

My Little

RED

BOOK



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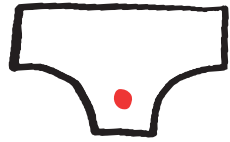


DEDICATED TO ALL WOMEN  
AND GIRLS AT THEIR MONTHLIES,

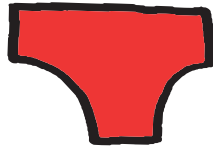
INCLUDING THOSE  
ON THE WAY THERE.

# Ideal UNDERWEAR FOR MENSTRUATION

(DIS-)ADVANTAGES



white



red



black

THE PROBLEM CAN BE SOLVED WITH  
SO-CALLED *period underwear*,  
WHICH HAS AN ABSORBENT,  
IMPERMEABLE INLAY.



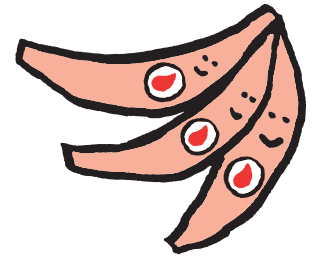
AND IT HAS NO  
FLAPS OR STRINGS  
STICKING OUT!

IN HER LIFETIME, ONE WOMAN WILL  
USE AT LEAST **11,000** TAMPONS  
OR SANITARY PADS.

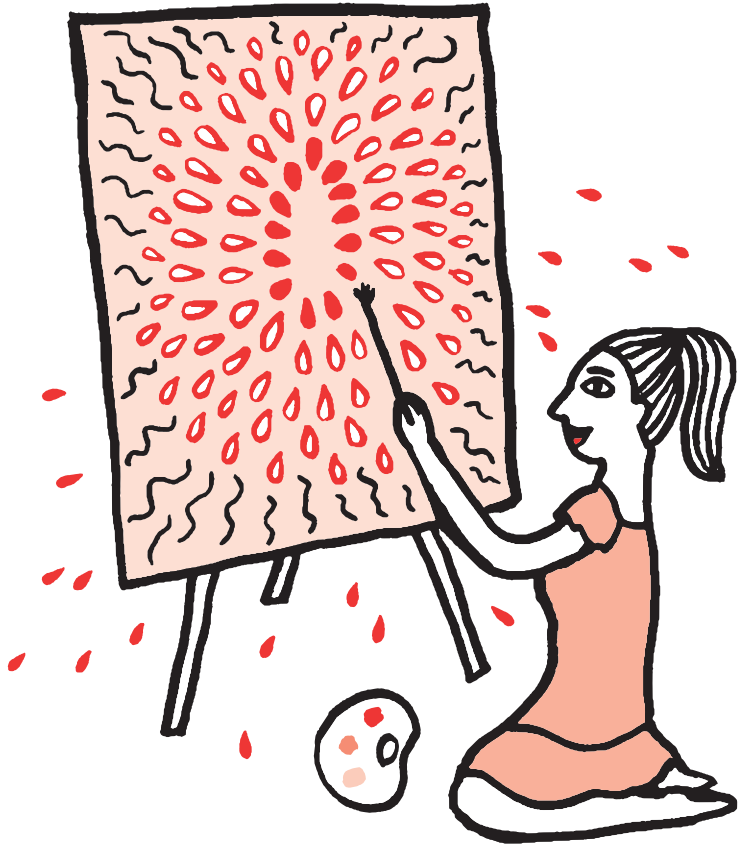


## Saathi

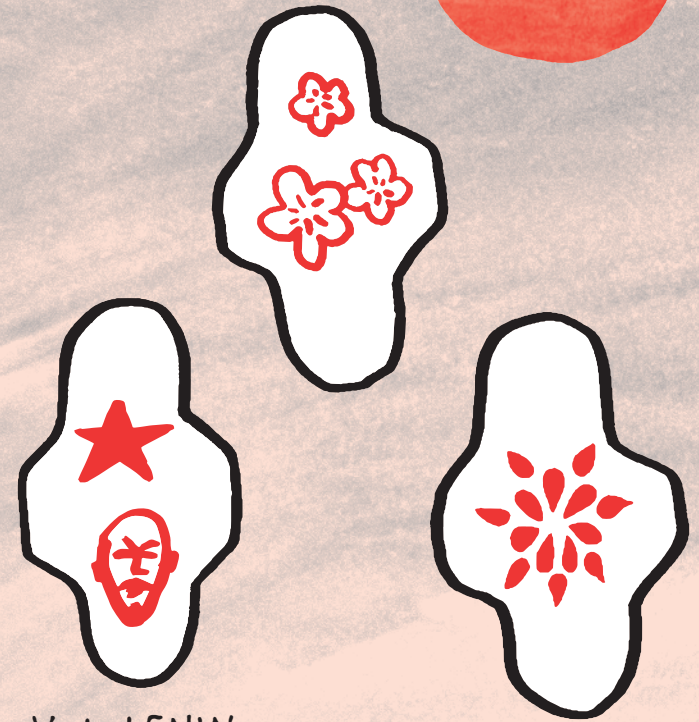
COMPANY MAKES  
*compostable pads*  
FROM BANANA FIBRE.



# Use IN THE VISUAL ARTS

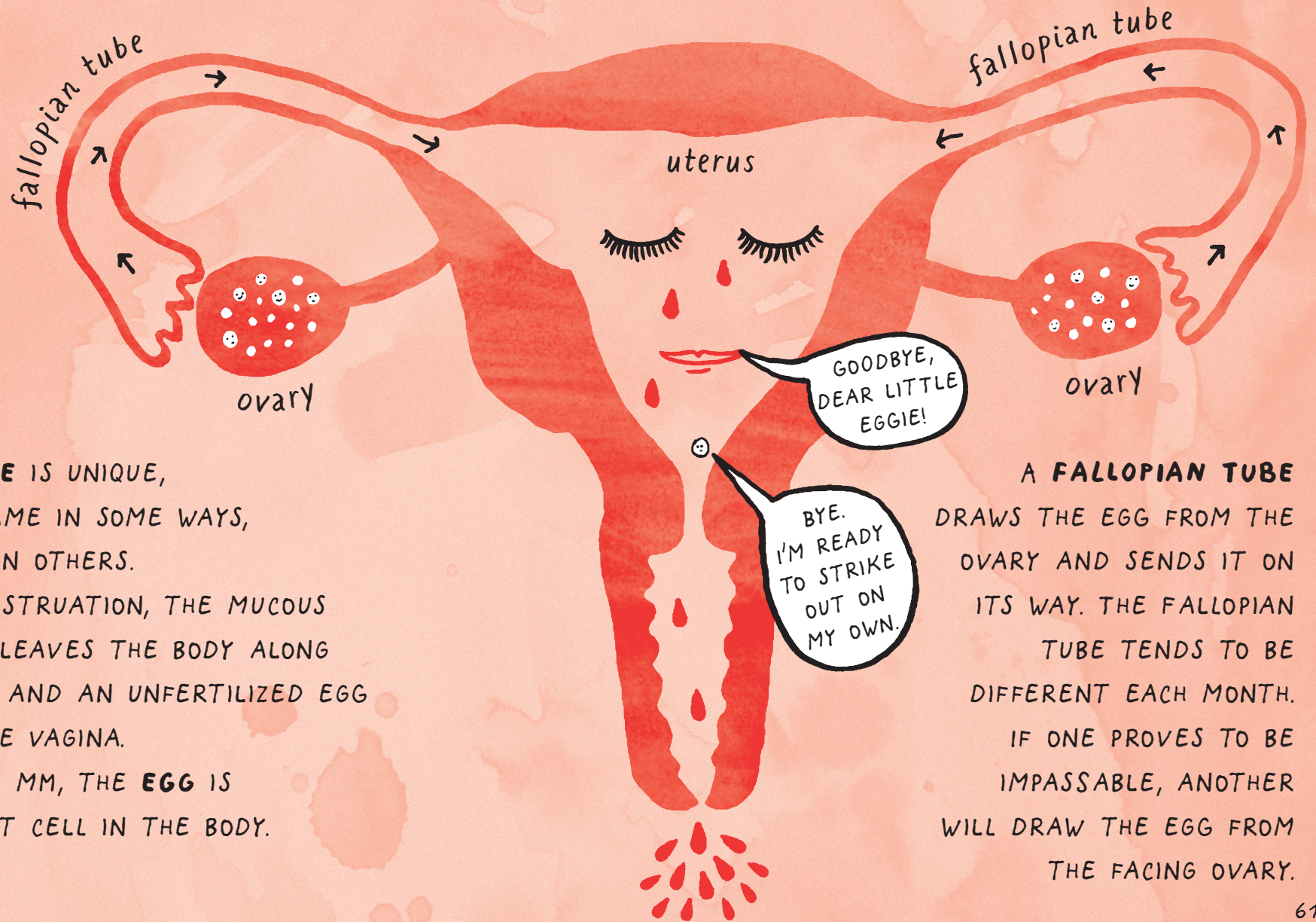


# PERIOD ART



V. I. LENIN





EVERY **CYCLE** IS UNIQUE,  
AND THE SAME IN SOME WAYS,  
DIFFERENT IN OTHERS.  
DURING MENSTRUATION, THE MUCOUS  
MEMBRANE LEAVES THE BODY ALONG  
WITH BLOOD AND AN UNFERTILIZED EGG  
THROUGH THE VAGINA.  
AT ABOUT 1 MM, THE **EGG** IS  
THE LARGEST CELL IN THE BODY.

A **FALLOPIAN TUBE**  
DRAWS THE EGG FROM THE  
OVARY AND SENDS IT ON  
ITS WAY. THE FALLOPIAN  
TUBE TENDS TO BE  
DIFFERENT EACH MONTH.  
IF ONE PROVES TO BE  
IMPASSABLE, ANOTHER  
WILL DRAW THE EGG FROM  
THE FACING OVARY.



# CYCLE

coming together

becoming subdued

energy

stopping

creativity

slowing down

*ovulation*

*menstruation*

A MATURE EGG  
IS WAITING FOR SPERM.

AN UNFERTILIZED  
EGG LEAVES THE BODY  
ALONG WITH THE BLOOD.

HELLO?  
WHERE  
ARE  
YOU?

NOTHING  
DOING.  
OK, BYE...

1 CYCLE  
LASTS

ABOUT  
4 WEEKS.

A CYCLE  
IS

A KIND  
OF SEASON.



WHEN THEIR PERIOD IS ABOUT TO COME, SOME WOMEN HAVE **PREMENSTRUAL SYNDROME (PMS)**.

THIS HAS UP TO 150 SYMPTOMS.



TEARFULNESS



ANXIETY



IRRITABILITY



TIREDNESS



NEED TO SLEEP



INSOMNIA



HEADACHES



BLOATING



CRAMPS



ACNE



OVEREATING

ETC.  
ETC.  
**ETC.**



CAN *menstruation* BE NICE?

INTERESTING?  
CREATIVE? FUN?

MY LITTLE RED BOOK CONTAINS:

*a monthlies mishmash,*  
MENSTRUAL MARKINGS & BLOODY BLOTTINGS,

INTERESTING INFORMATION, A TOUCH  
OF HISTORY, INSIGHT, EXPERIENCE

A NEW WAY OF LOOKING AT  
WHAT GOES ON IN OUR  
*bodies*

I WISH  
YOU MANY  
ADVENTURES  
ON YOUR  
MONTHLY  
JOURNEY.

*lenka*

