



LIVING AND LOVING YOUR PERIOD

A GUIDE TO HEALTHIER,
HAPPIER PERIODS

Women's Health Action (RQASF)

Acknowledgements

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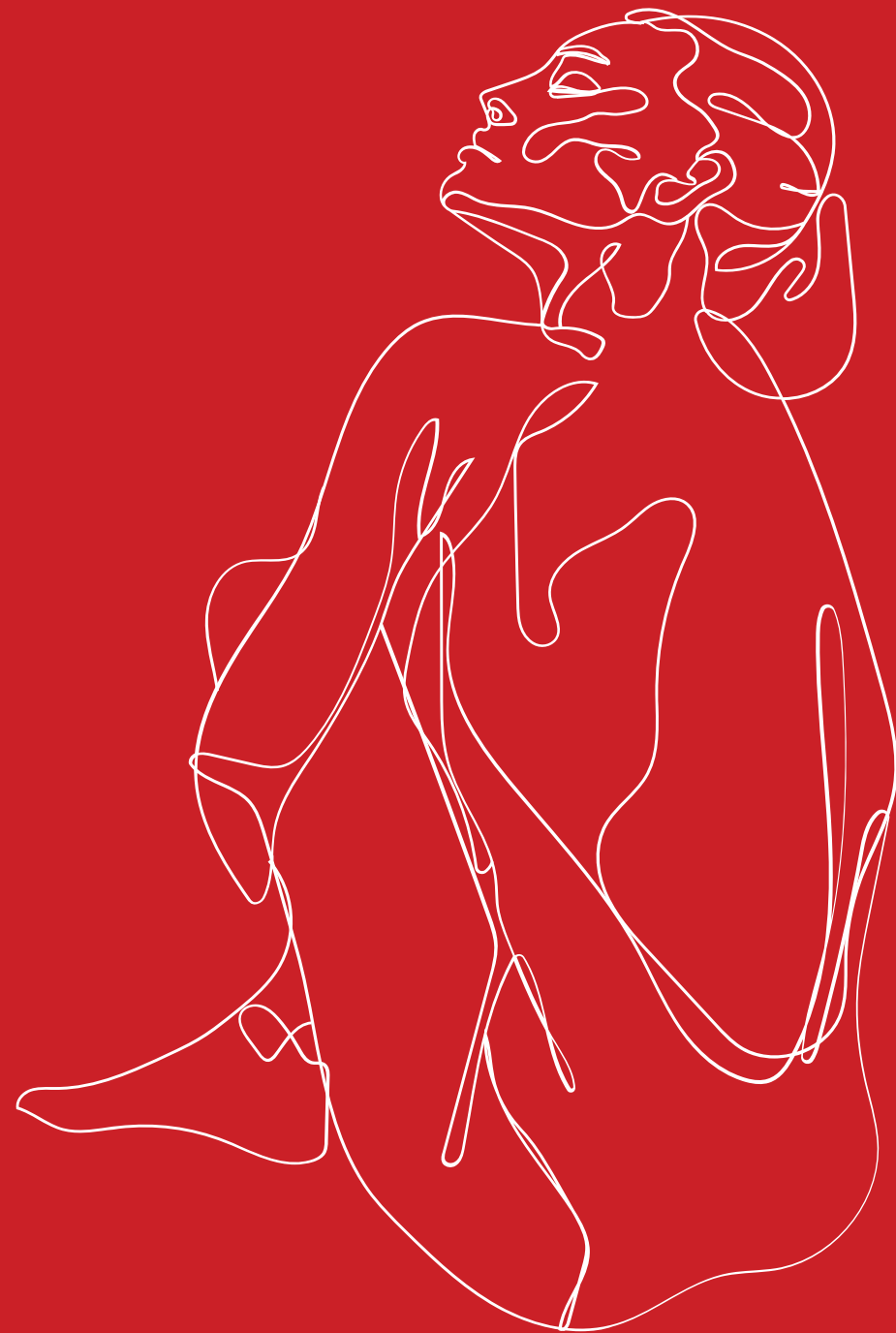


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La
#VieEnRouge

Intro



The Quebec Women's¹ Health Network (Réseau québécois d'action pour la santé des femmes [RQASF]) is tackling a major challenge: **TALKING ABOUT PERIODS!**

This period guide offers a positive perspective on your menstrual cycle because **YES**, your period can be a rewarding experience!

On the agenda: new ways to look at your period, plus some actionable self-care advice for each phase of your menstrual cycle.

Next stop,



a more harmonious life!

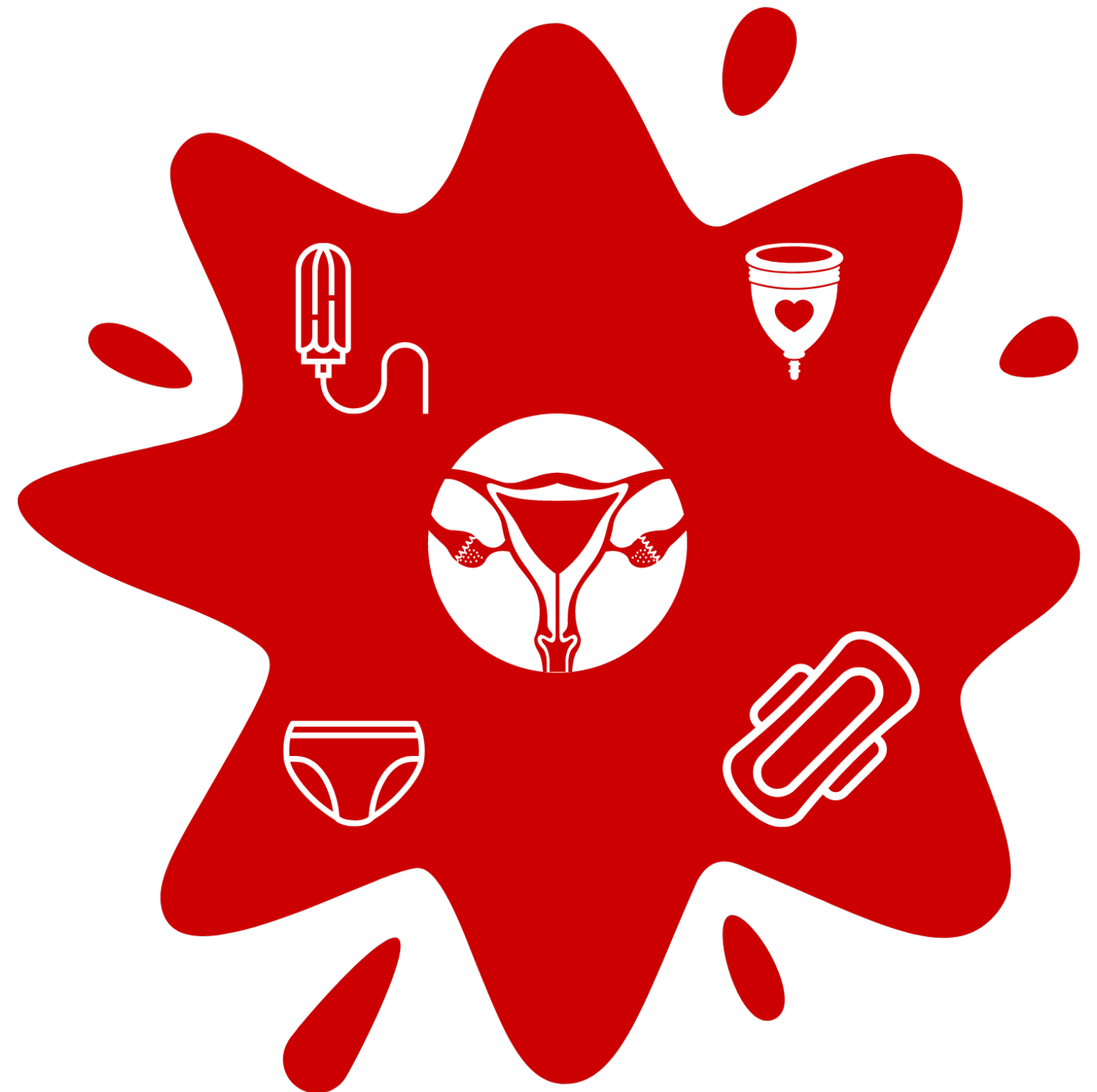
¹ The term “women” is intended to be inclusive of both cisgender and transgender individuals.

PERIOD TABOO

hide this blood I should not see

Despite being a positive, natural phenomenon, periods are often the subject of myths that portray them as harmful, dirty, and able to contaminate food or cause illness—in short, they make a person “impure,” and as such, someone to be avoided. This stigma surrounding menstruation has created an enduring shame with serious consequences for how we relate to our bodies.

After centuries of internalized shame about menstruation, how do we stop seeing it as bad and start experiencing the good? Is period talk only positive when discussing fertility and reproduction? There are plenty of reasons to have mixed feelings about menstruation, but, luckily, nothing is set in stone. All around the world a real “period revolution” is now taking place—and it’s about time!



INCLUSIVE PERIODS

Not all women menstruate, and not everyone who menstruates is a woman!



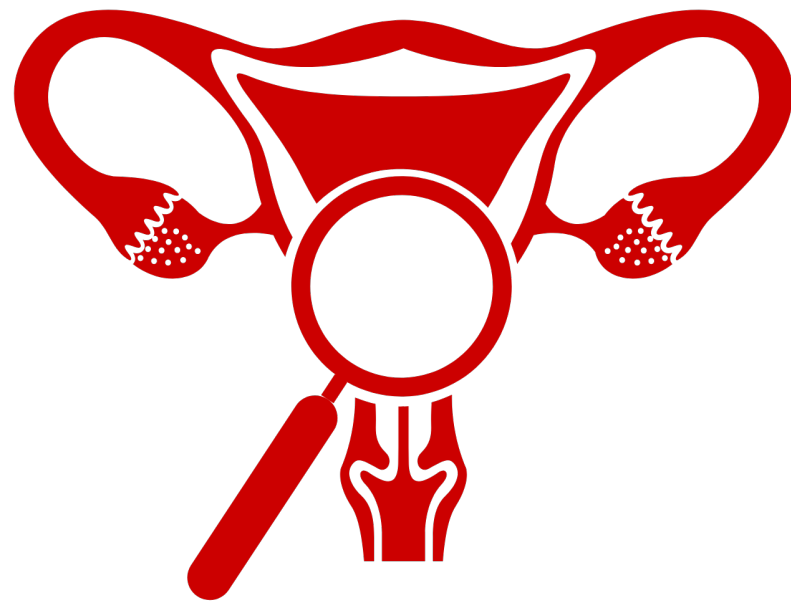
What do we mean by “inclusive periods”?

What do we mean by inclusive periods? Most people who have a period are cisgender women (meaning they were assigned female at birth and their gender identity matches this assignment). However, trans men, as well as queer, non-binary and gender-fluid individuals, can also be born with a uterus. If their uterus is biologically functional, menstruation occurs, and it is completely possible for them to have a child and breastfeed. However, some trans men undergo hormone therapy that can pause their periods or make them irregular; hysterectomies, on the other hand, stop menstruation definitively. Cis-normative discourse and the denial of the lived experiences of gender-diverse individuals who menstruate is marginalizing and can lead to a deep sense of unease called dysphoria. Similarly, a cisgender woman who doesn't get her period is no less of a woman. Let's view the world in all its (beautiful) diversity.

STOP

systematically medicalizing our menstrual cycles

Our periods receive little love and are often medicalized, or even suppressed starting in adolescence. How many people do you know who have been on the pill since they had their first period, whether or not they wanted contraception? How many of them began this adventure without having a real, informed choice? We are often told that the pill is for “regulating our cycle, clearing up our acne and treating our pain,” but do we ever truly investigate the potential causes of these issues?



WHAT IS... MEDICALIZATION?

Medicalization is a process in which a phenomenon (menstruation in this instance) is treated as a medical problem. For example, when a diagnosis is offered for a non-medical issue, the problem is being medicalized. It is very common to medicalize the menstrual cycle when the slightest problem presents itself, an approach not without health risks.



DID YOU KNOW?

Our menstrual cycles are vital to our health. Adequate production of estrogen throughout our cycle is essential for our cardiovascular, nervous, and metabolic systems to function properly. As for progesterone, not only is it necessary for bone formation, but it also works as an anti-depressant and improves breast health. Bottom line: our hormonal fluctuations play an important role in our health.

With hormonal contraception, you no longer ovulate and so you no longer have a menstrual cycle. Hormonal contraceptives have many side effects: acne, migraines, lower sex drive, depression, decreased bone density, delay in the return of fertility, increased risk of breast cancer, a variety of nutrient deficiencies, and in rare but serious cases, potentially life-threatening cardiovascular events.

Hormonal birth control also affects the environment: did you know that traces of synthetic hormones can be found in our water? They act as “endocrine disruptors” by creating hormone imbalances, which affect not only the health of both women and men, but also of other species on the planet. When will we have an effective contraceptive that is safe for our health and the health of the environment?



THE FOUNDATION OF A HEALTHY CYCLE



HEALTHY HABITS

Our everyday choices influence our menstrual health. Cultivating healthy habits can prevent and even stop the slippery slope of medicalizing our periods. For example, we can develop habits that allow us to find balance and do so without spending a cent! Sleeping well, moving our bodies, drinking water, eating healthfully—what might that look like exactly?



Sleep

7-9 hours/night
(9 hours for teens)

Helps to maintain your hormone balance and manage stress



Move

3x30 min
per week

Prepares your uterus for menstruation, decreases your cramps



DRINK WATER

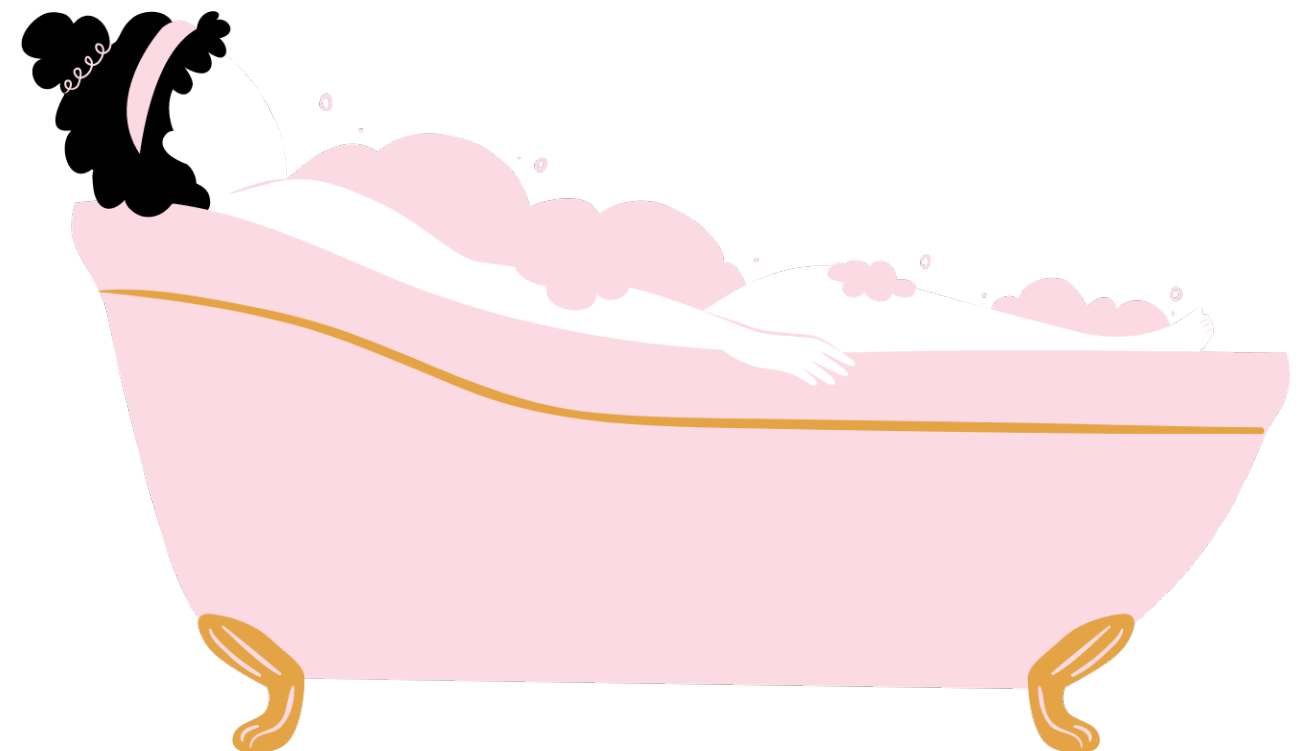
1,5 liters
per day

Prevents inflammation and gynecological conditions



DID YOU KNOW?

Experiencing stress daily can have long-term effects on your nervous system, like depression, burnout, a weakened immune system, and hormone imbalances. Stress exhausts your adrenal glands (your “car battery”). Several women’s health conditions, such as polycystic ovary syndrome, are directly related to prolonged stress. You can find ways to decrease stress and relax daily by practicing breathing exercises, lightening your workload, meditating, reading, etc.



Healthy eating is important for improving our overall health and well-being, and plenty of advice about how to do so is out there. Here is a list of foods and how they positively affect our menstrual cycles:

 Eat...	To...
Fibre-rich foods: vegetables, whole grains, raw nuts and seeds, etc.	→ Lower estrogen levels in your blood
Phytoestrogenic plants (plants that naturally produce estrogen): flaxseed, organic soy products, alfalfa sprouts, chickpeas, etc.	→ Maintain hormone balance by decreasing your estrogen levels when too high or increasing your estrogen levels when too low
Bitter vegetables: arugula, artichokes, kale, watercress, spinach, endives, daikon (white radish), etc.	→ Support your liver and facilitate hormone metabolism 
Cruciferous vegetables: broccoli and the entire cabbage family	→ Convert "bad estrogen" into "good estrogen" and inhibit estrogen that causes breast cancer
Dark leafy greens: kale, spinach, arugula, etc.	→ Increase your nutrient intake
Unhulled sesame seeds	→ Meet your recommended dietary allowance (RDA) of calcium and magnesium (100 grams contains 98% of your RDA of calcium)
Essential fatty acids (EFAs, like omega-3s and omega-6s): fatty fish (sardines, mackerel, salmon), raw nuts and seeds (flaxseed, chia seeds, almonds, sunflower seeds) and oils from those nuts and seeds, leafy greens, cabbage, Brussels sprouts, eggs, etc.	→ Prevent or decrease the intensity of your premenstrual symptoms or menstrual cramps



Endocrine disruptors? NO thanks!

Every day we ingest different toxins through our air, water, food, personal hygiene products, and makeup. Unbeknownst to us, these chemical compounds disrupt our hormone balance. They are called xenoestrogens because their molecular structure closely resembles that of our estrogen hormones.

Xenoestrogens influence the synthesis, secretion, release, transport, effects, storage, and elimination of our own hormones. They can bind to our estrogen receptors and block real estrogen from reaching the receptors. In low doses, this process can last for years without you even being aware of its effects. They are at the top of the list of suspects for hormone imbalances, cancer, infertility, and gynecological conditions. In 2012, the World Health Organization (WHO) even published a report to warn the public of the serious and dangerous effects they can have on hormone health and to encourage countries to take action. Moreover, research shows that gynecological conditions and infertility could appear in the children and grandchildren of those affected by endocrine disruptors. And these disruptors are everywhere (take a look at the table!), making it impossible to completely remove them from our lives. However, we can make healthier choices.



WHERE ARE ENDOCRINE DISRUPTORS LURKING?



THE FOUR SEASONS OF YOUR CYCLE

Menstruating is not supposed to be painful. It is not normal to experience psychological distress every month and to bleed like Niagara Falls for five days. And it is completely possible to turn the tides.



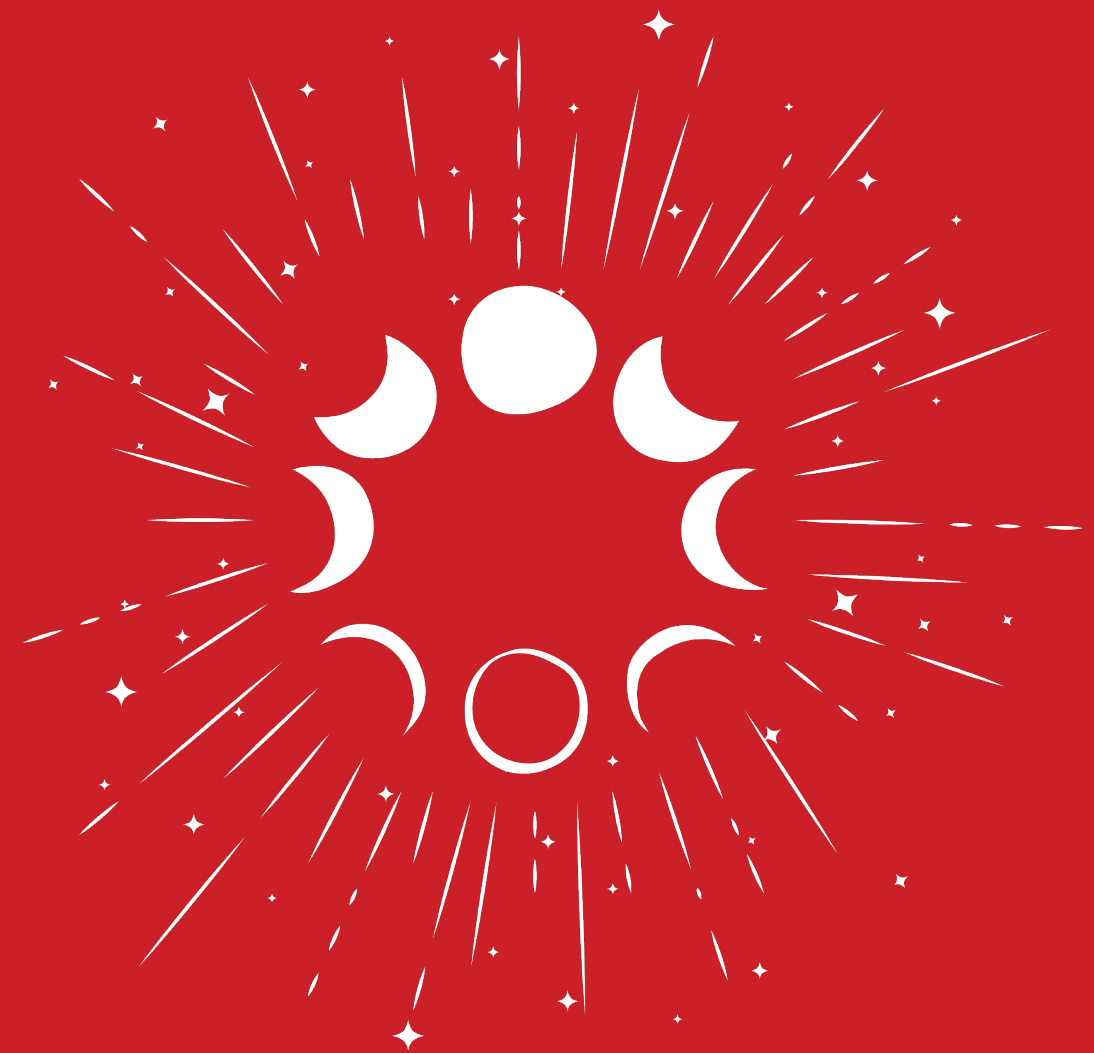
We can enjoy the four phases of our cycle and ride the waves of our hormones:

Follicular Phase = Spring

Ovulation Phase = Summer

Pre-Menstrual (or Luteal) Phase = Fall

Menstrual Phase = Winter



WHICH SEASON AM I IN?

There is a tried-and-true method – the symptothermal method – that can help you learn about your cycle. By using your cervical mucus², cervical positioning and basal temperature³ you can accurately identify what season you are in and better support yourself.

² Viscous substance secreted by glands in the cervix.
³ Your body's lowest temperature while at rest.



DID YOU KNOW?

The symptothermal method allows us to understand the state of our health in real-time. It even helps with early detection of any potential anomalies that may otherwise go undetected:

- Endocrine disorders (e.g., thyroid problems)
- An anovulatory cycle (without ovulation) or “silent” ovulation irregularities that could affect your long-term health despite having a regular period
- A luteal phase that is too short (lasting fewer than 10 days)

* Learn more at www.serenaquebec.com/en/

We can care for our health and hormones by better understanding our cycles! When we learn to do so, we reclaim our bodies and discover a personal power within ourselves that we never even knew existed. It transforms our relationship with our self. Make way for menstrual harmony, the first step to more self-awareness, self respect and self-love.



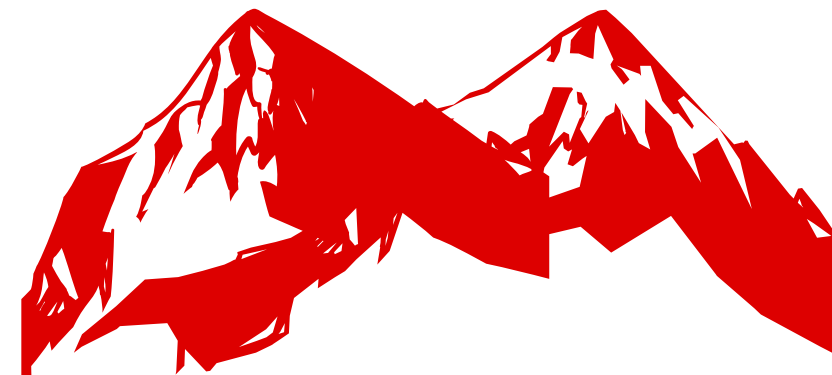
SPRING

Follicular Phase



Overview

Your period has just ended, and your glands are going to “talk” to each other through their messengers—hormones. The Queen Bee (the hypothalamus) sends a message to her Right-Hand Woman (the pituitary gland) to create a hormone that stimulates the follicles (FSH). The pituitary gland tells the ovaries, “OK, let’s get to it!” Each ovary then creates follicles, a.k.a. little sacs containing 8 to 12 tiny eggs and that mature every month to potentially become an ovum. These follicles also secrete estrogen, a hormone that is very important to your cycle. It will give the go ahead to regrow your endometrium and will gradually increase your energy.



WHAT IS...

THE ENDOMETRIUM?

The endometrium is the mucus membrane that lines the inside of your uterus. It has two layers: a basal layer, that is always there, and a functional layer, that detaches during menstruation. The latter is constantly changing throughout the cycle, affected by your estrogen and progesterone hormones.

How You'll Feel



If you have an iron or magnesium deficiency, bleed abundantly, or don't get enough sleep during your period, you might feel tired at the start of "spring" in your cycle. Just like flowers about to bloom in March, the rise in estrogen boosts our energy, as well as our mood. It's a good time to plan out your calendar, balance your budget, clean the house, negotiate, exercise, or meet up with friends.

Sex Life: Discovery

With more and more energy, it's time to put it to use, moving your body, dancing, etc. And why not expand your sexual experiences? Try something new!



What You'll Notice

During this phase, your body temperature is low. You will not notice much vaginal secretion, but over time it will increase. Its texture will also change, from mostly white and creamy at first to watery as ovulation approaches. When feeling your cervix, you will notice that it becomes softer, more open, and higher in the vagina. This is how your body prepares for ovulation.

How to Support Yourself

- Eat foods that are rich in iron and magnesium
For iron: blackstrap molasses, red meat (after your period ends is the best time), cashews, soybeans, quinoa
For magnesium: legumes, Brazil nuts, cocoa powder, almonds, halibut, dark green veggies
- Support your nervous system with herbal and mineral supplements, like magnesium
- Listen to your body: wait for more energy to tackle bigger projects or activities
- Handle any unfinished projects still lying around
- Begin good habits and maintain them all cycle long: start thinking ahead to your next period



Herbal Supplements We Love

Stinging Nettle (*Urtica dioica*): a whole-body tonic rich in minerals, this medicinal plant is extraordinary at replenishing the iron lost during menstruation and reinvigorating us at the start of our cycle. Take it as a tea, a juice, or a liquid extract.

Oat Straw (*Avena sativa*): This nervous system super ally nourishes our nerves and calms us down at the same time, all while helping us regain our energy. Take it as a tea or a liquid extract.



DID YOU KNOW?

We are born with about 400,000 follicles. By the fourth month of fetal development, they have already all formed, which means that you were in your grandma's belly when she was four months pregnant with your mom!

SUMMER

Ovulation Phase



Overview

During the ovulation phase, more and more estrogen is secreted by your follicles, causing your endometrium to grow, and as a result, your uterus to increase in size. When the Queen Bee (the hypothalamus) decides that there is enough estrogen in the body, she sends a message to her Right-Hand Woman (the pituitary) to send the second hormone messenger (LH). This hormone puts on the finishing touches that culminate in ovulation. An ovum (the selected follicle) leaves one of the ovaries and is sucked into the Fallopian tube.

WHAT IS... **ESTROGEN?**

Estrogen is the hormone secreted mainly by your ovaries, but also by your adrenal gland, liver, adipose tissue and even your brain. Estrogen plays a fundamental role in bone growth and health. While protecting your cardiovascular health, it also stimulates your metabolism and central nervous system.

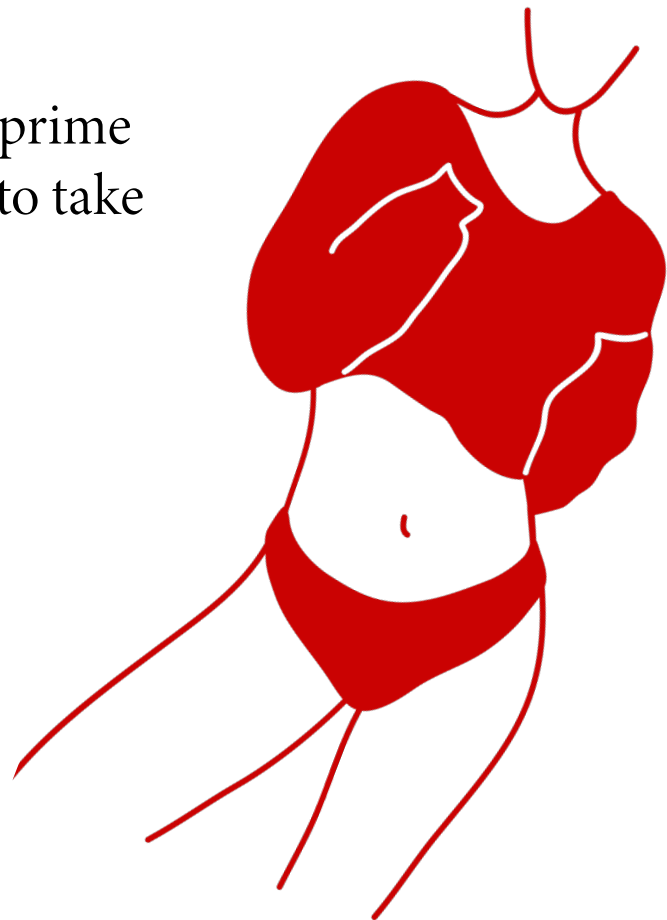
How You'll Feel



With more estrogen comes more energy, a higher libido, more cervical mucus, clearer skin, and shinier hair. You feel good in your body. You may want to get out of the house and see people. It's a good time to celebrate, nurture your relationships, form new bonds, and finish whatever projects you began the week prior.

Sex Life: Sensuality

Peak libido, much more vaginal lubrication—for many, this is a prime time for sensuality, and it's good to take advantage of it!



What You'll Notice

At this stage, your body temperature is still low, and may even drop just before ovulation. The cervix sits high in the vagina, soft and open. You might feel wetter for a few days and notice more vaginal secretions. This is because a viscous liquid—mucus—will be secreted from the cervix. This mucus is wet and transparent, with a texture that stretches easily like egg whites, which is a sign that ovulation is imminent. Since everyone's mucus is different, some may notice this phenomenon more than others, who may not even notice it at all, but that does not mean that ovulation is not occurring. These are all signs of your cycle's fertile period.



How to Support Yourself

- Start to support your liver and other organs of elimination as you look ahead to the weeks to come
- Enjoy your extra energy by exercising or going out—this week will be full of energy, unlike next week

Herbal Supplements We Love

Red Clover (*Trifolium pratense*): Rich in phytoestrogens, this herb helps to maintain your hormone balance. Its nutritious flowers are rich in calcium. With alterative alkaline properties, it supports your body during ovulation. Take it as a tea or liquid extract.

Shatavari (*Asparagus racemosus*): A variety of asparagus from India, its roots are anti-inflammatory, adaptogenic and very fortifying. Rich in phytoestrogens, it increases our body fluids, our energy, and our libido as well. Take it as a powder blended in smoothies, mixed into a drink, or as a liquid extract.



AUTUMN *Luteal Phase*



Once ovulation has occurred, the follicle's outer layer shrinks and turns yellow like the lutein in an egg, which is where the terms "corpus luteum" and "luteal phase" come from. The corpus luteum produces progesterone, which will vascularize (create blood vessels in) the endometrium, increasing the uterus' volume again. If the ovum is fertilized, it will implant itself into the thick endometrium at this stage. The luteal phase usually lasts longer than other phases of the cycle, typically between 12 and 16 days.

.....

WHAT IS... PROGESTERONE?

Progesterone is produced in our adrenal glands and our ovaries. In addition to balancing estrogen, it acts as a building block for several other hormones. Progesterone is secreted during pregnancy, especially during the first three months. The corpus luteum also produces it from ovulation until menstruation. It is thought to act as an antidepressant, relaxing the central nervous system. Because of the balance it provides, progesterone is a hormone worth befriending, understanding, and loving.

After ovulation, there is often a sharp drop in estrogen, followed by a moderate rise. This fluctuation is normal, but can make you feel sensitive, irritable, and even tired, especially for individuals whose hormone receptors are sensitive to the effects of estrogen. However, the heightened sensitivity we experience during this phase can help us feel more connected to ourselves, understand better our needs and limits, assert ourselves more, and be more creative and receptive. As such, this fluctuation creates a variety of both positive and negative feelings. Do not forget that your diet, stress levels, and even preconceived notions about menstruation also influence how you feel during this phase.

Hormone fluctuations are a part of us: we are cyclical beings and better for it! Despite the very real influence that hormones have on our body, our menstrual cycle does not define us in our entirety. Reject stereotypes that reduce women to just their hormones!



In the days leading up to your period, feeling overly affected by different physical symptoms, depressive episodes, anxiety, or insomnia can be associated with an imbalanced ratio of estrogen to progesterone. Jotting down some notes during this phase can help you realize what affects your menstrual cycle. For example, if your organs of elimination are overworked, digestion can be more difficult and you may experience bloating or constipation, all of which can impact your hormones. Or ask yourself “Have I been under a great deal of stress recently?” By supporting your digestive and nervous systems, you can help yourself feel lighter—both physically and mentally—during this phase. Consider exploring this to improve your well-being.



DID YOU KNOW?

The well-known terms “premenstrual syndrome” (PMS) and “premenstrual dysphoric disorder” (PMDD)—a newly identified “disease”—are controversial. These terms can reinforce the idea that we are sick just because we have a uterus. The real root causes, i.e., the psychological, familial, societal, and environmental factors, should be examined. We must be listened to and taken seriously in order to find solutions that work for us.

Sex Life: Gentleness

Before menstruating, it is not uncommon to experience a drop in energy and to feel more caught up in our emotions. During this phase, we can show ourselves kindness by gathering the courage to communicate with our partner our need for gentleness and intimacy, rather than sex.

Sometimes, the opposite occurs, and our sex drive increases. Either way, we want to be able to rev up or slow down our sex life, without feeling guilty about making room for menstruation.



What You'll Notice

After ovulation, there is a sudden rise in body temperature. Your temperature remains elevated throughout the entire luteal phase, then falls around your period. As for your cervix, it drops, closes back up and becomes firm. At this stage, your vaginal discharge changes in color—from transparent to white or slightly yellowish—and in texture—no longer stretchy, instead creamy, sticky and even grainy.

How to Support Yourself

- Avoid junk food, sugar, stimulants and limit your alcohol consumption
- Eat whole grains and green vegetables, especially bitter greens
- Protect and support your liver and digestive system with medicinal plants like dandelion or milk thistle
- To ease your experience of this phase and prepare for your period, take Omega-3s, vitamin B (especially B6 and B12), magnesium and probiotic supplements if needed
- Support your nervous system with herbs like skullcap, lemon balm, and holy basil
- Drink lots of water
- Make sure to sleep well, it makes a world of difference!
- Allow yourself some alone time and introspection
- If your period is typically painful, prepare yourself (a week in advance) by using the traditional hot water bottle and herbs like red raspberry leaf to strengthen your uterus and ginger and cinnamon to stimulate blood flow
- Avoid dairy products in the week leading up to your period
- Move your pelvis and dance to help your period along



Herbal Supplements We Love

Dandelion (*Taraxacum officinalis*): A plant that still gets little love, the dandelion is actually one of our best allies. It helps with liver function, estrogen metabolization and the elimination of xenoestrogens, all of which lessen discomforts like water retention, irritability, sensitive breasts, and constipation. Eat its leaves in a salad, drink its roots brewed in hot water or take it as a liquid extract.

Skullcap (*Scutellaria lateriflora*): This soothing anti-anxiety, nerve-friendly plant calms you down when everything gets too intense. During the day, take it as a liquid extract, and at night drink it as a tea or take it as an extract.



WINTER

Menstrual Phase



Overview

When the Queen Bee (the hypothalamus) realizes that the ovum has not been fertilized, she orders her Right-Hand Woman (the pituitary gland) to immediately stop secreting progesterone. This is what initiates menstruation, i.e., the shedding of the functional layer of the uterus, which forms with the goal of hosting and nurturing a potential life. This means that the blood and endometrial tissue are not at all impure or dirty, even though period taboos are often rooted in such beliefs. In fact, your period is among the best substances in the world!



How You'll Feel

For the endometrium to shed, the uterus (a muscle) must contract. As such, it is normal to feel the contractions, but not to the extent that you are suffering during your period. The pain we feel is due to an imbalance and could go away completely if we identify what is causing it and treat it. Moreover, it is completely normal to feel a little tired during your period and as such, legitimate to want to take some time off, whether a couple hours or a couple days, to rest and recharge during your period.

Why Am I In Pain?

A combination of factors can explain menstrual cramps

- Inflammation: stress or food intolerances can cause chronic inflammatory issues that contribute to menstrual cramps
- Gluten, dairy products, sugar, or other food allergens can cause one reaction that then leads to another. With menstrual cramps, stop eating any food you think might be responsible two weeks before your period to determine if it makes a difference.
- Lack of magnesium: scientific research shows a link between magnesium supplements and decreased cramping
- Not enough essential fatty acids (EFAs): studies have shown a link between taking Omega 3s and less inflammation
- Lack of exercise: if your organs are always compressed because you are sitting down, your circulation is impaired, resulting in lower oxygen flow which could affect how your uterus feels
- Psychological factors: trauma, abuse, stress, and anxiety can be at the root of your period cramps
- Health conditions: uterine fibroids (benign tumours in the uterus) or endometriosis (a largely underdiagnosed condition often responsible for painful period cramps)

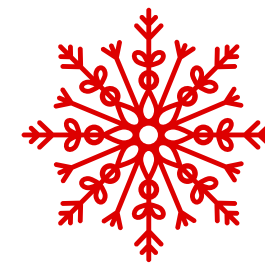
Sex Life: Connection

We all have different preferences. Sometimes period pain saps all desire, other times intimacy is exactly what you want, and that's OK! What's important is connecting with yourself, recognizing your needs, and expressing them. Plus, we heard a rumour that sex and masturbation are an excellent cure to menstrual cramps...



What You'll Notice

Periods are non-homogenous fluids that differ person-to-person and day-to-day during your flow. They are made up of blood, endometrial cells, cervical mucus, and other vaginal secretions, as well as vaginal bacteria. Your flow can last between two and seven days, amounting to approximately 50 mL (or about 3 tablespoons).



How to Support Yourself

- Adjust your schedule during your period
- Give yourself at least a few hours to rest during your period
- Drink raspberry leaf, cinnamon, or ginger herbal tea
- Use highbush cranberry, raspberry leaf, and feverfew liquid extracts
- If needed, use a hot water bottle or a magic bag (hot compress)
- Pamper yourself



Herbal Supplements We Love

Raspberry Leaf (*Rubus idaeus*): The raspberry plant is THE number one medicinal plant in the gynecological world. An astringent, it makes your bleeding more regular, strengthens your uterine walls and supports cell regeneration. By relaxing the uterus, it decreases menstrual cramps. Drink it as a tea (don't be afraid to drink it by the litre during your period) or take up to 10 mL of it as a liquid extract per day.

Highbush Cranberry (*Viburnum opulus*): This native bush's bark (called cramp bark) was traditionally used by women in several First Nations to reduce menstrual cramps and avoid miscarriages. With anti-inflammatory and anti-spasmodic properties, it is excellent at relaxing the uterus during menstruation. Take up to 15 mL of it as a liquid extract per day.

Feverfew (*Tanacetum parthenium*): This medicinal plant is nature's number one ally against the headaches and migraines related to your hormone cycle and period. An anti-inflammatory, it can help women when they have menstrual cramps. Take up to 5 mL of it as a liquid extract per day.

I am...

cyclical

GREENING YOUR PERIOD

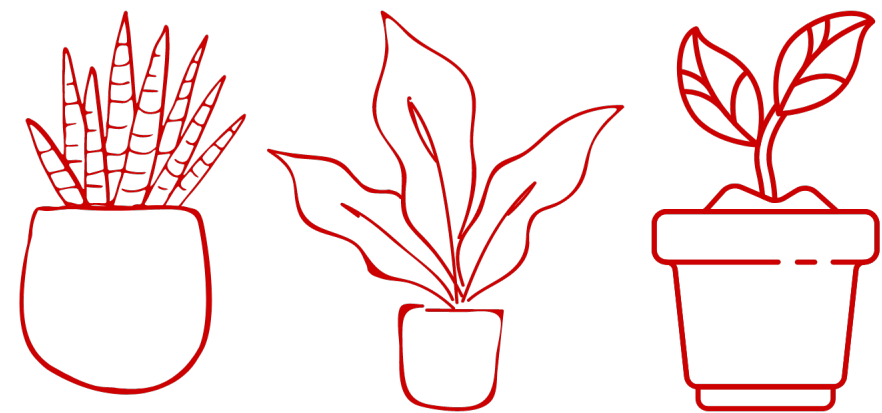
Some SHOCKING stats! We get our period about 480 times in our life. We use between 10,000 and 15,000 menstrual hygiene products, mostly pads and tampons which are the most widely sold. Every year, about 45 billion of these items are thrown out and will take almost 500 years to biodegrade. Just as polluting is how they are manufactured, requiring large amounts of potable water and chemical products. When these products—chlorine, plastics, and fragrances in particular—come into contact with our mucous membranes, they can cause allergies and irritations. They build up in our bodies, which can lead to worrisome long-term effects. If it's polluting the planet, it's polluting our bodies! Not to mention the toxic shock risks related to using internal hygiene products.

For an eco-friendlier flow, there are many different options these days, from single-use pads to all-natural tampons and other new alternatives. Some environmentally friendly alternatives like menstrual cups, reusable pads and even period underwear can save you money in the long-term. Is it inconvenient to wash them? That's for you to decide. But try them out—you may find that they have a number of benefits.



DID YOU KNOW?

Most women can afford menstrual hygiene products, spending between \$56 and \$180 every year depending on the quality and quantity needed. But what about those who are houseless, marginalized, low-income or on a student's budget? Period poverty affects more people than you might think! In Quebec, out of 2,500 menstruating individuals surveyed, 49% consider menstrual products to be unaffordable (RQASF 2021). In Canada, more than 70% of teens and adults have missed school or work due to lack of access to hygiene products during their period, and 34% of them have forgone another essential purchase in order to buy such products (source: Bleedthenorth and Plan Canada 2019). Worldwide, it is estimated that one in ten women experience period poverty: a serious issue for health, equality, and dignity (source: Précarité menstruelle on fr.Wikipedia.org).



PERIODS IN BIGGER BODIES

Did you know that it is extremely difficult—sometimes impossible—to use tampons or menstrual cups when you are fat, due to stomach size and the maneuvering required to insert them?



When tampons are absolutely necessary, applicators can help with insertion. As for pads, they are not shaped for fat bodies; they tend to move around, leading to leaks. Often, the makeshift solution is to rely on overnight products or very bulky, thick, and uncomfortable post-partum products that are also more expensive. Why should you need to DIY adequate hygiene products or spend more money to properly outfit yourself with period products? Couldn't manufacturers, including those who make reusable products (like pads and underwear), be more inclusive and offer items in extended sizes?



“

*I accept the great
adventure of being me.*

SIMONE DE BEAUVOIR

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