

Be Prepared Period's #PeriodTalk Twitter Transcript

#PeriodTalk is held the 2nd Friday of the month at 2pm ET - New Topics Each Month!
Upcoming Topics & Transcripts posted at BePreparedPeriod.com

December 13, 2013

Revolutionizing periods: Menstrual Cups/Cloth Pads

[bpreparedperiod](#) Welcome to our last tweet chat of the year, Revolutionizing Periods: Menstrual Cups & Cloth Pads [#PeriodTalk](#) [1:00pm via HootSuite](#)

[tabithapye](#) [@DivaCup](#) [@bpreparedperiod](#) [@GladRags](#) I'm here! First [#PeriodTalk](#) chat, should be fun! [1:01pm via TweetDeck](#)

[GladRags](#) [@tabithapye](#) Yay! Welcome :) [#periodtalk](#) [1:01pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) Remember to include hashtag [#PeriodTalk](#) in your tweets so we can all see them [1:01pm via HootSuite](#)

[AuntFlo_28](#) [@GladRags](#) thanks so much! I truly appreciate that compliment [#PeriodTalk](#) [1:01pm via HootSuite](#)

[laurieburns](#) [@DivaCup](#) [@bpreparedperiod](#) [@GladRags](#) I was told to boil my Diva cup after every period, but I did an it melted. Not a good idea? [#periodtalk](#) [1:01pm via Web](#)

[DivaCup](#) We're excited to talk about the many benefits of menstrual cups! [#PeriodTalk](#) [1:01pm via TweetChat powered by oneQube](#)

[tabithapye](#) [@GladRags](#) Thanks! [#periodtalk](#) [1:01pm via TweetDeck](#)

[bpreparedperiod](#) [#PeriodTalk](#) is a monthly chat designed to demonstrate our commitment to open menstrual conversation & education [1:01pm via HootSuite](#)

[GladRags](#) [@laurieburns](#) [@DivaCup](#) [@bpreparedperiod](#) Oh no! :(Sounds like you boiled it for too long. [#periodtalk](#) [1:01pm via TweetChat powered by oneQube](#)

[tabithapye](#) [@DivaCup](#) LOVE my menstrual cup! Just started using it 3 months ago. [#PeriodTalk](#) [1:02pm via TweetDeck](#)

[GladRags](#) RT [@tabithapye](#) [@DivaCup](#) LOVE my menstrual cup! Just started using it 3 months ago. [#PeriodTalk](#) [1:02pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) Today's lineup features helpful info, a time for sharing, Q&A, and FUN giveaways
[#PeriodTalk 1:02pm via HootSuite](#)

[Burnabymom2](#) [@bpreparedperiod](#) [@DivaCup](#) [@GladRags](#) I'm pretty new to twitter parties so I hope I don't get confused lol [#PeriodTalk 1:03pm via Web](#)

[DivaCup](#) [@lauriecburns](#) [@bpreparedperiod](#) [@GladRags](#) boiling isn't a required step. To clean: empty, wash well with DivaWash & reinsert. [#PeriodTalk 1:03pm via TweetChat powered by oneQube](#)

[austins_mom](#) [@DivaCup](#) Menstrual cups ROCK! :-)
[#PeriodTalk #DivaCup 1:03pm via Twitter for iPhone](#)

[bpreparedperiod](#) We are thrilled to be joined today by special guests [@DivaCup](#) and [@GladRags](#)
[#PeriodTalk 1:03pm via HootSuite](#)

[GladRags](#) RT [@austins_mom](#) [@DivaCup](#) Menstrual cups ROCK! :-)
[#PeriodTalk #DivaCup 1:03pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) To be eligible to win a giveaway you must register and make at least one [#PeriodTalk](#) tweet between 1:40 & 2:40pm ET [1:03pm via HootSuite](#)

[bpreparedperiod](#) Today we'll be giving away 2 awesome Diva Gift Packs compliments of [@DivaCup](#) - You can enter to win at <http://bpreparedperiod.com/blog/?p=4147> [#PeriodTalk 1:03pm via HootSuite](#)

[tabithapye](#) Thank you [@DivaCup](#) 4 the fabulous Gift Pack [#Giveaway](#) w/ [@bpreparedperiod](#)!!!
[#periodtalk #eco #menstrual bpreparedperiod.com/blog/ 1:04pm via Giveaway Tools Confirmation](#)

[ChaoticKarma23](#) [@bpreparedperiod](#) [@DivaCup](#) [@GladRags](#) Hi everyone! :) [#PeriodTalk 1:04pm via Web](#)

[DivaCup](#) [@tabithapye](#) [@bpreparedperiod](#) You are welcome! [#PeriodTalk 1:04pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) We'll also be giving away a \$25 [GladRags.com](#) Gift Card thx to [@GladRags](#) - U can enter to win @ <http://bpreparedperiod.com/blog/?p=4147> [#PeriodTalk 1:04pm via HootSuite](#)

[GladRags](#) [@ChaoticKarma23](#) Hi & welcome! :) [#periodtalk 1:05pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) If you are new to the tweet chat world we have some tips at http://bpreparedperiod.com/index.php?route=information/information&information_id=8 to help you w/your 1st chat [#PeriodTalk 1:05pm via HootSuite](#)

[readytogroove](#) Get involved with [@bpreparedperiod](#)'s [#PeriodTalk](#) to help expand the conversation about menstruation! [1:05pm via Web](#)

[Burnabymom2](#) [@GladRags](#) [@austins_mom](#) [@DivaCup](#) I've been wanting to try one, but nervous, and no idea what size i would be [#PeriodTalk](#) can't return it lol [1:05pm via Web](#)

[bpreparedperiod](#) And for those of you that like reminders & copies of our tweet chat transcripts...
[#PeriodTalk 1:05pm via HootSuite](#)

[ChaoticKarma23](#) Great prizes! [#PeriodTalk 1:05pm via Web](#)

[bpreparedperiod](#) You can now opt-in to receive 2 monthly emails w/info on our tweet chats & transcripts at <http://bpreparedperiod.us4.list->

manage2.com/subscribe?u=51254bdb0e7c19d197aa23604&id=d22539658a #PeriodTalk 1:05pm via HootSuite

[bpreparedperiod](#) Let's begin by introducing ourselves #PeriodTalk 1:06pm via HootSuite

[tabithapye](#) Thank you @GladRags 4 the awesome Gift Card #Giveaway w/ @bpreparedperiod!!! #periodtalk #eco #menstrual bpreparedperiod.com/blog/ 1:06pm via Giveaway Tools Confirmation

[bpreparedperiod](#) Q1: Please share your first name & whether you are new to the idea of menstrual alternatives, or are a "veteran" #PeriodTalk 1:06pm via HootSuite

[GesundhtMassage](#) @Burnabymom2 @GladRags @austins_mom @DivaCup I was nervous, too! It's totally worth it! #PeriodTalk 1:06pm via Web

[bpreparedperiod](#) I'm Tara, founder of BePreparedPeriod.com - An online resource for all things menstrual #PeriodTalk 1:07pm via HootSuite

[tabithapye](#) @bpreparedperiod Q! - Tabitha - I'd say I'm new but have been thinking/researching for a while now, just switched to a cup #PeriodTalk 1:07pm via TweetDeck

[readytogroove](#) What are some of the best reasons to switch to reusable menstrual products? #periodtalk 1:07pm via Web

[bpreparedperiod](#) We're thrilled to announce we've just launched our New & Improved website and welcome you all to check it out! #PeriodTalk 1:07pm via HootSuite

[GladRags](#) Q1: Tracy, alternative menstrual product aficionado ;) #periodtalk 1:07pm via TweetChat powered by oneQube

[ChaoticKarma23](#) @bpreparedperiod Q1: Veronica and new to the idea #PeriodTalk 1:07pm via Web

[bpreparedperiod](#) Offering healthy products, reviews, helpful articles, webinars, a Q&A forum & more, it's our goal to be a one stop shop! #PeriodTalk 1:07pm via HootSuite

[DivaCup](#) Sophie from Diva here: The DivaCup empowers women w/ a period care solution that is eco-friendly & better for ur health. #PeriodTalk 1:07pm via TweetChat powered by oneQube

[GesundhtMassage](#) @bpreparedperiod Q1: Woo-hoo! I'm a veteran! And my name is Jessica, but that's less interesting. #periodtalk 1:07pm via Web

[bpreparedperiod](#) To encourage more women to try new products we're offer 10% off all cups & cloth pads with promo code PERIODTALK (exp. 12/20) #PeriodTalk 1:07pm via HootSuite

[bpreparedperiod](#) It's so great to see all of you on this Funtastic Friday #FF! Thanks for joining us! #PeriodTalk 1:08pm via HootSuite

[austins_mom](#) @DivaCup Chkout my DivaCup review on @bpreparedperiod's site: bpreparedperiod.com/blog/?p=4107 #PeriodTalk 1:08pm via Twitter for iPhone

[bpreparedperiod](#) So let's get started! I'd like to introduce special guest @DivaCup & have them share w/us a little about #MenstrualCups #PeriodTalk 1:08pm via HootSuite

[tabithapye](#) @bpreparedperiod glad to be here! #PeriodTalk 1:08pm via TweetDeck

[bpreparedperiod](#) @[DivaCup](#), welcome! The "floor" is yours! [#PeriodTalk 1:08pm via HootSuite](#)

[DivaCup](#) Thanks Tara! Menstrual cups r a great option for women of all ages, offer 12 hr protection, are easy-to-use & save \$! [#PeriodTalk 1:09pm via TweetChat powered by oneQube](#)

[FebyTweets](#) Hi! Alison here from [feby.com](#) and I've got a lot of experience with menstrual alternatives under my belt. [#PeriodTalk 1:09pm via Web](#)

[Lunettecup](#) Hi, I'm Suzan and...no...I'm not new to the idea [#periodtalk 1:09pm via TweetChat powered by oneQube](#)

[AuntFlo_28](#) Q1: Kylie - I have used reusable products for about 10 years [#periodtalk 1:09pm via Twubs](#)

[DivaCup](#) Why use a cup? Each yr a woman will use approx. 200 disposable pads & tampons, which are made of plastics, chemicals & dyes. [#PeriodTalk 1:09pm via TweetChat powered by oneQube](#)

[DivaCup](#) Multiply this by the # of women with a period & u have billions of products being thrown out every year! <http://divacup.com/community/eco-divas/> [#PeriodTalk 1:10pm via TweetChat powered by oneQube](#)

[GladRags](#) RT @[DivaCup](#) Why use a cup? Each yr a woman will use ~200 disposable pads/tampons, which are made of plastics, chemicals & dyes. [#PeriodTalk 1:10pm via TweetChat powered by oneQube](#)

[Burnabymom2](#) @[GesundhtMassage](#) @[Burnabymom2](#) @[GladRags](#) @[austins_mom](#) @[DivaCup](#) how do you know your size? [#PeriodTalk 1:10pm via Tweet Button](#)

[DivaCup](#) The average woman spends between \$150-200 on feminine hygiene products a yr. A menstrual cup costs about \$39/yr. [#PeriodTalk 1:10pm via TweetChat powered by oneQube](#)

[readytogroove](#) Q1: We are Groove & we <3 menstrual cups b/c they are environmentally friendly & boost period-positivity! [#periodtalk 1:10pm via Web](#)

[DivaCup](#) RT @[readytogroove](#) Q1: We are Groove & we <3 menstrual cups b/c they are environmentally friendly & boost period-positivity! [#periodtalk 1:10pm via TweetChat powered by oneQube](#)

[GladRags](#) @[Burnabymom2](#) This might help: gladrags.com/faq.html#a5988 [#periodtalk 1:11pm via TweetChat powered by oneQube](#)

[Lunettecup](#) RT @[readytogroove](#) Q1: We are Groove & we <3 menstrual cups b/c they are environmentally friendly & boost period-positivity! [#periodtalk 1:11pm via TweetChat powered by oneQube](#)

[DivaCup](#) Q1: Test your cup knowledge. When were menstrual cups first marketed to women? A. 1930s B. 1950s C. 1970 D. 1990s? [#PeriodTalk 1:11pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) @[Burnabymom2](#) If we could hold questions for a bit, we'll have a Q&A time :) [#periodtalk 1:11pm via HootSuite](#)

[austins_mom](#) @[bpreparedperiod](#) Hi. It said "page not found" [#PeriodTalk 1:11pm via Twitter for iPhone](#)

[ChristinaBWho](#) @[DivaCup](#) Q1 I'm going to guess the 90s. [#PeriodTalk 1:11pm via Web](#)

[Lunettecup](#) RT [@GladRags](#) [@Burnabymom2](#) This might help(know your menstrual cup size need): gladrags.com/faq.html#a5988 [#periodtalk](#) 1:11pm via [TweetChat powered by oneQube](#)

[dolphinlvr0757](#) Q1 1930s? [#periodtalk](#) 1:11pm via [TweetChat powered by oneQube](#)

[tabithapye](#) [@DivaCup](#) A1 - the 1930's? [#PeriodTalk](#) 1:12pm via [TweetDeck](#)

[DivaCup](#) A: 1930s. While a new concept for many, menstrual cups were actually introduced around the same time as tampons. [#PeriodTalk](#) 1:12pm via [TweetChat powered by oneQube](#)

[GladRags](#) RT [@DivaCup](#) A: 1930s. While a new concept for many, menstrual cups were actually introduced around the same time as tampons. [#PeriodTalk](#) 1:12pm via [TweetChat powered by oneQube](#)

[DivaCup](#) Today we're aware of the effects synthetic fibres & plastics found in pads & tampons have on the environment & our bodies. [#PeriodTalk](#) 1:12pm via [TweetChat powered by oneQube](#)

[DivaCup](#) Made of 100 % silicone, The DivaCup is free of chemicals, plastics & dyes & bc it's reusable u can use it month after month! [#PeriodTalk](#) 1:13pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) [@austins_mom](#) Oops, sorry - it's at http://bepreparedperiod.com/index.php?route=information/information&information_id=8 [#periodtalk](#) 1:13pm via [HootSuite](#)

[DivaCup](#) **Q2. Of the many benefits of menstrual cups, which is most important to u? A 12 hr protection B Comfort C Eco-friendly D Saves \$** [#PeriodTalk](#) 1:13pm via [TweetChat powered by oneQube](#)

[Burnabymom2](#) [@DivaCup](#) A1 patented is the 30s [#PeriodTalk](#) 1:14pm via [Twitter for iPhone](#)

[tabithapye](#) [@DivaCup](#) A2 - C, then D, then B, then A :) [#PeriodTalk](#) 1:14pm via [TweetDeck](#)

[dolphinlvr0757](#) Q2 Those are all important to me! [#periodtalk](#) 1:14pm via [TweetChat powered by oneQube](#)

[austins_mom](#) [@Burnabymom2](#) [@GladRags](#) [@DivaCup](#) I promise it's worth it. Sizing is easy. DivaCup & Lunette explain it on their sites. [#PeriodTalk](#) 1:15pm via [Twitter for iPhone](#)

[GesundhtMassage](#) [@Burnabymom2](#) [@GladRags](#) [@austins_mom](#) [@DivaCup](#) It's kinda like figuring the size of your shoe. Each brand has a recommended model. [#periodtalk](#) 1:15pm via [Web](#)

[readytogroove](#) [@DivaCup](#) C, B,D, then A! All very important, though! [#periodtalk](#) 1:15pm via [Web](#)

[DivaCup](#) We recommend Model 1 for women under 30 who had not had a child & Model 2 for women over 30 or if you've had a child. [#PeriodTalk](#) 1:15pm via [TweetChat powered by oneQube](#)

[AuntFlo_28](#) Q2: all of them!!! who can choose just one? [#periodtalk](#) 1:16pm via [Twubs](#)

[DivaCup](#) Thanks for all the replies. C. Eco Friendly is a great feature of menstrual cups! [#PeriodTalk](#) 1:16pm via [TweetChat powered by oneQube](#)

[FebyTweets](#) [@DivaCup](#) All the benefits of a menstrual cup are important; environmentally friendly, comfortable, inexpensive + long-lasting. [#PeriodTalk](#) 1:16pm via [Web](#)

[GladRags](#) RT @[FebyTweets](#) the benefits of a menstrual cup are important; environmentally friendly, comfortable, inexpensive + long-lasting [#periodtalk 1:17pm via TweetChat powered by oneQube](#)

[austins_mom](#) @[bpreparedperiod](#) Thx. Chking it out now. [#PeriodTalk 1:17pm via Twitter for iPhone](#)

[DivaCup](#) RT @[FebyTweets](#) @[DivaCup](#) All the benefits of a menstrual cup r important; eco friendly, comfortable, inexpensive + long-lasting. [#PeriodTalk 1:17pm via TweetChat powered by oneQube](#)

[tabithapye](#) @[DivaCup](#) missing in the list was better for you! That was my main reason for switching [#PeriodTalk 1:17pm via TweetDeck](#)

[DivaCup](#) Even if u aren't ready to try a menstrual cup, learn about the ingredients found w/i ur choice products! <http://articles.mercola.com/sites/articles/archive/2013/05/22/feminine-hygiene-products.aspx> [#PeriodTalk 1:18pm via TweetChat powered by oneQube](#)

[GesundhtMassage](#) @[Burnabymom2](#) Difference being you can't try them all on first, but you have options if one doesn't work. [bpreparedperiod.com/PeriodTalk/que...](#) [#periodtalk 1:18pm via Web](#)

[gfreemaui](#) Q2: I agree, I go with all of the above! [#PeriodTalk 1:18pm via Twitter for Mac](#)

[lauriecburns](#) @[GladRags](#) @[DivaCup](#) @[bpreparedperiod](#) Yes I did boil too long! I am going to go get another and be more careful this time. [#periodtalk 1:18pm via Web](#)

[Lunettecup](#) RT @[tabithapye](#) @[DivaCup](#) missing in the list was better for you! That was my main reason for switching [#PeriodTalk 1:18pm via TweetChat powered by oneQube](#)

[mother__moon](#) I've been using a cup for almost a year now and I can absolutely say that I will never go back to disposables!! [#PeriodTalk @bpreparedperiod 1:18pm via Web](#)

[GladRags](#) RT @[mother__moon](#) I've been using a cup for almost a year now and I can absolutely say that I will never go back to disposables!! [#periodtalk 1:19pm via TweetChat powered by oneQube](#)

[Lunettecup](#) @[mother__moon](#) Awesome!! [#periodtalk 1:19pm via TweetChat powered by oneQube](#)

[GesundhtMassage](#) @[DivaCup](#) Q2: I'll put eco-friendliness first, though the other two are major factors. [#periodtalk 1:19pm via Web](#)

[tabithapye](#) @[mother__moon](#) @[bpreparedperiod](#) I'm with you and I've only been using mine for 3 months [#PeriodTalk 1:19pm via TweetDeck](#)

[bpreparedperiod](#) @[tabithapye](#) Amen! The health benefits of menstrual cups are huge! [#Periodtalk 1:19pm via HootSuite](#)

[GladRags](#) RT @[bpreparedperiod](#) @[tabithapye](#) Amen! The health benefits of menstrual cups are huge! [#Periodtalk 1:19pm via TweetChat powered by oneQube](#)

[SecretLifeSAHM](#) @[bpreparedperiod](#) I'm late, but I made it :-)) Now to figure this on regular twitter. [#PeriodTalk 1:20pm via Web](#)

[Lunettecup](#) RT @[mother__moon](#) I've been using a cup for almost a year now and I can absolutely say that I will never go back to disposables!! [#PeriodTalk 1:20pm via TweetChat powered by oneQube](#)

[tabithapye](#)@[bpreparedperiod](#) so true! [#PeriodTalk 1:20pm via TweetDeck](#)

[DivaCup](#) Q3. If ur new to cups what feature is of most concern to you? A. Insertion. B. Removal. C. Cleaning. D. Leaking [#PeriodTalk 1:20pm via TweetChat powered by oneQube](#)

[treechickadee](#) @[DivaCup](#) @[bpreparedperiod](#) @[GladRags](#) whyyy is my cervix so freaking low?? We are talking like an inch. [#periodtalk 1:20pm via Twitter for Android](#)

[Burnabymom2](#) @[GladRags](#) hmm. yes and no. i've had two kids, but am a pretty tiny person. would a dr be of any help? lol [#PeriodTalk 1:20pm via Web](#)

[itsallyoga_baby](#) hmm! RT @[DivaCup](#): The average woman spends between \$150-200 on feminine hygiene products/yr. A menstrual cup costs about \$39/yr. [#PeriodTalk 1:20pm via HootSuite](#)

[Lunettecup](#) @[SecretLifeSAHM](#) tweetchat is working - at least for me [#periodtalk 1:20pm via TweetChat powered by oneQube](#)

[readytogroove](#) @[bpreparedperiod](#) @[tabithapye](#) Plus it helps make women more comfortable w/ their periods which helps lessen social stigma! [#periodtalk 1:20pm via Web](#)

[GladRags](#) Q3 When I was new to cups, I was confused about everything - insertion, removal, etc! So glad it was easier than I expected :) [#periodtalk 1:21pm via TweetChat powered by oneQube](#)

[SecretLifeSAHM](#) @[Lunettecup](#) Thanks! I am trying it now. Took a minute to sign in though [#PeriodTalk 1:21pm via TweetChat powered by oneQube](#)

[tabithapye](#) @[DivaCup](#) A3 - When I strted it was insertion that had me most concerned, I'm fine now :) [#PeriodTalk 1:21pm via TweetDeck](#)

[GesundhtMassage](#) @[tabithapye](#) @[mother_moon](#) Going on 3 years for me (I think), and I still recommend it whenever possible! [#PeriodTalk 1:21pm via Web](#)

[GladRags](#) RT @[readytogroove](#) Plus menstrual cups help make women more comfortable w/ their periods which helps lessen social stigma! [#periodtalk 1:21pm via TweetChat powered by oneQube](#)

[SecretLifeSAHM](#) Q3- Fit and Insertion @[DivaCup](#) [#PeriodTalk 1:21pm via TweetChat powered by oneQube](#)

[DivaCup](#) @[GladRags](#) It's normal to take time getting used to a cup. Remember 2 relax, try the folds & know ur body! [#PeriodTalk 1:21pm via TweetChat powered by oneQube](#)

[tabithapye](#) @[readytogroove](#) @[bpreparedperiod](#) YES! So many less worries! [#PeriodTalk 1:22pm via TweetDeck](#)

[Burnabymom2](#) @[DivaCup](#) A3. Insertion. making sure it;s in properly and fitted, then B, removal because I imagine a mess when I do it [#PeriodTalk 1:22pm via Web](#)

[DivaCup](#) @[SecretLifeSAHM](#) Simply fold, insert low at the base of the vaginal canal & leave in for 12 hrs. <http://divacup.com/how-it-works/how-it-works> [#PeriodTalk 1:22pm via TweetChat powered by oneQube](#)

[DivaCup](#) @[GladRags](#) It's normal to take time getting used to a cup. Remember 2 relax, try the folds & know ur body! [#PeriodTalk 1:21pm via TweetChat powered by oneQube](#)

[tabithapye](#) @[GesundhtMassage](#) @[mother_moon](#) I'm trying to convince my friends to switch, not having much luck :([#PeriodTalk 1:23pm via TweetDeck](#)

[GladRags](#) Q3 We ALWAYS get asked about using a menstrual cup in public, so we made a video: <https://www.youtube.com/watch?v=ZTgNtH7zrGo> [#periodtalk](#) 1:23pm via [TweetChat powered by oneQube](#)

[GesundhtMassage](#) @[Burnabymom2](#) @[GladRags](#) You'll probably be educating your doctor on this matter in short order. [#periodtalk](#) 1:23pm via [Web](#)

[AuntFlo_28](#) Cups are worth learning -- invest the time until you are comfy & you will be glad you did! [#periodtalk](#) 1:23pm via [Twubs](#)

[mother_moon](#) @[DivaCup](#) my biggest concern was leaking because tampons always leaked for me but once I got used to the cup I hardly ever leak! [#PeriodTalk](#) 1:23pm via [Web](#)

[bpreparedperiod](#) @[Lunettecup](#) @[SecretLifeSAHM](#) Ooh! TweetChat is working for us now too! Yay! [#periodtalk](#) 1:24pm via [TweetChat powered by oneQube](#)

[GladRags](#) @[tabithapye](#) It can definitely take time. I eventually started gifting menstrual cups or cloth pads to friends so they would try. [#periodtalk](#) 1:24pm via [TweetChat powered by oneQube](#)

[SecretLifeSAHM](#) @[DivaCup](#) I never seem to get it right... Like it causes pressure [#PeriodTalk](#) 1:24pm via [TweetChat powered by oneQube](#)

[DivaCup](#) @[mother_moon](#) Be sure to insert the cup at the base of the vaginal canal, ensure it is fully open & rotates. [#PeriodTalk](#) 1:24pm via [TweetChat powered by oneQube](#)

[GladRags](#) RT @[mother_moon](#) my biggest concern was leaking because tampons always leaked but once I got used to the cup I hardly ever leak! [#PeriodTalk](#) 1:24pm via [TweetChat powered by oneQube](#)

[tabithapye](#) @[GladRags](#) the 2nd time I used mine I was at a conference, talk about a learning curve! LOL [#PeriodTalk](#) 1:24pm via [TweetDeck](#)

[GladRags](#) RT @[AuntFlo_28](#) Cups are worth learning -- invest the time until you are comfy & you will be glad you did! [#periodtalk](#) 1:24pm via [TweetChat powered by oneQube](#)

[SecretLifeSAHM](#) It's working for me too! Yay! So much easier than Twitter. @[bpreparedperiod](#) @[Lunettecup](#) [#PeriodTalk](#) 1:24pm via [TweetChat powered by oneQube](#)

[FaithRac](#) @[DivaCup](#) Insertion! Still can't get it right [#periodtalk](#) 1:24pm via [Web](#)

[tabithapye](#) @[GladRags](#) GREAT suggestion! [#PeriodTalk](#) 1:25pm via [TweetDeck](#)

[GladRags](#) @[SecretLifeSAHM](#) Maybe it's too big for you? I feel pressure when I use a too-large menstrual cup. [#periodtalk](#) 1:25pm via [TweetChat powered by oneQube](#)

[SecretLifeSAHM](#) It is possible. I think I have a size 2 because I have 3 kids lol. @[GladRags](#) [#PeriodTalk](#) 1:25pm via [TweetChat powered by oneQube](#)

[DivaCup](#) @[FaithRac](#) It can take a few months to get comfortable with it. Check out our tips for success for more: <http://divacup.com/how-it-works/tips-for-success> [#PeriodTalk](#) 1:25pm via [TweetChat powered by oneQube](#)

[Burnabymom2](#) @[DivaCup](#) I love the idea of overnight protection with no pads or tampons, waking up in a panic when I fall asleep with a tampon [#PeriodTalk](#) 1:26pm via [Web](#)

[austins_mom](#) @[Lunettecup](#) @[mother_moon](#) I've been using them since July and will definitely never go back to the dark ages. :-) [#PeriodTalk 1:26pm via Twitter for iPhone](#)

[GladRags](#) @[tabithapye](#) Hah! I hope you wore your skin tight white pantsuit, too ;) [#periodtalk 1:26pm via TweetChat powered by oneQube](#)

[Lunettecup](#) RT @[GladRags](#) Q3 We ALWAYS get asked about using a menstrual cup in public, so we made a video: <https://www.youtube.com/watch?v=ZTgNtH7zrGo> [#periodtalk 1:26pm via TweetChat powered by oneQube](#)

[DivaCup](#) Q4: **After learning all u did today, will you likely try a menstrual cup and why? A. Likely B. Somewhat Likely C. Not Likely.** [#PeriodTalk 1:27pm via TweetChat powered by oneQube](#)

[tabithapye](#) @[GladRags](#) I would've if I'd owned one! [#PeriodTalk 1:27pm via TweetDeck](#)

[ChaoticKarma23](#) @[DivaCup](#) Q3: A [#PeriodTalk 1:27pm via Web](#)

[Lunettecup](#) @[tabithapye](#) don't give up! [#periodtalk 1:27pm via TweetChat powered by oneQube](#)

[tabithapye](#) @[DivaCup](#) A4 - Already use one and before this chat I was willing just had to make the decision to buy one! So glad I did! [#PeriodTalk 1:27pm via TweetDeck](#)

[Lunettecup](#) RT @[AuntFlo_28](#) Cups are worth learning -- invest the time until you are comfy & you will be glad you did! [#periodtalk 1:28pm via TweetChat powered by oneQube](#)

[DivaCup](#) @[ChaoticKarma23](#) Exciting! Menstrual cups offer great insight about ur health & flow that u won't get from pads & tampons. [#PeriodTalk 1:28pm via TweetChat powered by oneQube](#)

[tabithapye](#) @[Lunettecup](#) don't plan on it! My Lunette Cup has changed my period life! [#PeriodTalk 1:28pm via TweetDeck](#)

[ChristinaBWho](#) @[DivaCup](#) Q4 B. [#PeriodTalk 1:28pm via Web](#)

[readytogroove](#) @[DivaCup](#) @[ChaoticKarma23](#) One of our favorite benefits! [#periodtalk 1:28pm via Web](#)

[GladRags](#) RT @[tabithapye](#) My Lunette Cup has changed my period life! [#PeriodTalk 1:28pm via TweetChat powered by oneQube](#)

[gfreemaui](#) A4: I'll likely buy another cup in the near future, but I still like my @[Lunapads](#) quite lot. [#PeriodTalk](#) They have rockets on them. [1:28pm via Twitter for Mac](#)

[DivaCup](#) A 2010 FLOW study by researchers at UBC found that women prefer menstrual cups over tampons. Read more: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3114692> [#PeriodTalk 1:29pm via TweetChat powered by oneQube](#)

[SecretLifeSAHM](#) Q4 I am determined to make a cup work! I love the idea of it. @[DivaCup](#) [#PeriodTalk 1:29pm via TweetChat powered by oneQube](#)

[ChaoticKarma23](#) @[DivaCup](#) Q4: A. Likely [#PeriodTalk 1:29pm via Web](#)

[DivaCup](#) @[SecretLifeSAHM](#) Be sure to email our Customer Care team with any questions you may have support@[DivaCup.com](#)! [#PeriodTalk 1:29pm via TweetChat powered by oneQube](#)

[ChristinaBWho](#) @DivaCup Q3 leaking. That terrifies me. [#PeriodTalk 1:30pm via Web](#)

[Burnabymom2](#) @DivaCup A4, B somewhat likely. I'm still a little apprehensive that I won't get the size right, but more, I wonder about my IUD [#PeriodTalk 1:30pm via Web](#)

[Lunettecup](#) RT @austins_mom @Lunettecup @mother_moon I've been using them since July & will definitely never go back to the dark ages. :-) [#PeriodTalk 1:30pm via TweetChat powered by oneQube](#)

[SecretLifeSAHM](#) They have helped so much already! I am starting to think it is in my head :-) Awesome customer care!!@DivaCup @DivaCup [#PeriodTalk 1:30pm via TweetChat powered by oneQube](#)

[FebyTweets](#) @DivaCup I love my DivaCup and can't imagine life without it. [#periodtalk 1:31pm via Web](#)

[bpreparedperiod](#) Awesome! So many reasons to love [#MenstrualCups](#)! Thanks for sharing @DivaCup!! [#PeriodTalk 1:31pm via HootSuite](#)

[AuntFlo_28](#) RT @DivaCup study by researchers at UBC found that women prefer menstrual cups over tampons. Read more: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3114692> [#PeriodTalk 1:31pm via Twubs](#)

[Lunettecup](#) @GladRags @tabithapye where's the "like" button on this thing?? I LIKE this re: white pantsuit!! [#periodtalk 1:31pm via TweetChat powered by oneQube](#)

[DivaCup](#) RT @SecretLifeSAHM They have helped so much already! I am starting to think it is in my head :-) Awesome customer care!!@DivaCup [#PeriodTalk 1:31pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) And I think there are just as many reasons women love [#cloth](#) pads as well [#PeriodTalk 1:31pm via HootSuite](#)

[GesundhtMassage](#) [Burnabymom2](#) @DivaCup I have a relative who uses the cup with an IUD. I've read of some issues, she's had none. [#periodtalk 1:31pm via Web](#)

[tabithapye](#) @Lunettecup @GladRags LOL [#PeriodTalk 1:32pm via TweetDeck](#)

[Lunettecup](#) RT @tabithapye @Lunettecup don't plan on it! My Lunette Cup has changed my period life! [#PeriodTalk 1:32pm via TweetChat powered by oneQube](#)

[readytogroove](#) @bpreparedperiod Yes, also many great benefits to [#cloth](#) pads! [#periodtalk 1:32pm via TweetChat powered by oneQube](#)

[GladRags](#) RT @bpreparedperiod And I think there are just as many reasons women love [#cloth](#) pads as well [#PeriodTalk 1:32pm via TweetChat powered by oneQube](#)

[Lunettecup](#) @tabithapye (Happy dance! going on right now at Lunette!) [#periodtalk 1:32pm via TweetChat powered by oneQube](#)

[SecretLifeSAHM](#) RT @bpreparedperiod And I think there are just as many reasons women love [#cloth](#) pads as well [#PeriodTalk 1:32pm via TweetChat powered by oneQube](#)

[DivaCup](#) Sustainable period care products like cups & cloth pads empower & educate girls and women with a better period care experience! [#PeriodTalk 1:33pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) @[GladRags](#) would you like to take over and share with us your wonderful wisdom on [#cloth](#) pads? [#PeriodTalk](#) 1:33pm via [HootSuite](#)

[leftyfem](#) [#FF](#) @[DivaCup](#) for their awesome [#PeriodTalk](#) session. Plus, if you don't have one already, you should not just follow, but buy. 1:33pm via [Twitter for iPhone](#)

[tabithapye](#) @[Lunettecup](#) I have been telling all my friends they need try a menstrual cup no luck yet! [#ImPersistant](#) [#PeriodTalk](#) 1:33pm via [TweetDeck](#)

[GladRags](#) Sure! Hi everyone :) Tracy here with GladRags, [gladrags.com](#) [#periodtalk](#) 1:33pm via [TweetChat powered by oneQube](#)

[Lunettecup](#) @[gfreemaui](#) @[Lunapads](#) LOL - rockets! That's the fun thing about cloth pads!!!! [#periodtalk](#) 1:34pm via [TweetChat powered by oneQube](#)

[GladRags](#) GladRags are washable cloth menstrual pads that are better for your body, your budget, & the planet [#periodtalk](#) 1:34pm via [TweetChat powered by oneQube](#)

[gfreemaui](#) @[Lunettecup](#) Crotch rockets! :P @[Lunapads](#) [#PeriodTalk](#) 1:34pm via [Twitter for Mac](#)

[GladRags](#) You can learn more about how and why to use cloth pads from our FAQ, user testimonials, and videos: [gladrags.com/faq.html](#) [#periodtalk](#) 1:34pm via [TweetChat powered by oneQube](#)

[SecretLifeSAHM](#) Hi! So happy so are here and thanks for sponsoring! @[GladRags](#) [#PeriodTalk](#) 1:34pm via [TweetChat powered by oneQube](#)

[GladRags](#) @[SecretLifeSAHM](#) Thanks! :) [#periodtalk](#) 1:35pm via [TweetChat powered by oneQube](#)

[GladRags](#) Major thanks to @[bpreparedperiod](#) for hosting us & @[DivaCup](#) to talk about the benefits of cloth pads & menstrual cups today! [#periodtalk](#) 1:35pm via [TweetChat powered by oneQube](#)

[Lunettecup](#) @[DivaCup](#) :) great piece by the college of family physicians of Canada - well worth the read! thanks for sharing it! [#periodtalk](#) 1:35pm via [TweetChat powered by oneQube](#)

[GladRags](#) The obvious reasons to give cloth pads a try is the environment. This is why most women switch -- but they stay for the comfort. [#periodtalk](#) 1:35pm via [TweetChat powered by oneQube](#)

[GladRags](#) Did you know that the average women will use 12 to 16,000 disposable pads/tampons in her life? That's a LOT of waste. [#periodtalk](#) Dec 13, 1:35pm via [TweetChat powered by oneQube](#)

[readytogroove](#) @[GladRags](#), @[DivaCup](#) & @[Lunettecup](#) great ways to teach young girls about their body & importance of sustainability! [#periodtalk](#) Dec 13, 1:36pm via [TweetChat powered by oneQube](#)

[DivaCup](#) @[Lunettecup](#) You are welcome! [#PeriodTalk](#) Dec 13, 1:36pm via [TweetChat powered by oneQube](#)

[Burnabymom2](#) @[GesundhtMassage](#) @[DivaCup](#) good to know, with the string and all lol [#PeriodTalk](#) Dec 13, 1:36pm via [Web](#)

(Information: There was no Q5.)

[GladRags](#) Q6: How long do disposable pads take to break down in the landfill? A) 10 - 20 years, B) 100 - 250 years, or C) 500 - 800 years [#periodtalk](#) Dec 13, 1:36pm via [TweetChat powered by oneQube](#)

[Lunettecup](#) @[GladRags](#) that's a lot of waste. menstrual cups and cloth pads make so much more sense!
[@DivaCup #periodtalk Dec 13, 1:36pm via TweetChat powered by oneQube](#)

[GladRags](#) RT @[Lunettecup](#) @[GladRags](#) that's a lot of waste. menstrual cups and cloth pads make so much more sense!
[@DivaCup #periodtalk Dec 13, 1:37pm via TweetChat powered by oneQube](#)

[SecretLifeSAHM](#) @[GladRags](#) Q6 ummmm C [#PeriodTalk Dec 13, 1:37pm via TweetChat powered by oneQube](#)

[tabithapye](#) @[GladRags](#) Q6 - 100-250 years? [#PeriodTalk Dec 13, 1:37pm via TweetDeck](#)

[PeriodPanteez](#) Hello Lovelies! We'd like to extend our [#sale](#) to you all, our pals! 15% off + free shipping!
[Periodpanteez.com/order_now.php #PeriodTalk Dec 13, 1:37pm via Twitter for Android](#)

[ChaoticKarma23](#) @[GladRags](#) Q6: C) 500-800 years [#periodtalk Dec 13, 1:37pm via Web](#)

[dolphinlvr0757](#) Q6 C [#periodtalk Dec 13, 1:37pm via TweetChat powered by oneQube](#)

[GladRags](#) The answer is... disposable menstrual pads can take up to 800 years to break down in our already overfull landfills. Yuck!
[#periodtalk Dec 13, 1:37pm via TweetChat powered by oneQube](#)

[readytogroove](#) @[GladRags](#) A6: C? The plastic in them takes a long time to break down!
[#periodtalk Dec 13, 1:37pm via TweetChat powered by oneQube](#)

[GladRags](#) And plastic tampon applicators are so common on U.S. beaches they have their own nickname -- beach whistles. :P
[#periodtalk Dec 13, 1:38pm via TweetChat powered by oneQube](#)

[Burnabymom2](#) @[GladRags](#) Q6 B? [#PeriodTalk Dec 13, 1:38pm via Web](#)

[PeriodPanteez](#) @[bpreparedperiod](#) @[DivaCup](#) Love you cute avi!
[#periodtalk Dec 13, 1:38pm via Twitter for Android](#)

[tabithapye](#) @[GladRags](#) wow! That is horrible! Shocking really [#PeriodTalk Dec 13, 1:38pm via TweetDeck](#)

[mother_moon](#) @[GladRags](#) WOW. That is an insane amount of trash! So glad I'm not contributing to that anymore
[#PeriodTalk Dec 13, 1:38pm via Web](#)

[DivaCup](#) RT @[GladRags](#) The answer is disposable menstrual pads can take up to 800 yrs to break down in our already overfull landfills.
[#periodtalk Dec 13, 1:38pm via TweetChat powered by oneQube](#)

[GladRags](#) PSA time: Never flush tampons or applicators! They clog water treatment systems and end up in waterways. Or ruin your plumbing!
[#periodtalk Dec 13, 1:38pm via TweetChat powered by oneQube](#)

[GladRags](#) @[mother_moon](#) Yes! It feels good not to be a part of creating all that waste!
[#periodtalk Dec 13, 1:39pm via TweetChat powered by oneQube](#)

[GesundhtMassage](#) @[GladRags](#) Q6: I don't wanna think about it...it's too painful to consider...
[#periodtalk Dec 13, 1:39pm via Web](#)

[GladRags](#) So remember those 12 - 16,000 disposable pads and tampons? It's not just a waste issue for the women who use them.
[#periodtalk Dec 13, 1:39pm via TweetChat powered by oneQube](#)

[GladRags](#) Women's sensitive parts are exposed to the plastics, adhesives, chemical gels, fragrance, etc in disposable fem care products [#periodtalk Dec 13, 1:39pm via TweetChat powered by oneQube](#)

[GladRags](#) **Q7: Disposable pad and tampon manufacturers in the USA are required to disclose the materials in their products: True or False?** [#periodtalk Dec 13, 1:39pm via TweetChat powered by oneQube](#)

[PeriodPanteez](#) @[GladRags](#) Wow! [#periodtalk Dec 13, 1:39pm via Twitter for Android](#)

[Lunettecup](#) @[tabithapye](#) Maybe if you ask what's keeping them from taking the plunge...there's gotta be some hurdle they just can't get over [#periodtalk Dec 13, 1:39pm via TweetChat powered by oneQube](#)

[SecretLifeSAHM](#) @[GladRags](#) Q7. False [#PeriodTalk Dec 13, 1:40pm via TweetChat powered by oneQube](#)

[readytogroove](#) @[GladRags](#) A7: False! Unfortunately! [#periodtalk Dec 13, 1:40pm via TweetChat powered by oneQube](#)

[AuntFlo_28](#) Q7: sadly, False [#periodtalk Dec 13, 1:40pm via Twubs](#)

[tabithapye](#) @[GladRags](#) Q7 - False, so sad :([#PeriodTalk Dec 13, 1:40pm via TweetDeck](#)

[Lunettecup](#) RT @[GladRags](#) GladRags are washable cloth menstrual pads that are better for your body, your budget, & the planet [#periodtalk Dec 13, 1:40pm via TweetChat powered by oneQube](#)

[Burnabymom2](#) @[DivaCup](#) @[GladRags](#) o.O [#PeriodTalk Dec 13, 1:40pm via Web](#)

[mother_moon](#) @[GladRags](#) FALSE! and it's a shame!!! [#PeriodTalk Dec 13, 1:40pm via Web](#)

[ChaoticKarma23](#) @[GladRags](#) Q7: False [#periodtalk Dec 13, 1:40pm via Web](#)

[GladRags](#) A7: Disposable pad and tampon manufacturers in the USA are NOT required to disclose the materials in their products [#periodtalk Dec 13, 1:40pm via TweetChat powered by oneQube](#)

[Lunettecup](#) @[gfreemaui](#) @[Lunapads](#) Hahahahahaha crotch rockets! Love it!!! [#periodtalk Dec 13, 1:40pm via TweetChat powered by oneQube](#)

[GladRags](#) You all are good at this! [#periodtalk Dec 13, 1:40pm via TweetChat powered by oneQube](#)

[tabithapye](#) @[Lunettecup](#) From what I can gather it's the ick factor more then anything, need to talk to them more, reassure them [#PeriodTalk Dec 13, 1:40pm via TweetDeck](#)

[DivaCup](#) RT @[GladRags](#) A7: Disposable pad & tampon manufacturers in the USA are NOT required to disclose the materials in their products [#periodtalk Dec 13, 1:41pm via TweetChat powered by oneQube](#)

[GladRags](#) The long-term health effects of disposable period products haven't been studied enough IMO -- so we don't have the full story! [#periodtalk Dec 13, 1:41pm via TweetChat powered by oneQube](#)

[GesundhtMassage](#) @[tabithapye](#) @[Lunettecup](#) Same! It takes time. *hee* [#BeautyChat](#) is also trending. Maybe we can convert someone by proxy? [#periodtalk #devious Dec 13, 1:41pm via Web](#)

[readytogroove](#) RT @[GladRags](#) A7: Disposable pad & tampon manufacturers in the USA are NOT required to disclose the materials in their products [#periodtalk Dec 13, 1:41pm via TweetChat powered by oneQube](#)

[PeriodPanteez](#) @[GladRags](#) @[DivaCup](#) @[Lunettecup](#) I hope everyone is having an amazing holiday season! [#PeriodTalk Dec 13, 1:41pm via Twitter for Android](#)

[GladRags](#) @[GesundhtMassage](#) I like the way you think! ;) [#beautychat #periodtalk Dec 13, 1:41pm via TweetChat powered by oneQube](#)

[GladRags](#) We know that disposable fem care use can contribute to discomfort, itching, chronic infection, etc. <http://sex-ational.com/menstrual-an-interview-with-the-president-of-gladrags-tracy-puhl> [#periodtalk Dec 13, 1:42pm via TweetChat powered by oneQube](#)

[tabithapye](#) @[GesundhtMassage](#) @[Lunettecup](#) that would be awesome! [#BeautyChat #PeriodTalk Dec 13, 1:42pm via TweetDeck](#)

[GladRags](#) Menstrual discomfort (like soreness "down there") is so common, we think of it as "normal" -- but it doesn't have to be this way [#periodtalk Dec 13, 1:42pm via TweetChat powered by oneQube](#)

[GladRags](#) Cloth pads eliminate these concerns - you may even experience less cramping/soreness after switching! <http://blog.gladrags.com/2223/5-ways-cloth-menstrual-pads-will-change-your-life> [#periodtalk Dec 13, 1:42pm via TweetChat powered by oneQube](#)

[gfreemaui](#) A7: False, which is really scary. I didn't realize how many menstrual products also contain gluten. [#PeriodTalk Dec 13, 1:43pm via Twitter for Mac](#)

[Lunettecup](#) @[GladRags](#) beach whistles...ewww nasty - cups rock beach wear! [#periodtalk Dec 13, 1:43pm via TweetChat powered by oneQube](#)

[GesundhtMassage](#) @[GladRags](#) Q7: If it were true, then maybe we could figure out what BREAD MOLD is doing in tampons <http://consumerist.com/2012/03/28/dont-worry-thats-just-bread-mold-on-your-tampon> [#periodtalk Dec 13, 1:43pm via Web](#)

[GladRags](#) @[Lunettecup](#) Right?? So gross. [#periodtalk Dec 13, 1:43pm via TweetChat powered by oneQube](#)

[GladRags](#) @[GesundhtMassage](#) UM YES. Ugggh. [#periodtalk Dec 13, 1:43pm via TweetChat powered by oneQube](#)

[PeriodPanteez](#) [#Eco](#) friendly period products rock, ladies! We ALL have to experience it, we may as well change the world too! [#beautychat #PeriodTalk Dec 13, 1:43pm via Twitter for Android](#)

[readytogroove](#) @[GesundhtMassage](#) @[GladRags](#) Yes...so gross! [#periodtalk Dec 13, 1:43pm via TweetChat powered by oneQube](#)

[GladRags](#) Another bonus of cloth pads is the cost savings vs disposables <http://blog.gladrags.com/2576/how-much-are-your-lady-parts-costing-you> I'll let one of our customers explain. [#periodtalk Dec 13, 1:44pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) @[Lunettecup](#) @[GladRags](#) Yes, cups do rock beach wear. No Wings. No Strings! ;) [#periodtalk Dec 13, 1:44pm via TweetChat powered by oneQube](#)

[GladRags](#) "I was just wondering about how much money I've saved since beginning cloth pad use and came up with this for my usage..." [#periodtalk Dec 13, 1:44pm via TweetChat powered by oneQube](#)

[Burnabymom2](#) [@DivaCup](#) [@GladRags](#) as a mom of a preteen my days are numbered. Best product to begin with? any junior kits? [#PeriodTalk Dec 13, 1:44pm via Web](#)

[GladRags](#) "Tampons - \$7/box, 9/year
Pantliners - \$6/box, 12/year
Total \$ I have spent on cloth pads over the past 12 years - \$200" [#periodtalk Dec 13, 1:44pm via TweetChat powered by oneQube](#)

[Lunettecup](#) [@PeriodPanteez](#) yep, having a great time! How are you? [#periodtalk Dec 13, 1:44pm via TweetChat powered by oneQube](#)

[GladRags](#) [@Burnabymom2](#) Yes! Our first periods kit: gladrags.com/product/234/Fi... [#periodtalk Dec 13, 1:44pm via TweetChat powered by oneQube](#)

[niais](#) [@GladRags](#) I also find I bleed less when I use cloth pads... [#Periodtalk](#) And they are so much softer! [Dec 13, 1:44pm via Web](#)

[GladRags](#) "Adding tax, it means that my total money saved by using reusable menstrual products is about \$1,562. Impressive total!" [#periodtalk Dec 13, 1:44pm via TweetChat powered by oneQube](#)

[GladRags](#) RT [@niais](#) [@GladRags](#) I also find I bleed less when I use cloth pads... [#Periodtalk](#) And they are so much softer! [Dec 13, 1:45pm via TweetChat powered by oneQube](#)

[Lunettecup](#) RT [@bpreparedperiod](#) [@Lunettecup](#) [@GladRags](#) Yes, cups do rock beach wear. No Wings. No Strings! ;) [#periodtalk Dec 13, 1:45pm via TweetChat powered by oneQube](#)

[GladRags](#) "I can definitely think of better ways to spend that much money than throwing it into a landfill!" - GladRags user Lilith [#periodtalk Dec 13, 1:45pm via TweetChat powered by oneQube](#)

[DivaCup](#) [@Burnabymom2](#) We have a number of girls as young as 11 and 12 using the Model 1. Email our team for more info support@DivaCup.com [#PeriodTalk Dec 13, 1:45pm via TweetChat powered by oneQube](#)

[Lunettecup](#) RT [@niais](#) [@GladRags](#) I also find I bleed less when I use cloth pads... [#Periodtalk](#) And they are so much softer! [Dec 13, 1:45pm via TweetChat powered by oneQube](#)

[AuntFlo_28](#) The only reason women should hesitate to switch to [#ecofriendly](#) prod is ignorance. We must spread the word so more r in the know [#periodtalk Dec 13, 1:45pm via Twubs](#)

[PeriodPanteez](#) Saving money, ourselves & the planet! [#PeriodTalk Dec 13, 1:45pm via Twitter for Android](#)

[GladRags](#) Another common side effect of switching to cloth menstrual pads is simply feeling more positive about your period. [#periodtalk Dec 13, 1:45pm via TweetChat powered by oneQube](#)

[GladRags](#) Many women feel shame/anger at their cycle. We've found that simply using cloth pads can change neg feelings into positive ones! [#periodtalk Dec 13, 1:46pm via TweetChat powered by oneQube](#)

[Lunettecup](#) RT [@GladRags](#) Another common side effect of switching to cloth menstrual pads is simply feeling more positive about your period. [#periodtalk Dec 13, 1:46pm via TweetChat powered by oneQube](#)

[GladRags](#) Which brings me to **Q8: How do you feel about your period? Grateful? Anxious? Peaceful? Angry?** [#periodtalk Dec 13, 1:46pm via TweetChat powered by oneQube](#)

[Burnabymom2](#) [@bpreparedperiod](#) [@Lunettecup](#) [@GladRags](#) love. we go to the pool a few times a week :) [#PeriodTalk Dec 13, 1:46pm via Web](#)

[PeriodPanteez](#) [@Lunettecup](#) Great to hear! Enjoying it very much, too! Thank you! [#periodtalk Dec 13, 1:46pm via Twitter for Android](#)

[SecretLifeSAHM](#) [@GladRags](#) Q8- Anxious and annoyed. [#PeriodTalk Dec 13, 1:46pm via TweetChat powered by oneQube](#)

[Lunettecup](#) [@GladRags](#) Now that's a side effect we all could stand a bit more of [#periodpositive #periodtalk Dec 13, 1:46pm via TweetChat powered by oneQube](#)

[dolphinlvr0757](#) Q8 Peaceful and grateful I love my period since switching to reusables [#periodtalk Dec 13, 1:46pm via TweetChat powered by oneQube](#)

[GesundhtMassage](#) [@GladRags](#) I drool over how many folders of music or stacks of books that turns into. ♥ [#periodtalk Dec 13, 1:47pm via Web](#)

[GladRags](#) RT [@dolphinlvr0757](#) Q8 Peaceful and grateful I love my period since switching to reusables [#periodtalk Dec 13, 1:47pm via TweetChat powered by oneQube](#)

[mother_moon](#) [@GladRags](#) now that i've switched to reusables i'm actually excited to get my period! I love all the fun patterns on my pads! [#PeriodTalk Dec 13, 1:47pm via Web](#)

[tabithapye](#) [@GladRags](#) A8 - now I feel peaceful, and even a little excited cuz I know that now my period days are like any other day [#PeriodTalk Dec 13, 1:47pm via TweetDeck](#)

[SecretLifeSAHM](#) Another great alternative is sea sponge tampons! [#PeriodTalk Dec 13, 1:47pm via TweetChat powered by oneQube](#)

[GladRags](#) RT [@mother_moon](#) now that i switched to reusables i'm actually excited to get my period! I love all the fun patterns on my pads! [#PeriodTalk Dec 13, 1:47pm via TweetChat powered by oneQube](#)

[DivaCup](#) Q8: Educating women about the eco period care options helps encourage positive period talk! <http://divacup.com/educate-empower/tracking> [#PeriodTalk Dec 13, 1:47pm via TweetChat powered by oneQube](#)

[GladRags](#) RT [@SecretLifeSAHM](#) Another great alternative is sea sponge tampons! [#PeriodTalk Dec 13, 1:47pm via TweetChat powered by oneQube](#)

[Lunettecup](#) RT [@Burnabymom2](#) [@bpreparedperiod](#) [@Lunettecup](#) [@GladRags](#) love. we go to the pool a few times a week :) [#PeriodTalk Dec 13, 1:47pm via TweetChat powered by oneQube](#)

[PeriodPanteez](#) [@FebyTweets](#) Great to see you! How are the holidays going? Going great here! [#periodtalk Dec 13, 1:47pm via Twitter for Android](#)

[GesundhtMassage](#) [@niais](#) Off-topic: I love your profile picture, Sarah! [#periodtalk Dec 13, 1:47pm via Web](#)

[GladRags](#) RT @[tabithapye](#) I feel peaceful, and even a little excited cuz I know that now my period days are like any other day [#PeriodTalk Dec 13, 1:47pm via TweetChat powered by oneQube](#)

[GladRags](#) @[SecretLifeSAHM](#) Totally! Sea sponges were my first foray into the world of reusables ;) [#periodtalk Dec 13, 1:48pm via TweetChat powered by oneQube](#)

[ChaoticKarma23](#) @[GladRags](#) Q8: Anxious [#periodtalk Dec 13, 1:48pm via Web](#)

[GladRags](#) Often we absorb messages from the world about how we SHOULD feel about our bodies, without even considering alternatives. [#periodtalk Dec 13, 1:48pm via TweetChat powered by oneQube](#)

[DivaCup](#) Q8: Educating women about the eco period care options helps encourage positive period talk! <http://divacup.com/educate-empower/tracking> [#PeriodTalk Dec 13, 1:47pm via TweetChat powered by oneQube](#)

[Lunettecup](#) RT @[tabithapye](#) @[GladRags](#) now I feel peaceful, & even a little excited cuz I know that now my period days are like any other day [#PeriodTalk Dec 13, 1:49pm via TweetChat powered by oneQube](#)

[SecretLifeSAHM](#) @[GladRags](#) I bought some and they sat here for like a year before I used them. But sea sponge tampons are a great option! [#PeriodTalk Dec 13, 1:49pm via TweetChat powered by oneQube](#)

[MamaPapaBarn](#) I really want to try those. RT @[SecretLifeSAHM](#) "Another great alternative is sea sponge tampons! [#PeriodTalk](#)" [Dec 13, 1:49pm via HootSuite](#)

[Burnabymom2](#) @[GladRags](#) A8 resentful lol mostly annoyed at the cramps etc, but resigned to the monthly deal, not at all excited like pad ads [#PeriodTalk Dec 13, 1:49pm via Web](#)

[GladRags](#) As girls, we're handed a disposable pad with no other options. Most women use the same brand as their mother, even as adults. [#periodtalk Dec 13, 1:49pm via TweetChat powered by oneQube](#)

[GesundhtMassage](#) @[GladRags](#) Q8: Peaceful. I can now just appreciate what it's telling me about my health. Skip/miss typically = too stressed. [#periodtalk Dec 13, 1:49pm via Web](#)

[GladRags](#) @[GesundhtMassage](#) Yes! Your period can be such a great tool for monitoring overall wellbeing :) [#periodtalk Dec 13, 1:49pm via TweetChat powered by oneQube](#)

[Lunettecup](#) @[GladRags](#) that is so true - and so sad [#periodtalk Dec 13, 1:49pm via TweetChat powered by oneQube](#)

[GladRags](#) **Q9: How did you choose what kind of menstrual protection to use?** [#periodtalk Dec 13, 1:49pm via TweetChat powered by oneQube](#)

[PeriodPanteez](#) @[GladRags](#) Amen to that! We should all be proud of our womanhood! [#periodtalk Dec 13, 1:49pm via Twitter for Android](#)

[mother_moon](#) @[GladRags](#) cloth pads and menstrual cups have made my period more manageable as well!!! Less changing and fussing, more doing! [#PeriodTalk Dec 13, 1:50pm via Web](#)

[GladRags](#) RT @[mother_moon](#) cloth pads & menstrual cups have made my period more manageable as well!!! Less changing and fussing, more doing [#PeriodTalk Dec 13, 1:50pm via TweetChat powered by oneQube](#)

[SecretLifeSAHM](#) @GladRags Q9- I did research! I saw how harmful disposable products are so it became a no brainer for me~ [#PeriodTalk Dec 13, 1:50pm via TweetChat powered by oneQube](#)

[GladRags](#) @Burnabymom2 Not running on the beach in your white dress?? ;) [#periodtalk](#) Dec 13, 1:50pm via TweetChat powered by oneQube

[tabithapye](#) @GladRags A9 - I did A LOT of research and came to the conclusion that I would prefer a cup over cloth pads [#PeriodTalk Dec 13, 1:50pm via TweetDeck](#)

[austins_mom](#) @tabithapye @GladRags A8 I'm with Tabitha on that one. Feeling peaceful. With cups, I 4get I'm on my period sometimes. :-)
[#PeriodTalk Dec 13, 1:51pm via Twitter for iPhone](#)

[GladRags](#) We think every woman should have info about ALL menstrual care options so she can make the choice that's right for her. [#periodtalk 1:51pm via TweetChat powered by oneQube](#)

[GladRags](#) Education = empowerment. ..which is why we love these TweetChats! Having the facts means being able to make informed choices. [#periodtalk 1:51pm via TweetChat powered by oneQube](#)

[PeriodPanteez](#) @GladRags Most of us use what our mothers or teachers advise at first, it seems. [#periodtalk1:51pm via Twitter for Android](#)

[DivaCup](#) RT @GladRags Every woman should have info about ALL menstrual care options so she can make the choice that's right for her. [#periodtalk 1:51pm via TweetChat powered by oneQube](#)

[tabithapye](#) @austins_mom @GladRags exactly! You don't even know it's happening for the most part!
[#PeriodTalk 1:52pm via TweetDeck](#)

[AuntFlo_28](#) Q8: thankful [#periodtalk 1:52pm via Twubs](#)

[GladRags](#) @AuntFlo_28 Same :) [#periodtalk 1:52pm via TweetChat powered by oneQube](#)

[GladRags](#) Q10 is both a question and a challenge! **Q10: How will you help other women learn about their menstrual care options?** [#periodtalk 1:52pm via TweetChat powered by oneQube](#)

[mother_moon](#) @GladRags my mom gave me pads and tampons as my only options, I wish i had known about the reusable options!! [#Periodtalk 1:52pm via Web](#)

[Burnabymom2](#) @GladRags That looks awesome! And doubtful anyone would know what she's carrying lol [#PeriodTalk](#) Thanks! [1:52pm via Web](#)

[bpreparedperiod](#) Ooh! We love question/challenge #10! RT @GladRags How will you help other women learn about their menstrual care options? [#periodtalk 1:52pm via TweetChat powered by oneQube](#)

[DivaCup](#) Q10: Education is key! Each yr Diva distributes 1000s of Educator Kits to schools & medical offices worldwide! [#PeriodTalk 1:52pm via TweetChat powered by oneQube](#)

[ChaoticKarma23](#) @GladRags Q10: By talking to them about it [#periodtalk 1:53pm via Web](#)

[GladRags](#) @Burnabymom2 You're welcome! Email orders@gladrags.com if you have any questions :) It's a great starter kit for girls! [#periodtalk](#) 1:53pm via TweetChat powered by oneQube

[gfreemaui](#) A8: Grateful, because it means I'm not pregnant. I just recognize that it's a part of what my body does. [#PeriodTalk 1:53pm via Twitter for Mac](#)

[GesundhtMassage](#) @GladRags Q9: I did MONTHS of research before trying a cup for myself. I now also have an awesome cloth collection. Love 'em all! [#periodtalk 1:53pm via Web](#)

[tabithapye](#) @GladRags A10 - I'm actually planning a blog post, most of my friends follow me there & it's the easiest way spread the word [#PeriodTalk 1:53pm via TweetDeck](#)

[SecretLifeSAHM](#) @GladRags Q 10- By spreading the word and sharing my experience! [#PeriodTalk 1:53pm via TweetChat powered by oneQube](#)

[PeriodPride](#) Everyone have a very merry Christmas! God bless! [#periodtalk 1:53pm via Twitter for Android](#)

[DivaCup](#) RT @SecretLifeSAHM @GladRags Q 10- By spreading the word and sharing my experience! [#PeriodTalk 1:53pm via TweetChat powered by oneQube](#)

[GladRags](#) @tabithapye Nice! Send us a link when it's posted? [#periodtalk 1:53pm via TweetChat powered by oneQube](#)

[GladRags](#) We hope you will all spread the word, and continue to learn more about cloth pads & menstrual cups! [#periodtalk 1:53pm via TweetChat powered by oneQube](#)

[SecretLifeSAHM](#) RT @GladRags We hope you will all spread the word, and continue to learn more about cloth pads & menstrual cups! [#periodtalk 1:53pm via TweetChat powered by oneQube](#)

[DivaCup](#) RT @GladRags We hope you will all spread the word, and continue to learn more about cloth pads & menstrual cups! [#periodtalk 1:54pm via TweetChat powered by oneQube](#)

[GladRags](#) Learn more at [GladRags.com](#) and make sure to sign up for our newsletter! [gladrags.com/newsletter.html #periodtalk 1:54pm via TweetChat powered by oneQube](#)

[tabithapye](#) @GladRags I will! Thanks! [#PeriodTalk 1:54pm via TweetDeck](#)

[GladRags](#) Or check out our video responses to FAQs here: [youtube.com/gladragspads #periodtalk 1:54pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) Thank you @GladRags for sharing such great info! [#periodtalk 1:54pm via TweetChat powered by oneQube](#)

[Burnabymom2](#) @GladRags A10 we discuss it all the time in mom groups both online and in person. quite a few have made the switch to the cup [#PeriodTalk 1:54pm via Web](#)

[AuntFlo_28](#) Q10 I try to do my part by sharing what I know and what I have experienced [#ecofriendly #periodtalk 1:54pm via Twubs](#)

[GladRags](#) @Burnabymom2 That's great! Which moms groups are you part of? [#periodtalk 1:54pm via TweetChat powered by oneQube](#)

[SecretLifeSAHM](#) RT @bpreparedperiod Thank you @GladRags for sharing such great info! [#periodtalk 1:54pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) Such great discussion, we've ran ourselves out of time for Q&A, please feel free to contact any of us w/follow up questions [#periodtalk 1:54pm via TweetChat powered by oneQube](#)

[GladRags](#) @[AuntFlo_28](#) And you are seriously great at it! :) [#periodtalk 1:54pm via TweetChat powered by oneQube](#)

[GladRags](#) You can also contact us with any questions you have about reusable menstrual options [gladrags.com/contact.html](#) [#periodtalk 1:54pm via TweetChat powered by oneQube](#)

[gfreemaui](#) A9: My mom taught me what to use first, then a few years ago I switched to a cup and cloth pads. Women in HI told me of cups [#PeriodTalk 1:54pm via Twitter for Mac](#)

[bpreparedperiod](#) So what do y'all think? Do these sound like revolutionary products or what?!?! [#MenstrualCups #Cloth Pads #PeriodTalk 1:55pm via TweetChat powered by oneQube](#)

[DivaCup](#) Feel free to check in with the Diva Team at [info@divacup.com!](#) [#PeriodTalk 1:55pm via TweetChat powered by oneQube](#)

[Burnabymom2](#) @[GladRags](#) lol, not nearly. curled up with tea and a magic bag, why don't they show it like it is? [#PeriodTalk lol 1:55pm via Web](#)

[DivaCup](#) Q10: Education is key! Each yr Diva distributes 1000s of Educator Kits to schools & medical offices worldwide! [#PeriodTalk 1:52pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) REMINDER: [#PeriodTalk](#) is going on 24/7 @ [ow.ly/f8KGN](#) Post questions or contribute answers/suggestions & keep the convo going! [1:55pm via TweetChat powered by oneQube](#)

[GesundhtMassage](#) @[GladRags](#) Q10: I plant pamphlets in relevant locations and stay sharp for conversations that could segue into education. [#periodtalk 1:55pm via Web](#)

[GesundhtMassage](#) @[Burnabymom2](#) @[GladRags](#) I still have the off month, but my cramps haven't been nearly as bad since I switched to reusables. [#periodtalk 1:57pm via Web](#)

[bpreparedperiod](#) You can check them out at the following links [#PeriodTalk 1:57pm via TweetChat powered by oneQube](#)

[DivaCup](#) And TY to everyone who participated in today's tweet chat. Learn more about menstrual cups at [http://divacup.com](#) ! [#PeriodTalk 1:57pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) [1:57pm via TweetChat powered by oneQube](#)

The Menstrual Cup: Towards a Period Revolution, One Vagina at a Time via @[brokeglamorousg](#) [shar.es/OmcFr](#) [#PeriodTalk 1:57pm via TweetChat powered by oneQube](#)

[tabithapye](#) Thank you! RT @[bpreparedperiod](#): A big THANK YOU to this month's special guests & giveaway sponsors @[DivaCup](#) & @[GladRags](#)! [#PeriodTalk 1:57pm via TweetDeck](#)

[bpreparedperiod](#) DivaCups, Softcups, & a Leak Free Life via @[austins_mom](#) [http://bpreparedperiod.com/blog/?p=4107](#) [#PeriodTalk 1:57pm via TweetChat powered by oneQube](#)

[GladRags](#) @[GesundhtMassage](#) @[Burnabymom2](#) Cloth definitely gives me a closer relationship with my cycle! Fewer cramps, too. [#periodtalk 1:57pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) Cloth Pads Saved Me! via @[TheClothFairy](#) [http://bpreparedperiod.com/blog/?p=2969](#) [#PeriodTalk1:57pm via TweetChat powered by oneQube](#)

[mother_moon](#) @[bpreparedperiod](#) @[GladRags](#) AWESOME!!! Thanks so much for gift card!! I can't wait to bulk up my cloth pad stash :) [#PeriodTalk 1:58pm via Web](#)

[ChaoticKarma23](#) @[bpreparedperiod](#) The @[GladRags](#) winner was not at the party at all? [#PeriodTalk 1:58pm via Web](#)

[Lunettecup](#) @[bpreparedperiod](#) they sound like an answer to the modern woman's plea for menstrual sanity! @[DivaCup](#) @[GladRags](#) [#periodtalk 1:58pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) Lunette Cups: A Love Story via @[austins_mom](#) <http://bpreparedperiod.com/blog/?p=4344> [#PeriodTalk 1:58pm via TweetChat powered by oneQube](#)

[DivaCup](#) The Menstrual Cup: Towards a Period Revolution, One Vagina at a Time via @[brokeglamorousg](#) <http://bpreparedperiod.com/blog/?p=4173> [#PeriodTalk 1:58pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) Remember, [#PeriodTalk](#) comes once a month – always on the 2nd Friday at 2pm Eastern [1:58pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) Next month's chat will be January 10th – where we'll be discussing Toxic Shock Syndrome Awareness w/ @[youarelovedTSS](#) [#PeriodTalk1:58pm via TweetChat powered by oneQube](#)

[Burnabymom2](#) @[DivaCup](#) really? girls can use cups too?? the only thing she hates about the idea of starting is not going to the pool. [#PeriodTalk1:58pm via Web](#)

[bpreparedperiod](#) Be sure to watch for [#PeriodTalk](#) giveaways at bpreparedperiod.com/blog/?cat=199 [#PeriodTalk1:58pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) Help spread the word about [#PeriodTalk](#) by tweeting, posting on FB, blogging, pinning etc. Break the silence on this taboo topic! [1:59pm via TweetChat powered by oneQube](#)

[Lunettecup](#) RT @[bpreparedperiod](#) REMINDER: [#PeriodTalk](#) 24/7 @ ow.ly/f8KGN Post questions, contribute answers/suggestions, keep convo going! [1:59pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) Do you have a website or blog? Interested in sharing about our monthly chats? Msg us for info on our giveaway promotions [#PeriodTalk 1:59pm via TweetChat powered by oneQube](#)

[GladRags](#) @[mother_moon](#) @[bpreparedperiod](#) You're so welcome!!! :) [#periodtalk 1:59pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) Thank you all for such wonderful conversation. It gives us great pleasure to chat with those open to speaking about menstruation [#PeriodTalk 1:59pm via TweetChat powered by oneQube](#)

[Lunettecup](#) RT @[bpreparedperiod](#) Lunette Cups: A Love Story via @[austins_mom](#) ow.ly/rIOGC [#PeriodTalk 1:59pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) For more info on all things menstrual visit us @ BePreparedPeriod.com or on FB @ facebook.com/BePreparedPeri... [#PeriodTalk 1:59pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) DivaCups, Softcups, & a Leak Free Life via @[austins_mom](#) shar.es/DLGEu [#PeriodTalk1:57pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) Don't forget to use our special promo code PERIODTALK for 10% off all [#MenstrualCups](#) & [#Cloth](#) Pads (exp. 12/20) [#PeriodTalk1:59pm via TweetChat powered by oneQube](#)

[Lunettecup](#) @[bpreparedperiod](#) @[austins_mom](#) awesome piece!! Loving the cup love ;) [#periodtalk 2:00pm via TweetChat powered by oneQube](#)

[Burnabymom2](#) @[bpreparedperiod](#) @[DivaCup](#) @[tabithapye](#) OMG Thank You!! I'm making the switch!! lol [#PeriodTalk](#) Guess we will chat next year and I'll review [2:00pm via Web](#)

[ChaoticKarma23](#) @[bpreparedperiod](#) How can someone who has not been on twitter in 10 hours win? [#PeriodTalk2:00pm via Web](#)

[FebyTweets](#) Thanks for the great [#periodtalk](#) chat + useful information about alternatives. @[bpreparedperiod](#) @[DivaCup](#) @[GladRags](#) [#MenstruationMatters2:01pm via Web](#)

[tabithapye](#) @[Burnabymom2](#) @[bpreparedperiod](#) @[DivaCup](#) You are going to LOVE it! Make sure to give it a fair try and don't give up! :) [#PeriodTalk2:01pm via TweetDeck](#)

[GladRags](#) It's lunchtime over here in the Pacific NW... so we're outta here! Please get in touch with any questions! :) [#periodtalk 2:01pm via TweetChat powered by oneQube](#)

[austins_mom](#)@[bpreparedperiod](#) Thank you so much 4 putting these chats 2gether! U'r the BEST! [#PeriodTalk 2:01pm via Twitter for iPhone](#)

[DivaCup](#) RT @[austins_mom](#) @[bpreparedperiod](#) Thank you so much 4 putting these chats 2gether! U'r the BEST! [#PeriodTalk 2:01pm via TweetChat powered by oneQube](#)

[GladRags](#) @[ChaoticKarma23](#) I'm confused -- I'm seeing [#periodtalk](#) tweets from the winner in my feed! [2:01pm via TweetChat powered by oneQube](#)

[DivaCup](#) @[Burnabymom2](#) Great for young girls, especially if u play sports or have a heavy flow. Learn more: <http://divacup.com/educate-empower/moms-and-teens> [#PeriodTalk2:02pm via TweetChat powered by oneQube](#)

[Lunettecup](#) @[bpreparedperiod](#) terrific tweetchat! Thanks @[GladRags](#) and @[DivaCup](#) for all the great info [#periodtalk2:02pm via TweetChat powered by oneQube](#)

[ChaoticKarma23](#) @[GladRags](#) They said it was @[mother_moon](#) but when I went to their page it showed the last tweet from them was 10 hours ago? [#periodtalk2:02pm via Web](#)

[GesundhtMassage](#) @[GladRags](#) Hmm...I'm now kicking myself for improper documentation. I'll let you know as soon as I hunt the source down! :) [#PeriodTalk2:03pm via Web](#)

[bpreparedperiod](#) @[ChaoticKarma23](#) We are seeing that the winner tweeted many times throughout the chat. [#PeriodTalk2:03pm via TweetChat powered by oneQube](#)

[GladRags](#) @[ChaoticKarma23](#) Oh, I think it's @[mother_moon](#) with two underscores :) [#periodtalk 2:03pm via TweetChat powered by oneQube](#)

[Burnabymom2](#) @[bpreparedperiod](#) @[DivaCup](#) @[GladRags](#) yes, thank you everyone!! So much great info! [#PeriodTalk2:04pm via Web](#)

[GesundhtMassage](#) @[GladRags](#) Happy Friday the 13th! [#PeriodTalk 2:04pm via Web](#)

[GladRags](#) @[GesundhtMassage](#) Awesome, thanks! :) [#periodtalk2:04pm](#) via [TweetChat](#) powered by [oneQube](#)

[GladRags](#) _Okay, we are for REAL leaving now. Happy Friday everyone!! Hope to chat with you all next month. ;) [#periodtalk 2:04pm](#) via [TweetChat](#) powered by [oneQube](#)

