

HOW TO **HAVE A BETTER PERIOD**

1.



NON-TOXIC PERIOD
PRODUCTS + MENSTRUAL CUP

2.



ALLOW TIME
TO REST

3.



WARMING +
REMINERALIZING FOODS

4.



HERBS +
SUPPLEMENTS

5.



EPSOM SALT
BATHS

6.



JOURNAL +
SELF-REFLECTION

7.



GENTLE
MOVEMENT

8.



HEAT /
WARMTH

9.



HYDRATE W/ WATER
+ HERBAL TEAS

SO FRESH N SO GREEN x SAALT

How To Feel Better On Your Period

CH Cherryholmes



How To Feel Better On Your Period:

How To Feel Better On Your Period Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**How To Feel Better On Your Period**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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How To Feel Better On Your Period Introduction

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