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Menstruation Is Sacred

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Lifting the veil on the taboos around menstruation.

Whether painful, abundant, irregular or totally absent, menstruation is a big deal for half the world's population. Yet perennial and still-powerful taboos keep us from talking and teaching about them. Long stigmatized, menstruation has been hidden away and ignored since the dawn of time. But why are periods considered dirty, impure? What can we do to change the way our society looks at them? How can we reconcile and reconnect with them in a natural way? This book is an introduction to menstruation and its history, with naturopathic advice on how to live in harmony with your period, not to mention rich and funny illustrations. Shed light on menstruation and move beyond taboos!
