Menstrual- Flow Products

Nowadays when woman have their menstrual cycle there are a lots of options on what to use. There are different types of pads, tampons, menstrual cups and sponges. But what's the safest to use? Well back in the 1888's women would use strips of folded cloth which was used, washed, and reused. In the 1970's cloth for menstruation came back.

Conventional tampons and pads contain pesticides used to grow cotton and/or chlorine to bleach any rayon used. The chlorine will breakdown into a cancer-causing chemical called dioxin. There's a debate still going on as to whether or not there's enough dioxin in tampons and pads to be considered harmful.

Tampons can be harmful. They are the inserted into he vagina to absorb blood flow. Which is unhealthy because the normal healthy flow of germ and toxins is not happening. Tampons also can cause what's called Toxic Shock Syndrome or TSS. It's a life threatening illness caused by a bacterial toxin. Symptoms differ depending on the bacteria. You can experience high fever, low blood pressure, discomfort, confusion, rash in any region of the body, which can progress to stupor coma and multiple organ failure.

Suggestions:

- Do not use tampons on a regular basis
- Change your tampons every 2 hours
- When you purchase tampons, buy a 100% organic cotton brand
- Use pads on a regular basis. Disposable pads purchased from a health food store are usually free of more toxic chemicals
- For more comfort and better for your body, use washable sanitary pads.

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