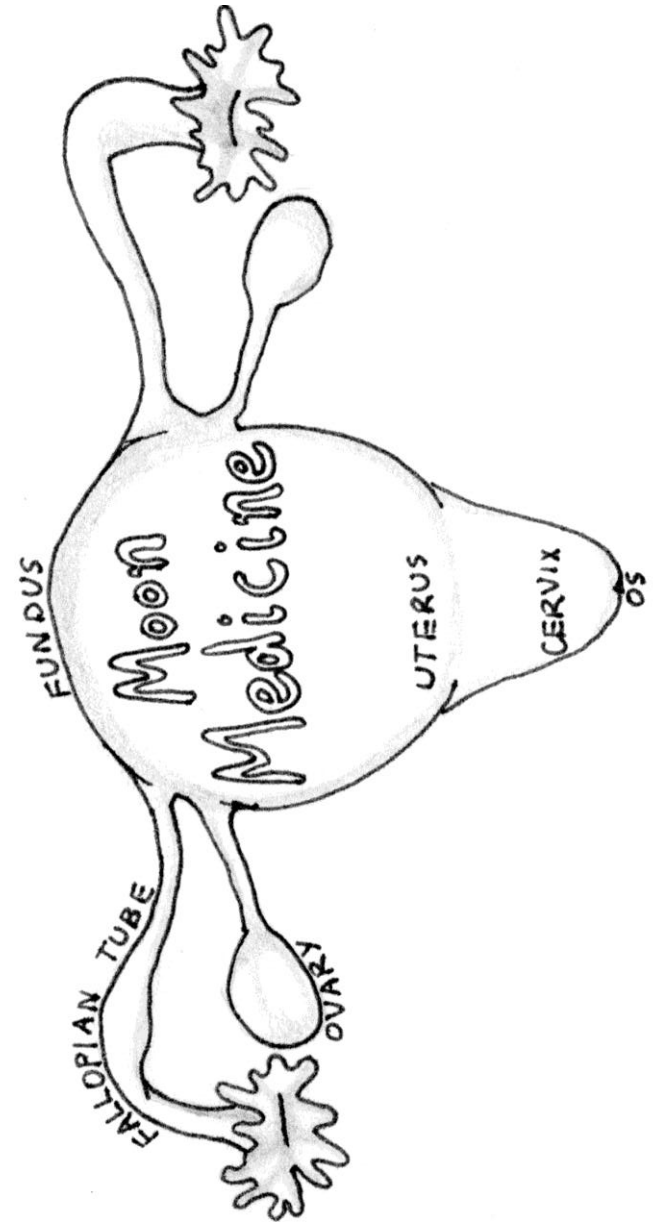


All quotes in this zine are from interviews and surveys from a menstrual research project. Research was performed in the summer of 2012. Thanks to all the amazing, honest, generous participants who gave their time to make this happen. For more information about the project please visit mcnabbarchives.wordpress.com



PMS Remedies

“I take 5-HTP and Maca and Calcium-Magnesium-Zinc.”

“I noticed that I was feeling really depressed and then my sister had me try Floridix. I drink it in the morning every day to build up my iron.”

“I developed PMS depression, but taking a B-complex semi-daily has helped that a lot.”

“I’m on high-dose birth control pills and anti-depressants.”

“I try to keep myself relaxed and happy by dealing with stress in a healthy way so I don’t snap at people.”



Vaginal Infections

“For a yeast infection, I just pop a garlic clove in there.”

“I try to eat yogurt every day to avoid yeast infections.”

“I use disposable pads, because I struggle with chronic yeast infections and don’t want to risk irritating my vagina and making things worse with insertable products.”



More Menses Remedies

“My Mirena IUS alleviates cramping.”

“A nap and some Naproxen.”

“Chocolate, kale, cheese and crackers.”

“I exercise, and I take prescription anti-inflammatories.”

“I make sure I get enough sleep when I’m menstruating.”

“I always crave dark chocolate and pretzels.”

“My self-care techniques involve wearing red, loose, fuzzy pants around the house and loose fitting clothing in public.”

“Yoga, usually on the gentle side.”

“Tea and a healthy dose of self-pity.”

“I generally use it as a time of self-reflection.”

“I just use my vibrator.”

“Learning to give myself permission to sleep a lot, and to Not Get Stuff Done, is an ongoing process...”

“Cramps will occasionally require a glass of wine before bed.”

More PMS Remedies

“PMS involves Ibuprofen and Reese’s cups.”

“I try to eat better and listen to what my body is actually asking for.”

“I take Vitamin E periodically.”

“I’m moody for a few days beforehand, so I try to give myself a couple of hours each day to just lie in bed and read to keep from getting stressed and snapping someone’s head off.”

“Red clover tea seems to really help balance my emotions.”



Menses Remedies

“I alternate drinking green tea and cat’s claw tea.”

“The tea I use is crampbark and raspberry leaf.”

“I take a shitload of extra-strength Tylenol and take a nap.”

“Getting on my hands and knees and cleaning the floor.

Moving around in that position helped tremendously.”

“Most of the time, my friends and I are on the same cycle, so we have our ‘We Need Grease!’ dinner.”

“I get a bit mopey, which I combat by watching movies.”

“It requires 2 pills—400mg of Ibuprofen—to handle my cramps. No less, but generally no more.”

“Strong painkillers, hot water bottles and heat pads.”

“Dark chocolate, lots of Ibuprofen, and walking.”



“I pay attention to the unique insights and understandings that arise during emotionally charged moments, because I believe the Wise Woman, in all of her raw, unforgiving, unadulterated glory, tends to offer certain teachings then.”

“I treat myself to chocolate whenever I want it.”

“I take hot showers, dress for comfort and go for walks and drink lots of warm tea.”

“If I’m not currently working, all the pot I can ingest.”

“I do raspberry leaf tea and nettle tea.”

