

## Recommended reads

During the research and development period, Giocare team met lots of people, gone through lots of discussions and read lots of books. We still keep learning and that gives us greater understanding about Menstruation and Wellbeing. Here are few books that we suggest for newbies.

- ♥ Wild Power: Discover the magic of your menstrual cycle and awaken the feminine path to power, 2017 by Alexandra Pope and Sjanie Hugo Wurlitzer
- ♥ It's about bloody time. Period., 2019 by Emma Barnett
- ♥ It's only Blood: Shattering the taboo of menstruation, 2018 by Anna Dahlqvist
- ♥ Rtu Vidya: Ancient science behind menstrual practices, 2020 by Sinu Joseph
- ♥ Women and Sabarimala: The science behind restrictions, 2019 by Sinu Joseph
- ♥ Fix your period: Six weeks to Banish Bloating, Conquer Cramps, manage Moodiness, and Ignite lasting Hormone Balance, 2020 by Nicole Jardim
- ♥ Period repair manual: Natural Treatment for better hormones and better periods, 2018 by Lara Briden.
- ♥ Period Power.: Harness your hormones and get your cycle working for you, 2019 by Maisie Hill
- ♥ Period Power: A manifesto for the menstrual movement, 2019 by Nadya Okamoto
- ♥ Seeing Red: The one book every woman needs to read, 2019 by Kirsten Karchmer

## Comics Recommendations for Teens

- ♥ Menstrupedia by Aditi Gupta and Tuhin Paul

## Websites

- ♥ [www.menstrupedia.com](http://www.menstrupedia.com)
- ♥ [www.redschool.net](http://www.redschool.net)