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**theretaguild** Since time immortal, there's been this thing that we just never talk about, or if we do, it's a hushed whisper, spoken in fear of shame. Yet it happens to half the planet, regularly, touching us past, present, and future. For the majority of our lives, but we keep it shushed, quiet, hidden...

Until recently.

Because a rumble is happening, there's a movement starting! Making it ok for the womb bearers to talk



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it ok for the womb bearers to talk about a big part of what makes up the physiology of possessing a uterus. 🤗

Are you ready for the words....

Periods and menopause.

The discomfort of it, the mess, the disruption to our lives, but now, finally, we have some real solutions.



Knowledge, awareness, and solutions the shift has started



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Knowledge, awareness, and solutions the shift has started.

Brands like Knix have been leading the way with leakproof underwear.

Feminine product companies are focusing on period poverty, helping women around the world to be able to take care of themselves during that time.

And now, I am beyond proud to say that the company I've been partnered with for the last 4 1/2 years has had the foresight and



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partnered with for the last 4 1/2 years has had the foresight and innovation to develop something that I believe will change everything for the womb bearers and the elements of menstruation and menopause.

Targeting the health of our reproductive system and supporting our hormones, instead of fighting them, aligning with our bodies through all the different stages. As well as opening up the opportunity to have real conversations too. 🗣️  
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to have real conversations too.💬  
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If you are a womb bearer or love a womb bearer, you will want to learn more about it ❤️.

Whether you possess a womb, once did, what has been YOUR biggest struggle with this?

[#normalizetheconversation](#)  
[#project23](#)

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