

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

J Elliott



How To Feel Better On Your Period:

The Enigmatic Realm of **How To Feel Better On Your Period**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **How To Feel Better On Your Period** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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