

help a girl out

End Period Poverty

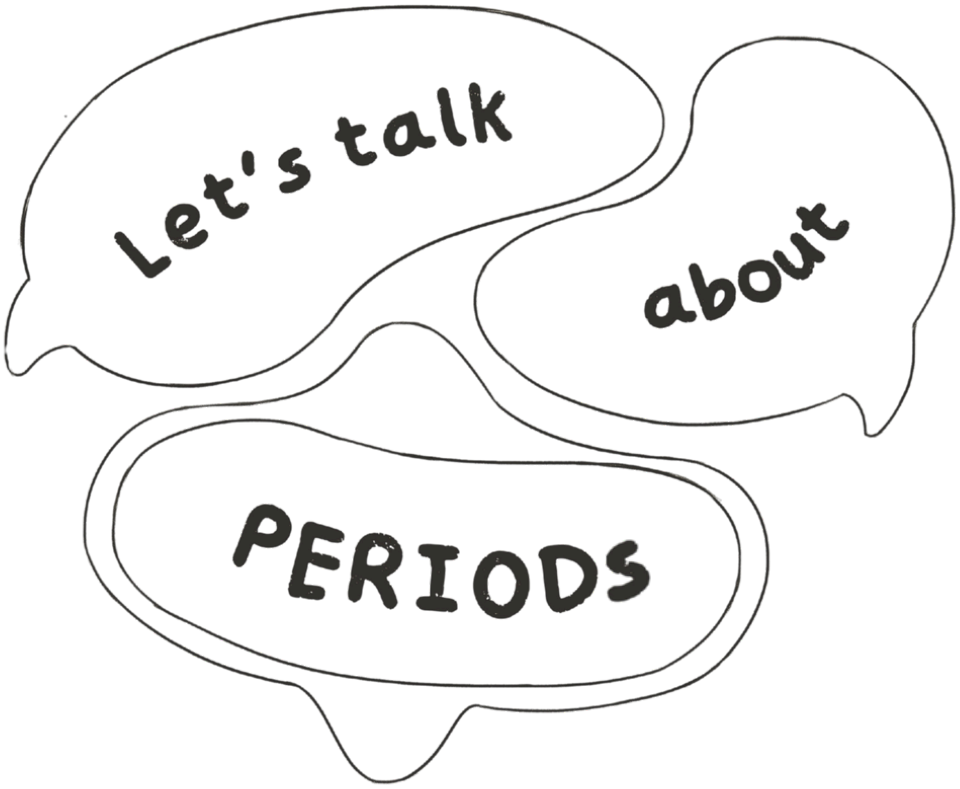
Period Products

Period Products

Give Access. Educate. Empower.

Let's work to end the stigma around menstruation, ensure free access to period products and education on uterine health, for ALL!

help a girl out®



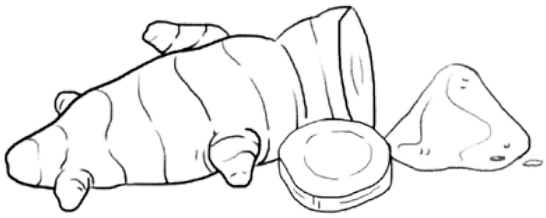


Let's work to end the stigma around periods, by having shame-free conversations!

Give Access. Educate. Empower.

help a girl out®

Things to eat when on your period:



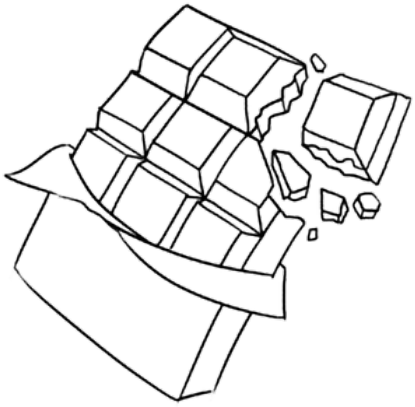
Turmeric



Ginger



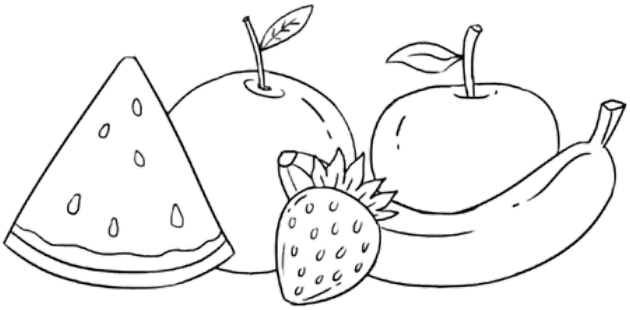
Nuts



Chocolate

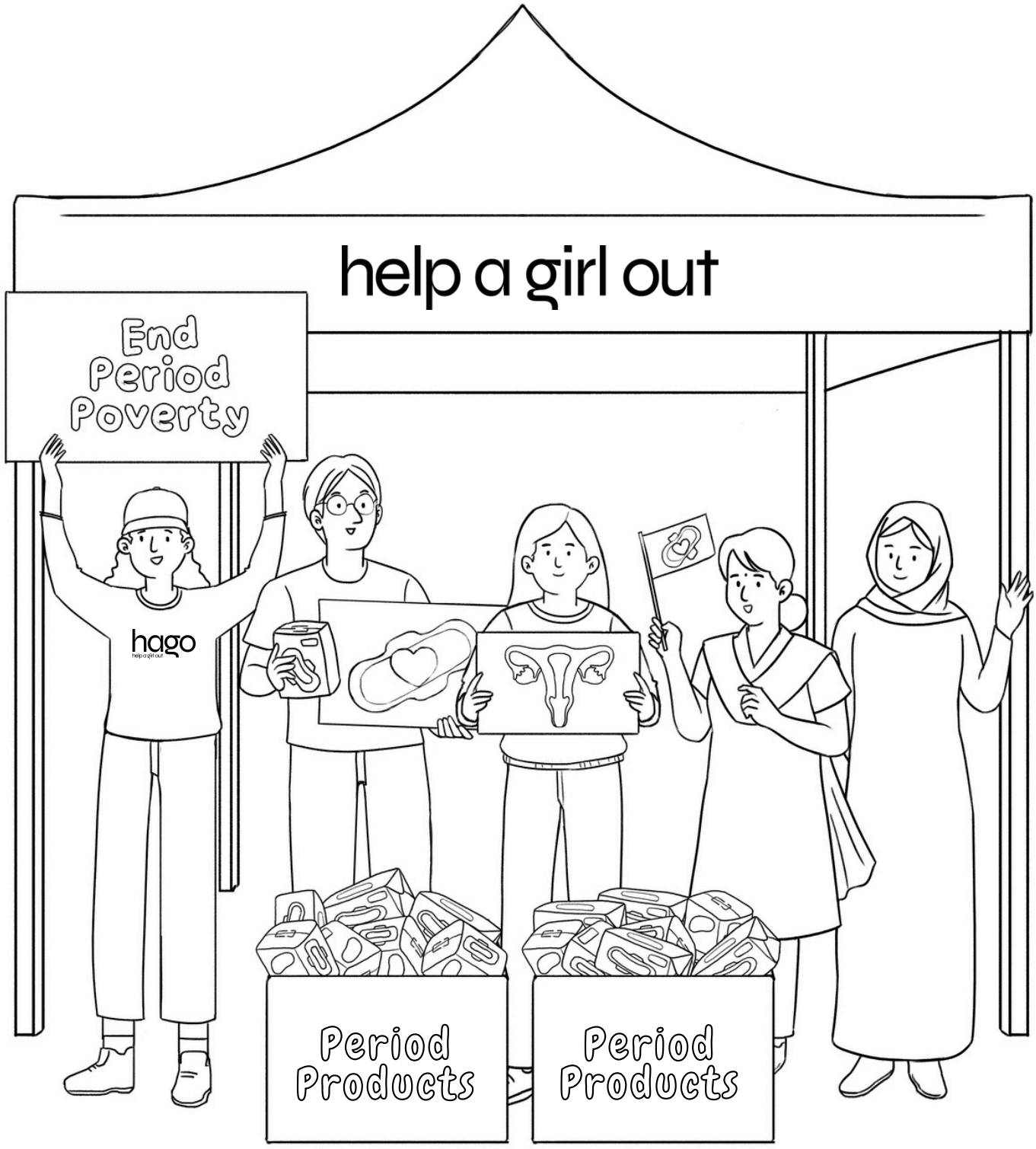


Vegetables



Fruits

Discover foods that enhance your hormonal balance and menstrual cycle, promoting uterine health while supporting an active lifestyle.



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