

# 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

**PT Brinkman**

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the PT Brinkman text.

## **How To Feel Better On Your Period:**

## Decoding **How To Feel Better On Your Period**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**How To Feel Better On Your Period**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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