

## Why Choose reusable products?

Source:

[www.moonpads.com/why\\_moon\\_pads.html](http://www.moonpads.com/why_moon_pads.html)

*Here are some of the reasons why women are switching to reusable menstrual products:*

### *For Your Health...*

Remove any health concerns about Toxic Shock Syndrome, rayon fibres, chemicals and skin irritations.

### *For Our Environment...*

Save trees; reduce the use of toxic chemicals such as dioxin; reduce "disposable" wastes which can take up to 500 years to break down.

### *Because of the Cost...*

Buy once then enjoy ongoing \$\$\$ savings during years of use!

## Why make the switch to non-disposables?

Source: [www.lunapads.com](http://www.lunapads.com)

“Like recycling bottles and newspapers, washing [non-disposable products] is a little more work than throwing away your used pads and tampons. But with over 14 billion pads, tampons and applicators going into North American landfills every year, it’s a small but important way of taking personal responsibility for a massive environ-

## A Brief History of Disposable Products:

Source: [http://en.wikipedia.org/wiki/Sanitary\\_napkin](http://en.wikipedia.org/wiki/Sanitary_napkin)

Through the ages women have used different forms of menstrual protection. The Museum of Menstruation has articles and photos of some early forms of menstrual protection, including among other things knitted pads and menstrual aprons. Women often used strips of folded old cloth (rags) to catch their menstrual flow, which is why the term "on the rag" is used to refer to menstruation.

Disposable menstrual pads grew from a Ben Franklin invention designed to save soldiers with buckshot wounds, but appear to have been first commercially available from around 1888. The first commercially available American disposable napkins were Lister's Towels created by Johnson & Johnson in 1896. Disposable pads had their start with nurses using their wood pulp bandages to catch their menstrual flow, creating a pad that was made from easily obtainable materials and inexpensive enough to throw away after use. Even after disposable pads were commercially available, for several years they were too expensive for many women to afford. It took several years for disposable menstrual pads to become commonplace. However, they are now used nearly exclusively in most of the industrialized world.

The materials used to manufacture most pads are derived from the petroleum industry and forestry. The absorbent core, made from chlorine bleached wood pulp, could be reduced to make slimmer products with the addition of polyacrylate gels which sucks up the liquid quickly and holds it in a suspension under pressure. The remaining materials are mostly derived from the petroleum industry, the cover stock used is polypropylene non woven, with the leakproof barrier made from polyethylene film. The problems with these materials are that they are neither biodegradable nor recyclable, so disposal issues are created worldwide, often with disposed products ending in the oceans of the world.

Cloth menstrual pads made a comeback around the 1970s<sup>[2]</sup>, with their popularity increasing in the late 80s and early 90s. Some popular reasons why women choose to switch to cloth menstrual pads include the following: comfort, savings over time, environmental impact, and health reasons.

## A Guide to Alternative Menstrual Products

### Buy Alternative Products Locally, Or Buy Online:

Lunapads—[www.lunapads.com](http://www.lunapads.com)

Gladrags—[www.gladrags.com](http://www.gladrags.com)

Party In My Pants—  
[www.partyantpads.com](http://www.partyantpads.com)

Many Moons Alternatives—  
<http://manymoosalternatives.com>

The Keeper -[www.thekeeper.com.au/](http://www.thekeeper.com.au/)

The Mooncup—[www.mooncup.co.uk/](http://www.mooncup.co.uk/)

The Diva Cup—[www.divacup.com](http://www.divacup.com)

NatraCare—[www.natracare.com](http://www.natracare.com)

Lotus Pads—[www.lotuspads.com](http://www.lotuspads.com)

Moon Pads—[www.moonpads.com](http://www.moonpads.com)



At Moon Pads our colours are always changing!!  
Here is a view of some of our current range...

# Wait...you mean I have OPTIONS??? What are some examples?

**Safer Disposables**  
(Not Great, But Better)



**If you must choose disposables...**  
Consider non-toxic organic options such as Natracare pads and tampons.



**Reusable Pads**  
(A Smart Decision!)



**Reusable Tampons**  
(Best Choice, Best Value)



Products like The Mooncup, The Divacup, or The Keeper are...well, keepers! They'll last you a long time, not pollute your body or the environment, reduce waste, and save you money.

