





Dr. Júlia Benkovics – Dorottya Kráncz

MEGVAN?  
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# 1. THE MENSTRUAL EXPERIENCE

## Here's what happens

During the fertile years of your life, blood flows from your body for a few days every month—this is menstruation. The bleeding originates in your uterus and exits through your vagina. And this is completely natural.

## Your Vagina and Vulva

Your vagina is the most flexible, largest opening between your legs. If you haven't menstruated yet, you may not have encountered it. Your vagina is with you your whole life, but it makes its dramatic debut during your first period.

It's hard to see your vagina while standing; it's best to explore it while lying down with a hand mirror, so you can also see the parts of your vulva. Your vulva is your entire external genitalia—that is, the part you can touch with your hands.

The opening of your vagina may still be very tight at the time of your first period: when you're young, it's closed off by a small piece of tissue called the hymen. For some girls, this small piece of tissue is still tight and almost completely closed at the time of their first period.

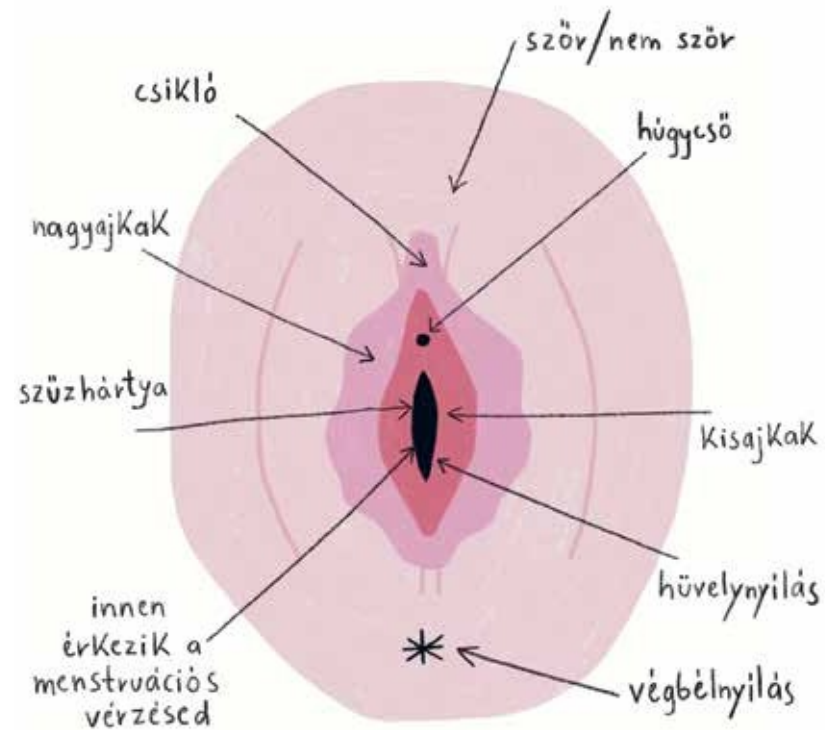
If you're curious, you can feel for it with your index finger after washing your hands: if the opening is looser, you'll reach a warm, pocket-like space with the tip of your index finger—that's your vagina. If it feels tight or uncomfortable, you can wait a little longer before embarking on this journey of discovery.



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## Here's what you look like:



## The timing of your first period

Most girls experience their first period between the ages of 12 and 13, but we're not all the same.

You might have a friend who got her period at age 10, and others who haven't had their first period by age 14. If you haven't gotten your period yet and want to plan ahead, ask your mom or, if you have one, your sister, when

. Experiences within the family are often similar.

If you're doing the math on your own, you can start with the fact that breast development usually precedes the first period by about 2–3 years.

## What it feels like the first time

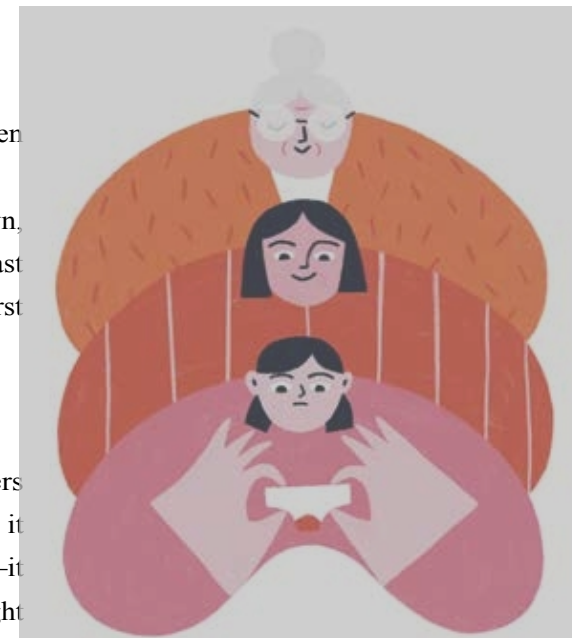
One of the ways menstruation differs from peeing and pooping is that it doesn't come with a warning signal—it just happens. When it first starts, it might feel strange. If you're standing up during the day

you experience your first bleeding while standing, you may feel a little dampness in your underwear. Sometimes you don't even notice it; it's only when you go to the bathroom that you realize the first spot of blood has appeared.

For many women, bleeding starts during the night. In most cases, they don't wake up, but in the morning, when they stand up, they feel a small amount of warm fluid trickling into their underwear.

Any of the above scenarios could happen to you the first time, but if your period is planning a truly grand entrance, it might show up during a workout or while you're at the beach.

As you get used to the menstrual experience, it's likely that your bleeding will surprise you a few times, and you'll end up staining whatever you're wearing. This happens to everyone sometimes. As you become more experienced, you may notice a distinct sensation in your lower abdomen, which for most women precedes the first drops of blood.





### The composition of menstrual blood

You don't need to be afraid of menstrual blood: it's made of the same blood that flows from your nose or oozes from your knee after a fall.

Your body is crisscrossed by blood vessels wherever you look. Your forearms, your face, your earlobes, your eyeballs, your uterus: beneath the surface, a network of blood vessels takes care of you, and the blood flowing through them delivers nutrients and oxygen.

What makes menstrual blood unique is that it's mixed with the mucous lining of the uterus and a small amount of vaginal discharge.

If you look at your pad, you'll usually see this mixture as a red or brownish fluid.

### The Consistency of Menstrual Blood

Blood is liquid inside your veins, but once it leaves your body, it begins to clot.

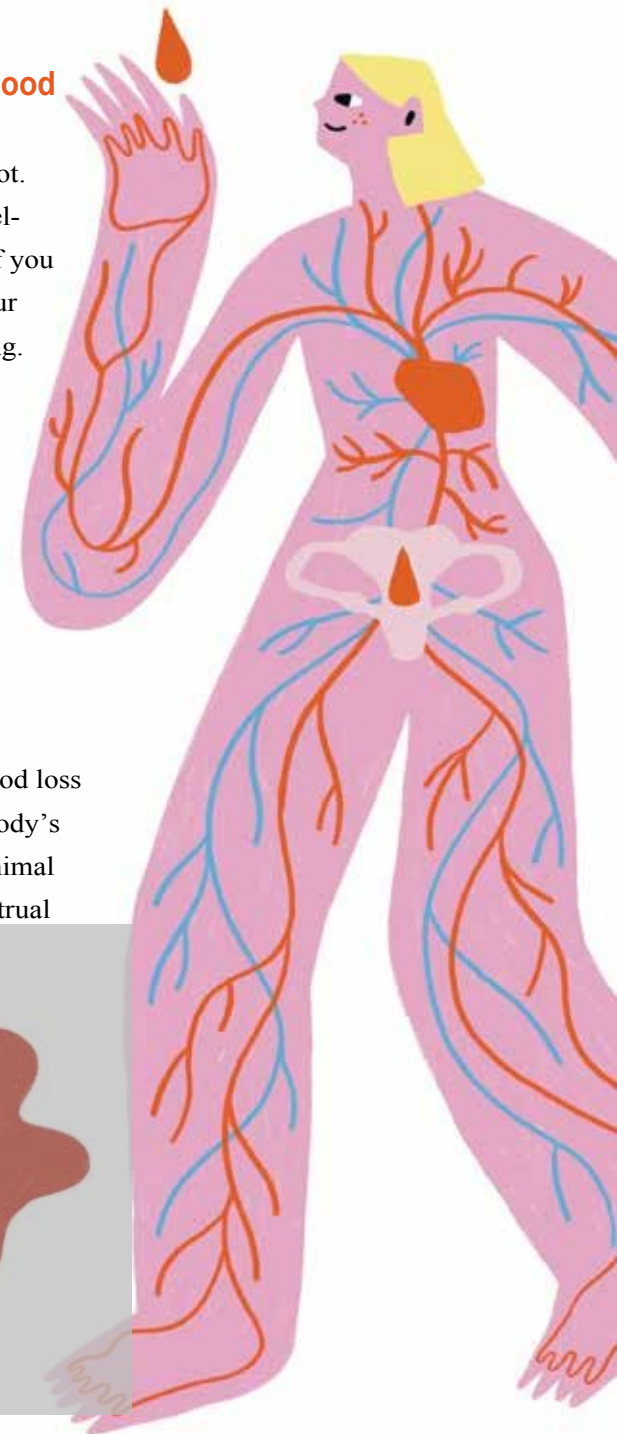
Sometimes the blood forms small, gel-like clumps on the surface of the pad. If you find these, you're witnessing one of your body's smartest functions: blood clotting.

You already know this: when you're slicing an apple in the kitchen and cut your finger, you don't bleed out all 5 liters of blood; instead, the blood quickly forms a mesh-like plug at the site of the cut, sealing the wound until it heals.

### Are we bleeding to death?

When you look at a bloody pad, the blood loss may seem like a lot, but thanks to the body's clotting mechanism, we lose only a minimal amount of blood during a healthy menstrual period:

egy ciklus alatt  
ez kb. 30-40ml vért  
jelent,  
ami úgy 2-3 evőkanálnyi





### Here's how much menstruation you can expect

An average period lasts 3–7 days, so it's a good idea to plan on spending one week each month menstruating. Your periods will sometimes be a little longer and sometimes a little shorter over the course of your life.

In the first few years after your first period, your body is still adjusting: your periods will occur every 21–45 days and won't be completely regular. This means that sometimes you'll start bleeding after three weeks, sometimes after five, and that's perfectly normal. After a few years of adjustment, most women see their periods every 21–35 days.

### Let's do some math!

Let's say your period starts when you're 12 and ends when you're 50. These are the average ages in Hungary for the start and end of menstruation. That's 39 years during which you'll have your period roughly once a month, meaning

39 év 12 hónappal  
számolva az  
468  
menstruáció életedben

If your period is of average length, meaning it lasts 5 days, that

2340  
menstruálással töltött nap  
életed során  
És 14-19 liter vér

If you establish a menstrual routine that makes you feel good, these days will blend in more easily with the rest.

The more you know, the more questions you ask, the more likely you are to find the menstrual habits that work best for you.



## 2. A CONVERSATION ABOUT MENSTRUATION ON

### The Name of Menstruation

In the past, society did not tolerate discussions about how the female body works, so women often spoke about their periods using secret code among themselves. For example, “I’m sick” or “those days marked in red” could just as easily mean that the woman was menstruating. There’s something funny about this code language, yet it’s incredibly difficult to understand each other this way. So, do I need to wear a bow now, or has it just started? If someone is menstruating while having a cold, are they really sick or just using flowery language?



When it comes to health, the best approach is straightforward, simple language: we can only talk about the comfort and experiences of our periods if we understand each other clearly.

You can call the bleeding “bleeding,” “menses,” or “menstruation,” so everyone will understand what you mean.

When you say “menstruation,” say it with the same naturalness as if you were saying “toilet”!

### Your questions about menstruation

You’ll be living with your period for years, and it may take time before you understand what happens, how, and why. A time for gaining experience

During this time, you'll have lots of questions, and you'll be curious about other people's experiences as well.


People usually love talking about their own experiences and are happy to share what they know about the topic with you.

If you want to ask someone about menstruation, you don't have to use technical terms or phrase things perfectly. Just say it as best you can—you'll probably be able to make each other understand even if you have to use hand gestures.

### Menstruation at the Doctor's

Your bleeding is your body's way of communicating important information: the duration and pattern of your bleeding can be significant health indicators, so if you're seeing a gynecologist or your primary care doctor, it's a good idea to have the key details ready.

Write these down in your notes when preparing for a doctor's appointment:

- 
- Megjött-e már az első vérzésed?
  - Hány évesen jött meg az első?
  - Hány naponta jön meg?
  - Hány napig tart?
  - Milyen menstruációs eszközt használsz, hány óránként cseréled?
  - Hogy vagy menses alatt?



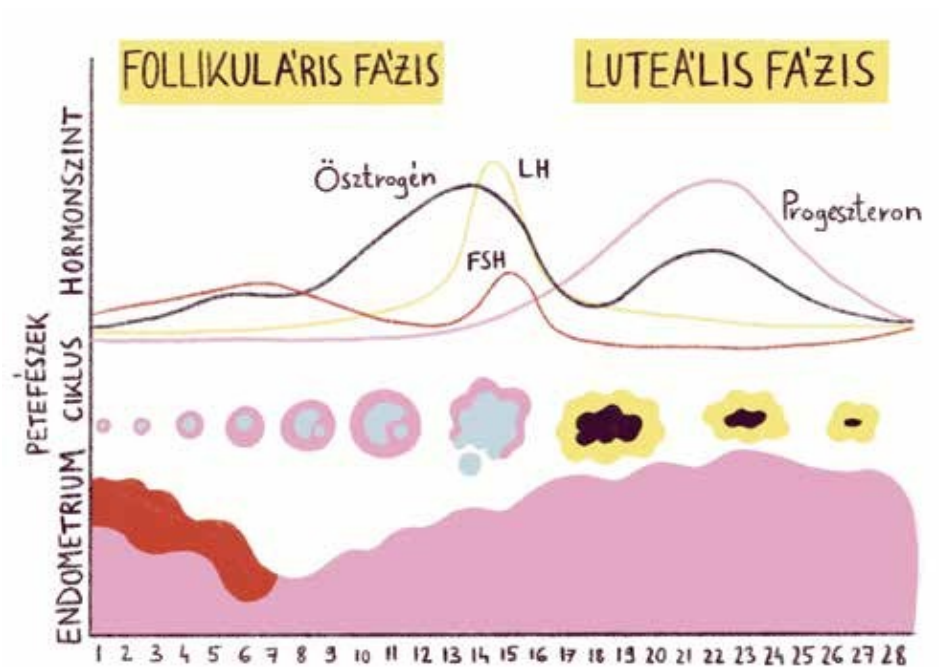
Ne feledd:  
az orvos azért van ott, hogy neked segítsen!  
Nincs olyan egészségügyi információ,  
ami egy orvos előtt ciki.  
Mindent elmesélhetsz, megkérdezhetsz,  
ami az egészséged szempontjából  
fontos.



### 3. 'S CYCLE

#### What is a cycle?

Many people use the word “cycle” to refer to their period, but the cycle actually refers to the entire recurring process that takes place in our bodies between one period and the next over the course of a month. Your cycle is the collective term for your monthly hormonal and biological processes. Your menstrual bleeding is part of your cycle.



#### The purpose of your cycle

The purpose of your cycle is to make it possible for you to conceive every month. Your body doesn't know in advance when you might want a baby, so it prepares for it every month.

#### The players in the cycle

##### The uterus

The uterus is a small, inverted pear-shaped organ inside your abdomen, below your navel. Its walls are made of muscle; they are flexible and very strong. Every month, the uterus prepares to receive a baby, and when that happens, it is capable of nourishing and protecting the baby, and when the time comes, delivering it into the world.

The uterus is an executive organ: it works based on messages from the brain and the ovaries. In response to messages from the ovaries, the uterus prepares for pregnancy every month: it grows a soft, nourishing layer on its inner surface called the endometrium. If an embryo arrives, it implants itself in the endometrium and begins to grow. If no embryo arrives, the uterus sheds the monthly endometrium: this is your menstrual bleeding.

During menstruation, mild inflammation and bleeding occur beneath the monthly lining. The inflammation causes the uterine muscles to contract, and these contractions expel the now-unnecessary lining out of the body.

##### The ovaries

The ovaries are connected to the sides of the uterus by ligaments and fallopian tubes. From birth, the ovaries contain immature

egg cells, from the maturation and fertilization of which we can raise human children.

- The ovary follows the brain's instructions: in each cycle, it matures one egg, releasing it into the fallopian tube in the hope that the egg will encounter a group of sperm following sexual intercourse.
- The release of the mature egg is called ovulation.
- The ovaries also produce hormones as part of their work.
- Hormones are messengers that help convey instructions from one part of the body to another. The female body is highly responsive to . The two main hormones, called estrogen and progesterone, can bind to the surfaces of many organs and trigger effects.

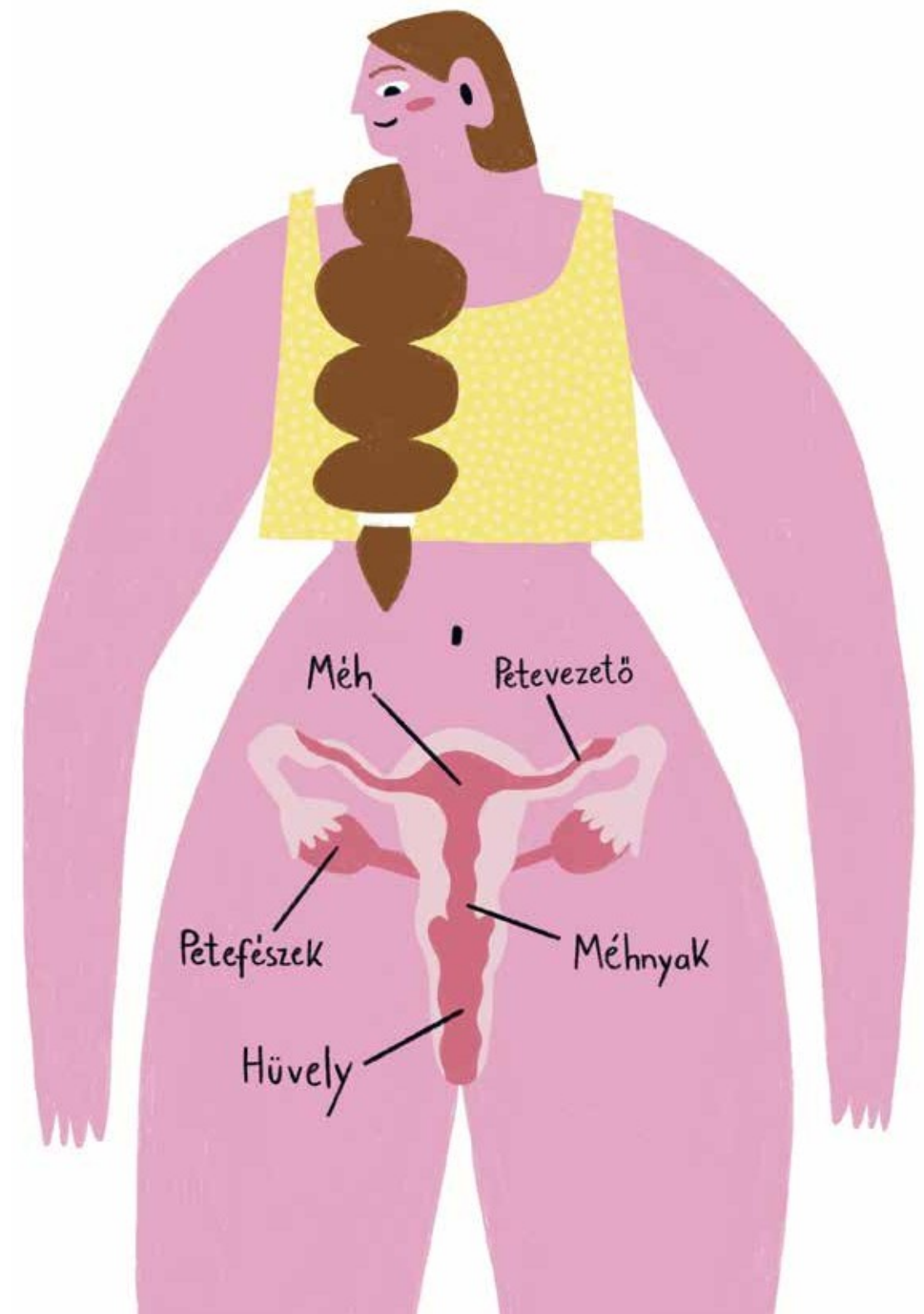
### The monthly cycle of the ovaries



1. maturation of egg cells, selection of the best one, and production of estrogen during this process;
2. release of the egg, ovulation;
3. following ovulation, production of progesterone instead of estrogen.

### The brain

Your brain acts as the central control center, monitoring the work of the ovaries and the uterus. It is capable of detecting the levels of hormones produced by the ovaries in the blood and stimulating or inhibiting their production.



That is why it constantly monitors both the external environment and the body's internal environment to determine whether conditions are suitable for a baby to grow. If the brain detects starvation or, for example, illness, it can shut down ovarian function.



### The Egg Cell

From the moment the egg is released—that is, ovulation—your body has two possible scenarios:



1. The egg does not meet a sperm. The mucous membrane produced by the uterus becomes redundant. The uterus waits a little while, and if no instructions arrive from the ovaries and no baby is on the way, the uterus completes its monthly cycle and sheds the monthly mucous membrane in the form of menstruation.

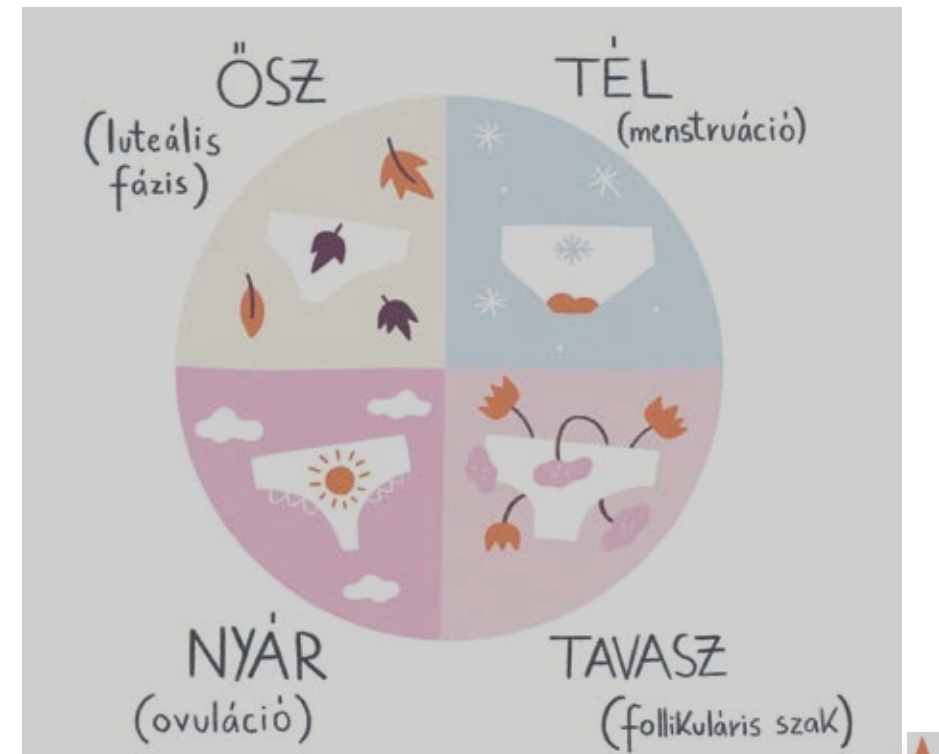
2. The egg meets a sperm and implants itself in the uterine lining built by the uterus. The ovary continues to produce progesterone, and menstruation does not begin.

## 4. SEASONS

### The phases of the cycle

Your entire body responds to the hormones produced by the ovaries. The uterus, brain, intestines, breasts, bones, heart, bladder, skin, and immune system all detect levels of estrogen and progesterone.

Since hormone levels fluctuate throughout the cycle, you'll feel differently during the various phases.



The phases of your cycle are similar to the seasons. Each phase has its own biological purpose and internal climate, and this affects your weekdays.

### Winter – Menstruation



Your cycle begins with bleeding. During bleeding, hormone levels are low; your uterus cleanses itself and prepares for the next task. The ovaries select a batch of eggs for the new cycle, but hormone production is just getting started.

With low hormone levels and menstruation, you may feel like a snowdrop resting under a thick blanket of snow. These few days can be a relaxing, peaceful time, but it might also be frustrating to feel slower and less energetic.

### Spring – the follicular phase

The Latin name for the egg cell is folliculus, and this phase is named after it because the ovaries play the leading role here. The egg cells selected for that month begin to mature in the ovaries and produce increasing amounts of estrogen.

Your organs sense the hormonal change, and your body awakens. You may feel that



you have more energy, that you're more flexible and faster. Your body's goal at this time is to socialize, explore your world, and find a partner. It's as if you're blooming like a flower. Some women feel happier and more creative, while for others, this hormonal bloom is reflected in their work capacity or athletic performance.

The uterus isn't slacking off either: in response to the ovaries' signal, it prepares for ovulation with fertile mucus.

### Summer – Ovulation



Ovulation is the release of an egg: the most beautiful of the eggs ripened by the ovaries is selected, and, in response to a signal from the brain, it sets off to try its luck in the uterine cavity.

Before ovulation, hormone levels are high; most people feel that their skin and hair are at their best at this time, and they feel full of energy—

Your libido is at its peak during this time. Around ovulation, you're more likely to feel sensual and may have a greater desire for sex. This is the period of maturation, when your body presents its fruit: the egg.

### Fall – the luteal phase

After the egg is released, the ovary begins to produce progesterone. At this point, the uterus does not yet know whether pregnancy has occurred, because fertilization can take several days after ovulation, and the fertilized



embryo travels through the fallopian tubes toward the uterus. The uterus plays it safe; every month it responds to progesterone and transforms the monthly endometrium to prepare for pregnancy.

Progesterone triggers this reaction not only in the uterus: the breasts, the brain, and body temperature all change, and

every month, our bodies behave as if we were pregnant. Progesterone slows us down, warms us up, and calms us. Like settling in for the fall. During the luteal phase, your body's goal is to feel safe and well-supplied with nutrients. Most women tend to turn inward during this time, craving more solitude and tranquility.

If you pay attention to your body, you'll notice that your hormones affect you. Maybe not quite like the seasons. Maybe you find yourself most at ease during the luteal phase because you love being quiet and alone.

We're not all the same; what matters is that you pay attention to your body's messages and listen to your needs during the different phases of your menstrual cycle. Develop a rhythm where you feel at home in every hormonal weather!





## 5. THE PRE-MENSTRUAL DAYS ( )

### PMS

Hormonal changes before menstruation cause unpleasant physical or emotional symptoms in some women. We call this collection of symptoms premenstrual syndrome, or PMS.



You may notice these sensations before your period:

- breast tenderness;

- water retention: some people feel that their body’s texture changes; they feel “waterier” or “softer”;
- Mood swings: Some women find themselves getting angry or sad more easily. Some regularly get into arguments with their loved ones or coworkers during this time.

It’s unlikely that you’ll notice all of these symptoms in yourself, but it’s rare for a woman not to experience any discomfort in the days leading up to her period.

Many of our organs react to the drop in hormone levels at the end of the luteal phase; it would be a miracle if we didn’t notice anything unusual at this time.

A slowing metabolism, changes in how your body feels, and a bad mood are all natural at this time. If you pay attention to your body’s signals and respond to them, PMS will make your life less miserable.



Most women find that exercise is the best remedy for the mood and physical changes associated with PMS. Exercise boosts circulation, relieves pain, and improves mood.

Science agrees with women's observations: a library's worth of literature has been written about the beneficial effects of yoga on PMS.

It is an interesting observation that women are less affected by the mood swings caused by PMS if their environment is understanding and supportive. It seems that PMS does not even exist in societies where daily life is better aligned with women's biological rhythms. If your environment and society do not take your needs into account, and even your closest relatives do not know what would be good for you, you can help them by paying attention yourself to what you need right now and what you do not.



## It's okay to say no!

Unfortunately, the world weans us off the ability to say no as early as childhood. How do you say no? Is it okay? Will they still love you?

You may be a "yes" person for most of your life: open to new adventures, growth, people, places, and foods. Yet in the days leading up to your period, you may feel that certain aspects of your life are a big NO.

For example:

- I don't like that this influencer is promoting a diet drink; I'm unfollowing them;
- I don't even care about geography, I'm switching to biology;
- I don't want another bowl of chicken soup, even though I love my grandma.

Pay attention to this feeling! Who you are is also shaped by who you are not. Learn to say no kindly but confidently! You can say no if you don't feel like going out, if you don't want to take on extra homework, or if you don't feel like kissing someone after all, even though you hinted in a message that you might.

Here's how to say no:



PMS is a part of all our lives. If we don't pay attention to it, it manifests in unexpected outbursts, arguments, and binge eating. If we accept that this is also part of our cycle and pay attention to it, it's much easier to deal with.

Unfortunately, some women find that despite their best efforts, they completely lose their footing during the week before their period. If your PMS is so severe that it makes life unbearable, consult your gynecologist: certain medications can help a lot!

## Eating in the Days Before Your Period

Most women are HUNGRY in the days leading up to their period! This is no coincidence!

Your body's goal during the luteal phase is to ensure the development and energy supply of a potential tiny embryo.

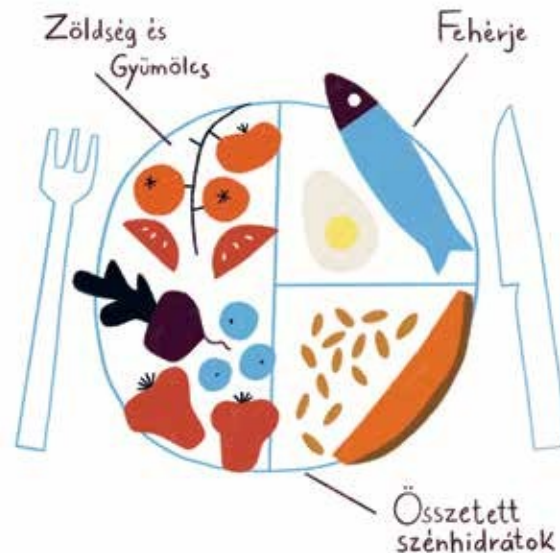
Our calorie needs increase slightly during this time: we burn more energy even while sitting on the couch than during the follicular phase. Of course, this doesn't mean a whole lot, but our daily energy needs increase by about 5–10% during this time. We're not only hungrier but also have a bigger appetite during the luteal phase.

Hunger can feel more urgent at this time; some people even experience actual binge-eating episodes before their period. This is because our blood sugar levels are more prone to fluctuations before menstruation.

Before menstruation, our bodies crave sugar more, but are also more sensitive to it. Your goal is to stay calm, satisfied, and balanced in the days leading up to your period

You can achieve this by making sure your plate is balanced: include vegetables, fruits, and protein—don't just eat one type of food!

Here's what a perfect plate looks like before your period:



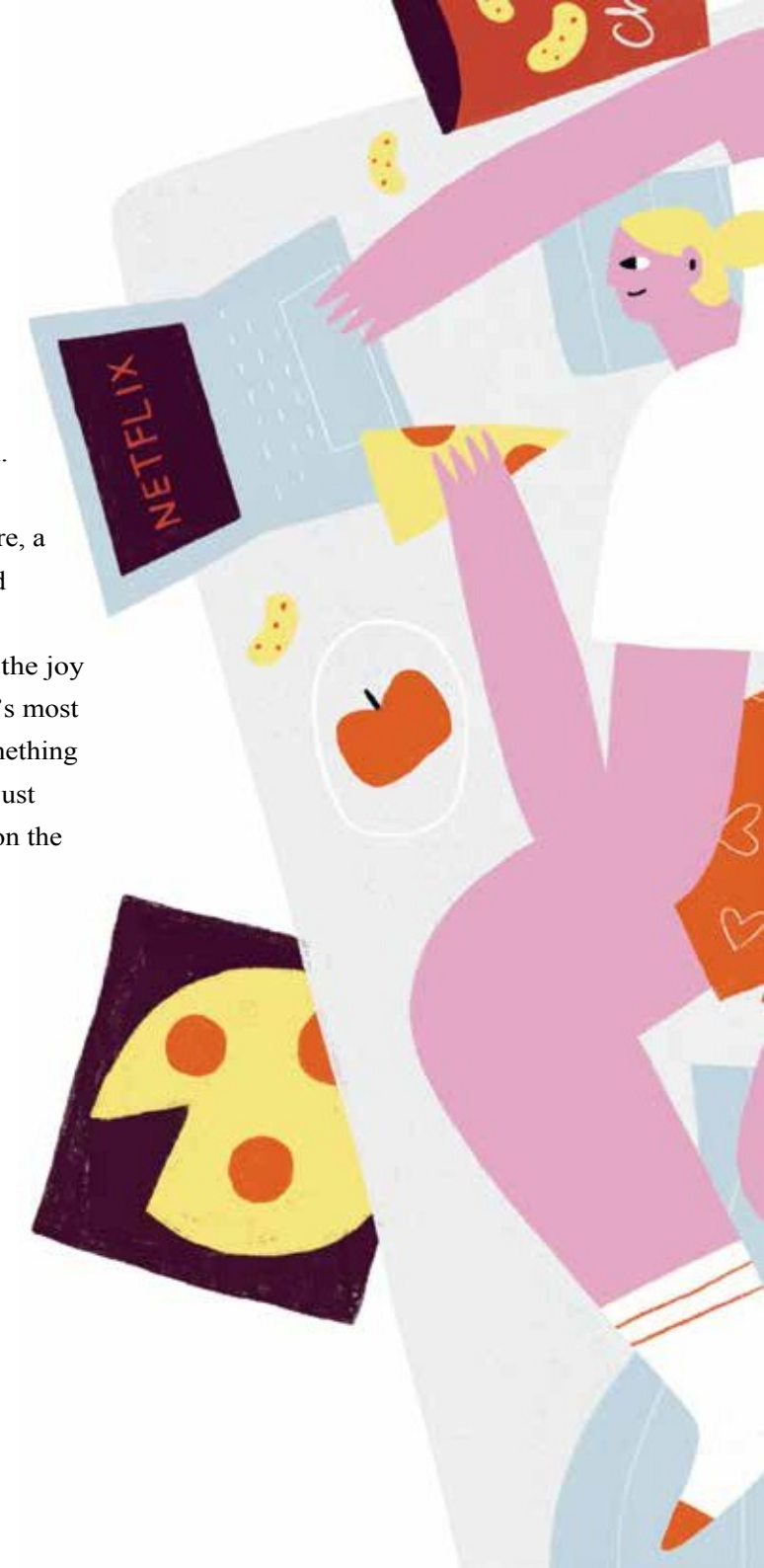
## Back to Nutella

We don't just love to snack before our period because we biologically need to. Enjoying good food helps us cope with the difficult feelings that arise before menstruation.

Eating isn't just about nutrition—it's an adventure, a social activity, beauty, and creativity.

Feel free to indulge in the joy of eating: bake the world's most delicious brownie, try something extreme from TikTok, or just order a pizza and curl up on the couch!

Your task is to find the right balance between the biological and emotional value of your weekly diet.



## 6. MENSTRUATION

### Does your period hurt?

The menstrual phase slows most of us down to some extent. Most women experience a characteristic, pulling sensation in the lower abdomen during these days. In healthy cases, this cramping sensation is uncomfortable, but by no means unbearable.

### The origin of the pain

Do you remember what your uterus does during your period? It sheds the lining it has built up over the course of the month: to do this, it triggers a mild inflammation, and then it begins to contract—the movement of the muscles helps push the shed lining through the cervix and out into the vagina.

This inflammation and muscle movement can also cause pain.

### Diarrhea during menstruation

The inflammatory molecules necessary for shedding the endometrium can stimulate not only the muscles of the uterus but also those of the intestines: many women find that their stools are looser on the day their period starts, and they may need to use the restroom more frequently. This is a natural reaction, but if it becomes bothersome or painful, discuss your observations with your gynecologist!

### Women and Pain: Pain Relief

Have you ever heard that women can endure anything? Or that women tolerate pain better than men? Or that pain is part of a woman's life? A few



centuries ago, this misconception took root in popular belief, and it is our shared responsibility to set the record straight once and for all: yes, we are capable of anything, but no, we don't ask for extra pain.

Never let anyone convince you that the pain you feel is natural and that you just have to accept it! If something hurts, speak up, ask questions, talk about it, ask for help, and start investigating: pain is a signal from your body! Your body is sending you a message through pain.

### Your Plate and Your Period

The foods you eat can also affect your menstrual experience. The inflammatory process of menstruation is also influenced by what you've eaten. If you live on fast food and chocolate in the days leading up to your period, your body reacts: these foods irritate it more, as certain ingredients can stimulate the inflammatory processes taking place in your body.

If you feel unwell during your period, take a look at your plate first! With a diet rich in fruits and vegetables and healthy fats, every part of your body functions better, and your period can be more comfortable.

## Nutrients, Vitamins

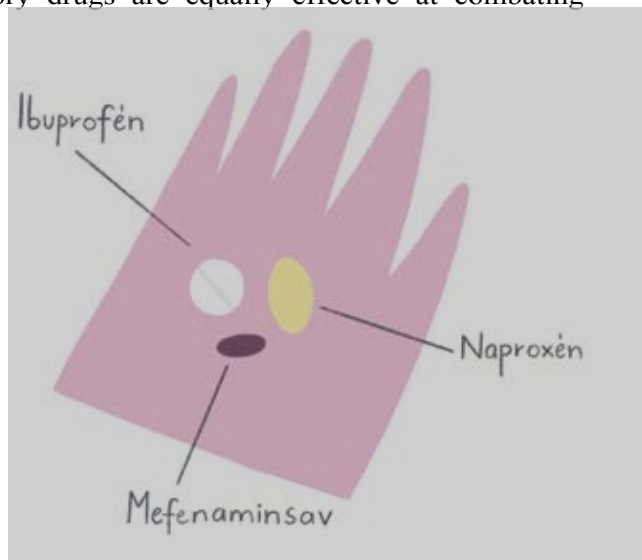
Crampy periods are sometimes caused by vitamin or nutrient deficiencies. For example, if you're deficient in vitamin D or eat foods low in magnesium, you're more prone to painful periods. Talk to your doctor or a nutritionist about your nutrient intake and supplementation: sometimes the solution is that simple, and you'll feel better for it.

## Medications

Several over-the-counter medications are available at pharmacies that can help with severe cramps. Nonsteroidal anti-inflammatory drugs (NSAIDs) prevent the uterus from overproducing the inflammatory molecules that cause pain.

Not all anti-inflammatory drugs are equally effective at combating menstrual cramps.

Generally, these active ingredients are the most helpful:



If you decide to take medication, you can get the most out of them and use them most safely by consulting with a healthcare professional.

## Here are some basic things to know about using them:

- These medications are most effective if you don't wait until the pain is overwhelming. If you take the first pill as soon as the initial cramps appear, the logic behind it makes more sense: we nip the inflammation and pain in the bud before they fully develop.
- Anti-inflammatory drugs can irritate the stomach lining: it's a good idea to eat something with them and wash them down with plenty of fluids.
- Excessive use of pain relievers is dangerous: you must be very careful about the dosage.

## Witch's Kitchen

Even before the advent of pharmaceutical drugs, there were women who suffered from painful menstruation, and fortunately, they did not simply accept their pain but used herbs to alleviate their symptoms.



There are many legends about magic potions circulating online, and some of them are, unfortunately, just plain disgusting and do nothing. However, there are a few plant-based active ingredients that have stood the test of science and can be effective in relieving menstrual cramps.

### Here are a few witchy recipes:

- **Yarrow tea:** It grows wild in Hungary, but it's easiest to find in drugstores.  
**Recipe:** Pour boiling water over 2–3 g of yarrow flowers, let it steep for 10–15 minutes. Drink 2–3 cups a day.
- **Ginger extract:** It is used worldwide for conditions involving inflammation. It is also good for colds and during menstruation, and it even helps with nausea.  
**Recipe:** Grate 2 tablespoons of ginger and pour with 200 ml of water. Let it steep for 15 minutes. Drink 2–3 cups.



If you don't feel like cooking, you can also take it in capsule form; recommended dose: 500 mg of ginger powder 2–3 times a day.



### Heat therapy

Warmth feels very good during your period: heat has a soothing, muscle-relaxing effect. Even a warm shower can help, but you can also use a heat patch or a hot water bottle for abdominal pain.

Heat therapy is most effective at 40 degrees Celsius, and it's a good idea to apply it for half an hour to

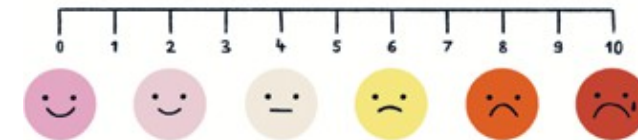
stimulate local blood circulation: increasing blood flow to the lower abdomen helps the pain-causing molecules leave your uterus more easily.

### So is the pain normal, or not?

You may feel some discomfort during your period; that's natural. But if you feel so unwell during your bleeding that you're just barely getting by for days on end, seek medical attention! Painful periods can be caused by several gynecological conditions.

If you feel like others are handling it much more easily, don't think that you're weaker or can't handle the pain as well!

Here is a scale that doctors often use when discussing painful periods with their patients. Rate your menstrual pain on this scale:



If you rate it higher than a 6, you should definitely seek medical attention!





## 7.

### The elephant shrew

Menstruation requires an investment of energy.

There is hardly a mammal in nature as industrious as humans: most animals do not go through the trouble of bleeding every month; instead, they reabsorb the mucous membrane to conserve energy.

According to biologists' observations, aside from humans and a few monkeys, this adorable elephant shrew, for example, menstruates every month.



### Does my dog menstruate?

Unlike in humans and elephant shrews, bleeding in dogs is not a sign of the shedding of the uterine lining. While humans menstruate because the egg that matured that month did not find a sperm and pregnancy did not occur, in dogs this indicates something entirely different.

Bleeding during heat occurs before the dog's egg matures, serving as a signal that the fertile period is approaching.

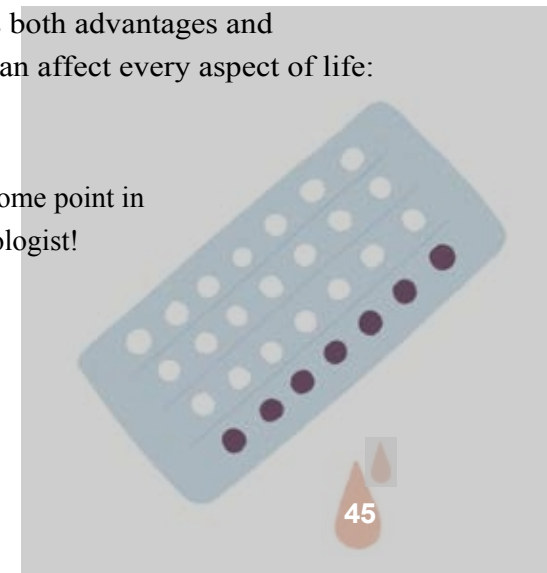
### Is menstruation necessary?

The functioning of the uterus and ovaries is essential for reproduction, but the fact is that we do not reproduce every month. Many have wondered whether we, too, could conserve our resources and only start menstruating when necessary.

The answer is yes, it is possible: the female hormonal cycle, as well as the activity of the ovaries and the uterus, can be temporarily suspended—for example, with hormonal medications or contraceptives. In this case, the externally administered hormones prevent the ovaries and uterus from starting their monthly cycle.

Like any medication, this approach has both advantages and disadvantages. Altering hormone levels can affect every aspect of life: it impacts appetite, mood, sleep, athletic performance, and romance.

If you become interested in this option at some point in your life, discuss it in detail with your gynecologist!



## 8. 'S TOOLS FOR MENSTRUAL DAILY LIFE

### Everyday Life During Menstruation

To manage menstrual bleeding, our ancestors used plant matter, animal hair, and later rags and cotton.

Menstrual hygiene is now an entire industry, and we have a wide range of options to choose from.

A menstrual product can be external or internal, depending on whether it collects blood outside the body or inside the vagina.

### These external products include:

#### 1. The pad

A pad is a cushion with an absorbent layer that you can stick to the inside of your underwear. The advantage is that it's easy to get and not hard to use.

If it doesn't feel comfortable at first, look around: they come in various shapes to better fit your underwear and body

. In fact, washable versions are also available. If you use pads, it's a good idea to choose the absorbency level that matches your current flow.

Bleeding is heavier in the first few days, so a thicker pad is more practical; for the last few days, a thin panty liner may be sufficient.



pads as well. Nighttime products usually have stronger fasteners and are made of multiple layers so you can sleep comfortably even while you're bleeding.

#### 2. Menstrual underwear

Menstrual underwear is a type of underwear with an extra absorbent and insulating layer sewn in to prevent menstrual fluid

from leaking out. You can find styles suitable for your period in any type of underwear: thongs, briefs, Brazilian cuts—whatever

you like. The absorbency of the layers also varies, ranging from light flow to heavy flow. Their advantage is that they are easy to use and often

more comfortable than other products.

The downside is that buying a set can be a bigger investment.

It's important that if you choose period panties and happily tuck them into your underwear drawer, you first read the manufacturer's washing instructions: the absorbent layer of menstrual underwear has a delicate structure, and certain detergents, the dryer, or a spin cycle can easily damage them.

External devices are easy to use and extremely safe.

### Internal products:

Internal menstrual products collect blood from the uterus directly inside the vagina. The advantage is that you generally stay completely dry on the outside while using them. The downside is that they require some practice to insert, and due to their internal placement, they carry a minimal risk of infection.





## 1. The Tampon

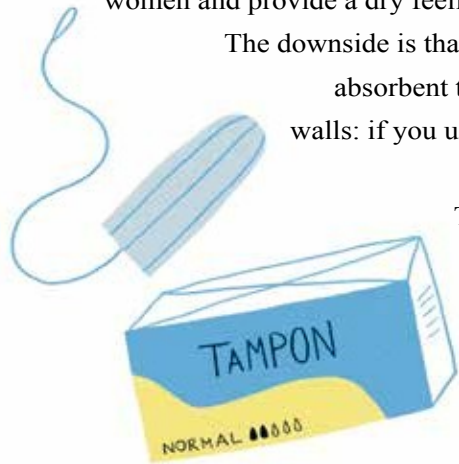
A tampon is a soft, absorbent fabric roll made of absorbent fibers that, when inserted into the vagina, absorbs menstrual fluid before it reaches the outside. It can be used by girls whose hymen at the entrance to the vagina is already loose enough, or by those who are sexually active.

If you can insert your index finger into your vagina, there's a good chance you can insert a tampon as well. There are excellent videos online showing how to insert a tampon, and the instructions included in the box are also very helpful. For most women, it's easiest to reach into their own vagina while lying on their back with their legs raised; you can try this position the first few times, and later you'll be able to do it while standing on your head as well.

If that doesn't work, wait a few months and try again! You may feel that you need help getting the hang of it: a gynecologist will be happy to show you how to insert a tampon. A string attached to the end of the tampon helps with removal.

The advantage of tampons is that they are very comfortable for most women and provide a dry feeling.

The downside is that if your flow isn't very heavy, the tampon is so absorbent that it can draw some moisture from the vaginal walls: if you use a tampon that's larger than your current flow requires, it can dry out the vaginal walls a bit. This causes an unpleasant, scratchy sensation when removing it and isn't very good for the vaginal mucosa either. If you use tampons, it's a good idea to always aim for absorbency that matches the flow of your period.



## 2. The cup and the disc

These are soft, silicone devices that, when inserted into the vagina, collect menstrual blood in a cup-like manner.

Since, just as on the outside, we are not all the same on the inside, they come in various shapes and sizes so that everyone can find the type that fits most comfortably in their vagina. The manufacturer's manufacturer's guide, and it's worth browsing online for sizing tips.

Silicone menstrual cups usually fit smoothly into the vagina after a tricky fold; this takes a little practice. Once the cup is in the vagina, you sometimes need to wiggle it slightly so that the rim rests against the vaginal walls and fits comfortably in place. Due to its design, the cup also creates a vacuum to stay in place. When removing it, you need to break this vacuum by running your finger around the rim of the cup. The cup and the disc can usually hold 6–8 hours' worth of flow, after which they need to be emptied. It is recommended to sterilize silicone devices between periods according to the manufacturer's instructions, making them extremely safe.

Some manufacturers include a sterilization kit that can be used in the microwave with the cup; this is a very practical solution because it allows you to take the cup out of the sterilized container the following month. The advantage of silicone devices is that they provide a menstrual solution for several years after a single investment, making them an optimal choice from an environmental perspective as well.

The downside is that insertion and replacement require a routine; sometimes they only become truly comfortable several years after the first period.



## Toxic shock syndrome

A disadvantage of internal menstrual devices is that, in very, very rare cases, they can contribute to the proliferation of a dangerous pathogen in the vagina.

Pathogens originating from the skin, feces, or urine may occasionally be present in a woman's vagina. This is a natural occurrence, as the vagina communicates with the outside world.

Toxic shock syndrome can occur when a bacterium called *Streptococcus pyogenes* enters the vagina and multiplies during menstruation with the help of an internal menstrual device. This bacterium can produce toxic substances that can very quickly cause a very serious condition in the body. This condition is known as toxic shock syndrome, and unfortunately, it can be fatal. To help prevent it, do not leave the cup, pad, or tampon in for more than 8 hours, so the pathogen does not have time to multiply. If you forget your tampon, there is no need to panic; you should remove it, and if nothing has gone wrong up to that point, it won't happen now either.

There is a wide variety of options, and every product has its uses. Most women try all types at some point in their lives, and many combine different products.

When making your choice, the most important thing is to pick a safe product, be satisfied with your decision, and find the menstrual products you use comfortable!



## Personal Hygiene During Your Period

During your period, your vulva is usually covered in menstrual discharge. Blood can collect between the labia majora and minora and on your pubic hair, which can scare many women. Don't be scared! You cannot catch any infection from your own menstrual blood—it's a natural part of your body. Menstrual blood is clean. After a long day, you may notice that the blood has a characteristic sweetish odor, but this is not dangerous either.

When you bathe during your period and clean your vulva, you don't need to use any disinfectant or soap; plain lukewarm tap water is enough. The hair-covered skin of the vulva is similar to the skin on the rest of your body: relatively strong and durable. However, if you spread your labia majora and minora, you'll notice that these areas are much silkier and softer. The hairless areas and the vaginal opening are easily irritated when they come into contact with body wash or shampoo, so tap water is the best choice.

## 9. MENSTRUAL EMERGENCIES

### When you have nothing with you

You're rushing around, going about your business, and suddenly you feel a warm, wet sensation. You break out in a sweat, and in an instant, your mind races: what day is it, when is it due, what color clothes am I wearing, do I have a tampon or pad with me?

### Oh, for the love of God!

Of course not! The moment you curse, you step into one of the most cherished spaces of female solidarity: the restroom lobby. If you look around the restroom, the girls standing around you—applying makeup, peeing, washing their hands, or talking on the phone—



have all been through the same thing. And if you ask for help at that moment, the eternal rivalry among women—poof—disappears.

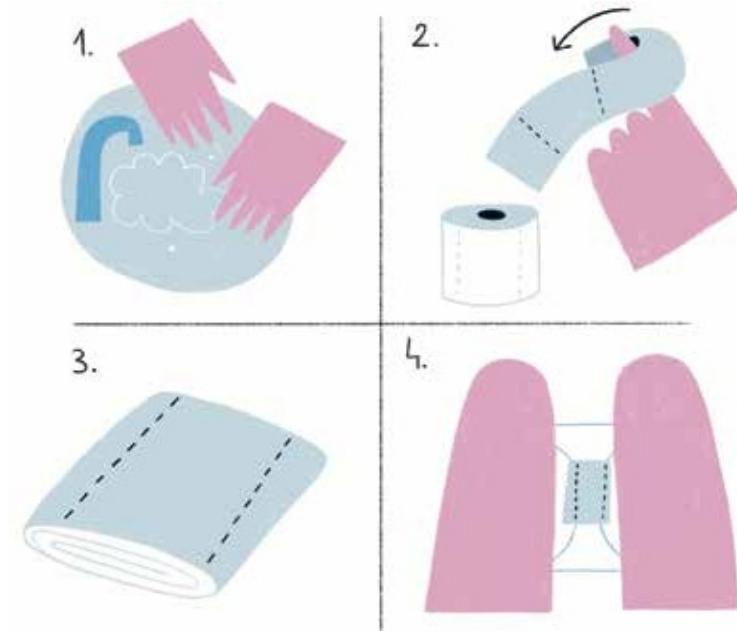
Those girls who might seem like your competitors on the sports field, at college, or at work will become your sisters forever in the restroom, and if you stand in the middle of the restroom and ask,



ten of them will frantically rummage through their bags at once and smile at you warmly. It's a heartwarming moment—try it sometime!



If you're not in the mood for such a cathartic experience, you can of course fold an origami pad out of the available toilet paper as follows:



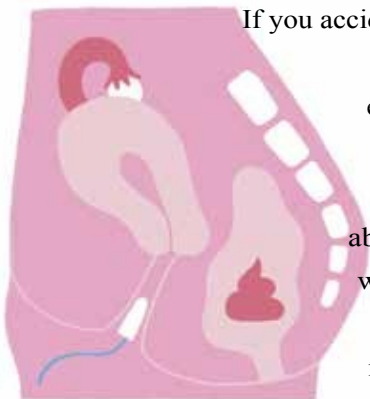
1. Wash your hands;
2. wrap 15–20 layers of toilet paper around your clean index finger;
3. pull it off, fold it; and
4. place it in your underwear!

This solution will contain the bleeding for a short time, but even in the best-case scenario, don't count on it lasting more than an hour!

With this emergency plan, you can make it to a store or to someone you feel comfortable asking for menstrual products.

### If a tampon gets stuck

The thing is, there are two types of tampon users: those to whom this has already happened and those to whom it will.



If you accidentally leave a menstrual product in your vagina for 9–12 hours, it's very likely that everything is fine.

In some rare cases, the string on a tampon can slip into the vagina, making it easier to forget about it and making removal seem difficult. Don't worry—a tampon can't get lost inside your body! Your uterus, and thus the entrance to your body, is the cervix, which is an opening at the top of the vagina that's thinner than a toothpick. If you've

contraceptive device, it is definitely still where you left it. In this case, the previously mentioned position of lying on your back with your legs raised can help with removal.

If the device slips out of your hands, you can still feel free to ask for gynecological assistance: every gynecologist has fished out a tampon or two; it's a natural request that no one should feel ashamed of.

MÉHSZÁJ

TAMPON



### If your clothes get stained

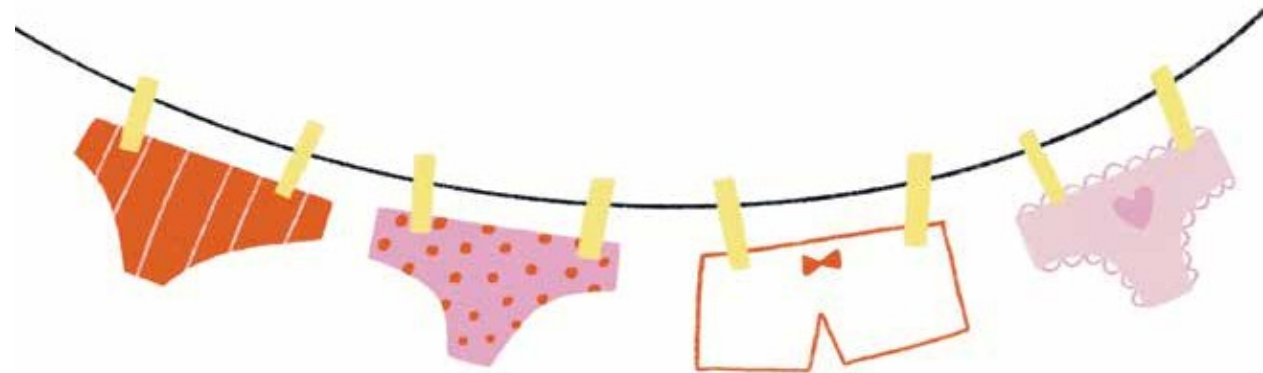
Even the best-equipped, most prepared menstruators get soaked sometimes.

The best way to remove blood stains is to hold the fabric under running tap water as soon as you notice it.

It's important that the water be as cold as possible so the discoloration doesn't set in. After soaking, you can use a special stain remover, then toss it in the washing machine. It's important to skip the dryer and air-dry

your underwear. The high temperature of the dryer also causes a chemical reaction that permanently sets the stain into the fabric.

When washing your underwear, it's always best to use the most natural materials possible. It's better to skip fabric softeners and fragrances when it comes to panties. Some women have very sensitive skin in the genital area. Exposure to various chemicals can cause redness and irritation in this area.



## 10. WHAT YOU CAN AND CANNOT DO DURING YOUR PERIOD

For most women, life goes on even during their period. Of course, there are menstrual mishaps, but that doesn't mean you have to take a break.

### Exercising while bleeding

Go for it! In fact, exercise can even reduce your menstrual cramps! The feel-good hormones released during exercise reduce pain and



put you in a good mood. During the first few days of your period, you might feel like binge-watching is the only thing you're interested in, and that's totally fine. If you don't feel like a more intense workout, listen to your body and choose something more appealing: a brisk walk in the fresh air or a stretching and relaxation session can help you stay active even while you're on your period.

### Bathing, swimming, and going to the beach during your period

If you want to go in the water while you're menstruating, internal menstrual products are here to help: tampons and menstrual cups catch the flow inside your vagina, so you can dive in with complete confidence.

Throughout your life, a series of vacations and wellness weekends will coincide with your period; there's no reason to miss out on these opportunities: if you feel like it, take the plunge! Most natural bodies of water are also safe at this time.

A bath at home is also a great option for relaxing during your period and easing your cramps. Warm water, gentle rocking, and an episode of your favorite show—it's quite pleasant!



## Sex during your period

Go for it! Yes, this is a safe option, and you can even buy a mattress protector online.

## What is not allowed



# 11. SLEEP DURING MENSTRUATION

## Sleeping During Your Period

During menstruation, many girls sleep worse due to hormonal changes and anxiety caused by bleeding.

But after a restless night, the next day might as well be thrown in the trash. If you sleep poorly, the next day you'll make slower and worse decisions, you'll be in a bad mood, and you'll be constantly hungry. If you don't get enough rest, your body will think it's fighting for survival the next day.



Good sleep is the foundation of all biological functions. Your body is like a big factory: during the day, shipments arrive, production is in full swing, there's movement, and new information and challenges come in. At times like this, there isn't much time for cleaning up and organizing. Just like a busy factory, your body needs the nighttime hours to prepare for the next day.

Sleep isn't just a simple switch-off, but a detailed, intelligent recovery program in which all our organs participate. During sleep, the brain processes the day's information: it filters, discards the excess, and creates memories from the important details. During sleep, when no new food is coming in, the intestines rest and regenerate so that the next day they can absorb every last valuable molecule during meals. Muscle cells clear out the toxins that have accumulated during the day and produce new, strong muscle cells. During sleep, every cell in our body rests and renews itself.

If we don't provide the right conditions, the process runs only partially or not at all, and we wake up the next day exhausted and groggy.

Researchers have observed that the sleep program is sensitive to external influences, and they've dubbed the tricks we can use to help the sleep program run smoothly "sleep hygiene."

During your period, find the menstrual product that allows you to rest peacefully. If necessary, use a mattress protector, and focus on getting quality sleep!

### 1. The Dark Mode

The sleep program is designed for nighttime, so the brain uses the eyes to determine when to initiate the restorative processes. Light entering through the eyes inhibits the production of melatonin, the nighttime hormone, in the brain's sensory center. As long as light is present, the sleep hormone is not produced. Our ancestors had it easy: the orange-red hues of a natural sunset, with their characteristic wavelength, sent a clear message to the sleep center. Today, few people watch the sunset; instead, screens



They ensure a romantic evening. The light from screens sends a confusing message to the brain: the wavelength of blue light prevents the sleep cycle from starting. If you want to get a good night's sleep, light some candles in the hours before bed, dim the lights, and avoid the blue light from screens.

This way, your sleep cycle will boot up nicely.

## 2. The routine

Your brain is a brilliant organ, but it's also a bit lazy. It doesn't want to reinvent everything every day; it looks for patterns and works in an energy-efficient way. If you go to bed and wake up at the same time every day, your brain happily does its job and you wake up feeling rested. If you change your bedtime, your brain can't adapt, and your sleep cycle runs at a lower quality.

## 3. Temperature

It's no coincidence that bears sleep a lot in winter. During sleep, your body's core temperature also drops slightly. This helps your cells rest and regenerate. That's why a warm bath in the evening helps you fall asleep, because afterward your body temperature automatically drops, which your brain associates with sleep. Evening relaxation is aided if your room is cool, with a temperature around 18 degrees. If you put on warm socks, your body's thermoregulatory center feels secure and allows the temperature of your major body parts to drop to a resting level.

The modern world doesn't value rest very highly. In a culture of productivity and performance, you're a true rebel if you take care of yourself and don't hesitate to sleep as much as you need.

# 12. SKIN CARE DURING THE CYCLE

## Skin care during your cycle

The fluctuating hormone levels throughout your cycle also affect your skin. Let's take a look at a cycle from your skin's perspective:



1. Follicular phase, the days following menstruation: The ovaries have begun producing estrogen. The skin becomes stronger, clearer, and more elastic.
2. Ovulation: Estrogen levels are at their highest during this time; the skin is resilient and regenerates well. It is hydrated.
3. Luteal phase: After ovulation, progesterone's relaxing effect helps the pores dilate, making it easier for them to become clogged with impurities and bacteria. The skin is slightly drier and more sensitive.
4. Menstruation: As female hormone levels drop, so-called androgens, or "masculinizing" hormones, come to the fore. These hormones stimulate the sebaceous glands, which can make the skin oilier. At this time, the skin is less hydrated and less firm. Inflammatory molecules, which naturally rise before menstruation, predispose the skin to redness and inflammation.

A good strategy is to develop a skincare routine over the years that supports your skin's physiological functions throughout the entire cycle:

### Basic Routine

1. Cleansing: Throughout the day, your skin secretes oils onto its surface: when you mix a little urban smog, some dead skin cells, and bacteria into that oily layer, you get a perfect paste that clogs pores and leads to inflammation. Gentle cleansing is an excellent start for most skin types.
2. Hydration: The skin's own defense system can only work for you in a safe, hydrated environment: the protective bacteria and enzymes working on the skin's surface require regular hydration to function.

If the skin is dehydrated, it panics and starts producing more oil—which contributes to the formation of acne.

3. Sun protection: Long-term changes in skin structure are caused by damage from sun exposure. Starting a routine of sun protection as early as possible helps preserve the health and beauty of your skin.

### Supplements

If you experience bothersome skin issues during your cycle, you can supplement your basic routine with various active, targeted ingredients. It's worth consulting an expert: a dermatologist can help you choose effective and safe products.





## 13. THE SMART MENSES

### Tracking your cycle

During your menstrual cycle, your body coordinates the same processes every month. If you pay attention to the details, you'll notice that your body sends specific, clear signals during the different phases of your cycle, allowing you to understand what's happening and work in harmony with your cycle.

Your observations will help you interpret your body's signals and make it easier to understand exactly what you need. The changes that occur during your cycle can even be useful in detecting illnesses.



With extensive experience, you can use these observations for contraception, or, when the time comes, for trying to conceive.

Bleeding is the simplest and most obvious sign; it marks the start of the cycle and the beginning of observation. The second sign following bleeding is a change in vaginal discharge. After bleeding, the discharge is lighter and creamier, then becomes increasingly abundant and mucous-like as ovulation approaches. The third sign is the phenomenon of ovulation. Some women can feel ovulation: some think more about sex at this time, while for others, ovulation manifests as a mild, stabbing pain. A clear sign of ovulation is an increase in body temperature: after the egg is released, your body temperature rises measurably, and you may notice this as well.

Experienced women also check the position of their cervix by inserting a finger into their vagina; this also changes throughout the cycle.

### Old school

The oldest method of tracking your cycle is to record your menstrual days in your calendar and use that to predict your next period. You can easily calculate on paper when you'll ovulate based on your bleeding.



### Apps

It helps a lot to track your cycle by recording your menstrual days in an app. These apps were developed with the help of gynecologists, and after a few months of tracking, they can be very helpful. Based on your menstrual days, the app calculates what's happening in your body based on your age and health data. It tells you the estimated time of ovulation and predicts your PMS days.

Apps also help you keep track of your observations and symptoms.

Since you always have your phone with you, it's easy to take notes in the apps.



### Thermometer, ring, watch

Certain smart devices can also help you interpret your body's signals: for example, you can track changes in body temperature during your cycle using a smart ring, watch, or thermometer, and sync the data with your app. This way, you can refine the statistics-based measurements with your own signals. If you have your own data, the app's estimates will be more accurate.



### The Internet and Menstruation

Throughout your life, you'll have a ton of questions you don't feel like asking anyone else but the internet.

The funny thing about the internet is that when you search, you'll find both the most refined, scientifically proven answers from the collective human consciousness and your neighbor's opinion from last year.

If you're looking for answers online, you've got to be on your guard! It matters what data the text you're reading is based on. When it comes to health issues, the main types of information found online are:

#### 1. Anecdotes

Information based on one person's experiences. For example, an anecdotal finding might be that if you ate strawberry gummy bears before a test, you did well on the final exam,

and you post online that strawberry gummy bears = an A. A person's or a group's experience can be distorted; anecdotal results are mostly the work of chance. They are dangerous because human experiences can be described in the most vivid, emotionally charged way, so they have a strong impact on us, and we want to believe them.



#### 2. Influencers, internet personalities

The internet favors charisma: some people are so attractive and funny that if we watch them for long enough, we start to trust them. When anyone makes a health claim, the question isn't how attractive or wealthy they are, but what data they're basing their claim on. Have they read the scientific abstracts, or are they just talking about their own experiences?

#### 3. Scientific writings

Science works by collecting vast amounts of data, attempting to eliminate variables, and observing the correlations between the data.

Scientific research methods aren't perfect either, but good research is like compiling thousands of anecdotes into a table and sorting through them.

#### 4. Medical recommendations

Medicine collects scientific findings, tests them, and makes recommendations only when something appears to be effective and safe. When reading online, the recommendations and information provided by medical professional societies represent a safe source.

#### 5. ChatGPT, AI

Artificial intelligence (AI) helps you sort through and organize information. It's important that if you use AI to gather information, you verify the program's sources! When it comes to health issues, it's crucial that the program doesn't rely on pseudo-scientific, non-medical articles.



## 14. IN SEARCH OF THE MISSING PERIOD

### My period is late

If you accurately record the first day of your last period in an app or calendar, you'll immediately notice if your next period is late.

In the years following your first period, your brain and ovaries are still learning to work together, so your cycle isn't always regular. This is because the full cycle doesn't run every month yet: at this stage, you don't ovulate every month.

In the first year, your period may come after 21 days, but it can also take up to 45 days, and occasionally it may even skip a month. This is usually normal.

By the third year after your first period, you will usually have established the bleeding pattern typical of adults. This means that your period will occur every 21 to 35 days.

Even a well-established menstrual cycle is often a day or two late; this does not indicate an illness.

### My period is still late

Among sexually active women, the most common cause of a missed period is pregnancy. If you are sexually active,



and your period is seven or more days late, it's a good idea to get a pregnancy test. Pregnancy tests detect pregnancy hormones in your urine. They are easy to use and quite reliable. If the test is negative and you're otherwise feeling well, feel free to wait a few more weeks! Your period may also be late due to a stressful period or a temporary ovarian cyst.



### It's been months since your last period

If your period is more than 90 days late, a gynecological appointment is warranted. The female body is a complex system; in response to certain external factors, the ovaries and the brain can halt menstruation. The brain operates on simple principles: if it feels safe, it creates the conditions for reproduction and supports a regular menstrual cycle. If, on the other hand, it feels that the environment is not safe for raising a child, it stops the cycle. Ballet dancers often experience this: menstruation can be skipped due to an overly strict diet or excessive training, but for some girls, increased stress alone is enough to disrupt the cycle.

If your period doesn't come, it's sometimes a sign that something isn't right: pay attention to the signs and take the time to listen to your body!

### At the gynecologist's

If you've made it this far in the book, you already know a great deal about how your body works. As you observe and listen to it over the years, you'll come to understand it even better. However, there will be moments when you feel uncertain:

in which case it's worth seeking an expert's opinion. That's what gynecologists are for!

Ideally, your first gynecological visit takes place between the ages of 13 and 15: the first time usually involves conversation, getting to know each other, and sharing experiences. You'll discuss the development of your cycle, your menstrual experience, and anything else that comes to mind regarding the realities of living in a woman's body. Poop, pee, blood, pads, hair, pimples with pus: every human detail is natural; there are no taboos at the gynecologist's office. Don't forget to bring a notebook so you can get all your questions answered!

If you're already sexually active, a vaginal exam may be performed during your appointments: during this, the gynecologist checks the health of your cervix and vagina.

Information about the condition of your internal organs can be obtained through a transvaginal ultrasound: this is a device that, when inserted into the vagina, provides a close-up, clear view of a woman's internal organs—the ovaries and the uterus.

Your doctor can get the best information about your hormonal system through a blood test and hormone level measurement: if your cycle is irregular, you may also receive a referral for a blood test.

When visiting a gynecologist, it's important to always remember this:

- your body is yours alone, and during the examination, only things you give permission for will happen;
- if anything feels uncomfortable, let the doctor know;
- if you feel pain anywhere, let them know;
- say no even if the doctor asks.



## 15. MENSTRUATION AND THE " " SOCIETY


### Menstruation at School

A good school prepares for the fact that a significant number of its students are menstruating. Menstruation is a part of everyday life, and it is the school's responsibility to ensure that students who are menstruating feel just as comfortable as those who are not.

It's good to talk openly about how the female and male bodies work as part of education, because menstruation affects boys too.

In a modern school, male teachers also understand how menstruation works, and we can feel free to tell them if we need to go to the restroom. Many male teachers live with women who menstruate; their mothers, wives, and even their daughters have menstruated. If you still feel that your poor teacher isn't up to speed, you can help him by talking naturally about your menstruation.

Practice saying this out loud:

An illustration of a woman with dark hair, wearing an orange long-sleeved top, looking upwards. A large speech bubble above her contains the text 'Tanár úr, Kimennék betétet cserélni!'. The background is a light blue gradient.

Tanár úr,  
Kimennék betétet  
cserélni!

A good school and a cool class are prepared for menstrual accidents too. Do you have a stash of pads in the locker? If not, get some! It might come in handy for you someday—you have a right to menstrual safety.

### What does it mean that I have a right to my period? What are menstrual rights?

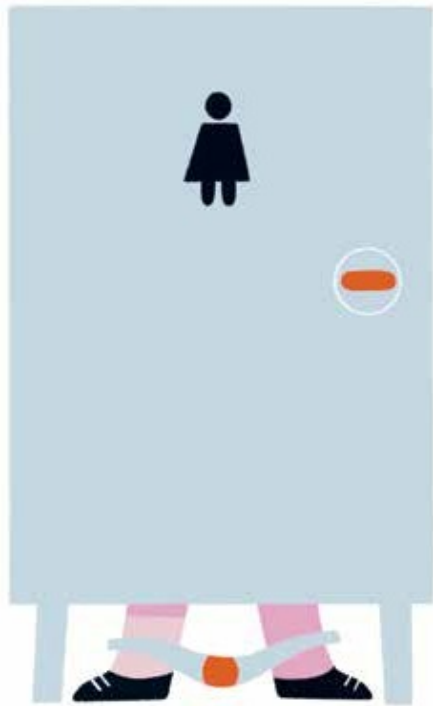
Menstrual rights are fundamental human rights; they ensure that everyone's dignity and health are not compromised during their period.

1. In a perfect world, everyone would have the money and opportunity to use high-quality, clean menstrual products. Unfortunately, this isn't the case worldwide yet, and menstrual poverty affects many people in Hungary as well. Many girls can't go to school because they don't have access to menstrual products to get through those days. Here in Hungary, too, many organizations are working to provide menstrual products to women in poorer regions. If this has piqued your interest and you are in a more fortunate situation, look into it and find out how you can help!
2. As a menstruating person, you have the right to receive scientifically sound information about your period. Quality education is essential for everyone to be able to talk about menstruation calmly and confidently.
3. If you menstruate, you deserve a clean restroom where you can take care of your menstrual hygiene in peace. The restroom should have a lockable stall, a sink, hand towels, soap, and a trash can inside the stall so you don't have to walk all the way to the outdoor trash can with a bloody pad.

4. If you feel unwell during your period and can't perform as well as others, you deserve not to be at a disadvantage at school or at work because of it. Flexible workplaces also provide alternative work arrangements for those who need them during their period.

Remember: with a healthy menstrual cycle, you can usually complete your daily tasks! If you regularly lose your ability to function during your period, a medical examination is warranted.

5. You are entitled to medical care if you experience health issues related to your period. Whether your periods are irregular, painful, or absent, you deserve to have your symptoms taken seriously and treated.



## 16. MENSTRUAL MYTHS AND CUSTOMS AROUND THE WORLD

Since the dawn of time, menstruation has been a part of human communities. Women's biological rhythms and functions have shaped our relationship with time, nature, and science. It's no wonder that every ethnic group has had its own ideas about the place of menstruation in community life. Attitudes toward menstruation and the legends surrounding it clearly illustrate the place reserved for women in contemporary society.

Let's look at a few fascinating examples!

### 1. Toxic Menstruation – Hungary

In ancient Hungarian culture, menstruating women were considered dangerous; it was believed they could have a negative effect on certain household activities. For example, bleeding women were not allowed to bake bread, as it was believed the bread would not rise if handled by a menstruating woman. Similarly, working with milk, cottage cheese, and cheese was also forbidden.

During menstruation, women were not allowed to touch sharp knives or weapons, as it was feared that their blades would become dull due to the "danger" of menstruation.

In the 19th century, the renowned Hungarian scientist Béla Schick also concluded that a menstruating servant girl posed a danger to her surroundings. Béla conducted experiments in which he attempted to wilt flowers using the secretions of menstruating women.





## 2. Fertile menstruation – ancient Rome

In ancient Rome, menstruation was believed to have magical powers: for example, it was thought that if a menstruating woman walked naked around a field, she would destroy pests and make the soil more fertile.

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## 3. Spiritual menstruation – Australian Aborigines

In many cultures, including that of the Aboriginal Australians, menstruation was viewed as a spiritual phenomenon. According to their beliefs, a menstruating woman can reach the boundary between the earthly world and the dream world, where she can encounter otherworldly beings. In these stories, menstruating women exchanged ideas with ancient female spirits about life and death, as well as important questions regarding womanhood.

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## 4. The Resting Menstruation – Nepal

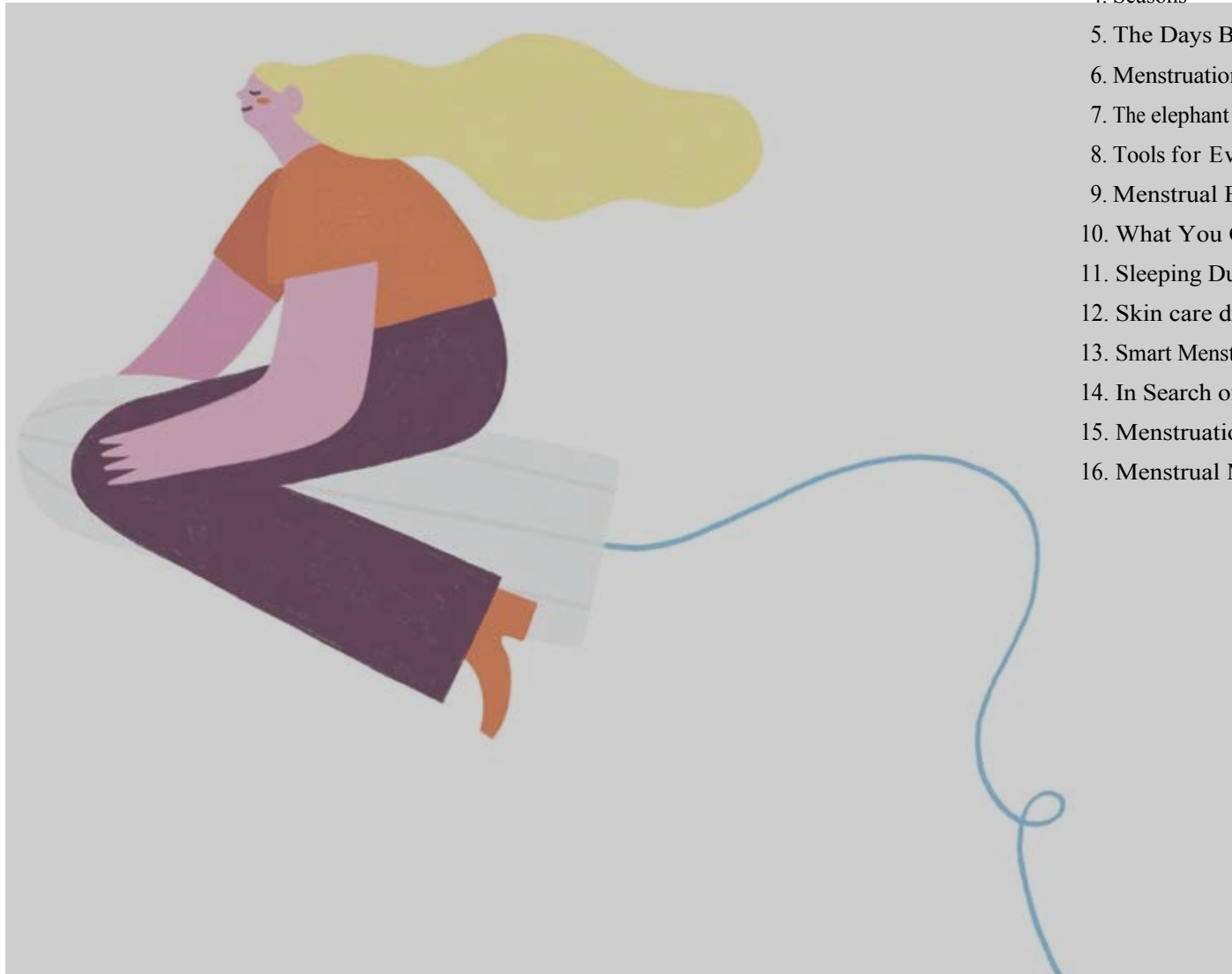
In Nepal, during menstruation, women retreat to small, open menstrual huts. In these huts, they rest, live a communal life, and share their thoughts.

These menstrual structures appear in various landscapes, and the idea sounds quite nice—if we don't consider just how dangerous these huts in the wilderness can be in areas inhabited by pumas.



Over the past few thousand years, both terrible and wonderful things have happened to menstruating women. Fortunately, in the modern age, you can choose your own legends.

During your period, you can be a magical creature, a witch, a mole, or a goddess. The main thing is to feel good about yourself and never apologize for your period!



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