cause the hesitation around menstruation.

exclusion, abstinence, privacy and purification.

that women on their periods are spiritually and/or physically

let your period stop you.

In 2016, Bodyform finally broke the

use a blue fluid to represent blood.

she asked everyone to articulate the word "menstruation." Then

dinner, but the free-spirited Abbie bravely responded, "If you

(2016),

cultures. In the American movie

Talking about periods is deemed impolite or indecent in many

had removed the picture by mistake.

quickly posted the photo on Facebook. The picture went viral

menstruation. Instagram removed the photo twice. Rupi Kaur

Taboos will vanish as global discussions of menstrual hygiene

Sanitary pads are not the only option in choosing menstrual

products. If the menstrual product industry dares to innovate,

Sanitary Pads 7,600

12-15. The average amount of blood

Regular discharge of blood and

Menstruation is an important sign

their lives menstruating.

Globally, about 52% of the female

population is of reproductive age.

Most of these women and girls will

Menstrual Sponge