

TAMPACTION!



The Tampaction Campaign aims to eradicate the use of unhealthy, unsustainable tampons and pads, institutionalize sustainable alternatives into our schools and communities, and infuse healthy attitudes surrounding menstruation into our culture's consciousness. We're letting the world know that bleedin' can be everyone's issue. In doing so, we work to destroy patriarchal taboos, end environmental degradation caused by disposable tampons and pads, and promote vaginal and menstrual health.

Tampons: absorbent, disposable, expensive, and ecologically irresponsible. Made from chlorine-bleached rayon and maybe some cotton grown with pesticides, then bleached some more. This bleach contains Dioxin, which can accumulate and cause birth defects, infertility, and cancer.

ALTERNATIVES ARE PLENTIFUL AND EASY:

Organic tampons and pads: No pesticides, no bleach, no dioxin. Yeah! But they're still disposable and wasteful.

www.web.net/terrafemme or www.organicessentials.com

Cloth pads: Soft and comfortable, cheap and reusable. You can even make them yourself from old clothes. Just wash after each use.

www.gladrags.com or www.seac.org/tampaction/reusablepads.shtml

Sea Sponges: Cheap and reusable, no bleach or dioxins, with the comfort you expect from tampons. Simply rinse out between uses.

www.jadeandpearl.com

DivaCup: a cup worn internally to hold (not absorb) menstrual flow. Convenient, cheap, reusable and free of chemicals, bleach, and pesticides.

www.divacup.com

Nothing: just go with the flow, it's free and easy.

FOR MORE INFORMATION:

www.tampaction.org or email campuswomen@colostate.edu