

Don't let capitalism whitewash the movement for sustainability!

centuries.

People (especially poor people of color) have been using sustainable alternatives for

for menstrual care.

There are commercial options available for all the products mentioned here, but there's no need to rely on big business



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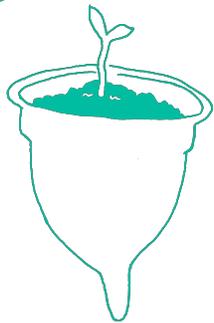
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MENSTRUAL BLOG  
menstrualblog.tumblr.com

A lot of people are wary of reusable menstrual products because of "hygiene" concerns. Menstrual blood is as sterile as the rest of the blood in your body! Companies add bleach & fragrance to pads & tampons to make them seem "cleaner," but it does nothing for sanitation.

Menstruation is not dirty!

sustainable alternatives



for pads & tampons

A gender-neutral guide

Sea sponges work in the same way as tampons, but are natural & reusable. They aren't bleached white like most tampons.



- Deteriorates over time
- Price varies
- Worn inside

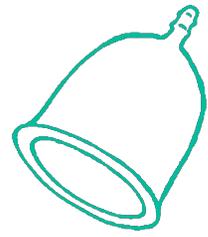
sea sponges

Greetings, friend!

Roughly 50% of people\* experience menstruation at some point in their lives, but most of us aren't taught about all of the options available.

This zine is a beginner's guide to environmentally friendly menstrual products.

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



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

Menstrual cups are made of medical grade silicone & form a tight seal to your body to catch blood, instead of absorbing it. They're often \$30 or more, but one cup can last several years.

menstrual cups

cloth pads



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

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