

Email #3

Subject Line: Cramps got you down? PMS causing problems? We can help!

Struggling with specific period problems? Whether you're dealing with bad breakouts or aren't sure what that stuff is in your underwear, we've got resources that can help you get informed and take action.

We know that your cycle affects every part of your body, as well as your emotions and mental health, and we've put together a full library of downloadable resources for the most common period problems and cycle topics.

If you're wanting to get pregnant, be sure to check out the Tracking Ovulation and Fertility topics. If you're trying to decrease your PMS symptoms, take a read through the resources on PMS and Mood Swings. If you're not sure where to start, Period 101 and Period Products are two of our favourites.

See all that we have to offer and take your first step toward a more comfortable period and a better cycle.

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