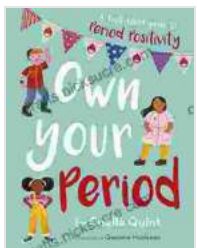


Own Your Period: A Health and Empowerment Guide for Women by Chella Quint

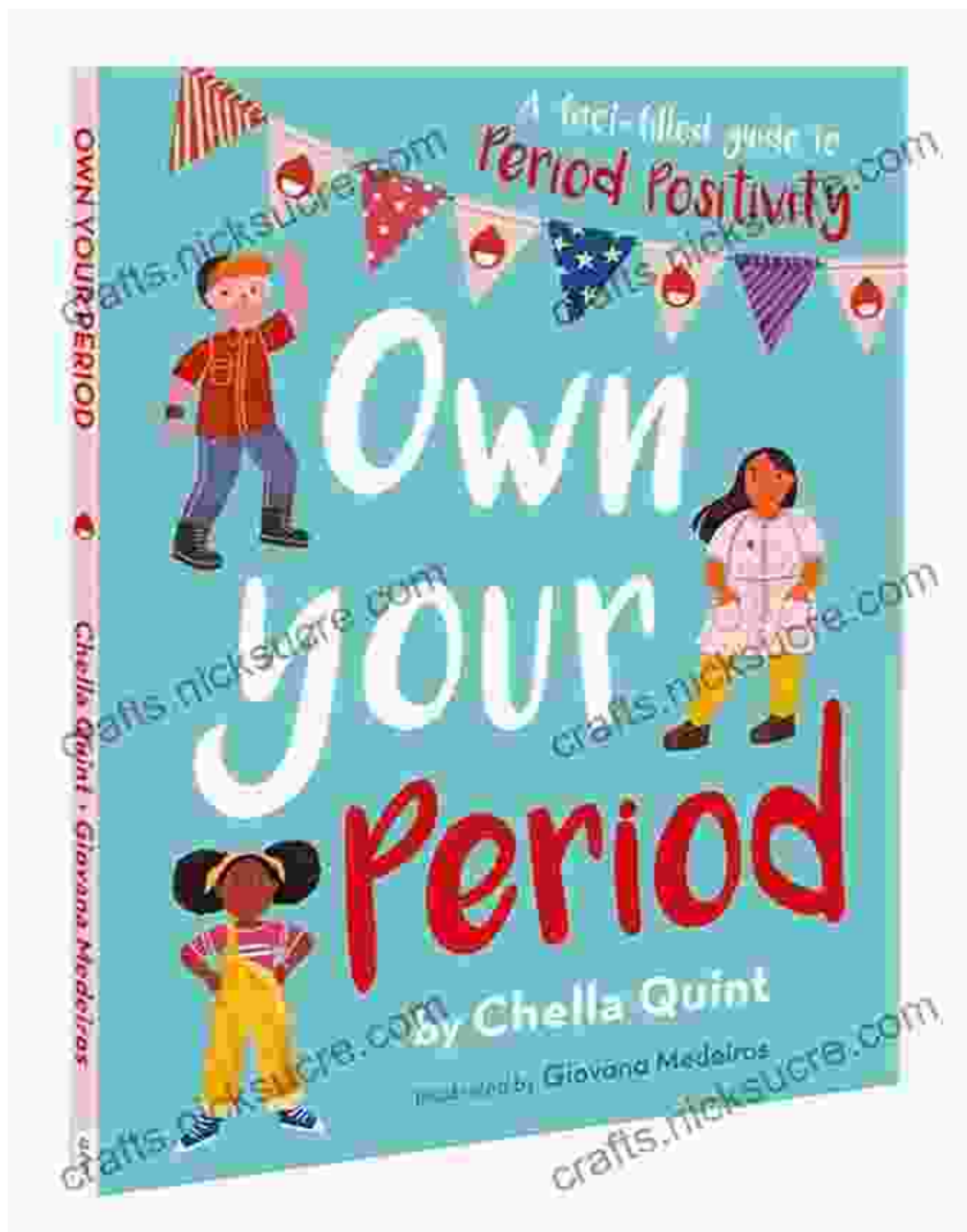


Own Your Period by Chella Quint

★★★★☆ 4.2 out of 5

Language : English
File size : 9725 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 96 pages





About the Book

Own Your Period is a comprehensive guide to menstrual health and empowerment for women. Written by Chella Quint, a certified women's health coach and yoga instructor, the book covers everything from the basics of the menstrual cycle to common menstrual disorders and how to

manage them. Quint also provides practical advice on how to use yoga and other holistic practices to support menstrual health.

The book is divided into three parts. The first part covers the basics of the menstrual cycle, including the different phases of the cycle, how to track your period, and what to expect during each phase. The second part covers common menstrual disorders, such as PMS, cramps, and endometriosis. Quint provides information on the symptoms of each disorder, as well as tips on how to manage them.

The third part of the book covers holistic practices for menstrual health. Quint discusses the benefits of yoga, meditation, and acupuncture for menstrual health, and provides specific practices that you can use to support your own menstrual cycle.

About the Author

Chella Quint is a certified women's health coach and yoga instructor. She has a passion for helping women to understand and embrace their menstrual cycles. Quint is the founder of the Red School, a menstrual health education platform. She is also the author of the book *Red Moon: A Guide to Period Power*.

Reviews

"Own Your Period is a must-read for women of all ages. Chella Quint provides a comprehensive and empowering guide to menstrual health that is both informative and practical. I highly recommend this book to anyone who wants to learn more about their menstrual cycle and how to support their menstrual health."

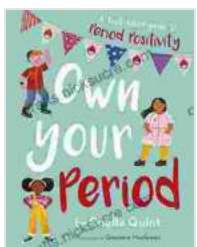
- Dr. Sarah Gottfried, author of The Hormone Cure

"Own Your Period is a game-changer for women's health. Chella Quint has created a comprehensive and accessible guide that empowers women to take control of their menstrual health. This book is a must-read for any woman who wants to live a healthier and more fulfilling life."

- Dr. Christiane Northrup, author of Women's Bodies, Women's Wisdom

Order Your Copy Today

Own Your Period is available for purchase on Amazon and other online retailers. You can also order a signed copy of the book from the Red School website.



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