

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

BM King



How To Feel Better On Your Period:

Ignite the flame of optimism with Crafted by is motivational masterpiece, Fuel Your Spirit with **How To Feel Better On Your Period** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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