

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

Brendan G. Carr



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web circuit path and i_{10} a if we applied the current divider rule i_{10} a setting i to zero amperes will result in the network of fig 9 5 b with the current source replaced by an open circuit applying ohm s law i_{15} a since i_1 and i_1 have the same

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