

## **Read Book Girls Only All About Periods And Growing Up Stuff Pdf For Free**

**Girls Only! HelloFlo: The Guide, Period. The Period Passport Susan's Growing Up The Palgrave Handbook of Critical Menstruation Studies The Period Book The Autism-Friendly Guide to Periods Women's Health Vagina University Period Repair Manual Periods... Just Why? Red Moon Gang Menstrupedia Comic Periods Gone Public You Can Have a Better Period Sex Training in the Home A Girl's Guide to Puberty & Periods Menstruation Matters Periods in Pop Culture A Brief Theology of Periods (Yes, really) Vaginas and Periods 101 Ovarian Cycle Period. End of Sentence. Welcome to Your Period! The Period Comic Period Power Estimation of the Time Since Death The Period Book Control of Ovulation Womens Issues Made Simple Sex Training in the Home Own Your Period Period Womancode Pandemic Influenza Preparedness and Response The Curse The Hormone Diaries The Promise of Adolescence CDC Yellow Book 2018: Health Information for International Travel Menstruation Rickettsial Diseases**

***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. Excerpt from Sex Training in the Home: Plain Talks on Sex Life Covering All Periods and Relationships From Childhood to Old Age What are the physical requirements of both male and female necessary to happy marriages? What should be the sexual relations of husband and wife during pregnancy, or during the wife's menstrual periods? About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at [www.forgottenbooks.com](http://www.forgottenbooks.com) This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works. 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. Periods in Pop Culture:***

***Menstruation in Film and Television*, by Lauren Rosewarne, investigates the portrayals of menstruation in film and television, spotlighting a paradox of a common bodily occurrence still causing controversy, fear, and offense. This is the first book to focus exclusively on media representations of menstruation and to undertake a comprehensive analysis of its depictions. 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. PERIOD founder and Harvard College student Nadya Okamoto offers a manifesto on menstruation and why we can no longer silence those who bleed—and how to engage in youth activism. Throughout history, periods have been hidden from the public. They're taboo. They're embarrassing. They're gross. And due to a crumbling or nonexistent national sex ed program, they are misunderstood. Because of these stigmas, a status quo has been established to exclude people who menstruate from the seat at the decision-making table, creating discriminations like the tampon tax, medicines that favor male biology, and more. *Period Power* aims to explain what menstruation is, shed light on the stigmas and resulting biases, and create a strategy to end the silence and prompt conversation about periods. A provocative look at the way our culture deals with menstruation. *The Curse* examines the culture of concealment that surrounds menstruation and the devastating impact such secrecy has on women's physical and psychological health. Karen Houppert combines reporting on the potential safety problems of sanitary products--such as dioxin-laced tampons--with an analysis of the way ads, movies, young-adult novels, and women's magazines foster a "menstrual etiquette" that leaves women more likely to tell their male colleagues about an affair than brazenly carry an unopened tampon down the hall to the bathroom. From the very beginning, industry-generated instructional films sketch out the parameters of acceptable behavior and teach young girls that bleeding is naughty, irrepressible evidence of sexuality. In the process, confident girls learn to be self-conscious teens. And the secrecy has even broader implications. Houppert argues that industry ad campaigns have effectively stymied consumer debate, research, and safety monitoring of the sanitary-protection industry. By telling girls and women how to think and talk about menstruation, the mostly male-dominated media have set a tone that shapes women's experiences for them, defining what they are allowed to feel about their periods, their bodies, and their sexuality. 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. *Period Repair Manual* is your guide to better periods using natural treatments such as diet, nutritional supplements, herbal medicine, and natural hormones. It contains advice and tips for women of every age and situation. If you have a period (or want a period), then this book is for you. Topics include: \* How to come off hormonal birth control \* What your period should be like\* What can go wrong \* How to talk to your doctor \* Treatment protocols for all common period problems, including PCOS and endometriosis The second edition contains insights from Professor Jerilynn Prior, more than 300 new references, and an additional chapter on perimenopause and menopause. Written by a naturopathic doctor with more than twenty years experience, this book is a compilation of everything that works for hormonal health. This frank, funny guide to getting your period gives preteens all they need to master—and even celebrate!—menstruation. Getting your period for the first time can be mortifying, weird, and messy—and asking questions about it can feel even worse. But it doesn't have to be that way. This taboo-free guide is packed with honest advice and big-sisterly wisdom on all the things girls need to know: from what**

**cramps feel like to whether you can feel blood coming out, to what you should do if your pad leaks onto your clothes. Welcome to Your Period includes case studies, first-person accounts, questions from real teens, and answers from health journalist Yumi Stynes and adolescent health specialist Melissa Kang, MD. Cheerful illustrations keep the tone fun, and help with how-tos on different period supplies. There are even suggestions for throwing a first-period party. With its inclusive, body-positive message, pocket size, and reassuring vibe, this must-have menstruation manual will make girls feel not only normal but proud. This guidance is an update of WHO global influenza preparedness plan: the role of WHO and recommendations for national measures before and during pandemics, published March 2005 (WHO/CDS/CSR/GIP/2005.5). From beloved New York Times bestselling author and award-winning journalist Anita Diamant comes a timely collection of essays to help inspire period positive activism around the globe. When *Period. End of Sentence* won an Oscar in 2019, the film's co-producer and Executive Director of The Pad Project, Melissa Berton, told the audience: "A period should end a sentence, not a girl's education." Continuing in that revolutionary spirit and building on the momentum of the acclaimed documentary, this book outlines the challenges facing those who menstruate worldwide and the solutions championed by a new generation of body positive activists, innovators and public figures. Including interviews from people on the frontlines—parents, teachers, medical professionals, and social-justice warriors —*Period. End of Sentence.* illuminates the many ways that menstrual injustice can limit opportunities, erode self-esteem, and even threaten lives. This powerful examination of the far-ranging and quickly evolving movement for menstrual justice introduces today's leaders and shows us how we can be part of the change. Fearless, revolutionary, and fascinating, *Period. End of Sentence.* is an essential read for anyone interested in empowering women, girls, and others around the world. To learn more about The Pad Project, go to [ThePadProject.org](http://ThePadProject.org).**

**THE ESSENTIAL WORK IN TRAVEL MEDICINE -- NOW COMPLETELY UPDATED FOR 2018** As unprecedented numbers of travelers cross international borders each day, the need for up-to-date, practical information about the health challenges posed by travel has never been greater. For both international travelers and the health professionals who care for them, the *CDC Yellow Book 2018: Health Information for International Travel* is the definitive guide to staying safe and healthy anywhere in the world. The fully revised and updated 2018 edition codifies the U.S. government's most current health guidelines and information for international travelers, including pretravel vaccine recommendations, destination-specific health advice, and easy-to-reference maps, tables, and charts. The 2018 Yellow Book also addresses the needs of specific types of travelers, with dedicated sections on:

- Precautions for pregnant travelers, immunocompromised travelers, and travelers with disabilities
- Special considerations for newly arrived adoptees, immigrants, and refugees
- Practical tips for last-minute or resource-limited travelers
- Advice for air crews, humanitarian workers, missionaries, and others who provide care and support overseas

**Authored by a team of the world's most esteemed travel medicine experts, the Yellow Book is an essential resource for travelers -- and the clinicians overseeing their care -- at home and abroad. 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. This is a story about what can happen to a girl when she starts her period. People do not need to be able to read in order to**

**understand the story. Susan does not understand what is happening to her when she finds blood on her sheets and clothes. She does not tell her mother, but goes straight to school. In the playground, other girls giggle and point at the blood stains. Susan doesn't know why they are laughing at her. A teacher notices what is happening and calls Susan aside to explain what menstruation is, and how she should look after herself. Susan's mother provides further reassurance on her return home from school. She shows Susan how to keep herself clean and comfortable. Susan has become a woman, and her mother takes her shopping to celebrate. Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the 'Our Bodies, Ourselves of this generation', provides an insightful foreword. In this collection, writers of various ages and across racial, cultural, and gender identities share stories about the period. Each of the 12 authors brings an individual perspective and sensibility. Told with warmth and humor, these essays celebrate all kinds of period experiences. Illustrations. 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. "What we love most about this book (which we'll be gifting to our tween cousins, nieces, and daughters!) is the empowering message woven throughout: that 'your body is your body,' as Bloom puts it, and you're the only one who gets to decide what to do with it." — Health.com "Full of practical advice, helpful explanations, and messages of encouragement...Period." — Parents.com From the founder of HelloFlo, a modern and insightful guide to periods and puberty for a new generation When will I get boobs? Does wearing a tampon hurt? What's the deal with menstrual cups? Seriously, when will I get boobs? Honest, funny, and unafraid of the messy, real-life facts about a girl's changing body, this is definitely not your mother's puberty book. HelloFlo founder Naama Bloom's mission is to create informed, empowered young women who are unafraid to ask questions and make the best choices for themselves and their bodies. A celebration of women's bodies and all the confusing, uncomfortable, silly, transformative, and powerful changes that occur during puberty. This full-color book—written by HelloFlo founder, Naama Bloom, and journalist Glynnis MacNicol—features bright, diverse, approachable illustrations and infographics, doctor-vetted information, and personal testimonials from real girls and women. 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. Class is in session! From IUDs to UTIs, periods to pregnancy, and menstrual cups to cervical caps, Women's Health Vagina University teaches the modern woman everything you need to know about your most intimate parts—even if you are uncomfortable saying "vagina" out loud. Women's Health Vagina University challenges stigmas directed at women's bodies and sexuality, offers advice and support, and explains how your vagina's health can impact your overall health. It also includes:**

- A quick overview of all things anatomical and biological that you learned in health class in middle school. The birds and the bees haven't changed, but even the teacher's pet can use a refresher!
- Information on choosing the right gynecologist, birth control, period solution, and anything else a woman might have to choose in any circumstance. It is her right, after all.
- Eye-opening and entertaining facts about the history of women's healthcare and vagina-related issues all over the world.
- Straightforward guide to all the signs and symptoms that show up when there is something wrong down there and a trip to the OB-GYN is just what the doctor ordered.
- Body- and sex-positive discussions about consent, pleasure in its many forms, and achieving the all-important O in a world filled with stereotypes and misinformation.
- Myth-busting truth-bombs that separate the cold, hard facts from the old wives tales, distortions, and misleading political rhetoric.

**Women's Health Vagina University aims to dispel the myths, unpack the lies, explain laws, and define words that confuse and limit women, and empower you to take full control of your health, your bodies, and your futures. Check out all the facts about periods and growing up with this essential guide for girls only This book focuses on the practicalities of periods, the social and personal implications of starting your period, and the physical and emotional developments in puberty. It tells you what happens and when, what you need to know, and how to prepare. It answers all the questions girls are dying to ask, but aren't, in a clear, friendly way, using real-life examples. It's the perfect first book about periods for girls of primary school age as it provides information at the right level. The tone is positive and reassuring, and complemented by quirky illustrations throughout.**

**Adolescence—beginning with the onset of puberty and ending in the mid-20s—is a critical period of development during which key areas of the brain mature and develop. These changes in brain structure, function, and connectivity mark adolescence as a period of opportunity to discover new vistas, to form relationships with peers and adults, and to explore one's developing identity. It is also a period of resilience that can ameliorate childhood setbacks and set the stage for a thriving trajectory over the life course. Because adolescents comprise nearly one-fourth of the entire U.S. population, the nation needs policies and practices that will better leverage these developmental opportunities to harness the promise of adolescence—rather than focusing myopically on containing its risks. This report examines the neurobiological and socio-behavioral science of adolescent development and outlines how this knowledge can be applied, both to promote adolescent well-being, resilience, and development, and to rectify structural barriers and inequalities in opportunity, enabling all adolescents to flourish. The only available reference to comprehensively discuss the common and unusual types of rickettsiosis in over twenty years, this book will offer the reader a full review on the bacteriology, transmission, and pathophysiology of these conditions. Written from experts in the field from Europe, USA, Africa, and Asia, specialists analyze specific patho**

**What does the Bible say about periods? The average woman has 500 periods in her lifetime. And whether yours are mildly annoying, utterly debilitating or emotionally complicated, most of us have at one time or another asked: Why?! This warm, light-hearted, real, honest and at times surprising book gives a biblical perspective on menstruation, as well as a whole lot more. Beginning with periods, Rachel Jones takes readers on an adventure in theology, weaving together wide-ranging reflections on the nature of our bodies, the passing of time, the purpose of pain, and the meaning of life. One thing is for sure: you've never read a Christian book quite like this one. Whether you're in need of hope and help, or are just downright curious, you'll be refreshed and**

**encouraged by this book. As Rachel puts it, "Whoever you are, my aim is that you reach the end of this book celebrating who God has made you, how God has saved you, and the fact that he speaks liberating and positive truth into all of life's experiences (even periods)". Explains in a clear language the special rules Muslim women must follow during their menstrual cycles and at other times to achieve ritual purity. It has as its strengths, a systematic layout that helps to chart the sometimes complicated territory that these rules have come to form. The copious use of examples and scenarios greatly helps to make the laws and rules accessible and understandable. Hence, this book goes a long way in filling the large vacuum and need that exists for practical guidance on this subject. Ovarian Cycle, Volume 107, the latest in the Vitamins and Hormones series first published in 1943, and the longest-running serial published by Academic Press, covers the latest updates on hormone action, vitamin action, X-ray crystal structure, physiology and enzyme mechanisms. This latest release includes an overview of the ovarian cycle, a section on ovarian hyperstimulation syndrome, information on androgens and ovarian follicular maturation, information on peptide inhibitors of human thymidylate synthase to inhibit ovarian cancer cell growth, sections on nodal and luteolysis, neurokinins, dynorphin and pulsatile Lh secretion, Lh receptor expression by Mir12, and gonadotrophin-surge attenuating factor, melatonin and Bmp-6 regulation, amongst other topics. Focuses on the newest aspects of hormone action in connection with diseases Lays the groundwork for the focus of new chemotherapeutic targets Reviews emerging areas in hormone action, cellular regulators and signaling pathways If you want to discover all the answers to your most burning period questions, then keep reading..... Having your period is messy, makes you sore (like being hit by a train), can be emotionally draining, irritating, not to mention highly inconvenient! Everyone has a flashbulb memory of the exact moment they crossed the invisible line between being a young, innocent girl and a mature woman. You think to yourself as a young girl, just why on earth periods occur in the first place? Suddenly, your body and emotions change, and you haven't got a clue why all these strange things are happening to you! Many women and young girls are embarrassed by the process of menstruation, but everybody goes through it. We don't talk about periods enough. In this book, you'll discover: The secrets of the female reproductive system Demystifying the most astonishing legends around periods The surprising effect hormones have on your body and mind Four simple steps to understanding your menstrual cycle The crucial reason you need to track your menstrual cycle Just what on earth is PMT? The vital facts you need to know about birth control and your period How to recognise abnormal periods and when to seek medical advice The top menstrual care products to make periods more comfortable Daily practices to help you feel relaxed during your period and much more... In Periods...Just Why you will get accessible and straight-forward advice concerning all your deepest period concerns. Each chapter of the book is packed with actionable steps. This book will help you to recognise what is happening to both your body and emotions during the rollercoaster ride known better as your period. It doesn't matter if you are starting to get your period or have gone through the menopause, you can guarantee you will discover something new. This book will support you to turn the mysterious world of the complex reproductive system and menstrual cycle into a vital tool for helping you to monitor your level of physical health and wellbeing. You could go on just guessing, continuing to be in agony each month when you get your period - having no clue as to why you experience these pains and symptoms. You could go on believing these silly myths keeping you from enjoying life while on your period. Or, you could simply get this book and arm yourself with the knowledge you so desperately need to de-bunk your body's mysteries. This is a great book to read alone or for female teens and adults to read together. So if you want to get to grips with your menstrual cycle and make it work in harmony with your daily life, then scroll up and click the "Add To Cart" button now! Control of Ovulation discusses the general principles and practical applications of ovulation control. The book presents 25 papers that cover the basic research practices and practicalities of ovulation control. The materials are grouped according to their respective themes. The first three parts cover**

***the hypothalamus, pituitary gland, and ovary, respectively. The remaining papers discuss concerns regarding the applications of ovulation control, such as ovulation failure; diagnosis of ovulatory disorders; and the induction and synchronization of ovulation. The text will be of great use to practitioners of obstetrics and gynecology in both human and veterinary medicine. When Hannah Witton started documenting her journey coming off the pill and re-getting her period, she wasn't anticipating the reaction, from people of all ages, that talking about it would bring. It exposed a glaring gap - the resources and the spaces to talk honestly about periods just aren't there. And with more and more research showing that your period and your hormones can affect literally every area of your life, this is a problem. The Hormone Diaries draws on both Hannah's own experiences and, through crowdsourcing on her social media platform, those of her fans too. It looks at the cultural differences in how periods are treated around the world and includes space for readers to write about their own experiences, creating the definitive period self-help book 50% of the world has been waiting for. 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. 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. Puberty comes with a lot of changes. The Period Comic (An Illustrated book) will help girls understand and learn about such changes in their bodies in a fun, easy and intriguing way as they continue to grow, whilst building their self-confidence. For many girls, puberty can be an uncertain time. The Period Comic includes everything girls need to know about growing breasts, acne or pimples, their periods, hair in private areas, feelings, nutrition, managing period cramps, preparing for your first period, period poverty, and so much more. This book has practical steps to guide them as they learn about the amazing changes happening in their bodies during puberty and beyond! Among puberty and period books for girls, The Period Comic offers encouraging support while answering real questions that girls have about puberty. Positive, judgment-free, and medically accurate, this book discusses puberty in a way that young girls can relate to. The book was medically reviewed by an experienced gynecologist. The Period Comic is a thrilling and engaging story of three friends on an intriguing weekend of discovery, where they discover and learn about their bodies, puberty and periods. It fun filled and easy for young girls to relate to. Though, they are from diverse cultural backgrounds, one thing they share in common is the changes happening in their bodies as they grow. The Period Comic offers vital insight such as: -Easy to understand and relatable- The Period Comic explains periods (menstruation) in a practical and easy way that young girls can relate with. It fun filled, the comic eases the anxiety and numerous questions about periods. The story involves practical tips and have been illustrated using***

**beautiful characters with great personalities.-An overview of puberty that explains what happens, when it happens, and how she'll know-Explanations of changes in body, mood etc. Also, how to confidently approach these changes that occur in puberty -Medically Accurate: reviewed by an experienced gynecologist. -Practical tips and advice for navigating different situations during puberty—from understanding growth spurts to managing periods and menstrual hygiene -Leave girls feeling informed, empowered, and ready for the changes that lie ahead.-Properly researched: Information in this book was informed by intensive research and experience garnered over the years of working with young girls and women in different communities and documentary of their experiences regarding periods.**

**REVIEWS**

**Wow!! The Period Comic is amazing. It is so easy to understand. I can identify with some of the things described in the book. I particularly love the fact that is in a comic format. I love the characters in the book. I have told my friends about the book and they can't wait to get their copies.**

**A 11years (United Kingdom)I could not drop The Period Comic once I started reading it. It is interesting and engaging. I love it! Thank you for letting me read this. It is so much fun and easy to understand. I can totally relate with the illustrations.**

**Dee 13 years (UK )This book is so amazing. It is just incredible. The book was supposed to help my daughter, but I read it as well and I am just blown away. I have learnt some things and it sure makes explaining periods to my girl so easy. Thank you.**

**Mrs O (UK) Estimation of the Time Since Death remains the foremost authoritative book on scientifically calculating the estimated time of death postmortem. Building on the success of previous editions which covered the early postmortem period, this new edition also covers the later postmortem period including putrefactive changes, entomology, and postmortem r**

**As early as 8 years old, a girl can experience her first period. Are you prepared to answer her questions? The Period Passport, a self-help guide to understanding all there is to know about periods, answers the core questions pertinent in young minds, such as the mystery behind menstruation, the role Google could play in ending Period Poverty, and even bridging the disparity in gender education. One may be tempted to ask, 'Why exactly should boys be educated on menstruation since it is not part of their physiology?' The more they know, the better they can empathize with and understand the women in their lives. The Period Passport helps us see different perspectives while bringing to light the reasons male education for menstruation is important, and how it could affect the near future. This booklet does not only stand for education but advocates for the eradication of Period Poverty and the part we could play towards achieving this. The Period Passport is a call to action to the concerned parts of ourselves, parts that could be instruments of change in our world, in solving one of the biggest problems menstruating individuals face today. A unique factor that pushes The Period Passport to the limelight is how it delivers information. We all know that having the right information is important, but conveying that right information properly is even more important. This is because comprehension is the key to knowledge. With its user-friendly interactive outlook, The Period Passport is an easy, organized way to disseminate information on menstruation. In addition, the Period Genie is standing by, ever willing to help! Ranging from Aristotle to twentieth-century gynecology, contributions to this volume trace the semiotics of menstruation from magical act to evolutionary deficiency. The result is the first comprehensive historical study of how menstruation has been understood within various cultural traditions, with reference to political and social institutions, and medical and religious practices. Includes a guide for scholars on bibliographical and archival sources for the study of menstruation. This inclusive, unapologetic, and humorous guide to menstruation quashes stigmas and provides us with the latest research and information on periods. Filled with information and free from cultural hang-ups, this gender-neutral book is directed at anybody that's ever dealt with having a period. Writer and influencer Tara Costello has been writing about menstruation for more than a decade and, here, she pulls together her research and experience into a book that's wide-ranging, inclusive, and fun. Boldly illustrated by Mary Purdie, Red Moon Gang tackles every aspect of the menstrual cycle--from the biology and science behind why you bleed every month, to the**



**latest findings on hormonal fluctuations (aka, why you're PMSing so bad). It takes a deep dive into the different types of menstrual products available, including their pros and cons, and covers various period conditions such as endometriosis and polycystic ovary syndrome. Drawing from her own experience, Costello explores how having a period shaped her relationship to her body and her place in the world. And she discusses topics that aren't generally covered in health class too--such as how periods are a particular challenge to those experiencing body dysmorphia, individuals living in poverty, and disabled people. Finally, she offers up a Period Toolkit, listing products and retailers she loves, tips on how to make menstruating easier, and resources for further education.**

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