

## In Praise of My Mooncup

by Clare Ella

Imagine...

A sanitary product that does not subject an intimate part of your body to bleached fibres and the risk of Toxic Shock Syndrome, and yet, as it forms a gentle seal inside your body, does not leak and prevents the odours often associated with towels.

Imagine further...

Not having to buy tampons or towels each month, or carry them around in your bag.

Not having to change your sanitary wear during the day, even on the heaviest days of your period.

Well, I found the answer to these dreams six months ago at the Glastonbury Music Festival, when I bought my Mooncup, and it is such a wonderful discovery that I want to share it with as many women as possible.

The eggcup shaped and sized Mooncup is made from silicon and is a rubber like texture, with a stronger rim that is folded to enable easy insertion, but then springs back in to shape inside the vagina to create a seal. When I bought it, it had quite a long 'stalk' protruding from the bottom to help with the first few removals but, as suggested in the accompanying explanatory



brochure, I soon cut it shorter and now there is just a little stub to grip.

I guess it took the first 2 months for me to get used to inserting and removing the Mooncup, (and to stop wearing a small pad 'just in case it didn't work!'), but by now it is second nature, I don't have any leaks and I honestly forget about the fact that I am wearing it.

I only empty my Mooncup twice a day – morning and night, which makes all aspects of my life much more convenient. I don't have to carry any tampons in my handbag at the office, in my backpack when I am tramping, or in my pocket when I am working with the guys cutting trees in the bush. I don't have to wear knickers and a bulky pad at night on the

first night of my period. The Mooncup comes supplied in a little unbleached cotton drawstring bag, which I keep with me when I am due and it is no bulkier than a couple of tampons. I do a lot of cycling, and I no longer have to worry about putting a replacement tampon in my cycle shirt, or finding a place to change and dispose of a used one. Incidentally, the Mooncup is so comfy and well positioned inside that even though I use a narrow racing saddle, I don't feel it at all even after a five hour ride. Wish I could say the same for my sitting bones on the saddle!



Whilst some women may find it takes a little longer to get used to inserting, removing, emptying and re-inserting their

Mooncup, I am sure that every menstruating woman will very quickly realise the benefits to their lifestyle, pocket and the environment. It only needs to be wiped clean and/or rinsed each morning & evening, and then sterilised in a pan of boiling water for five minutes at the end of each bleed.

I have not yet spoken to anyone in New Zealand who has tried one, but a friend's niece in Australia has been using one for a few years and swears by its efficacy in her life as both a busy lawyer and serious kayaker!

Mooncups come with a full money back guarantee which will hopefully give all women the confidence to try one. At a cost of \$48 they are wonderful value. Mine has already paid for itself in terms of the money I have saved on tampons and pads. I guess that may be why they are not advertised in mainstream women's magazines – imagine the effect on the manufacturing companies when we all use Mooncups! Better still though, imagine the reduction in products entering the sewerage and refuse systems.

