

# ME AND MY CUP

## a love story

Rotary



ROTARY ACTION GROUP  
**MENSTRUAL HEALTH  
AND HYGIENE**  
*Break The Silence*

Denise  
46 years old  
first period at  
age 10

Using disposal  
sanitary napkins  
and tampons  
nearly all my life  
until....



... the  
menstrual cup  
and I first met

approx. 14  
months ago





*Why would I  
switch?*

I had learned  
that a reusable  
product costs  
10 times less  
than any  
disposable  
product.





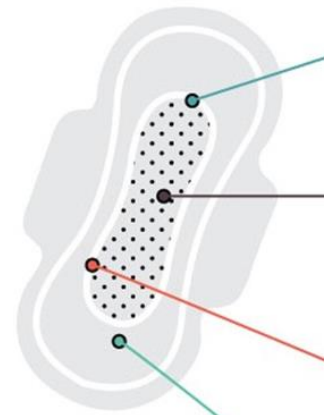
# Why would I switch?

I had learned that both, napkins and tampons, are made of highly toxic material that can lead to rashes and toxic shock.

The cup is made of medical silicone that does not harm the body.

## SECRET TOXIC CHEMICALS IN PADS

None of these chemicals are listed on the label. We have a right to know.



### STYRENE

also used in car tires



### CHLOROMETHANE

also used in petroleum refining



### ACETONE

also used in nail polish remover



### CHLOROETHANE

also used in styrofoam

# 3 really good reasons to switch:

- 🍇 Environment
- 🍇 Economics
- 🍇 Health

## More advantages of my new love:

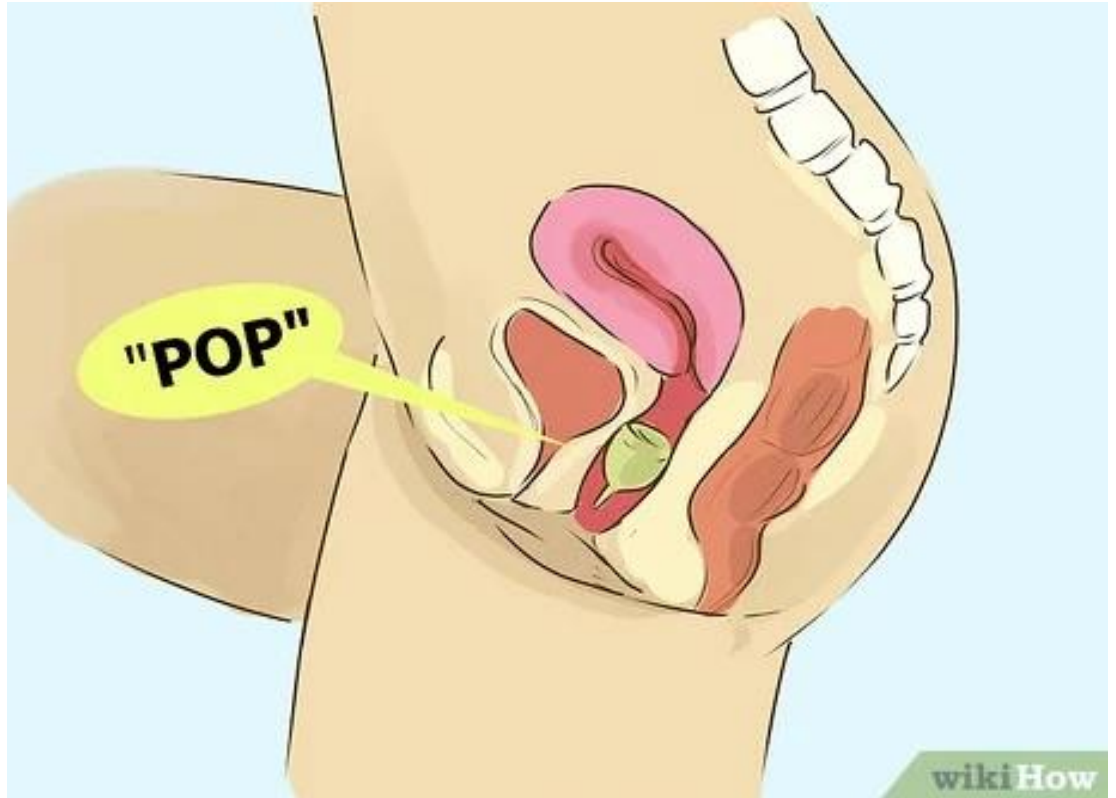
- 🍷 You can wear it up to 12 hours
- 🍷 It lasts for 10 years
- 🍷 It is easy to clean
- 🍷 It is extremely comfortable
- 🍷 You can do any kind of sports





# How to introduce a menstrual cup?

The cup stays right behind the entrance of the vagina.



FOLDED INTO A **V** SHAPE



FOLDED INTO A **C** SHAPE



FOLDED INTO A **S** SHAPE



## How to fold a menstrual cup?

- **V** like versatile
- **C** like comfortable
- **S** like safe

If you have any questions:

[www.ragmhh.org](http://www.ragmhh.org)

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