



Her Blood Is Gold: Awakening to the Wisdom of Menstruation

Lara Owen

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We menstruate more now than at any time in human history. Girls are starting to menstruate earlier due to protein-rich diets and hormones in food; women are less likely to die young; we have fewer children and therefore spend less time not menstruating. Increased work and family stresses, in addition to more periods, mean that women are more physically and psychologically vulnerable to negative attitudes to menstruation. So it is more important than ever that we investigate ways to make our periods physically, emotionally, and spiritually healthy.

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Linda Hill:

Playing with family within a park, coming to see the ocean world or hanging out with buddies is thing that usually you may have done when you have spare time, after that why you don't try issue that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Her Blood Is Gold: Awakening to the Wisdom of Menstruation, you may enjoy both. It is very good combination right, you still desire to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't obtain it, oh come on its identified as reading friends.

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