

Health &amp; Beauty : Wellness : THAT TIME OF THE MONTH

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## The End of Your Sentence

06.16.2009

### The Bite:

**Wish your period would disappear?** Comma on - it's not happening. But the waste from them *can* go away, with reusable menstrual cups. Although they're not really our thing, literally hundreds of Biters have sent in messages singing their praise. Exclamation point-worthy!



### The Benefits:

- **No chemical question marks.** While some tampons contain noxious perfumes, chlorine bleach-related dioxins, and carcinogenic **parabens**, reusable menstrual cups are made from safe rubber or silicone.
- **Punctuating your eco-friendliness.** One study found that 6.5 billion tampons and 13.5 billion sanitary pads - plus their packaging - end up in U.S. landfills or sewer systems each year.
- **More cash for grammar dictionaries.** If you clean and care for 'em properly, menstrual cups can last you up to 10 years - meaning a lot fewer pads or tampons to buy.

### Personally Speaking:

So the girls on the Bite team gave these contraptions the ol' college try, and we're sticking to eco-tampons. But seriously - you Biters rave about them. Talk pros and cons in the [comments](#).

### Wanna Try:

- **The Keeper** - made from natural gum rubber latex; the company also offers a silicone version (if you're allergic to latex) called the Moon Cup (\$35).
- **DivaCup** - silicone option, with another [version for moms](#) (\$33).
- **Maxim and Natracare** - our top choices for organic cotton tampons; bleached without chlorine (\$19/60; \$7/7)

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- **Maxim and Natracare** - our top choices for organic cotton tampons; bleached without chlorine (\$19/60; \$7/7).
- **TOM Kit** - kit that makes your time-of-the-month a little easier to deal with; great for emergencies, it includes must-haves like wipes, pads, and a spare pair of biodegradable underwear (\$20).

## Related Blog Post:

[Beware the Raptor](#)



### Bang For The Bite

If 10,000 Bitters opt for a reusable menstrual cup instead of tampons, in one year we'll avert the weight of two lifeboats full of waste.






### Cocktail Fact

Humans, primates, bats, and shrews are the only animals that have a menstrual cycle.

139 comments 

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Sarah1234567890 on June 16, 2009 at 04:30 AM

1

“ I have been using a Miacup (<http://www.miacup.co.za/>) for two cycles and I LOVE IT!!!! Also, what numbers did you use to calculate the "little green apples" thing in the top right corner? Seems low to me. I usually love Ideal Bite, but I am kind of annoyed by your dismissive attitude toward menstrual cups. There is a large population of women all over the world whose "thing it IS" and who have benefitted a lot from cups. Thanks for featuring it, anyway, though. It's an important step toward a greener world.

Cecile Sheff on June 16, 2009 at 04:35 AM

2

“ I've been using the Diva cup now for 3 years and I'll never go back!! My favourite thing is not having to worry about having tampons or pads in my purse all the time...or dragging my purse to the washroom!! Best invention ever!!

alexandra boyd on June 16, 2009 at 04:37 AM

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