

The Disorders Of Menstruation A Practical Treatise

[The Palgrave Handbook of Critical Menstruation Studies](#) [Be Period Positive](#) [Sanitation for Primary Schools in Africa](#) [You Can Have a Better Period](#) [The Period Book](#) [Moon Time](#) [Moon Menstrual Calendar](#) [Lifting the Curse of Menstruation](#) [The Managed Body](#) [Menstruation Matters](#) [The Menstrual Cycle Self-Care](#) [Down There](#) [Moonchild](#) [On Female Body Experience](#) [Own Your Period](#) [A Girl's Guide to Puberty & Periods](#) [Menstrupedia](#) [Comic](#) [Pediatric and Adolescent Gynecology](#) [Periods Gone Public](#) [Seeing Red](#) [This Period in My Life](#) [Period Power](#) [50 Things You Need to Know About Periods](#) [The Autism-Friendly Guide to Periods](#) [Menstruation and the Female Body in Early Modern England](#) [The Period Book](#) [Issues of Blood](#) [On the Edge of the Auspicious](#) [Period. the End](#) [Inner Engineering](#) [My Period It's That Time Again](#) [Menstruation and Procreation in Early Modern France](#) [Clinical Gynecology](#) [Clinical Methods](#) [About Bloody Time](#) [Blood, Bread, and Roses](#) [Below Your Belt](#) [Red Moon](#) [Is Menstruation Obsolete?](#)

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Periods Gone Public Apr 11 2021 The first book to explore menstruation in the current cultural and political landscape and to investigate the new wave of period activism taking the world by storm. After centuries of being shrouded in taboo and superstition, periods have gone mainstream. Seemingly overnight, a new, high-profile movement has emerged—one dedicated to bold activism, creative product innovation, and smart policy advocacy—to address the centrality of menstruation in relation to core issues of gender equality and equity. In *Periods Gone Public*, Jennifer Weiss-Wolf—the woman *Bustle* dubbed one of the nation's “badass menstrual activists”—explores why periods have become a prominent political cause. From eliminating the tampon tax, to enacting new laws ensuring access to affordable, safe products, menstruation is no longer something to whisper about. Weiss-Wolf shares her firsthand account in the fight for “period equity” and introduces readers to the leaders, pioneers, and everyday people who are making change happen. From societal attitudes of periods throughout history—in the United States and around the world—to grassroots activism and product innovation, Weiss-Wolf challenges readers to face stigma head-on and elevate an agenda that recognizes both the power—and the absolute normalcy—of menstruation.

Below Your Belt Aug 23 2019 More than a book about first periods and changing bodies, *Below Your Belt* is a groundbreaking pelvic health handbook to teach young girls about the WHOLE picture - about the other things going on "down there" in addition to menstruation. Straight talk, humorous illustrations, and all sorts of resources make *BYB* a book for all tween and teen girls.

Clinical Methods Nov 25 2019 A guide to the techniques and analysis of clinical data. Each of the seventeen sections begins with a drawing and biographical sketch of a seminal contributor to the discipline. After an introduction and historical survey of clinical methods, the next fifteen sections are organized by body system. Each contains clinical data items from the history, physical examination, and laboratory investigations that are generally included in a comprehensive patient evaluation.

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Issues of Blood Aug 03 2020 An approach to the subject of menstruation which claims that women's feelings about their periods are shaped by men's attitudes and the imposition of their views on women. Sophie Law's research covered men as lovers, fathers, husbands, doctors and "experts."

You Can Have a Better Period Jul 26 2022 A practical guide to understanding your cycle and balancing your hormones with nutrition and yoga, for a calm and pain-free period. Written by Le’Nise Brothers, a nutritional therapist, yoga teacher and popular women’s health, hormone and wellbeing coach. *You Can Have A Better Period* is a straight-talking resource to help women understand their menstrual cycles and finally get answers to questions such as: “why am I so moody right before my period?”, “are periods supposed to be so painful?”, “why is my period so heavy?”, “is it normal to get headaches right before my period?” Le’Nise Brothers takes us through each phase of our cycle, including a clear programme of nutrition and lifestyle changes. The book explains which supplements work and the key stress management habits we can implement, to bring long-lasting and sustainable changes to our hormonal balance and menstrual health. In Western society, we have accepted a cultural narrative that periods are supposed to be painful, emotional and messy. This book will be a practical guide that helps women change the way they look at their period, and finally harness the power of the fifth vital sign.

Seeing Red Mar 10 2021 A world-renowned women’s health expert reveals a bold, practical, and data-driven handbook for menstrual periods that provides an easy-to-navigate roadmap for improving your reproductive health—and your everyday quality of life. We’ve been lied to about periods. PMS, cramping, bloating, migraines, irritability, and anxiety may be extremely

common, but contrary to popular belief, they aren't normal. And they certainly aren't "just part of being a woman," despite the fact that this is what we've been told time and time again—by friends, family, and even doctors. After dedicating her entire clinical career to deconstructing the menstrual cycle, women's health expert Kirsten Karchmer knows better. During her more than twenty years of research and treating thousands of patients, Karchmer found that most period problems women experience—even the most painful ones—are totally correctable and more surprisingly reflective of overall health and fertility. In this forthright, spirited, and all-encompassing guide, Karchmer draws on her decades' worth of experience as a women's health expert to break down the myths so many women have been led to believe about their periods. For the more than 82 million women in the world who suffer from menstrual conditions, *Seeing Red* explains the importance of a healthy menstrual cycle (and how to achieve it) and why it is important to the women's movement. Menstrual cycles are not a curse, but an instrument providing women with one of the most valuable, regularly occurring, and free diagnostic tools they have, giving them access to unprecedented health and power.

Lifting the Curse of Menstruation Mar 22 2022 Here is an up-to-date view of menstruation from a feminist perspective. Despite the fact that the menstrual cycle is an integral part of women's lives, menstruation is often viewed as an illness or problem. *Lifting the Curse of Menstruation* answers essential questions about the occurrence of menstruation—from menarche to menopause—and its effects on women's lives. Experts examine the relationship of menstruation to cognitive competence and psychophysiological response, premenstrual syndrome, toxic shock syndrome, dysmenorrhea, and the relationship between psychopathology and the menstrual cycle. The contributors also discuss how menstrual cycle research has been tainted by sexism and assumptions of biological determinism, offering insightful suggestions on how future research can become more sophisticated, reliable, and valid. *Lifting the Curse of Menstruation* shatters myths and misconceptions, providing an enormous body of knowledge about the menstrual cycle that will help women to better understand their bodies and enable health care professionals to provide better informed, higher quality care.

Pediatric and Adolescent Gynecology May 12 2021 2nd, revised and extended edition building on the success of the first edition The extended contents of this second edition reflect the growing spectrum of topics in pediatric and adolescent gynecology. Like its predecessor, this book addresses the most common gynecological problems encountered in childhood medicine, including endocrinological and surgical aspects. New chapters place particular emphasis on an update of technological aspects such as ultrasound, molecular genetics, surgery in sex disorders and new problems encountered in reproductive medicine. The book opens with a comprehensive description of the background of infant and adolescent gynecology and diagnostic tools. Several chapters are devoted to the various pathologies encountered in prepubertal and adolescent girls. Contemporary social issues such as sexual abuse, sexually transmitted diseases, contraception for teenagers and teenage pregnancy are also discussed in detail. Presenting a clear plan for clinical management and treatment of frequently encountered problems in prepubertal and adolescent girls, this book should be read by pediatricians, endocrinologists, gynecologists and family practitioners.

Inner Engineering Apr 30 2020 NEW YORK TIMES BESTSELLER • Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. "A loving invitation to live our best lives and a profound reassurance of why and how we can."—Sir Ken Robinson, author of *The Element*, *Finding Your Element*, and *Out of Our Minds: Learning to Be Creative* NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY SPIRITUALITY & HEALTH The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means "dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you perceive and experience life." The wisdom distilled in this accessible, profound, and engaging book offers readers time-tested tools that are fresh, alive, and radiantly new. *Inner Engineering* presents a revolutionary way of thinking about our agency and our humanity and the opportunity to achieve nothing less than a life of joy.

Own Your Period Aug 15 2021 This fact-filled, illustrated guide to periods is bursting with positive advice on managing and understanding periods. *Own Your Period* celebrates amazing bodies—an essential handbook for all pre-teens.

The Menstrual Cycle Dec 19 2021 Anne Walker shows that women are neither the victims of raging hormonal fluctuations nor entirely unaffected by them. Unlike most previous publications that focus on menstruation (a part of the cycle), *The Menstrual Cycle* presents a well researched study of the entire menstrual cycle and its relationship to women's lives. Women's own experiences in different cultures are contrasted with medical textbook descriptions and the "normal" is found to be rather elusive. This book will be read by discourse analysts, doctors, nurses and any woman who has felt curious about her menstrual cycle and its possible effects.

50 Things You Need to Know About Periods Dec 07 2020 Everything you need to know to live in sync with your menstrual cycle. We're taught not to discuss periods in public. Society doesn't celebrate the menstrual cycle. Instead we say it's 'that time of the month' when 'Aunt Flo is visiting' and we've 'got the painters in'. But the truth is that it can be bloody hard living in a body that bleeds once a month. Have you ever stuffed a tampon up your sleeve on your way to the office bathroom? Avoided eye

contact with the cashier as you paid for your sanitary pads? Felt overwhelmed, exhausted and annoyed by your hormones? Well, you are not alone. It's time we started speaking up about our menstrual cycles, and now everyone's friendly neighbourhood period coach, Claire Baker, is here to start the conversation! Taking you through her 50 best pieces of advice, Claire explains the 'four seasons' of our menstrual cycle and how they vary hormonally to affect everything from mood, motivation and memory, to energy levels, confidence, focus and stress. You'll learn how to chart your cycle to identify your unique superpowers in each hormonal phase, the tools you need to work with your body rather than pushing against it, and that you're not crazy: it's completely natural to feel different from week-to-week. Illustrated throughout, *50 Things You Need to Know About Periods* is packed with straightforward science, cycle-syncing suggestions and relatable real life advice that encourages you to experiment with a whole new way of living and bleeding. This simple and empowering book is the perfect gift to remind someone you love - or yourself - to join the menstruation conversation, see 'the curse' as the superpower it can be and #AdoreYourCycle.

Period. the End Jun 01 2020 A guide for women in menopause.

This Period in My Life Feb 09 2021

Sanitation for Primary Schools in Africa Aug 27 2022 Produced as part of WEDC's contribution to the International Year of Sanitation 2008, this book provides easy-to-use tools for assessing sanitation, water supply and hygiene facilities in primary schools in Africa so that appropriate decisions can be made about sanitation improvements. It also presents guidelines for rehabilitating or decommissioning existing latrines; for choosing the right type of latrine where new facilities are required; for siting latrines appropriately within a school compound; and for the operation and maintenance of these facilities. A number of low-cost toilet designs suitable for many rural and peri-rural locations in Africa are also included. Written in a readable style and copiously illustrated, the book has been designed primarily for school managers and headteachers but it will also be of interest to planners, architects and engineers.

My Period Mar 30 2020 The one stop guide to getting your period. Getting your first period can be exciting - but there are a lot of questions you might be too embarrassed to ask. Like how much will I bleed? Does it hurt? How can I prepare? And what's the point of a period anyway? Separating the fact from the fiction, Milli Hill answers everything you need to know - from menstrual cups and period pants, to cramps and hormones. She'll explain how incredible your body is, what is actually going on each month and why. With guidance on choosing period products, charting your cycles and preparing a first period kit, alongside profiles of 'cycle superstars', such as Amika George, who are working to end period poverty and start open conversations around periods, this book is the complete guide to getting your period. So find your flow, bust some myths and start to feel proud of your monthly cycle and your truly amazing body!

Moonchild Oct 17 2021 *MoonChild: A Celebration of Menstruation* is a must read for every pre-teen and teenage girl and anyone who wants to understand women. Its straightforward clear wisdom will free a girl from unnecessary shame and self-judgment. Through honor and understanding a healthy foundation is set for a girl to grow into womanhood. This rare examination of menarche and menstruation will assist any girl to create healthy self-esteem for herself, her relationships and her creativity throughout her life. The book's insights demystify the physical, emotional and social implications of this important passage into womanhood. *MoonChild* includes preparation for menstruation, tips on hygiene, self-care and empowering ceremonies including the firsthand story of a Navajo girl's experience. Conscious preparation and awareness of the menstrual cycle is vital to the physical and emotional well being of a girl. Understanding the cycle of menstruation in conjunction with the lunar cycle adds a larger dimension to a girl's experience.

Menstruation and Procreation in Early Modern France Jan 28 2020 Early modern bodies, particularly menstruating and pregnant bodies, were not stable signifiers. *Menstruation and Procreation in Early Modern France* presents the first full-length discussion of menstruation and its uncertain connections with embodied sex, gender and reproduction in early modern France. Attitudes to menstruation are explored in three inter-linked arenas: medicine, moral theology and law across the sixteenth to the eighteenth centuries. Drawing on a wide range of diverse sources, including court records and private documents, the author uses case studies to explore the relationship between the exceptional corporeality of individuals and attempts to construct menstrual norms, reflecting on how early modern individuals, lay or otherwise, grappled with the enigma of menstruation. She analyzes how early modern men and women accounted for the function, recurrence and appearance of menstruation, from its role in maintaining health to the link between other physiological and bodily processes, including those found in both male and female bodies. She questions the assumption that menstruation was exclusively associated with women by the second half of the eighteenth century, arguing that whilst sex-related, menstruation was not sex-specific even at the turn of the nineteenth. Menstruation remains a contentious topic today. This book is not, therefore, simply a study of periods in early modern France, but is also of necessity an exploration about the nature and constitution of historical evidence, particularly bodily evidence and how historians use this evidence. It raises important questions about the concept of certainty and about the value of observation, testimony, expertise, the nature of language and the construction of bodily truths - about the body as witness and the body as evidence.

Period Power Jan 08 2021 'Hill's advice is straightforward and no-nonsense' - The Guardian 'A life-transforming book... fascinating' - Daily Mail 'Maisie Hill has written a bloody brilliant book (pun intended). Everything you need to know about periods and how they affect you and your life is here. It's revolutionary' - Miranda Sawyer 'Thank GOODNESS for Maisie Hill! Flipping open the lid on a vital conversation. It's about time we claimed the power of our periods!' - Gemma Cairney, broadcaster & co-founder of Boom Shakalaka Productions 'This is such an important book. Maisie's insights and cycle strategy have changed my life and my cycle. *Period Power* is written with such intelligence, humour and a deep understanding of women's health. If you have a period you need to read this book.' - Anna Jones, author of *The Modern Cook's Year* A profound and practical blueprint for aligning daily life with your menstrual cycle. *Period Power* is the handbook to periods and hormones that will leave you wondering why the hell nobody told you this sooner. The hormones of the menstrual cycle profoundly

influence our energy, mood and behaviour, but all too often we're taught that our hormones make us unreliable, moody bitches, or that it's our lot in life to put up with 'women's problems'. Maisie Hill, a women's health practitioner, knows the power of working with the menstrual cycle and refuses to accept this theory. Instead, Maisie believes that our hormones are there to serve us and, if utilized correctly, can be used to help you get what you want out of life. Yes, we are hormonal, and that's a very good thing. This revolutionary book reveals everything you need to know about taking control of your menstrual cycle and outlines The Cycle Strategy to help us perform at our best, throughout our cycle. In *Period Power* you will discover how to: - maximise your natural superpowers each month while making adjustments for the darker days, and use Maisie's favourite tips to improve them - identify your personal patterns, powers and pitfalls for each phase of the menstrual cycle - plan your month to perform at your best in all aspects of your life - figure out if you have a hormonal imbalance and what to do about it. *Period Power* is a no-nonsense guide with all the tools you need to improve your menstrual health.

Clinical Gynecology Dec 27 2019 Written with the busy practice in mind, this book delivers clinically focused, evidence-based gynecology guidance in a quick-reference format. It explores etiology, screening, tests, diagnosis, and treatment for a full range of gynecologic health issues. The coverage includes the full range of gynecologic malignancies, reproductive endocrinology and infertility, infectious diseases, urogynecologic problems, gynecologic concerns in children and adolescents, and surgical interventions including minimally invasive surgical procedures. Information is easy to find and absorb owing to the extensive use of full-color diagrams, algorithms, and illustrations. The new edition has been expanded to include aspects of gynecology important in international and resource-poor settings.

On the Edge of the Auspicious Jul 02 2020 People of lower caste live throughout the villages of Nepal but have been noticeably absent from ethnographic accounts of the Himalayan region. Starting from the perspective of lower-caste Hindu women, Mary M. Cameron offers a long-overdue study of artisans and farmers in western Nepal. *On the Edge of the Auspicious* skillfully shows the connections between caste hierarchy and gender relations leading to domestic, economic, and religious power of lower-caste women. Situating her study in the history of land ownership and contemporary family and work relations, Cameron explains how and why patriarchal ideology associated with high-caste families in Nepal does not apply to women of lower caste. Drawing on data from work, family, and religious domains, this ethnography goes further than other current studies of caste hierarchy in South Asia to show the everyday material and ideological dimensions of domination and lower-caste people's resistance to them..

The Period Book Sep 04 2020 Explains what happens at the onset of menstruation, discussing what to wear, going to the gynecologist, and how to handle various problems. Suggested level: primary, intermediate, junior secondary.

Moon Menstrual Calendar Apr 23 2022 It's created for women and human beings who identify themselves as women. Menstrual Moon Calendar is for you if you desire to: *Reclaim the wisdom of your body and your feminine power *Gain a deeper awareness and understanding of your unique menstrual cycle *Learn to live in harmony and alignment with your moon cycle *Make an empowered choices to consciously create and plan your life in alignment with your cycle What is included: *Description of the 4 phases of the Moon and Menstrual Cycle *Practical tools and recommendations that will support your physical and emotional well-being during each phase of your menstrual cycle *Reflection Questions for each phase to connect you deeper with your inner truth *Calendar/Journal for you to fill in for 12 months to track your cycle, emotions and feelings *New Moon and Full Moon Intentions for each new cycle

The Period Book Jun 25 2022 This bestselling, essential illustrated guidebook for adolescent girls is a trusty friend that can help girls feel confident about this new phase of their lives. What is my period exactly? Do I need to see a doctor? What does it feel like to wear a pad? What if I get my period at school? Karen Gravelle and her fifteen-year-old niece, Jennifer Gravelle, have written a down-to-earth and practical book that answers any questions you might have about your period, from what it is and what it feels like, to how to choose pads and tampons, to how to talk to your parents about it. *The Period Book* will help guide you through all the physical, emotional, and social changes that come with your period, as well as related issues like dealing with pimples, mood swings, and new expectations from friends and family. Debbie Palen's funny and sympathetic cartoons ease the confusion and exasperation you might feel, and celebrate the new sense of power and maturity that your period can bring.

Blood, Bread, and Roses Sep 23 2019 The feminist author of *Another Mother Tongue* offers a mythographic study of the interconnections among ancient menstrual rites and the development of agriculture, mathematics, writing, calendars, and other realms of knowledge.

Red Moon Jul 22 2019 Dark, moving and original, a story of family, survival, and getting on with life... Flynn Sinclair understands pack loyalty – for years as his Alpha father's enforcer, he has done things in the name of duty that he can't ever forget. But the vast expanse of Alaska offers him a peace he's never known. Alone, removed from pack life, he can focus on his research and try to forget his life before. But duty has a way of inviting itself in, and Flynn finds himself doing two reckless things in one week: leaving the safety of Alaska to save his brother Connor's life, and unwittingly falling in love with Evie Thompson, a woman who doesn't deserve to be drawn into his terrifying world. Connor carries news of their father's descent into madness, and it looks like neither geography nor Flynn's attempts at disengagement will put off a confrontation. Flynn had finally begun to believe that he might deserve something good in his life – something like Evie – but to move forward in the light, he must first reconcile with the dark.

The Palgrave Handbook of Critical Menstruation Studies Oct 29 2022 This open access handbook, the first of its kind, provides a comprehensive and carefully curated multidisciplinary and genre-spanning view of the state of the field of Critical Menstruation Studies, opening up new directions in research and advocacy. It is animated by the central question: “what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course?” The chapters—diverse in content, form and perspective—establish Critical Menstruation Studies as a potent lens that reveals, complicates and unpacks inequalities across biological, social, cultural and historical dimensions. This handbook is an

unmatched resource for researchers, policy makers, practitioners, and activists new to and already familiar with the field as it rapidly develops and expands.

About Bloody Time Oct 25 2019

Be Period Positive Sep 28 2022 Period positivity starts with asking questions. This informative, irreverent, and absorbing book covers all your period-related questions - why they're taboo (and needn't be) and how to navigate the whole bleeding thing, from first periods to fertility, euphemisms to uteruses, menstrual products to menopause. Let's get period positive. It's about bloody time. Feel your best at any time of the month! This science-backed menstruation book is full of good advice and friendly tips to give you the tools to re-frame your thinking and learn to love your cycle. This frank, funny, and fascinating menstruation guide from Period Positive movement founder and menstrual researcher, Chella Quint's offers: - A practical, science-backed guide to your period with arresting infographics, and anatomical diagrams - Answers to all your period-related questions, exploring topics like the functions and effects of hormones, when periods "normal" or "abnormal," hormonal birth control, sex, fertility, pregnancy - Explanations of common female health conditions such as PCOS and endometriosis Light or heavy, early or late, painful or painfully bad timing - periods can be a nightmare. With its beautiful visuals and question and answer format, *Be Period Positive* provides practical advice on managing the common symptoms most women have during their period - from easing cramps to using a menstrual cup, coming off the pill and managing PMS. Find answers to the common period myths like whether your menstrual cycle is linked to the moon or if period syncing is a thing. Explore how periods evolved and what is going on in your body to deepen your understanding of your cycle. This period positive book includes sections that will help you "hack your period". Learn how adapting your diet, exercise, and other strategies can help you manage hormonal fluctuations' physical and emotional effects. Learn how to recognise when you're at your most receptive, creative, and vulnerable so that you can get the best out of every stage of your cycle.

Self-Care Down There Nov 18 2021 Take control of your vaginal health and bring your own standards of beauty to your intimate parts with this book offering frank, practical, and accurate beauty and wellness advice for the vagina and surrounding area. Get the lowdown on how to take care of your nether regions with this fun and frank guide focused on helping you maintain your private parts. Covering everything from everyday cleanliness to internal and external safe health advice as well as tips regarding the groom-or-not-to-groom debate and sex-friendly good habits to practice, *Self-Care Down There* will help you keep your private parts in tip-top shape while expressing the true you! Founder and CEO of IM With Periods and menstrual cycle charting coach Taqdir Kaur Bhandal has dedicated her career to offering wellness advice to women. Whether it's period charts or sustainable period products, *Self-Care Down There* is an essential and practical guide to feminine care and the wellbeing of all genders.

The Autism-Friendly Guide to Periods Nov 06 2020 Written by autistic author Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation. Created in consultation with young people, an online survey and a group of medical professionals, this is a book that teaches all people about periods, which can be a scary and overwhelming issue. Promoting the fact that everyone either has periods or knows someone who does, the book reduces the anxiety girls face in asking for help. It offers direct advice on what periods look and feel like and how to manage hygiene and pain. It also breaks up information using flaps and step-by-step photos of how to change pads and tampons, it discusses alternatives to tampons and pads, and gives information about possible sensory issues for people with autism.

Menstrupedia Comic Jun 13 2021

The Managed Body Feb 21 2022 *The Managed Body* productively complicates 'menstrual hygiene management' (MHM)—a growing social movement to support menstruating girls in the Global South. Bobel offers an invested critique of the complicated discourses of MHM including its conceptual and practical links with the Water, Sanitation and Hygiene (WASH) development sector, human rights and 'the girling of development.' Drawing on analysis of in-depth interviews, participant observations and the digital materials of NGOs and social businesses, Bobel shows how MHM frames problems and solutions to capture attention and direct resources to this highly-tabooed topic. She asserts that MHM organizations often inadvertently rely upon weak evidence and spectacularized representations to make the claim of a 'hygienic crisis' that authorizes rescue. And, she argues, the largely product-based solutions that follow fail to challenge the social construction of the menstrual body as dirty and in need of concealment. While cast as fundamental to preserving girls' dignity, MHM prioritizes 'technological fixes' that teach girls to discipline their developing bodies vis a vis consumer culture, a move that actually accommodates more than it resists the core problem of menstrual stigma.

On Female Body Experience Sep 16 2021 Written over a span of more than two decades, the essays by Iris Marion Young collected in this volume describe diverse aspects of women's lived body experience in modern Western societies. Drawing on the ideas of several twentieth century continental philosophers--including Simone de Beauvoir, Martin Heidegger, Luce Irigaray, Julia Kristeva, and Maurice Merleau-Ponty--Young constructs rigorous analytic categories for interpreting embodied subjectivity. The essays combine theoretical description of experience with normative evaluation of the unjust constraints on their freedom and opportunity that continue to burden many women. The lead essay rethinks the purpose of the category of "gender" for feminist theory, after important debates have questioned its usefulness. Other essays include reflection on the meaning of being at home and the need for privacy in old age residences as well as essays that analyze aspects of the experience of women and girls that have received little attention even in feminist theory--such as the sexuality of breasts, or menstruation as punctuation in a woman's life story. Young describes the phenomenology of moving in a pregnant body and the tactile pleasures of clothing. While academically rigorous, the essays are also written with engaging style, incorporating vivid imagery and autobiographical narrative. *On Female Body Experience* raises issues and takes positions that speak to scholars and students in philosophy, sociology, geography, medicine, nursing, and education.

Moon Time May 24 2022 *Moon Time* shares a fully embodied understanding of your menstrual cycle. Full of practical insight,

empowering resources, creative activities and passion, this book will put you back in touch with your body's wisdom. . Learn to live in flow with your female body . Find balance in your life and work through charting your cycle . Heal PMS naturally . Connect to your innate creativity . Create a red tent or moon lodge Whether you are coming off the Pill, wanting to understand your fertility, struggling with PMS, healing from womb issues, are coming back to your cycles after childbirth ... or just want a deeper understanding of your body. Moon Time is for you. With over 45 pages of additional material including: . Fertility charting . Creating ceremonies: menarche, mother blessing, menopause Moon phases . Expanded and fully-updated resource section.

It's That Time Again Feb 27 2020 A kind, comprehensive Hanafi guide to fiqh (Islamic Law) regarding menstruation and other related women's issues from a female student of knowledge.

Menstruation Matters Jan 20 2022 Explores the burgeoning menstrual advocacy movement and analyzes how law should evolve to take menstruation into account. Approximately half the population menstruates for a large portion of their lives, but the law is mostly silent about the topic. Until recently, most people would have said that periods are private matters not to be discussed in public. But the last few years have seen a new willingness among advocates and allies of all ages to speak openly about periods. Slowly around the globe, people are recognizing the basic fundamental human right to address menstruation in a safe and affordable way, free of stigma, shame, or barriers to access. Menstruation Matters explores the role of law in this movement. It asks what the law currently says about menstruation (spoiler alert: not much) and provides a roadmap for legal reform that can move society closer to a world where no one is held back or disadvantaged by menstruation. Bridget J. Crawford and Emily Gold Waldman examine these issues in a wide range of contexts, from schools to workplaces to prisons to tax policies and more. Ultimately, they seek to transform both law and society so that menstruation is no longer an obstacle to full participation in all aspects of public and private life.

Menstruation and the Female Body in Early Modern England Oct 05 2020 In early modern English medicine, the balance of fluids in the body was seen as key to health. Menstruation was widely believed to regulate blood levels in the body and so was extensively discussed in medical texts. Sara Read examines all forms of literature, from plays and poems, to life-writing, and compares these texts with the medical theories.

Is Menstruation Obsolete? Jun 20 2019 *Is Menstruation Obsolete?* argues that regular monthly bleeding is not the "natural" state of women, and that it actually places them at risk of several medical conditions of varying severity. The authors maintain that while menstruation may be culturally significant, it is not medically meaningful. Moreover, they propose that suppressing menstruation has remarkable health advantages. Because of cultural changes, shorter durations of breast feeding, and birth control, the reproductive patterns of modern women no longer resemble that of their Stone age ancestors. Women have moved from the age of incessant reproduction to the age of incessant menstruation. Consequently, they often suffer from clinical disorders related to menstruation: anemia, endometriosis, and PMS, just to name a few. The authors encourage readers to recognize what has gone previously unnoticed that this monthly discomfort is simply not obligatory. They present compelling evidence that the suppression of menstruation is a viable option for women today, and that it can be easily attained through the use of birth control pills. In fact, they reveal that contraceptive manufacturers, knowing that many women equate menstruation with femininity and that without monthly bleeding would fear that they were pregnant, engineered pill dosage regimens to ensure the continuation of their cycles. Indeed, throughout history societies have assigned menstruation powerful meaning, and *Is Menstruation Obsolete?* presents a fascinating history of how menstruation inspired doctors to try therapeutic bleeding for a variety of ailments, and how this therapy remained dominant in Western medicine until the early 20th century. *Is Menstruation Obsolete?* offers women a fresh view of menstruation, providing them with the information they need to make progressive choices about their health. This is a message whose time has come.

A Girl's Guide to Puberty & Periods Jul 14 2021 *A Girl's Guide to Puberty and Periods* is a body-positive illustrated book that helps girls, ages 9-14, understand what to expect about puberty and everything that goes with it. The book shares "my first period" stories from girls across the U.S. of all backgrounds to help your child understand that everything they are going through is okay and normal. Parents will appreciate that the book also incorporates factual health content and practical tips developed by health experts at Columbia University. The goal is to empower girls to feel more confident and knowledgeable about their changing bodies.