

## What To Talk To Girl During Periods

Period Queen Lucy Peach 2020-07-14 Ladies, meet your four period superpowers! Just like the seasons, there are four phases that keep coming around. Once you learn this self-awareness, you'll come to love and appreciate how your body tells you when to dream, do, give and take. By harnessing the power of your menstrual cycle, you're about to learn the greatest life hack of them all. For so long, girls are given the 'talk,' then told how to 'manage' their periods - the beginning of a tedious bloody grind, one of the last great taboos. But the truth is the menstrual cycle has benefits. Big, fantastic, daily, monthly, even lifelong benefits which, when understood, will change the lives of half the people on the planet.

**Period** Emma Barnett 2019-09-05 'I wish this book had been written before I stopped having them. I might have enjoyed them more! It's brilliant, informative and funny. Period.' Jennifer Saunders 'I want to hear what Emma Barnett says about everything, and this terrific and timely book proves to be no exception.' Elizabeth Day

What We're Told Not to Talk About (But We're Going to Anyway) Nimko Ali 2019-06-27 14 COUNTRIES, 42 WOMEN - FROM PERIODS TO ORGASMS TO FGM. THERE IS NO SUCH THING AS OVERSHARING. 'Nimko's book is going to shift the conversation around women's bodies. Our bodies, and everything they do, make us who we are' - Amika George, founder of Free Periods Campaign \_\_\_\_\_ What do you do when you're homeless and on your period? What does it feel like to have a poo following childbirth? How do we learn to love our bodies again after they've been abused? It's rude. It's improper. It's disgusting. All justifications that leave women's questions about their bodies unanswered. And activist Nimko Ali has had enough of it. Following her own experience of FGM and rebuilding her relationship with her body, this important book contains the true stories of women sharing what they've always been told is secret and shameful - from east London to Ethiopia, from pregnancy to menopause. This is a call to arms. This is a cry to reclaim the narrative around our fannies and to refuse the taboos that silent us.

\_\_\_\_\_ 'A beautiful book with such a wide range of uplifting but often heart-breaking stories. Made us cry and think in equal measure' - Pandora Sykes, co-host of The High Low 'Nimko has blown apart all taboos, blown apart the echo chamber and included all women in the feminist conversation.' - Scarlett Curtis, author of Feminists Don't Wear Pink 'There is no subject too taboo for her to tackle. We should all be talking about our vaginas and she is leading the way' - Bryony Gordon, author of Mad Girl 'Nimko Ali is heroine for our time, she destroys the notion of things being too rude to discuss' - Caitlin Moran, author of How to Be a Woman

**Susan's Growing Up** Sheila Hollins 2018-06-11 This is a story about what can happen to a girl when she starts her period. People do not need to be able to read in order to understand the story. Susan does not understand what is happening to her when she finds blood on her sheets and clothes. She does not tell her mother, but goes straight to school. In the playground, other girls giggle and point at the blood stains. Susan doesn't know why they are laughing at her. A teacher notices what is happening and calls Susan aside to explain what menstruation is, and how she should look after herself. Susan's mother provides further reassurance on her return home from school. She shows Susan how to keep herself clean and comfortable. Susan has become a woman, and her mother takes her shopping to celebrate.

Periods... Just Why? Bernice Pond 2019-09-25 If you want to discover all the answers to your most burning period questions, then keep reading..... Having your period is messy, makes you sore (like being hit by a train), can be emotionally draining, irritating, not to mention highly inconvenient! Everyone has a flashbulb memory of the exact moment they crossed the invisible line between being a young, innocent girl and a mature woman. You think to yourself as a young girl, just why on earth periods occur in the first place? Suddenly, your body and emotions change, and you haven't got a clue why all these strange things are happening to you! Many women and young girls are embarrassed by the process of menstruation, but everybody goes through it. We don't talk about periods enough. In this book, you'll discover: The secrets of the female reproductive system Demystifying the most astonishing legends around periods The surprising effect hormones have on your body and mind Four simple steps to understanding your menstrual cycle The crucial reason you need to track your menstrual cycle Just what on earth is PMT? The vital facts you need to know about birth control and your period How to recognise abnormal periods and when to seek medical advice The top menstrual care products to make periods more comfortable Daily practices to help you feel relaxed during your period and much more... In Periods...Just Why you will get accessible and straight-forward advice concerning all your deepest period concerns. Each chapter of the book is packed with actionable steps. This book will help you to recognise what is happening to both your body and emotions during the rollercoaster ride known better as your period. It doesn't matter if you are starting to get your period or have gone through the menopause, you can guarantee you will discover something new. This book will support you to turn the mysterious world of the complex reproductive system and menstrual cycle into a vital tool for helping you to monitor your level of physical health and wellbeing. You could go on just guessing, continuing to be in agony each month when you get your period - having no clue as to why you experience these pains and symptoms. You could go on believing these silly myths keeping you from enjoying life while on your period. Or, you could simply get this book and arm yourself with the knowledge you so desperately need to de-bunk your body's mysteries. This is a great book to read alone or for female teens and adults to read together. So if you want to get to grips with your menstrual cycle and make it work in harmony with your daily life, then scroll up and click the "Add To Cart" button now!

**Good Trouble** Joe Biel 2016-03-15 In 1996, everything about Joe Biel's life seemed like a mistake. He was 18, he lived in Cleveland, he got drunk every day, and he had mystery health problems and weird social tics. All his friends' lives were as bad or worse. To escape a nihilistic, apocalyptic worldview and to bring reading and documentation into a communal punk scene, he started assembling zines and bringing them in milk crates to underground punk shows. Eventually this became Microcosm Publishing. But Biel's head for math was stronger than his ability to relate to people, and it wasn't until he was diagnosed with Asperger's Syndrome that it all began to fall into place. This is the story of how, over 20 years, one person turned a litany of continuing mistakes and seeming wrong turns into a happy, fulfilled life and a thriving publishing business that defies all odds.

### **Indian Shop Talk** 1960

Girl Talk Caroline Plaisted 2011-01-01 Discusses body changes that happen to girls during puberty, such as acne, periods, cramps, body hair, mood swings, and more, and gives suggestions to teen girls for taking care of their health.

**The Perfect Period Talk** Mili J Pu 2021-08-21 Most parents usually finds it hard to talk to their daughters about periods. It is a subject which many feel uncomfortable and awkward with it, but the truth of the matter is that this was an essential topic in every woman's life. This book will provide parents with important questions to help them engage in conversations with daughters about periods, and it includes helpful tips on how to have a conversation with your daughter. The goal of this book is not only education but also empowerment: empowering women who menstruate so that they can make informed decisions about their health and body. This e-book focuses on the different parts to puberty from a girl's perspective, including what they are likely to experience and when. It will also give mothers, as well as fathers, a guide on how to approach sensitive subjects with their daughter, which is what parents say they need. Who needs to read this book? If you are the girl's mother or caregiver. □ If you don't know how or when to start talking about menstruation. □ If you have had an awkward or unpleasant experience of menarche, and you don't want your daughter to repeat your experience. □ If you are worried about your daughter experiencing negative attacks on body changes and menstrual periods. □ If you want your daughter to have the ability and confidence to prepare for future changes. □ If you want your daughter to have enough knowledge to protect herself in the future. Reading this book will help you: □ Understand the changes in adolescence and know when to start preparing for your daughter. □ Know how to use the knowledge learned to help her daughter through the menstrual period. □ Get multiple ways to support your daughter. □ Change your daughter's life and help her begin to understand her body in a caring and intimate way. □ Start planning how to celebrate her menstruation. Why wait? Kindly PURCHASE A COPY and be the NUMBER ONE BEST PARENT in the world!

Growing Up: It's a Girl Thing Mavis Jukes 1998-09-08 A guide for pre-adolescent girls to the changes that puberty brings to their bodies, including information about menstruation.

**Cycling to Grandma's House** Jac Torres-Gomez 2014 Luna has just been assigned a challenging school project: to find the most incredible characteristic about being a girl and then present it to her class. Luna races home to ask for advice from her mother, who suggests she do her project on an experience that Luna shares with other girls all around the world: menstruation. As she summons the courage to talk to other girls and women from various cultures about their first period, she embarks on an exciting journey that will change her life forever. "A beautiful book that gives young girls an inspiring introduction to the subject of getting your first period." - LARA OWEN, author of *Her Blood Is Gold: Awakening to the Wisdom of Menstruation*

**The Period Book** Karen Gravelle 2017-06-20 This bestselling, essential illustrated guidebook for adolescent girls is a trusty friend that can help girls feel confident about this new phase of their lives. What is my period exactly? Do I need to see a doctor? What does it feel like to wear a pad? What if I get my period at school? Karen Gravelle and her fifteen-year-old niece, Jennifer Gravelle, have written a down-to-earth and practical book that answers any questions you might have about your period, from what it is and what it feels like, to how to choose pads and tampons, to how to talk to your parents about it. The Period Book will help guide you through all the physical, emotional, and social changes that come with your period, as well as related issues like dealing with pimples, mood swings, and new expectations from friends and family. Debbie Palen's funny and sympathetic cartoons ease the confusion and exasperation you might feel, and celebrate the new sense of power and maturity that your period can bring.

*Girls in Power* Laura Fingerson 2012-02-01 A consideration of menstruation in the lives of teenage girls—and in the lives of teenage boys.

**The Period Book** Karen Gravelle 1997 Explains what happens at the onset of menstruation, discussing what to wear, going to the gynecologist, and how to handle various problems. Suggested level: primary, intermediate, junior secondary.

*Own Your Period* Chella Quint 2021-09-28 This fact-filled, illustrated guide to periods is bursting with positive advice on managing and understanding periods. *Own Your Period* celebrates amazing bodies—an essential handbook for all pre-teens.

**On the Spot** Karle Dickerson 2005-01 Provides an introduction to puberty and menstruation, discussing body changes, premenstrual syndrome, and a guide to feminine products.

**Women, Let's Talk Periods!** Marina Schroeder 2022-03-11 BOOK 2 IN THE IGNITE YOUR INNER GODDESS SERIES A guide all about menstrual cycles—from color and clots to charting like a pro. \*\*\* How do you feel about your periods? No, really. This isn't a trick question! And it's where we begin the second part of our Ignite Your Inner Goddess journey! Well, actually, we start off talking about things like Aunt Flo, Shark Week, Code Red, Ketchup Week, Moontime, Dragon Week, and Potato Chip. "Wait, did she just say 'Potato Chip'?" Yes. Yes, I did. And you'll definitely be clued in on the insider's secret as to why. ;) In *Women, Let's Talk Periods!*, we, well, we talk all thing periods. Shocker, I know, right? "What should my period look like?" "How long should my period be?" "Why am I birthing jelly eggs?!" (Unfortunately, this is not entirely a joke here because this used to happen to me every cycle.) "Ughhhh! I'm spotting again?! I just want to wear those white pants, damn it!" "Hormones suck!" (Actually, they don't. I promise you, they really, really don't. You totally want these precious babies by your side as a part of your super-she-ro team!) "Follicu-what?" (Follicular. And yup, you'll learn why this is a word every woman should know. ;) ) Soooo, hop on the Ignite Your Inner Goddess Express and take a journey to a magical land filled with young witches and wizards as they learn at the school of Hog—Oh wait, we don't live in the world where we get letters by owls, fly with majestic hippogriffs, and suffer through potions classes! Unfortunately, I know, this pales in comparison to that. But, hello! Your body is bleeding and she's trying to tell you something here. (PS: It's not because she's a sadist and deliberately torturing you every month just for kicks!) So, women, let's get this party started and talk All. Things. Periods! \*\*\*ENTIRE SERIES NOW AVAILABLE\*\*\* *Women, Let's Get Woo!* (Ignite Your Inner Goddess Book 1) A guide to ignite your intuition with meditation, awareness, and ancient techniques. *Women, Let's Talk Periods!* (Ignite Your Inner Goddess Book 2) A guide all about menstrual cycles—from color and clots to charting like a pro. *Women, Let's Break Up With Birth Control!* (Ignite Your Inner Goddess Book 3) A guide to breaking up with your hormonal birth control from mindset to nutrition. *Women, Let's Steam Our V!* (Ignite Your Inner Goddess Book 4) A guide to the basics of vaginal (yoni) steaming, how to do it, and some tips and tricks. \*\*\*PRAISE FOR IYIG\*\*\* "Marina Schroeder is part of a new generation of healers who are at the forefront of helping empower women to tune into the wisdom of their bodies, and access a level of healing that they never thought was possible. This is a must-read book for women everywhere!" "The book you hold in your hands is the result of these years of intense training, study, and personal experience. You'll find in these pages profound wisdom to enrich your appreciation of being a woman, exercises that allow you to deepen the experience of yourself as the goddess that you are, and straightforward and direct information to enhance and accept your innate beauty and sexuality." "This offering stands out from the crowd in that it is written in a light tone, easy to understand, and brings the topics of periods, and the amazing things that they unlock to a level that someone not versed in anatomy and physiology can understand." "Marina brings a nurturing, patient, and authentic energy to everything she creates. There is nobody I know who is more passionate about helping heal the divine feminine and guiding others who feel empowered to heal it within themselves."

*Girl Talk* Lucienne Pickering 1992-01-01 Sex education is not simply a matter of a lesson in human biology. Now more than ever before young people need correct information on their own sexual development balanced with respect for their dignity and integrity and that of those around them....First published in 1981 as *Girls Talk*, this book has been a steady bestseller ever since. This thoroughly revised and updated edition now covers important contemporary issues such as child sex abuse, AIDS, and anorexia....Lucienne Pickering writes from her experience as youth counsellor and mother of five grown-up children. Set within an easily-read and realistic story of a young girl growing up, the facts of life are simply presented in the context of the reader's growing understanding and respect for herself and others....*Girl Talk* is written for girls aged 9-14, though parents may feel that their children are ready for it at an earlier age. It is intended not only as a personal guide for the pre-adolescent but also as a means of communication and open discussion between parent and child.

**Your Moontime Magic** Maureen Theresa Smith 2020 Celebrate You! Your Moontime Magic was created to honor and support everything about you! The start of your periods, also known as your moontime, and the transition from your kid-self to your teen-self can be awesome but also overwhelming. Let this book coach you through all things moontime, including physical and emotional changes, self-nurturing, mindfulness, and self-love. You'll be inspired by stories of girls supporting other girls and discover rituals and mythology from many cultures to help you celebrate this special experience. It's time to remove the needless embarrassment around periods so you can rock your monthly cycles! Complete with exercises, crafts, meditations, recipes, and practical advice, *Your Moontime Magic* provides guidance to care for your changing body and direction for bringing your magical visions to life.

**Girl to Girl** Sarah O'Leary Burningham 2013-11-26 Being a girl isn't always easy, and growing up is far from a walk in the park. This time of transition is particularly confusing without a confidante to help. Meet Sarah O'Leary Burningham, a real-life big sister here to coach preteens through all of life's big moments, from first bras to first periods. Filled with letters and testimonials from real girls—as well as confidence-boosting advice and myth-busting sidebars—this fun, accessible, and highly visual book is a must-have for every girl navigating her way through the preteen years.

*My Body Neatness My Pride* Dr Cecelia Robinson 2022-09-17 Hey girl! let me take you on a journey on Some Facts About Menstruation Menstruation (also called "period" and "menses") is the monthly flow of blood from the uterus through the vagina. Girls have their first menstruation during their puberty when they are about 10-14 years. They then have it about once a month until they reach menopause. Menopause is when a woman stops having periods, meaning she will no longer be fertile and not able to get pregnant naturally (at the age of late 40s to mid-50s). period The menstrual cycle is the time between the first day of a woman's menstruation to the first day of her next. The most common length for the menstrual cycle is 21-35 days, with an average of 28 days. In the first part of the cycle, levels of estrogen increase, causing the lining of the uterus to grow and thicken. Simultaneously, an egg starts to mature in the ovaries, and about halfway into the menstrual cycle (around day 14) the egg leaves the ovary. This is what is referred to as "ovulating". The egg then travels through the fallopian tube to the uterus. If the egg is fertilized by sperm and attaches to the uterine wall, the girl or woman becomes pregnant. If the egg is not fertilized, it will break apart and the thickened lining of the uterus will shed, causing the menstrual blood flow. The bleeding usually lasts 2-7 days and around 5-12 tablespoons of blood are lost during this time. The first years

of a girl's menstrual cycle are usually irregular. Pre-menstrual syndrome (PMS) happens in the latter part of every menstrual cycle and is caused due to changes in the levels of hormones. PMS symptoms include bloating, swollen and sore breasts, mood swings, pain ("cramps"), as well as acne. Every woman and girl's PMS is different. Whereas some might have PMS for two weeks, others might have it just for a couple of days, or not at all. Some might feel very moody and not in control of their emotions, whereas others have painful cramps (or both). Your symptoms might also be different from cycle to cycle. Many girls skip school because their cramps are causing them pain and physical discomfort. There are ways to alleviate the pain by applying warmth to the lower belly (a hand or hot water bottle), eating healthy (avoiding high levels of salt, sugar, alcohol, and caffeine), exercising, and practicing relaxing techniques (yoga). Let 's talk about Belief, Myths, Taboos & Stigma Around Menstruation In many cultures all around the world, it is taboo to speak about menstruation, even though more than half of the world's population menstruates. Almost all cultures have some form of beliefs, myths and taboos relating to menstruation. These include unwritten rules and social norms about managing menstruation and menstruating women. For example, in some cultures, women and girls are told that during their menstrual cycle they should not bathe (or they will become infertile), touch a cow (or it will become infertile), look in a mirror (or it will lose its brightness), or touch a plant (or it will die). Funny enough, right? Also, whereas tampons and menstrual cups can tear the hymen, they will never cause you to lose your virginity, as that requires sexual intercourse. Due to the many cultural and/or religious misconceptions, myths, superstitions, and taboos regarding menstrual blood and hygiene, women and girls are sometimes deemed "impure" during their menstruation. This can have devastating effects on women and girls, who can have control over their own mobility restricted by their family and community. Taboos and stigmatization (i.e. condemning or showing disapproval) have... Major Feminine hygiene tips you need to know, but no more space in this description part... just grab your copy now...

**Period** JoAnn Loulan 1991 Discusses the physical and psychological changes at the onset of menstruation. Includes a guide for parents and teachers.

**Periods Gone Public** Jennifer Weiss-Wolf 2017-10-10 The first book to explore menstruation in the current cultural and political landscape and to investigate the new wave of period activism taking the world by storm. After centuries of being shrouded in taboo and superstition, periods have gone mainstream. Seemingly overnight, a new, high-profile movement has emerged—one dedicated to bold activism, creative product innovation, and smart policy advocacy—to address the centrality of menstruation in relation to core issues of gender equality and equity. In *Periods Gone Public*, Jennifer Weiss-Wolf—the woman *Bustle* dubbed one of the nation's "badass menstrual activists"—explores why periods have become a prominent political cause. From eliminating the tampon tax, to enacting new laws ensuring access to affordable, safe products, menstruation is no longer something to whisper about. Weiss-Wolf shares her firsthand account in the fight for "period equity" and introduces readers to the leaders, pioneers, and everyday people who are making change happen. From societal attitudes of periods throughout history—in the United States and around the world—to grassroots activism and product innovation, Weiss-Wolf challenges readers to face stigma head-on and elevate an agenda that recognizes both the power—and the absolute normalcy—of menstruation.

**The Girls' Guide to Growing Up** Anita Naik 2017-07-13 A friendly, reassuring and positive guide for girls as they approach puberty, explaining the changes that will happen to their bodies as they grow up and how these changes might make them feel. Covering everything from periods and breast development to body hair and personal hygiene, puberty and parenting expert Anita Naik addresses any worries that girls may have relating to what is 'normal'. She reassures readers and boosts their confidence, encouraging them to feel positive about the changes they will experience as they go through puberty. The book also includes lifestyle advice on topics like healthy eating and exercise, and information on how puberty affects boys. Topics covered: What is puberty? Your puberty timeline Breasts and bras Same age, different stage Skin changes Sweat, smells and personal hygiene Hair in new places Down there What are periods? The practical side of periods Coping with periods Sex explained Making babies New feelings Managing your moods Healthy eating The power of exercise Self-esteem and body image Privacy and your body Puberty for boys Boys have worries, too

**Red Flower** Dena Taylor 1988 Taylor debunks the myths and prejudices surrounding menstruation through carefully documented research, cross-cultural perspectives, and much more.

**Menstrupedia Comic** Aditi Gupta 2014

**Growing up for Girls** Felicity Brooks 2016-12-01 A straight-talking book explaining puberty and the emotional, psychological and physical changes girls go through. Covers everything girls want to find out about, including moods and feelings, periods, what happens to boys, diet, eating disorders, exercise, body image, sex and relationships, contraception, self-confidence, drink and drugs, exam stress, and cyberbullying.

**The Palgrave Handbook of Critical Menstruation Studies** Chris Bobel 2020-07-24 This open access handbook, the first of its kind, provides a comprehensive and carefully curated multidisciplinary and genre-spanning view of the state of the field of Critical Menstruation Studies, opening up new directions in research and advocacy. It is animated by the central question: "what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course?" The chapters—diverse in content, form and perspective—establish Critical Menstruation Studies as a potent lens that reveals, complicates and unpacks inequalities across biological, social, cultural and historical dimensions. This handbook is an unmatched resource for researchers, policy makers, practitioners, and activists new to and already familiar with the field as it rapidly develops and expands.

**Before She Gets Her Period** Jessica B. Gillooly 1998 Offers advice on talking about the physical changes that accompany adolescence.

**Period** JoAnn Loulan 2001 Discusses the physical and psychological changes at the onset of menstruation. Includes a guide for parents and teachers.

**The Girls' Guide to Growing Up Great** Sophie Elkan 2018-04-19 Going through puberty? Thinking about puberty? Worried about growing up? Don't worry! This book is for you. Packed with facts and thoughtful advice, plus words of wisdom from older women and quotes and questions from girls who are also going through it, this book covers every aspect of going through puberty for girls (and even has a chapter on what's going on with boys because knowledge is power, after all). Also filled with quirky illustrations from the fabulous Flo Perry, coupled with space to scribble your own thoughts and ideas. From body basics like breasts, spots and periods, to the questions with no easy answers (Does how you look matter? Is a crush ever wrong? Is it bad to be jealous of your best friends - and does having a best friend even matter?) Plus, of course, clear and empowering information on sex, sexuality and gender and a whistle-stop guide to the wonderful world of online. Written by women who just happen to be mums: word whizz Sophie Elkan, psychotherapist Laura Chaisty and GP Dr Maddy Podichetty.

**Girl's Guide to Puberty** Lynda Simpson 2021-07-14 What should you know about your Changing Body, Growing Up, Sex and Sexual Health? How can you be Strong, Confident, Smart and Unique? What's the ways to learn how to love and celebrate your changing Body? Learning to love you and growing up fearless. This resource *Girls Guide to Puberty* aims to present parents and teenagers a clear cut and creative path to understanding Puberty, Sex, Emotional and Social Health. With a lot of emphasis on the power of the mind during this developmental period. There are a lot of physical, emotional and social changes that comes with puberty and this can be challenging for children, tweens and teens. It's important to make your kids know that they do not need to freak out about the changes being experienced, the confusion and anxiety many kids go through during this sensitive period are not necessary. This is an important phase of their life and how this period can make them better by growing up great. There are a lot of common myths and misconception on the idea of puberty, kids should be equipped with the right knowledge on things that won't happen, so they shouldn't be misled. Teen communication and sex education is important, so this resource helps you with the necessary parenting advice as regards difficult topics like menstruation, acne, safe sex. Taking various approaches on how to talk about these issues with your kids in a kid-friendly and age appropriate ways cannot be overemphasized. How to deal with sexual harassment both social media and real life. Page Up and Order Now.

**Why Do I Have Periods?** Isabel Thomas 2012-03-12 This book shows readers what happens during puberty.

**Welcome to Your Period** Melissa Kang 2019-08-01 A frank, funny, age-appropriate guide for pre-teens about getting your period, from Dr Melissa Kang (a former Dolly Doctor) and Yumi Stynes (all-round excellent woman). Getting your period for the first time can be mortifying, weird and messy - and asking questions about it can feel even worse. But it doesn't have to be like that! This little book is packed with honest advice on all the things you need to know: from what cramps feel like to whether you can feel it coming out, to what you should do if your pad leaks onto your clothes.

Welcome To Your Period includes case studies, first-person accounts and questions from real teens (and answers from real experts - us!) so you can manage your period like a boss. Winner of the 2020 ABIA Book of the Year for Older Children. Longlisted for the 2020 ABDA Best Designed Children's Non-Fiction.

**Fix Your Period** Nicole Jardim 2020-04-28 "Nicole Jardim walks the talk, and I am confident that Fix Your Period will help ignite the hormone balance you are seeking and restore your vitality." --Sara Gottfried, MD, New York Times bestselling author of *The Hormone Cure* A life-changing step-by-step natural protocol to ignite lasting hormone balance and improve everything from PMS, period pain, and heavy periods to irregular cycles and missing periods, from Nicole Jardim, certified women's health coach and co-host of the podcast *The Period Party*. For most women, getting their period sucks. Bloating. Cramps. Acne. Aches. Moodiness. Messiness. No wonder we call it *The Curse!* For many, it's not just an inconvenience—it's a colossal life disruption, forcing them to miss work, school, appointments, or dates. We've been encouraged to medicate away common period problems with birth control and ibuprofen, and just survive the mood swings as best we can. But as Nicole Jardim explains, periods aren't a nuisance, they're information. When you learn to decode your period (or lack thereof), you'll be able to recognize the underlying hormone imbalances causing your period problems and know how to fix them naturally with Jardim's proven six-week protocol to resolve even the most challenging hormone imbalances and menstruation issues. Joining the ranks of books by Jolene Brighten, Sara Gottfried, and Aviva Romm, Nicole Jardim's *Fix Your Period* is essential for women plagued by PMS, irregular, painful, or heavy periods, PCOS, Endometriosis, or fibroids—and for anyone who wants to take charge of her hormonal health—and regain control of her life—naturally.

**Girls Only! All About Periods and Growing-Up Stuff** Victoria Parker 2011-08-04 The essential girl guide to growing up! *Girls Only!* focuses on the practicalities, social and personal implications of starting your period, and the physical and emotional developments in puberty. It tells you what happens and when, what you need to know and how to prepare. It answers all the questions girls are dying to ask, but daren't, in a clear, friendly way, using real-life examples. It's the perfect first book about periods for girls from primary school age and upwards, with a reassuring tone and fun, quirky illustrations. The perfect first book about periods for girls of primary school age, information at the right level. *Family Interest Parenting*

**The Autism-Friendly Guide to Periods** Robyn Steward 2019-04-18 Written by autistic author Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation. Created in consultation with young people, an online survey and a group of medical professionals, this is a book that teaches all people about periods, which can be a scary and overwhelming issue. Promoting the fact that everyone either has periods or knows someone who does, the book reduces the anxiety girls face in asking for help. It offers direct advice on what periods look and feel like and how to manage hygiene and pain. It also breaks up information using flaps and step-by-step photos of how to change pads and tampons, it discusses alternatives to tampons and pads, and gives information about possible sensory issues for people with autism.

**Flow** Elissa Stein 2009-11-10 In this hip, hilarious and truly eye-opening cultural history, menstruation is talked about as never before. *Flow* spans its fascinating, occasionally wacky and sometimes downright scary story: from mikvahs (ritual cleansing baths) to menopause, hysteria to hysterectomies—not to mention the Pill, cramps, the history of underwear, and the movie about puberty they showed you in 5th grade. *Flow* answers such questions as: What's the point of getting a period? What did women do before pads and tampons? What about new drugs that promise to end periods—a hot idea or not? Sex during your period: gross or a turn-on? And what's normal, anyway? With color reproductions of (campy) historical ads and early (excruciating) femcare devices, it also provides a fascinating (and mind-boggling) gallery of this complex, personal and uniquely female process. As irreverent as it is informative, *Flow* gives an everyday occurrence its true props - and eradicates the stigma placed on it for centuries.

**The Girl of the Period** Elizabeth Lynn Linton 1883

**Welcome to Your Period!** Yumi Stynes 2021-01-12 This frank, funny guide to getting your period gives preteens all they need to master—and even celebrate!—menstruation. Getting your period for the first time can be mortifying, weird, and messy—and asking questions about it can feel even worse. But it doesn't have to be that way. This taboo-free guide is packed with honest advice and big-sisterly wisdom on all the things girls need to know: from what cramps feel like to whether you can feel blood coming out, to what you should do if your pad leaks onto your clothes. *Welcome to Your Period* includes case studies, first-person accounts, questions from real teens, and answers from health journalist Yumi Stynes and adolescent health specialist Melissa Kang, MD. Cheerful illustrations keep the tone fun, and help with how-tos on different period supplies. There are even suggestions for throwing a first-period party. With its inclusive, body-positive message, pocket size, and reassuring vibe, this must-have menstruation manual will make girls feel not only normal but proud.

## What To Talk To Girl During Periods

What To Talk To Girl During Periods: In today digital age, eBooks have become a staple for both leisure and learning. The convenience of accessing What To Talk To Girl During Periods and various genres has transformed the way we consume literature. Whether you are a voracious reader or a knowledge seeker, read What To Talk To Girl During Periods or finding the best eBook that aligns with your interests and needs is crucial. This article delves into the art of finding the perfect eBook and explores the platforms and strategies to ensure an enriching reading experience.

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