

# Female Hygiene Products

The pattern and symptomatology of a female's hormonal cycle is a direct indicator of her overall health. The products used during the menstruation period have a large affect on our bodies. Hygiene products that contain harsh chemicals disrupt our vaginal flora, pH and endocrine system, causing a wide range of health concerns. If you suspect you have any hormonal imbalances, talk with Brooke to get more individualized support!

## Signs of Hormonal Imbalances...



Acne/ Skin issues



Rashes/ Hives



Spotting or Clotting



Irregular Cycles

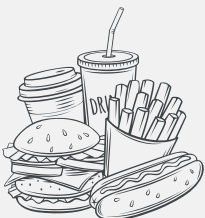


Frequent UIT's  
or Yeast Infections



Painful Periods, Neausea  
or Vomiting

## Other common factors of hormonal imbalance:



Processed  
Foods



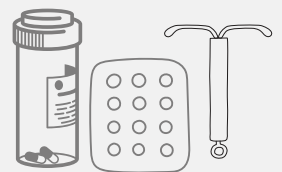
Chemicals/Plastics  
in clothing



Conventional  
Cosmetics/Skin Care



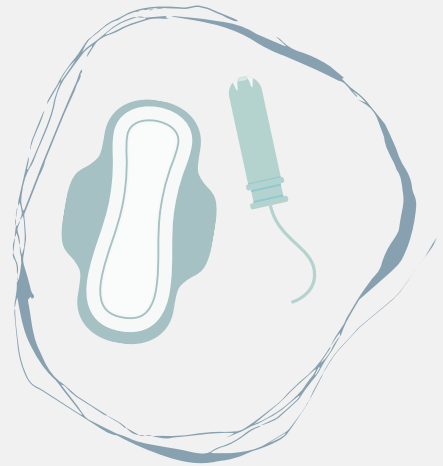
Stress



Birth Control &  
Pharmaceuticals

## 1 DITCH THIS

Toss out all conventional brand period products, which are full of harsh chemicals that upset the natural pH and flora of the vagina. This includes: Tampax, Playtex, O.B., Carefree, Always, etc.



## 2 SWITCH TO THESE

Switch to all-organic tampons & pads. Menstrual cups & underwear are also great alternatives. Our favorite brands:

- Pads/Tampons- Rael
- Menstrual Cup- Saalt
- Period Undies- Thinx

## 3 RE-THINK NORMAL

It is common to have pain, bloating, large clots, tender breasts during menstruation but it's not normal. Find out what is causing abnormalities with the DUTCH test!



### PRO TIPS:

Any chemicals in a product that comes in contact with the skin, will be absorbed via the skin. The skin will absorb any chemicals, fragrances, oils, ect. into the body in about 26 seconds.

Choosing organic, fragrance free, chemical free products are essential for keeping the vaginal microbiome healthy.

Single use period products can get expensive, try ordering in bulk or subscribe to delivery schedule to get a better price!