

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT



Holistic Sex Ed Radio

New episodes

July 23rd 2020: Modeling Menstruation for Your Daughter with DeAnna L'am

Society values extroverted energy, action, and getting things done. Society teaches women to pretend that menstruation doesn't exist, that it's like any other day. When the reality is that a woman's energy goes in cycles just like her feminine cycle does. During her moon time, it's normal and natural to want to retreat from the world. How do we give ourselves permission to do this when our culture doesn't give us the time to pause. In today's episode, we examine long held beliefs and attitudes around menstruation so that we can "clean house" and get rid of those that no longer serve us. Kids d

[Read more](#)



DOWNLOAD PDF



GET CODE

Tune in

New episodes on
VoiceAmerica Empowerment
Channel

EPISODE ON DEMAND

VIEW HOST PAGE

Featured Guest



DeAnna L'am

A pioneer in Menstrual Empowerment, DeAnna L'am is a recognized world expert in helping women and girls make coming-of-age easier, and womanhood richer. Like many women, DeAnna struggled with PMS and for many years viewed her period as a bother and a nuisance.

[Read more](#)

Share This Episode



Share On Facebook



Share On Twitter



Share On LinkedIn

Connect with VoiceAmerica

Download our mobile apps



Available on the
App Store



Get it on
Google play



Download for
kindle

