

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

Mike Jess



How To Feel Better On Your Period:

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

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

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