

## MYTHBUSTERS

### YOU ARE NOT IMPURE OR DISEASED WHEN YOU ARE MENSTRUATING

Periods are natural and normal for women. Menstrual fluid is just a harmless mixture of blood and tissue that was not used by your body to nourish a baby in the uterus. In fact, menstruation is a sign of a healthy body!



This myth is often used as a reason to stop women, who are having their periods, from taking part in various social events. This happens especially in the case of religious events. Your period should not stop your life, so it is your choice if you want to go to the temple or do your daily work.

## DID YOU KNOW?



53% of the girls in- and out-of school did not receive any information about menstruation.

## OUR MISSION

The MAHI Project believes that every female on the earth has a right to a happy and healthy life. Alleviating the lifelong concern of menstruation and hygiene through education and sustainable solutions allows these women to focus on their personal growth and development.

## QUESTIONS?

Contact us at [www.mahiproject.org](http://www.mahiproject.org)  
Find out more at [www.menstrupedia.com](http://www.menstrupedia.com)



Menstrual Awareness and Hygiene in India

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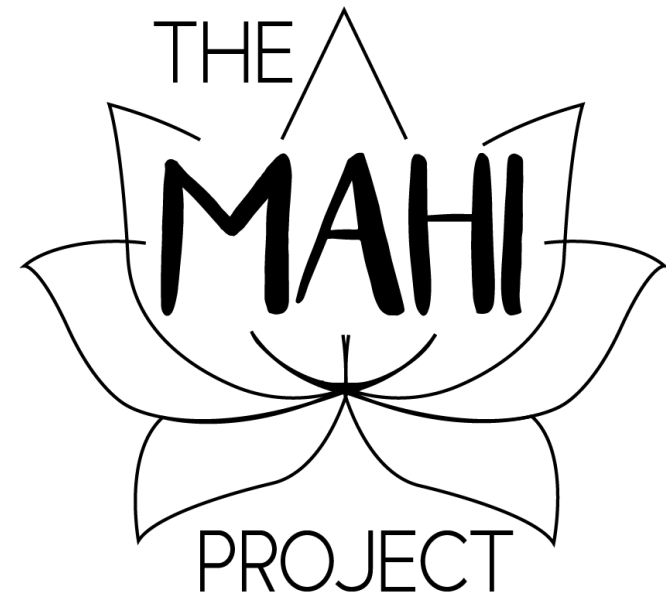
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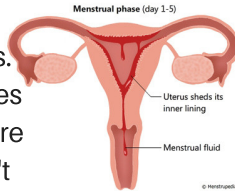


Menstrual Awareness and Hygiene in India

# WHAT IS A PERIOD?

## SCIENCE:

- This is normal!
- A period occurs around the age of 13 for every woman, every 28 days.
- This is a picture of your uterus. Every month your body creates a lining of rich blood to prepare for holding a child. If you don't become pregnant, this lining is shed from the body.



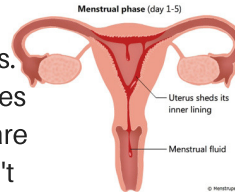
## EFFECTS:

- 5-6 days of menstrual bleeding, slowly decreases
- Cramps caused by contraction of uterus
- Fatigue, nausea, and body aches
- Headaches
- Acne
- Mood swings

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# WHAT CAN I DO?

- Stay active!
- Stay hydrated
- Use a heating water bottle to soothe your cramps
- Hot towel
- Iron rich foods:



- Spinach
- Lentils
- Almonds
- Dairy products



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# HYGIENE

STAYING CLEAN WILL LOWER YOUR RISK OF INFECTION FOR YOU AND OTHERS AROUND YOU

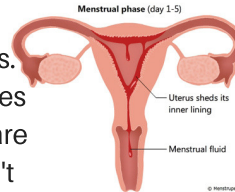
- Shower every day! The myth that you must not shower started during ancient times but no longer applies
- Change your sanitary pad every 6 hours
- Keep those areas clean and dry
- Roll and dispose the pad in a dustbin
- DO NOT flush them in the toilet! They will clog the toilet.
- Wash your hands before and after
- Don't go swimming in public places



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