



# **Her Blood Is Gold: Celebrating the Power of Menstruation**

*Lara Owen*

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We menstruate more now than at any time in human history. Girls are starting to menstruate earlier due to protein-rich diets and hormones in food; women are less likely to die young; we have fewer children and therefore spend less time not menstruating. Increased work and family stresses, in addition to more periods, mean that women are more physically and psychologically vulnerable to negative attitudes to menstruation. So it is more important than ever that we investigate ways to make our periods physically, emotionally, and spiritually healthy.

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