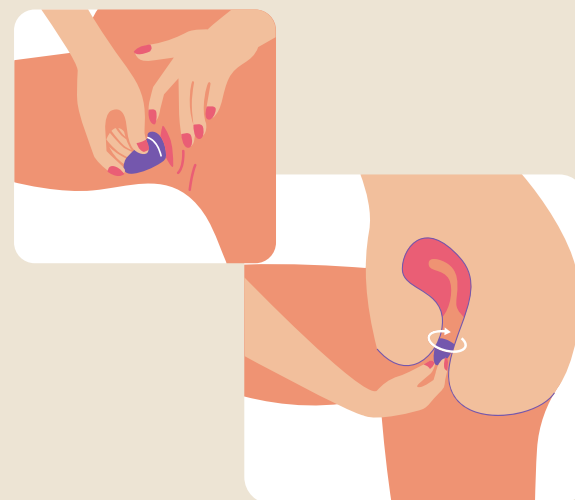
Origami



Diamond



Insert/Remove



Comparison

Menstrual Disc VS Cup



Cup



- Holds less volume.
- Can wear for 12 hours
- Variety of Options
- Sits at Cervix
- Suctions
- Less messier at removal.
- Sits in vaginal canal and held in place by vaginal muscles.
- Can be folded in many ways.
- Narrow rim.
- Nice for all ages, shapes and sizes.

Disc



- Holds more volume.
- Can wear for 12 hours
- Only a handful of options.
- Sits below Cervix
- No suction
- Learning curve for removal, tends to be more messy at removal.
- Held in place by pubic bone.
- Only one way to insert-lengthwise, no special folding.
- Larger rim.
- If it has a “string” can empty without removing it.
- Nice for those with weak pelvic floor or if you have had a baby.



Q & A



What to do if I'm in public and start my period but don't have anything with me?

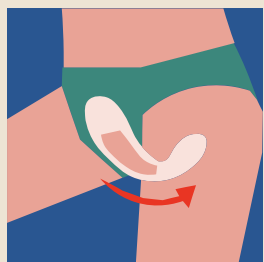
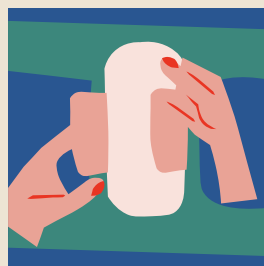
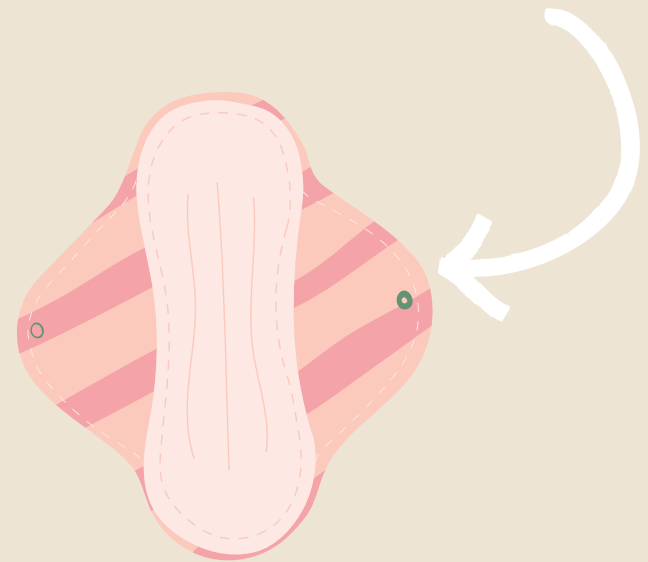


DIY TP Pad

Start by wrapping toilet paper in rectangle shape mimicking a pad shape until it is quite thick.



This is what you are mimicking.



Then place it in your underwear and wrap more toilet paper around your underwear through your leg holes and rectangle pad so that it doesn't slip off your undies.

It's nice to be prepared by keeping a pad, cup, tampon or panty liner on you at all times especially if you aren't charting your cycles and are unsure when your period will show up.



Q&A



Reusable Period Products.



Q: Do reusable pads or panties smell when the blood just sits there?

A: So long as you either wash them out or allow them to dry and keep air flow around them no they don't smell at all. Single use smell because of the plastic and non natural materials that they come in contact with.

Q: What do I do if I'm out in public?

A: Reusable pads are easier to change in public. Wipe out any clots with toilet paper then use little wet bag and fold the pad on itself then tuck in the wet bag. It won't smell because of what we talked about above. See tips for cup or disc use below.

Q: How many should I buy?

A: This is dependent on your flow. I would keep track of how many pads you go through in a day and double that so you don't have to do a load of laundry every day. I wear about 3-4 pads or panties on my heavy flow days for reference.



Q&A



Reusable Period Products.



Q: How often do you have to replace them?

A: If they are no longer absorbing, have holes or are just worn out then its probably time to replace them. They will usually last 3-4 years if you care for them well. I have some that have lasted me over 3 years! As far as cups and discs go make sure there are no cracks or tears in them if so it is time to replace.

Q: Are there different types of absorbency for pads or undies?

A: Yes! Always be sure to read the descriptions before buying. Most companies will label them.

Q: Why are they so expensive?

A: While the upfront cost may be high over time you will actually save money. The brands I shared are both economical and practical. If you buy a reusable pair of underwear for \$12 that's only \$1 a month for a year or .25 cents over 4 years!



Single Use Tampons



*Please note that this is my own research and that I am not endorsing or affiliated with any of these products and my opinion could change as companies/products change.



GOOD

BETTER



BEST



@thehippiemarttha



Single Use Pads



*Please note that this is my own research and that I am not endorsing or affiliated with any of these products and my opinion could change as companies/products change. My ratings are based on amount of plastic used, cost and ingredients used.



GOOD

BETTER



BEST



@thehippiemarta



Thank You!



I hope you have a better knowledge of the different types of menstrual products that are available. If you should come across any questions or have any recommendations I'd love to hear them.

Be sure to follow me on social media @thehippiemartha and look for updates in your email and on the website for upcoming events and classes available.

Thank you for allowing me to be your Fertility Awareness Educator!

XOXO,

Ashley

