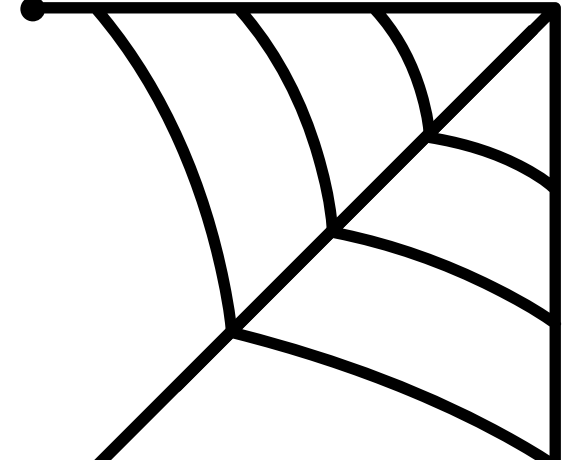




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WELCOME TO

SUSTAINABLE SATURDAY

WITH KINETRIC WELLNESS



WARNING:
THIS POST TALKS ABOUT PERIODS



While there's nothing more natural than monthly menstruation, we understand no everyone wants to talk about it. If you're not a person with a period or if you just find it an uncomfortable topic, feel free to skip this Sustainable Saturday.

#sustainablesaturdays



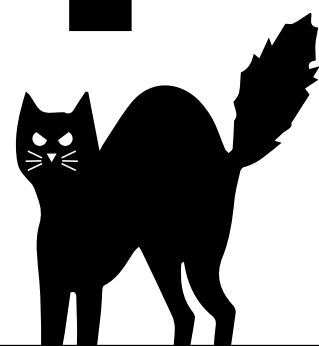
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WELCOME TO

SUSTAINABLE SATURDAY

WITH KINETRIC WELLNESS



LEARN HOW TO MAKE



(SMALL)

CHANGES

THAT MAKE A BIG

IMPACT

#sustainablesaturdays



CONSIDER SWAPPING PERIOD PRODUCTS

PERIODS CAN BE A SCARY TOPIC

YKNOW WHAT'S SCARIER?

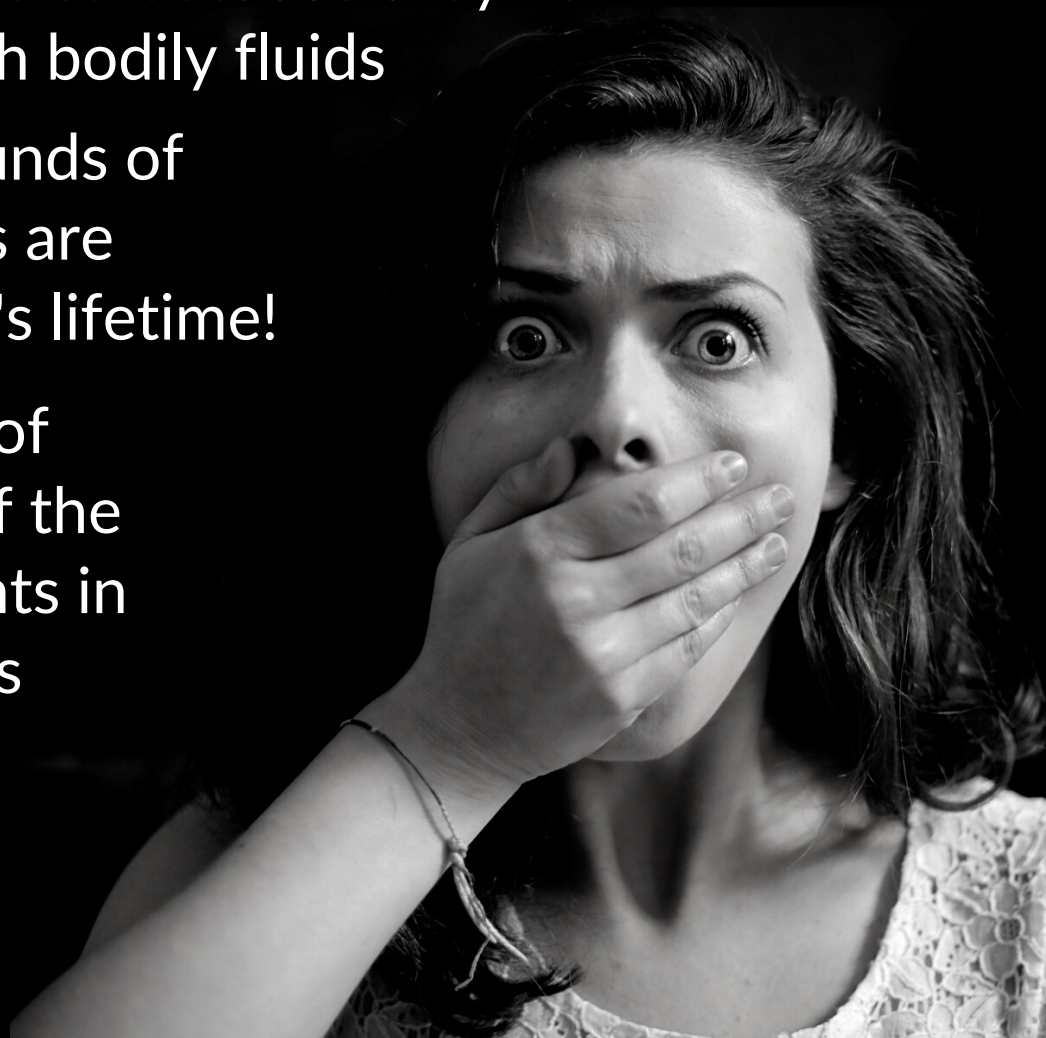
WHAT SOME PERIOD PRODUCTS ARE MADE OF!

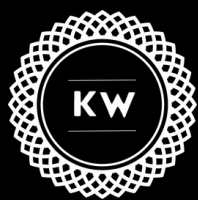
One of the most terrifying things I kept finding at the beach cleanup with **The Local Fix** @njlocalfix was

TAMPON CARTRIDGES.

Don't ask me why or how they got there, but there they were. In fact there's more plastic in our period products than we might expect. Here are the spooky facts:

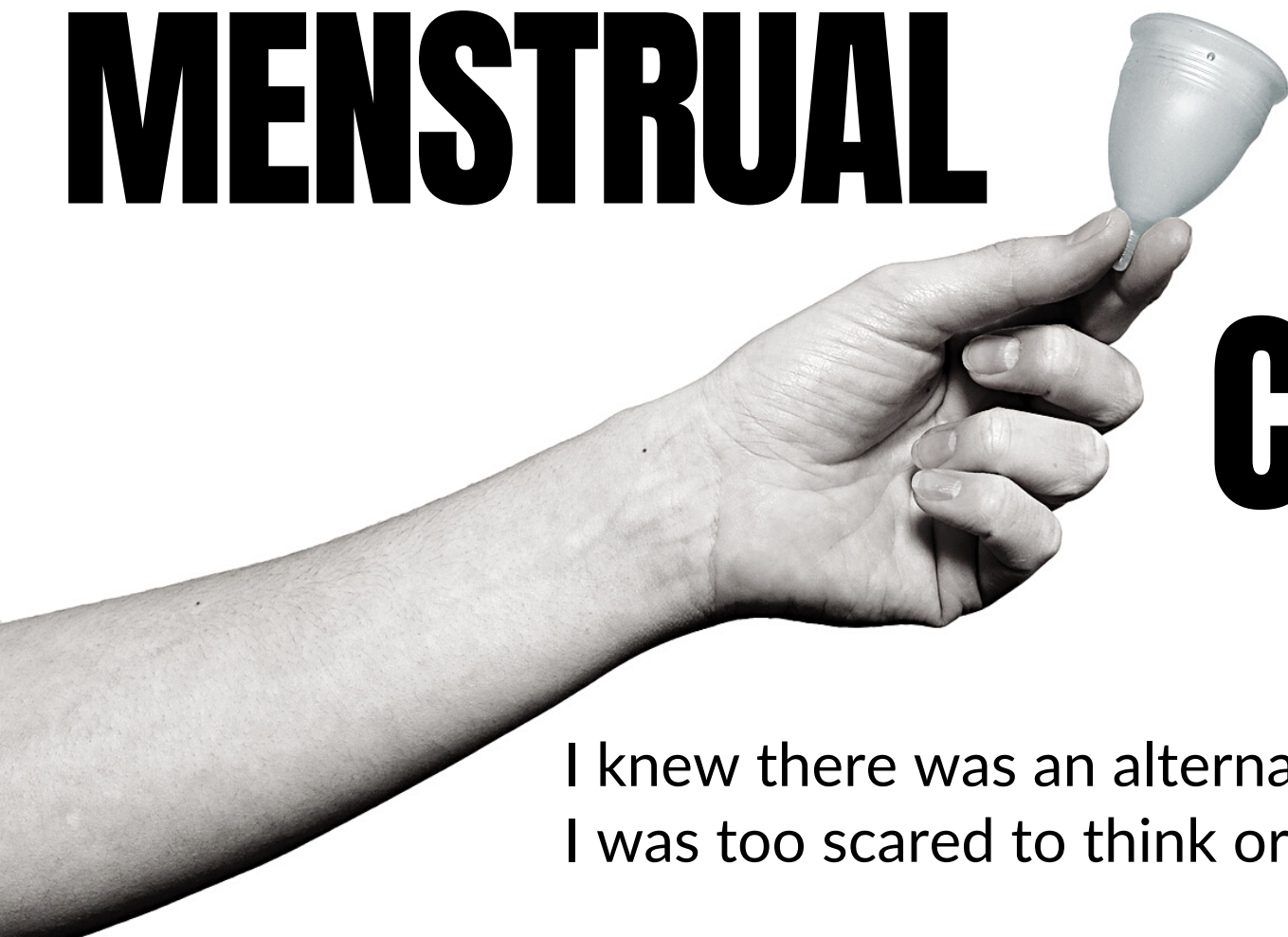
- Plastic is found in all layers of standard sanitary pads (possibly making up 90% of the product.) Some pads contain up to four plastic bags worth of plastic.
- The Ocean Conservancy **collected 27,938** used tampons and applicators on beaches around the world **in a single day** in 2015.
- Even if they're "recyclable" many tampon applicators cannot be recycled because they've been contaminated with bodily fluids
- On average 62,415 pounds of period related materials are disposed of in a person's lifetime!
- There is a MAJOR lack of transparency in some of the chemicals and ingredients in the tampons themselves





TRY THESE SWAPS INSTEAD!

MENSTRUAL



CUPS

I knew there was an alternative but I was too scared to think or talk about it.

I decided to ask some friends if they have tried the constantly appearing ads of period underwear or menstrual cups. It's not surprising that most people said they'd heard about them but never tried because of fear or disgust.

But Why?

There's the gross out factor:

It's not a fun thing that happens to us in the first place. If we had a choice not to deal with **any** bodily fluids EVER, I think we'd all take that option, regardless if we had periods or not. So, it's possible thinking about getting even closer to those substances like blood (and mucus and clots) *is* kinda gross.

There's the embarrassment factor:

Periods already have so much social and cultural stigma around them, that's hard to break. Also, no one wants to deal with a unexpected leak on their white slacks during a presentation.

Then there's just logistics:

How do I get it *UP THERE*? How do I get it out?
What if I'm not home?



TRY THESE SWAPS INSTEAD!

MENSTRUAL CUPS

While these are valid concerns, let's go through some of the cup basics and see if they're founded!

- As the name implies, a menstrual "CUP" (or disc depending on its shape) collects, rather than absorbs liquid like a pad or tampon.
- Once inserted, a proper sized cup forms a seal onto the walls of your vagina. You can exercise, run, and even swim with a menstrual cup in!
- Cups hold 4-6x more than a single tampon or pad so you *can* wear it for a longer time than you may be used to
- A Cup should be emptied every 10-12 hours.
- Getting the cup in and out will take some practice. There are plenty of helpful resources and videos at @PutACupInIt



(This is a disc)



TRY THESE SWAPS INSTEAD!

MENSTRUAL CUPS

THE COST*

The average cost of a menstrual cup can be from \$20 - \$40, which may seem a little steep at first but, consider the cost of the alternative over time:

"On average, a woman has her period from three to seven days and the average woman menstruates from age 13 until age 51. That means the average woman endures some 456 total periods over 38 years..."

LINERS & PADS

5 liners per cycle x 456 periods = 2,280 pads.
At 36 pads per box, that's 63.3 boxes x \$7 = \$443.33

TAMPONS

1 tampon every 6 hours = 4 tampons per day x 5 days of a period = 20 tampons per cycle x 456 periods = 9,120 tampons.

At 36 tampons per box, that's 253.3 boxes x \$7 = \$1,773.33

IT. ADDS. UP.



*Information & figures from The Huffington Post



CONSIDER THESE OPTIONS

If you've heard of menstrual cups, you're probably aware of brands like the DIVA Cup or the Mooncup. Here are a few others that had some features we liked. Again, what you need will depend on your body. Visit resources like @putacupinit for quizzes and charts about what could work best for you!

My Choice?

The Flex Cup

**Good for beginners because of the patented loop pull-tab. Available at Target!
\$34.99**



Lena Cup

**Shipped in sustainable packaging made from recyclable paper and vegetable-based inks. Good for beginners.
\$24.90**





CONSIDER THESE OPTIONS



Saalt Cup

**A Certified B- Corp!
They support sustainable initiatives worldwide, and provide cups to girls in need.**

\$29.00

Intimina's Lily Cup

**Can be rolled as thin as a tampon.
No-spill rim.
Perfect for users with a higher cervix.
\$29.95**



Lumma Discs

If you've tested the waters of menstrual cups with a soft disc, this is the most comparable AND it has a helpful pull cord which can be trimmed.



\$45.00



OTHER CONSIDERATIONS

If you're not ready for the cup just yet, here are some options to consider to increase your period's sustainability.

PERIOD UNDERWEAR

The Period Company's underwear comes in a variety of styles and can absorb a whole 8 hour day of heavy bleeding.

Also - Their packaging (shown here) is made from cassava root and will decompose in 30 days!



REUSABLE APPLICATOR

DAME can be used with most standard-sized non-applicator tampons but they also sell organic tampons. The applicator made of medical grade materials that contain innovative Sanipolymers® that actively stave off bacteria and germs to ensure your applicator is safe and hygienic.