

Free Bleeding - Lea's Comic Diary for a Pain-Free Period Without Sanitary Towels, Tampons, Etc. (Paperback)



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FREE BLEEDING - LEA S COMIC DIARY FOR A PAIN-FREE PERIOD WITHOUT SANITARY TOWELS, TAMPONS, ETC. (PAPERBACK)



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Edition Riedenburg E.U., United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.It s Lea s time of the month. She hardly ever uses sanitary towels, tampons or other hygiene products anymore. Curious? Then read Lea s comic diary! It shows you exactly how free bleeding works. And because Lea can relax during her product-free period, she also doesn t get any pain. Just copy Lea s example! You will find space to practice and collect your ideas in the comic diary. And after your first product-free period cycle you ll experience the WOW effect. Want to bet? Contents This is Lea. . 5 Periods - what are they? . 6 What is free bleeding? . 8 Great, you want to take part! . 10 Sunday, 29th cycle day and 1st cycle day . 15 What do you know about the start of your cycle? . 17 Last minute menstruation help . 19 Monday, 2nd cycle day: Night time disturbance . 21 Monday morning: Hurry up now! . 22 Try it: How does TP work for you? . 25 Bloating. what now? . 27 Let s go outside! . 28 Which clothes do you like the best at the moment? . 29 My lower belly is super sensitive. . 31 Who needs old mucous membrane? . 32 What do you like best? . 33 Breakfast hunger . 34 Being free feels so good. . 36 What is the best way to relax? . 37 How I used to be . 39 My husband cooked. . 40 Gone walkabout. . 41 Have you also had a bit of a mishap? . 41 Overflow and stopping leaks . 42 Yoga and sauna: Tampon management . 42 Which method do you use instead of free bleeding?...

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