



**Caroline Oblasser**

# **Free bleeding**

**Lea's COMIC DIARY  
for a pain-free period without  
sanitary towels, tampons, etc.**

**Edition  
Friedenburg**



# Contents

This is Lea.

Periods - what are they?

What is free bleeding?

Great, you want to take part!

## **Sunday, 29th cycle day and 1st cycle day**

What do you know about the start of your cycle?

Last minute menstruation help

## **Monday, 2nd cycle day: Night time disturbance**

Monday morning: Hurry up now!

Try it: How does TP work for you?

Bloating... what now?

Let's go outside!

Which clothes do you like the best at the moment?

My lower belly is super sensitive.

Who needs old mucous membrane?

What do you like best?

Breakfast hunger

Being free feels so good.

What is the best way to relax?

How I used to be

My husband cooked.

Gone walkabout.

Have you also had a bit of a mishap?

Overflow and stopping leaks

Yoga and sauna: Tampon management

Which method do you use instead of free bleeding?

Back home

Getting ready to sleep

What do you do at night?

### **Tuesday, 3rd cycle day: Slept well**

To the train station

And on the go?

Off to the stables

Self-rolled tampon

### **Wednesday, 4th cycle day: Spotting starts**

Bike trip to the countryside

It's coming to an end.

My period is almost over ...

### **Thursday, 5th cycle day: Almost finished**

One last little bit

Finally had a bowel movement again

What have you learned about your digestion?

### **6th and 7th cycle days:**

#### **An end and a new beginning**

#### **Your free bleeding and its phases**

Period phase 0: The feeling that something is going to happen

Period phase 1: Shedding begins

Period phase 2: The floodgates are opened

Period phase 3: Orderly clean up

Period phase 4: Leaking and spotting

Period phase 5: Clean mucus lining is restored

**Now record your free bleeding!**

Committing to free bleeding without products?



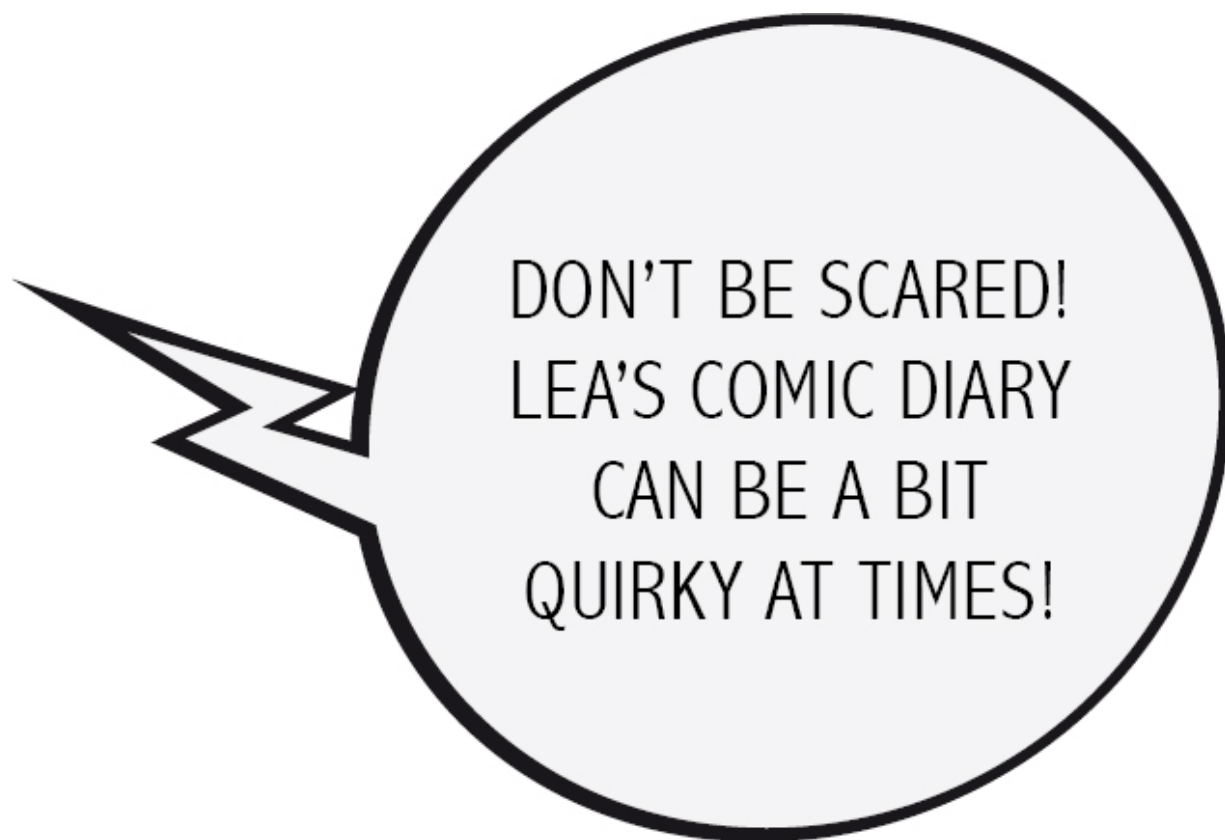


## **This is Lea.**

Lea is 32 years old, married with two daughters whom she gave birth to at home. One girl is at primary school, the other still crawls into Mummy's bed at night.

Lea is a freelance advertising expert and works from her home office. This is a practical set-up, as it means she usually always has free access to a toilet. It's an unbeatable advantage for having a stress-free product-free period, which Lea has done for several years.

As Lea doesn't just want to design and write the advertising campaign for the first manned Mars mission, she has also allowed us to follow along with her free bleeding in this COMIC DIARY which she wrote especially for us.



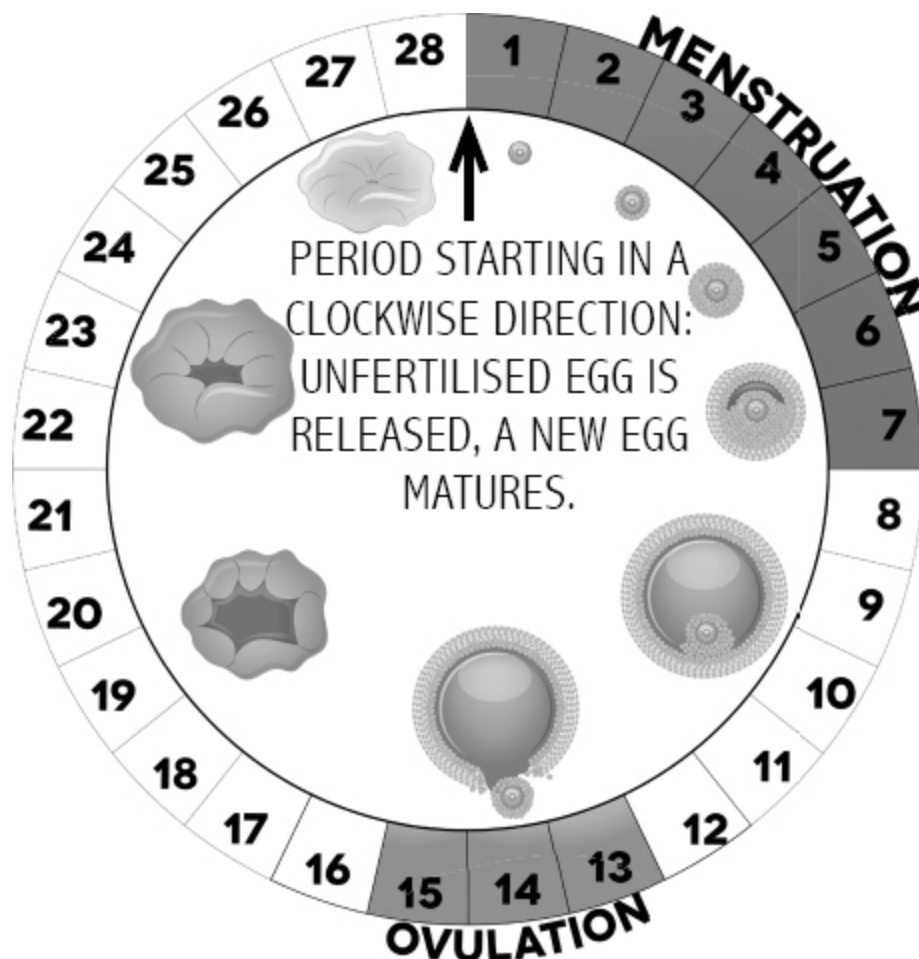
DON'T BE SCARED!  
LEA'S COMIC DIARY  
CAN BE A BIT  
QUIRKY AT TIMES!

# Periods - what are they?

Before we start, let's quickly summarise what it's all about.

When a girl reaches a certain age, she becomes a woman who can become pregnant. The special thing about this is that your uterus bleeds now and then, and this blood flows out of the vagina.

Different hormones ensure that bleeding occurs regularly. This is why it's also called "monthlies" or your "period". It can also be called "menstruation" because the bleeding occurs approximately every 28 days, which is about once a month (from the Latin "mens").







Your body wants to ensure you have the chance to reproduce every month.

The egg, from which a baby could develop, 'jumps' from one of your two ovaries into one of the fallopian tubes found to the left and right of the womb during ovulation ("ovulation" from Latin, ovus = egg). Some women feel their ovulation during this time directly to the left or right below the navel.

You are fertile and can become pregnant, even several days before ovulation occurs. You can detect this fertile period by checking your vaginal discharge which becomes stretchier until it feels like egg white.

If an egg is not fertilised during sex by the man's ejaculate which contains sperm, then it does not need to be anchored to the moist mucus membrane of the womb.

In this case, your body realises you are not pregnant and vigorously pushes out the unfertilised egg from your uterus, together with the old mucus membrane: You bleed and all the old materials are eliminated.

In healthy women, this cycle takes place automatically. Except for when you are pregnant, breastfeeding or taking a pill or other hormones which suppress ovulation (so-called "ovulation inhibitors").