



Sparkles and Skid Marks

@SparklesNSkids

Being a woman is so mysterious.
Every month we get to wonder if we
are pregnant, dying, psychotic, or
depressed. Then we get to have a
period.



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gena8913 *Womens bodies are AMAZING!*

We literally bleed almost 10 years of our life 🧠 that's about 3500 days of menstruation!

Plus we have allll the symptoms that go along with it. 🤢

AND then we get to go through the menopause phase of life with all of the FUN (actually not fun at all...the complete opposite) symptoms that come along with menopause!

This is all normal..but we don't have to suffer.

Good news LADIES....Intuitive Nutrition IS HERE!!!

✓ Every Woman



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- ✓ Every Woman
- ✓ Every Phase
- ✓ Every Cycle

It's time to rewrite your hormone story.
It's time to break the PERIOD stigma.
It's time to minimize your symptoms

Comment "WOMAN" to get on my first to know list & for more info.

[#everywoman](#)
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[#dontblameyourhormones](#)
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