

Nurse To  
Nature



Natural health for real  
families.

# Perineum & Products

A guide to get you started

## Introduction

Making conscious choices about the products we use in intimate areas can have a significant impact on our health and well-being. By prioritizing organic feminine products, organic toilet paper, and cotton underwear, you can reduce your exposure to harmful chemicals, support sustainable practices, and promote a healthier, more comfortable you.

The information provided is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

# Pillar 1: Organic Feminine Products

## Why Choose Organic?

- Reduced Exposure to Harmful Chemicals
- Environmentally Friendly
- Hypoallergenic & Gentle
- Biodegradable Materials
- Supports Sustainable Practices



Conventional feminine hygiene products often contain concerning chemicals such as rayon, dioxins, fragrances, and pesticides. These substances can lead to skin irritation, allergic reactions, and potential **long-term health risks**. By choosing organic feminine products made from 100% organic cotton, you can significantly minimize your exposure to harmful toxins. Given that these products come into contact with highly sensitive tissue, it is crucial that they are free from toxic substances that could leach into your bloodstream.

Organic options are gentler on sensitive skin, thereby reducing the risk of discomfort and irritation. Moreover, the production of organic cotton is more environmentally sustainable, as it avoids the use of synthetic pesticides and fertilizers.

**Reusable Pads:** These pads are breathable and comfortable, particularly those made from natural materials like cotton. They offer improved breathability compared to disposable pads, which can decrease the risk of infections and skin irritation. Disposable pads may contain harmful chemicals such as chlorine, dioxin, and fragrances. In contrast, reusable pads, especially those made from organic cotton, provide a healthier alternative by limiting exposure to these chemicals.

## Pillar 2: Organic Toilet Paper

### Benefits of Organic Toilet Paper

- No Harsh Chemicals
- Reduced Risk of Irritation
- Better for the Environment
- Sustainable Sourcing
- Biodegradable



Conventional toilet paper is frequently bleached with chlorine, a process that can leave behind dioxins and other harmful residues. These chemicals can irritate sensitive skin and potentially contribute to long-term health problems.

**Organic toilet paper:** made from unbleached or oxygen-bleached recycled paper or bamboo, provides a safer and more sustainable alternative. It reduces your exposure to harmful chemicals and minimizes the environmental impact associated with deforestation and chlorine production.

**Reusable toilet paper:** consists of soft, absorbent cloths made from fabrics like flannel, serving as an eco-friendly substitute for disposable toilet paper. These cloths can be washed and reused, providing a cost-saving alternative. Additionally, using reusable toilet paper is healthier for your perineum because it doesn't contain the toxins often found in disposable options.

**Baby wipes and cloth diapers** You can swap out disposable baby wipes for handkerchiefs or cotton/flannel pieces of cloth and water. There is also a product from balmbaby called “juice those wipes”. It’s a concentrate that you mix with water and can either saturate reusable wipes in and place in a leakproof bag/container, or put in a spray bottle and spray on the cloth prior to use. Cloth diapers can grow with your child. They have different levels of snaps that you can adjust as your child grows. There are also inserts that you place in a slot that are very absorbable (think of a menstrual pad) and you can double up if needed.

**Bidet:** Bidets present a more hygienic, gentle, and environmentally sustainable alternative to toilet paper, which may contribute to enhanced health outcomes and long-term cost savings.



Kick things off by making **one tiny tweak** from one *pillar* this week. **Rome wasn't built in a day, so don't revamp your whole life in one swoop!** Consistency is your secret sauce! Keep tabs on your progress, throw a mini party for your wins, and give yourself some grace. A healthier lifestyle is a grand adventure, not a final stop. Print this guide, doodle all over it, and make it truly yours!