

Greetings, friend!

Roughly 50% of people* experience menstruation at some point in their lives, but information on it is not widespread, nor is it easily accessible.

This pamphlet is a beginner's guide to eco-friendly and sustainable menstrual products.

*Gender neutral language is used here because not everyone who menstruates is a woman and not all women menstruate.

CLOTH PADS



- Long-lasting
- Price varies
- Easy to D.I.Y.
- No insertion

Cloth pads work in essentially the same way as disposable pads, but they can be washed and reused. There are many online guides for making cheap, long-lasting cloth pads.

MENSTRUAL CUPS



- Long-lasting
- Expensive
- Can't D.I.Y.
- Worn inside

Menstrual cups are made of medical grade silicone and form a tight seal to your body to catch blood, instead of absorbing it. They are often \$30 or more, but one cup will last for several years with proper care.

SEA SPONGES



- Deteriorates over time
- Price varies
- Worn inside

Sea sponges work in the same way as disposable tampons, but are natural and eco-friendly. They are not bleached white like commercial tampons.

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YOU BY

PLEASURE PIE

pleasurepie.org

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MENSTRUALBLOG

menstrualblog.tumblr.com

MENSTRUATION IS *NOT DIRTY!*

- Many people are wary of reusable menstrual products because of “hygiene” concerns
- Menstrual blood is as sterile as the rest of the blood in your body
- Companies add bleach and fragrance to pads and tampons to make them seem “cleaner” but these products do nothing for sanitation

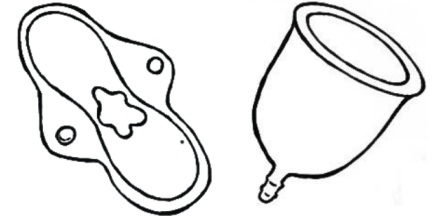
SUSTAINABILITY

There are commercial options available for all the products mentioned here, but don’t feel like you have to rely on big business for menstrual care.

People (especially **poor people of color**) have been using these sustainable alternatives for centuries.

Don’t let capitalism whitewash the movement for sustainability!

SUSTAINABLE ALTERNATIVES



for **PADS &
TAMPONS**

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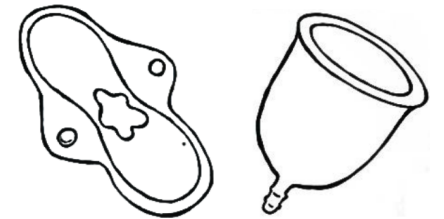
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