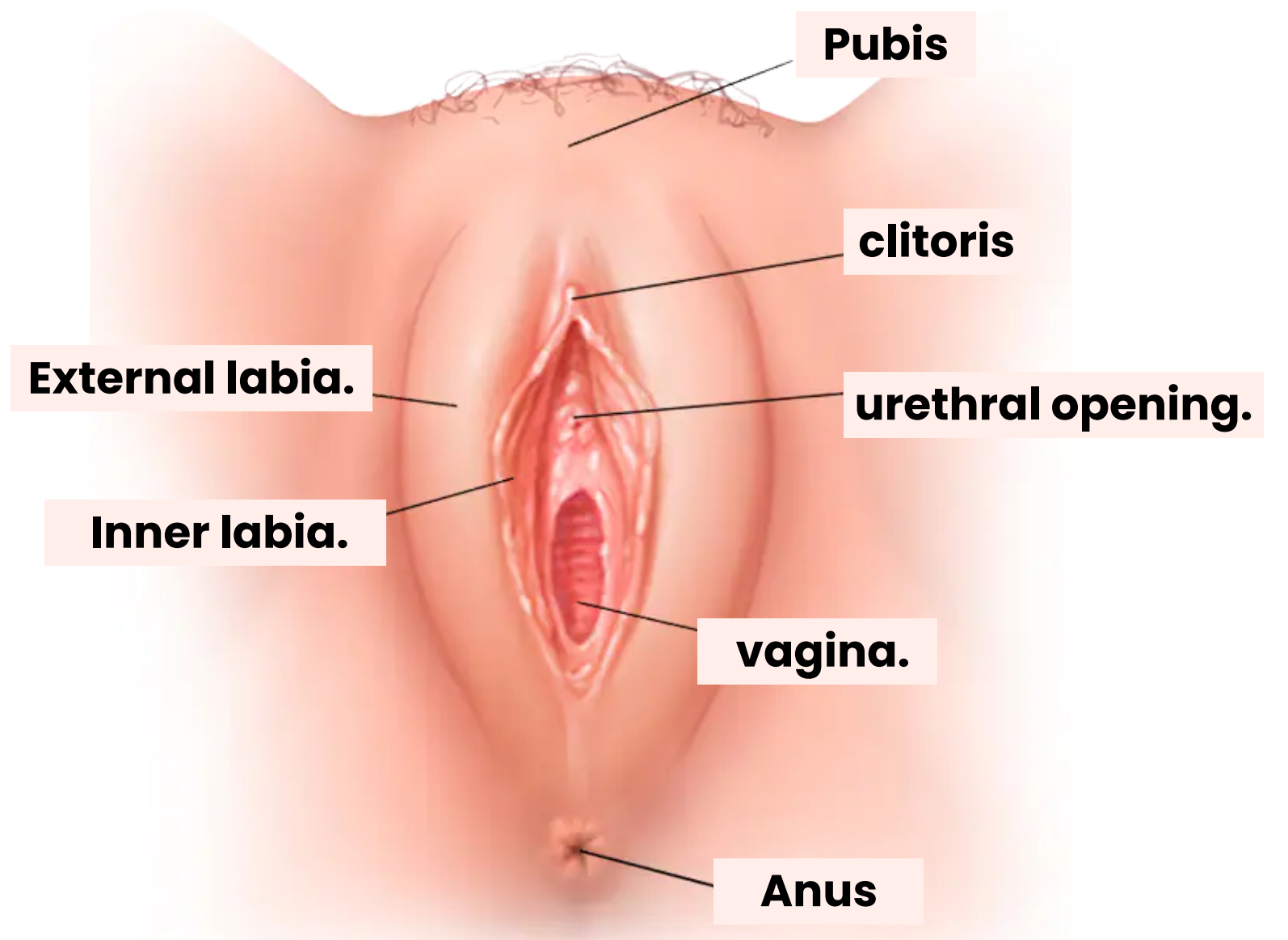
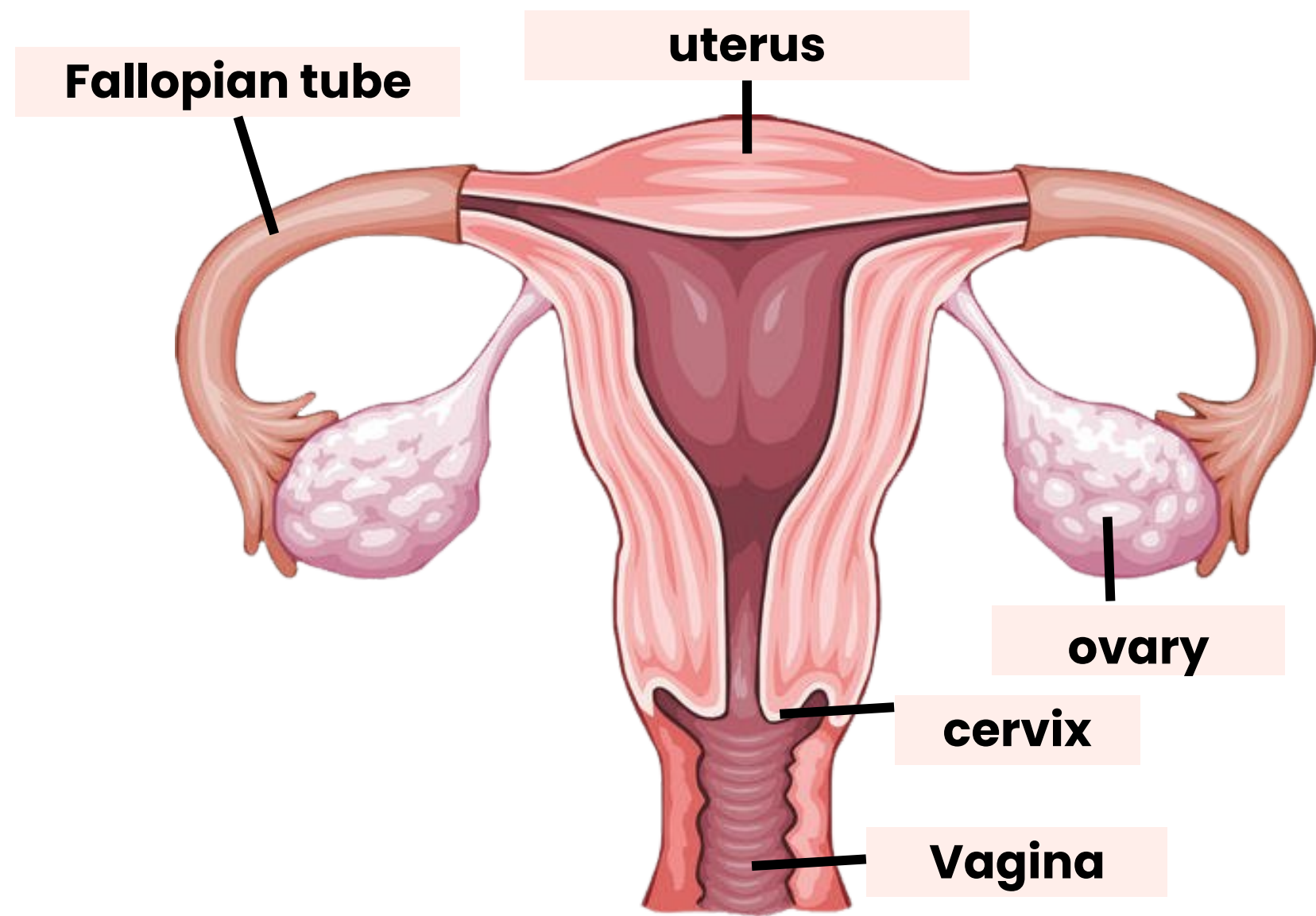
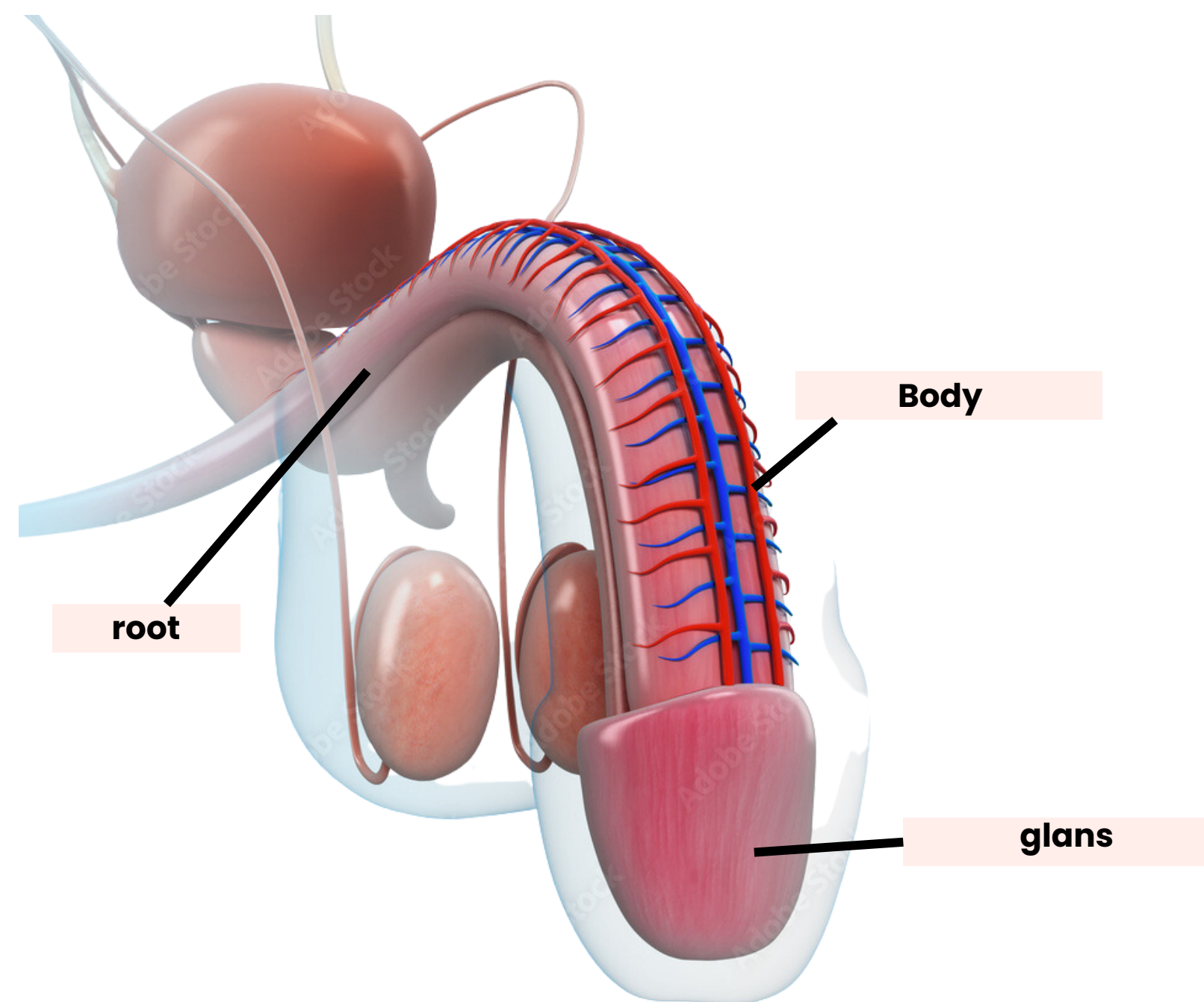
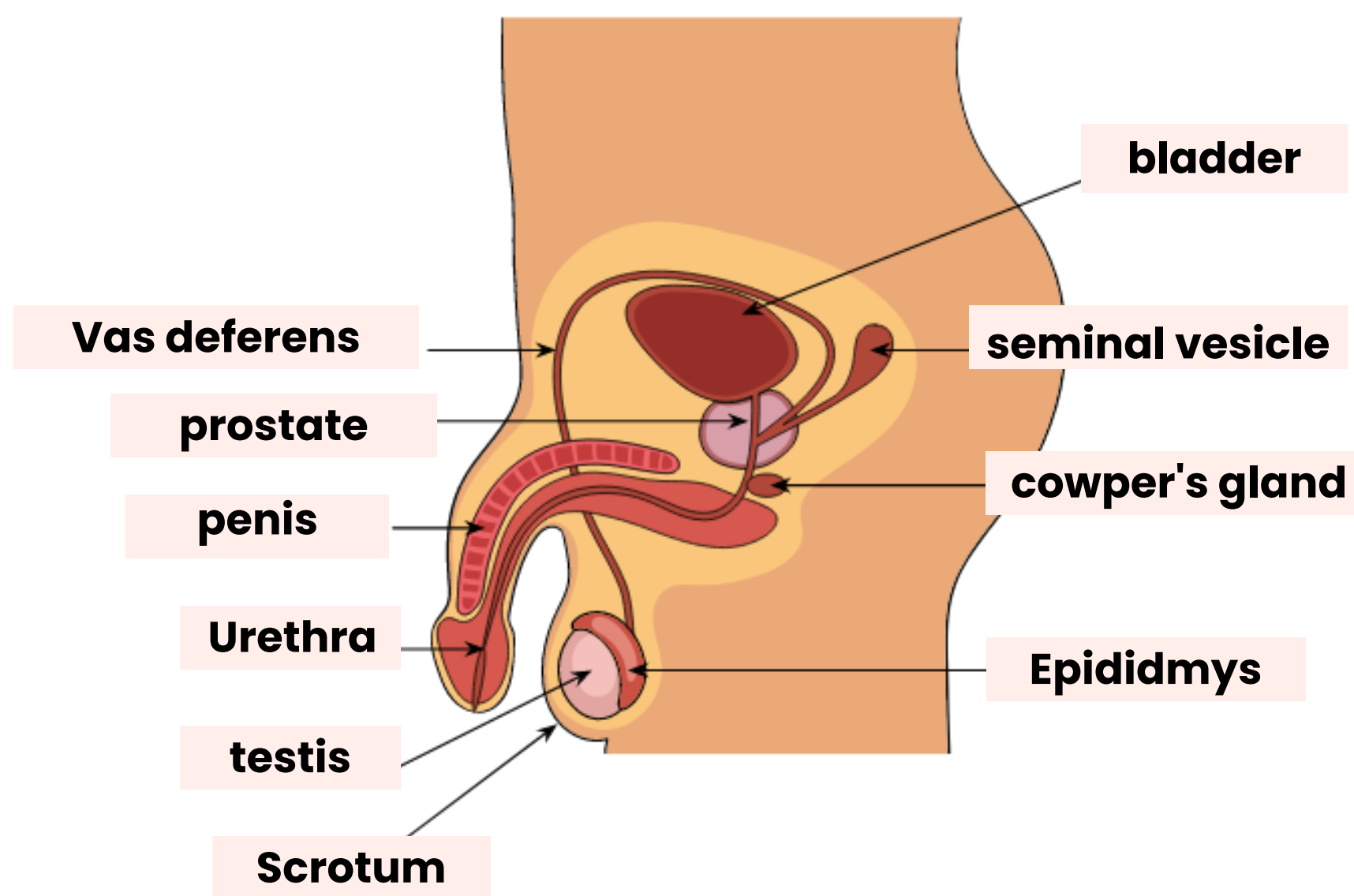


Girls' anatomy.



Boys' anatomy.



Do you know how to take care of your health?

Health prevention is actions taken to decrease the chance of getting a disease or condition.

And our health involves:

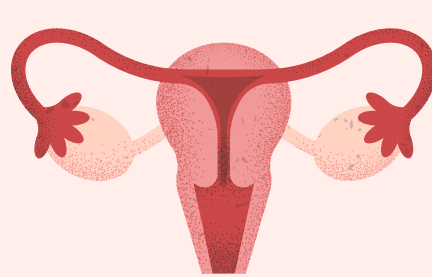
Mental health.



Emotional wellness



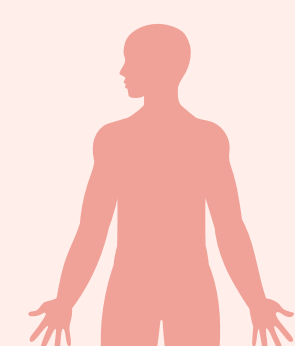
Sexual health.



Menstrual health.



Physical health.



Let's see easy ways to preserve our health:

Manage and address the stress.

Sleep from 10:00 pm to 7:00 am.

Drink a lot of water, especially first in the morning and before bed.

Address your sugar intake.

Eat complete balanced meals.

While eating, don't drink too much water (It decreases digestion).

And what about my daily hygiene?

During puberty, your body will experience hormonal changes that require more hygiene processes, here we share some hygiene tips so you could preserve your health and feel comfortable all day!

Take a shower every day and use deodorant

Clean your genitals with just clean water

Brush your teeth 3 times a day.

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Let's talk about puberty!

Puberty is the period during which adolescents reach sexual maturity and become capable of reproduction.

This part of your life is full of change, your friends and family will start to see you differently. Let's see some changes that everyone could experience:

GIRLS	BOYS
<ul style="list-style-type: none">• Get the first period.• Being taller.• Fat redistribution.• Appearance of body hair.	<ul style="list-style-type: none">• The appearance of body hair and facial hair.• Thicker voice.• Increased muscle mass.• Erections and ejaculations.

But, what to do to go through these changes without getting crazy?

Build a solid support group.

Be kind to your emotions.

Be critical of social media.

Don't compare your body with others'.

Take care of all the aspects of your health.

Pay attentions to your hygiene habits.

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The magic of reusable menstrual products.

Single-use products help menstruators to manage their period and once they're used they finish in the trash; Reusable menstrual products also helps to manage our period, but, instead of finish in the trash, they could be used for years!

what are the benefits of reusable menstrual products?

- **Cheaper and long-lasting.**
- **Better understanding of your body and the product.**
- **Doesn't have toxins or toxic materials.**
- **More reliable and accesible.**

what are the consequences of single-use menstrual products?

- **They're costly and represent a constant expense.**
- **Proliferate bacteria and contribute to infections.**
- **Environmental impact.**
- **Contains toxins that disturb the hormonal levels and PH.**

But, what are the reusable options?



You just add them on top of a pair of underwear and button it to stay in place. After up to 8 hours of use (or when you feel it) you just wash, dry and reuse.



Are like your everyday underwear but with a built-in pad. With a built-in wicking material, our drop stoppers can hold up to 4 regular tampons worth.

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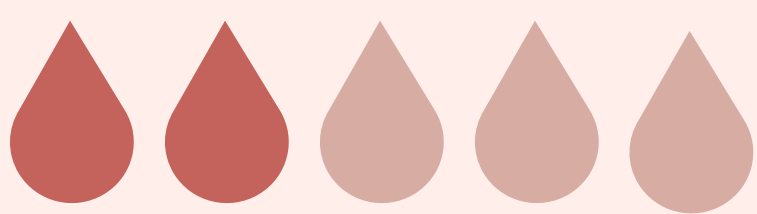


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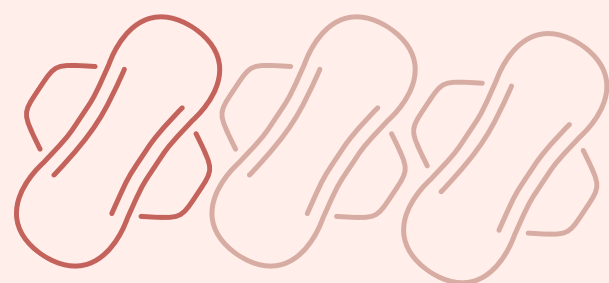
How does the world experience the period?

Everyone is different and our periods are too, sometimes bc of hormonal unbalance or another condition, other times just because of the environment where we live.

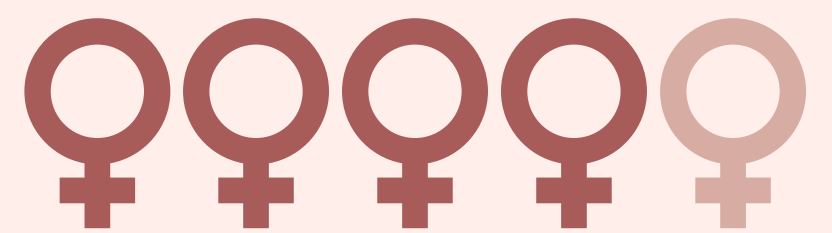
But one thing is sure, in every place there are taboos around the period, that affect the experience of menstruation of every women, as we could see:



2 IN 5 PEOPLE
struggle to
purchase period
products



ONE-THIRD
of low-income women report
missing work, school or similar
events regularly due to lack of
access to period supplies.



80% OF WOMEN
Suffer from some
form of hormonal
imbalance.

These statistics become a serious problem when we notice that around **300 millions of women and girls** are menstruating right now.

But, what could we do to help our community and stand up for our periods?

Promote reusable menstrual products.

Inform about period poverty.

Connect with your period and listen to it.

Share menstrual information with your mates.

Start talking about the period as something natural.

Participate in educational programs.

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THE CYCLE.

FOLLICULAR PHASE.

- Days 7-14.
- Waxing.

White, cloudy and sticky discharge.

How to eat?
Fermented, light, and fresh foods. Steam or lightly sauté.

How to exercise?
Try something new! Cardio-focused workouts.

Evaluate your energy:
imaginative, time to plan out your month

MENSTRUAL PHASE.

- Days 1-7.
- New moon.

Presence of blood.

How to eat?
Nutrient-dense foods replenish your body with the iron and minerals being depleted during your bleed.

How to exercise?
Rest. Walk. Restorative yoga & stretching.

Evaluate your energy:
Your energy is at its lowest. This is a reflective and inward time.

OVULATORY PHASE.

- Days 14-16.
- Full moon

wet, stretchy and slippery discharge.

How to eat?
Liver-supporting foods. Steam your veggies or eat raw.

How to exercise?
Your version of HIIT workouts.

Evaluate your energy:
We have our most natural energy now. Be social, bold, and outgoing.

THE CYCLE.

LUTEAL PHASE.

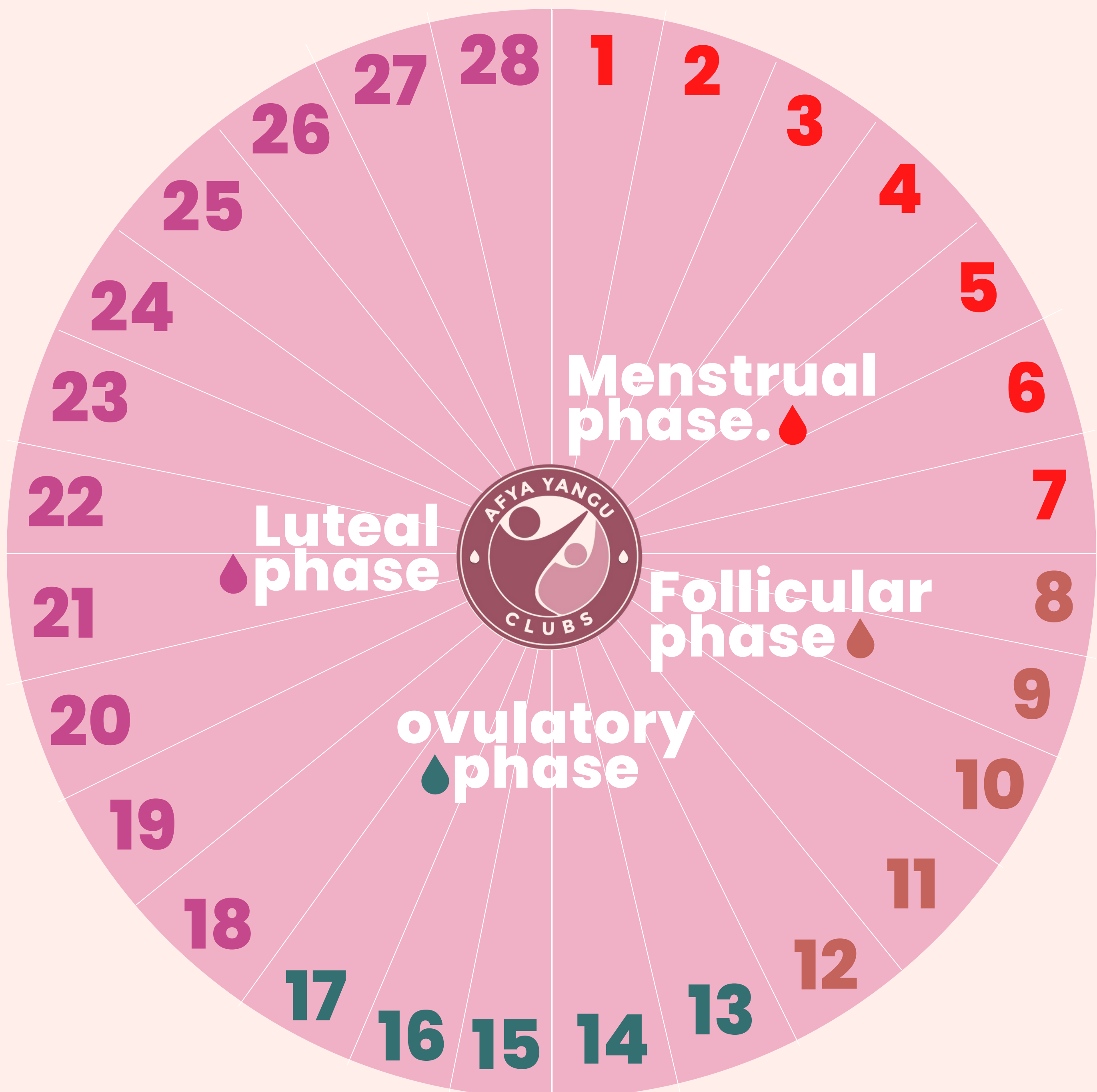
- Days 1-7.
- Waning.

thick, dry
and paste-
like
discharge.

How to eat?
High in B
vitamins,
magnesium,
and serotonin-
boosting foods.
Roast and bake
your foods.

**How to
exercise?**
Strength,
Pilates,
barre, and
light cardio.

**Evaluate your
energy:**
High energy
towards the
beginning begins
to decrease and
self-care
increases, as we
approach our
period.



let's talk about hormones!

Hormones are regulatory substances produced in an organism and transported in tissue fluids such as blood or sap to stimulate specific cells or tissues into action.

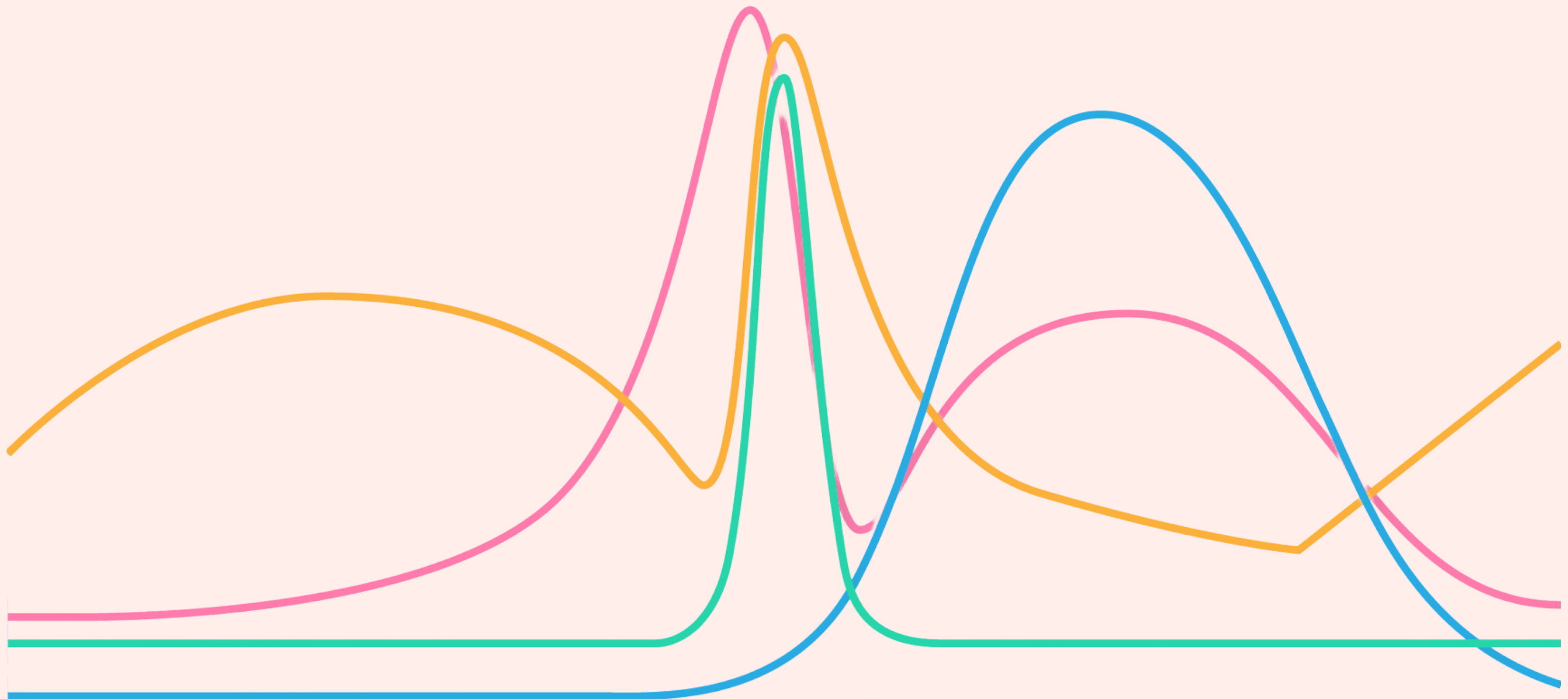
In a healthy cycle hormones will look like this:

Menstrual.

Follicular.

Ovulatory.

Luteal.



- Oestradiol:** cause the maturation and release of the egg, as well as the thickening of the uterus lining to allow a fertilized egg to implant.
- Progesterone:** prepares the endometrium (lining of your uterus) for a fertilized egg to implant and grow
- Luteinising hormone (LH):** spurs ovulation and helps with the hormone production needed to support pregnancy.
- Follicle-stimulating hormone (FSH):** helps control the menstrual cycle and the production of eggs by the ovaries.

What's hormonal imbalance?: happens when you have too much or too little of one or more hormones. It could be caused by: Stress, other diseases, feeding, bad habits, emotional situations, etc.

How to take care of my hormone levels?: Plenty of sleep from 10:00 pm to 7:00 am, eat balanced meals, manage and address your stress, be kind with your emotions, and report to your doctor any change in your health.

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How to use reusable pads.

Using a reusable pad is a powerful thing because it is better for the body, the period, and the earth. This helps us to connect with our bleed and even use the blood for things other than to be seen as "garbage". Let's review their correct use:

1

Underwear:

The one thing that is needed to successfully use a reusable pad is to have a comfortable pair of underwear that fits you, so you can attach the pad.

2

Attach the pad:

You always put the design or colorful side down and the absorbent side up. Use the buttons to snap the underwear underneath your panties so that the pad can stay secure while you are moving around.

3

Remove the pad:

The same way you put the pad on is the same way you will remove it. Each pad will absorb 10-15 ml of blood lasting most 6-8 hours. Remove the pad and fold it, you can then place it in your bag.

4

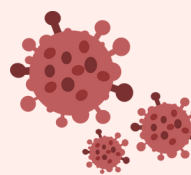
Attach the pad:

Rinse with cold water, then once you are ready to do your washing you can wash properly only with soap and let air dry. DO NOT use harsh chemicals and do not use the electric dryer. This will reduce the life of the product.

And remember:



Your pads are meant to be used by you and **ONLY YOU**. It is important to not share them as this can lead to infections.



If you notice anything abnormal such as discomfort or any yellow or green discharge stop use and switch to disposable pads.



Make sure the pad is completely dry before using and try to dry your pad in the sunlight to kill any remaining bacteria

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DR  **PS**

How to use menstrual panties.

Using a menstrual pantie is a powerful thing because it is better for the body, the period, and the earth. This helps us to connect with our bleed. Let's review their correct use:

1

Put them on:

This is the easiest thing! just put it on as your usual underwear, you don't need anything else, it includes the absorbing material.

2

Use:

You could move, dance, make exercise, etc. It's designed to absorb all the blood. You'll feel it when it's full because it will feel heavier.

3

Remove:

Once you feel it's full or after 12 hours, it's just like taking off your regular underwear.

4

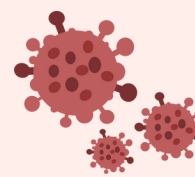
Wash:

Rinse it in cold water, Hang to drip dry [for washing later], wash without bleaches or softeners [preserves natural absorbency] and hang to dry!

And remember:



Your panties are meant to be used by you and **ONLY YOU**. It is important to not share them as this can lead to infections.



If you notice anything abnormal such as discomfort or any yellow or green discharge stop use and switch to disposable pads.



Make sure the pantie is completely dry before using and try to dry your pantie in the sunlight to kill any remaining bacteria

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