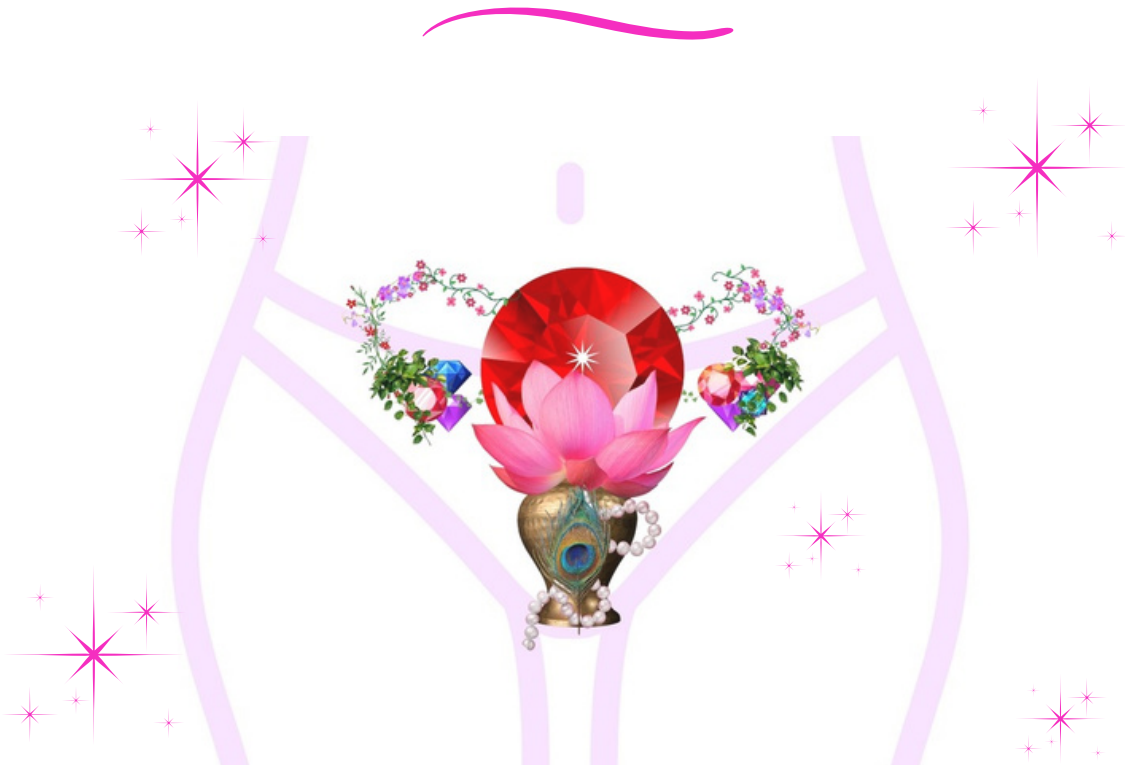


My Body: The Treasure Within Me

Discovering the *Magic* That Lives Inside



What an Amazing Body!



Your body is perfectly and divinely designed with amazing parts that perform miracles.

As you grow up and mature, you'll discover your body's magical capabilities.

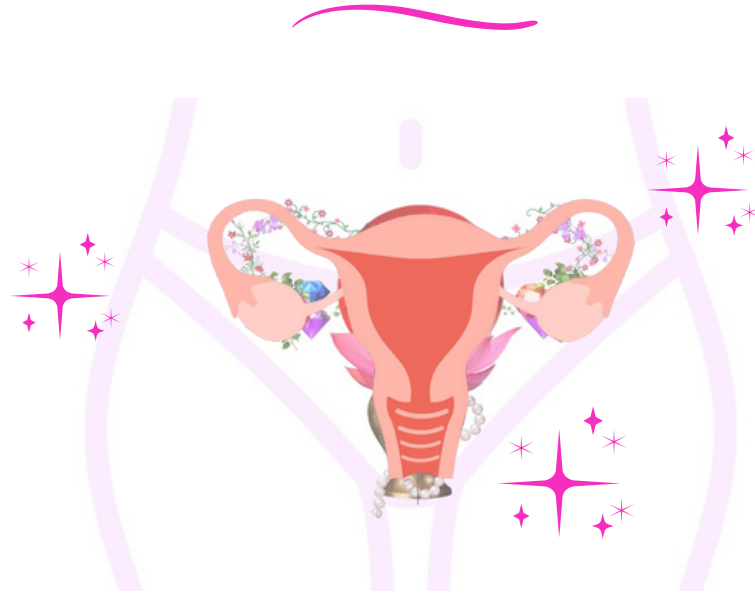
Red Diamond Sisters wrote this booklet to help you discover your capabilities and prepare for an exciting future.

We will introduce you to the parts of your body that give you power. They will be your pride and joy.

We wish for you to love your body and appreciate every part of yourself.

So let's start your journey!

Your Fantastic Female Parts



The magic begins in the abdomen of your body, where your female parts reside. These “parts” are organs designed for reproduction, and allow an adult woman to create a baby. They are referred to as our reproductive organs.

As you grow and mature, your reproductive organs begin to function in miraculous ways. They will influence your body as you grow into adulthood and through most of your life. These parts are the source of your feminine power!

We like to call our reproductive organs our **Venus Treasure**, because each organ is like a precious gem inside of our amazing female body. Our Venus Treasure is a gift that creates miracles!

Every month, our Venus Treasure reminds us of its feminine power by releasing a red fluid that we call our “period.” It represents our potential to create and nurture life - and is the reason females the Supreme Beings of the universe. (Please know, women are not required to have babies. We are powerful and miraculous whether we have a baby or not!)

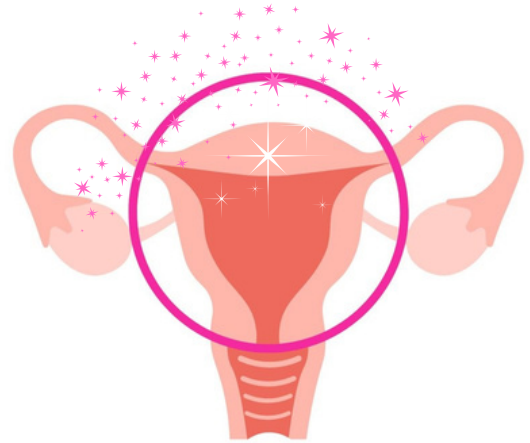
Our Venus Treasure and period may sound strange now, but once you begin to explore your Venus Treasure, you will be proud of your body and will love what it does. Let's begin!

Your Fantastic Female Parts

Here's a close look at each part of your Reproductive Organs, or Venus Treasure, and how they work together.

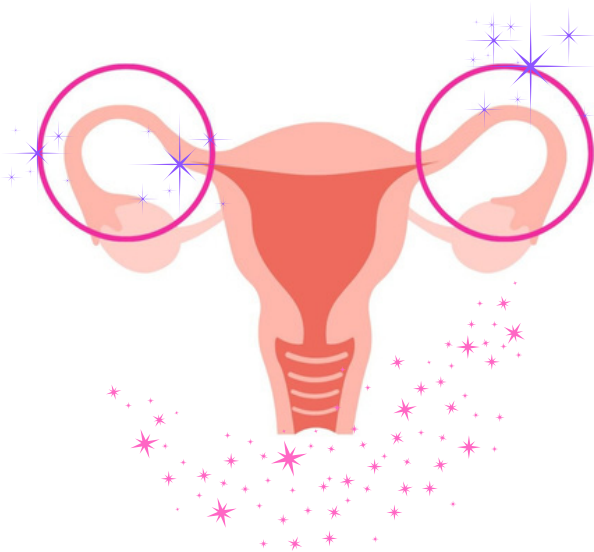
Uterus

The center of your organs is the Uterus. The uterus is designed as a soft pouch. It's the superstar of your reproductive organs, because in adulthood, this pouch will have the ability to hold and grow a baby.



Fallopian Tubes

Sprouting out of each side of the uterus is a curvy tube called a Fallopian tube. Your two Fallopian Tubes have an easy, but important job, within your Venus Treasure. They act as passageways for ovum, which will be released by the ovaries. Intriguing, eh? You will learn more about this later.

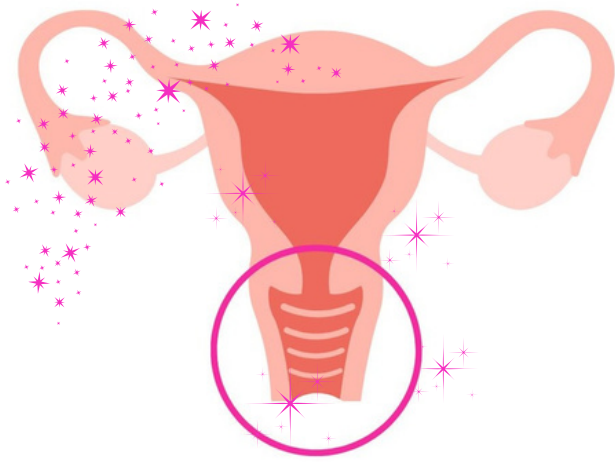


Ovaries

Attached at the end of each Fallopian Tube is an ovary. An ovary is a delicate round organ, shaped like a beautiful gem. Inside each ovary are hundreds of special cells, called ovum. An ovum is also called an "egg." An egg is only one cell, but it has the miraculous potential to multiply into millions of cells and create a baby.



More Parts!

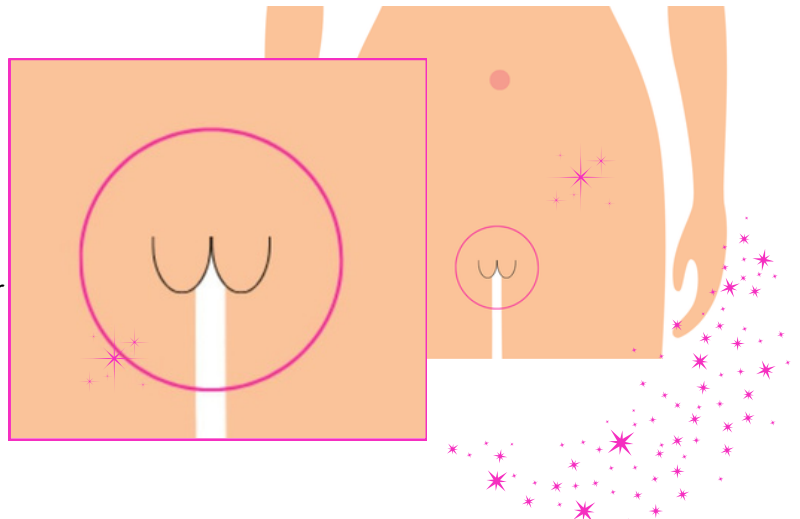


Vagina

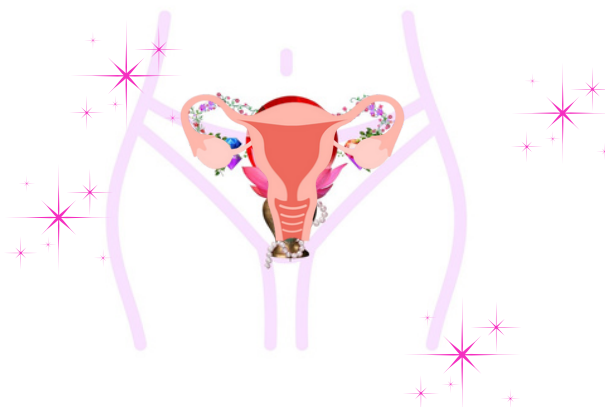
Connected to the bottom of the uterus is a soft, muscular canal that opens at the bottom of your torso. The vagina helps to protect the uterus. It is also the canal a baby comes through when it is born.

Vulva

At the base of your torso are two cushy, pillows and this is called your vulva. The vulva surrounds and protects two openings: one is the opening of the vagina, and the other is the opening of the urethra, made for urinating (where pee comes out.)



These five parts of your **Venus Treasure** - uterus, fallopian tubes, ovaries, vagina and vulva - work together to make magic!



Menstrual Cycle Miracle



When a female body is mature and ready for adulthood, it begins to perform an amazing feat. It's called menstruation. Many of us call it our period.

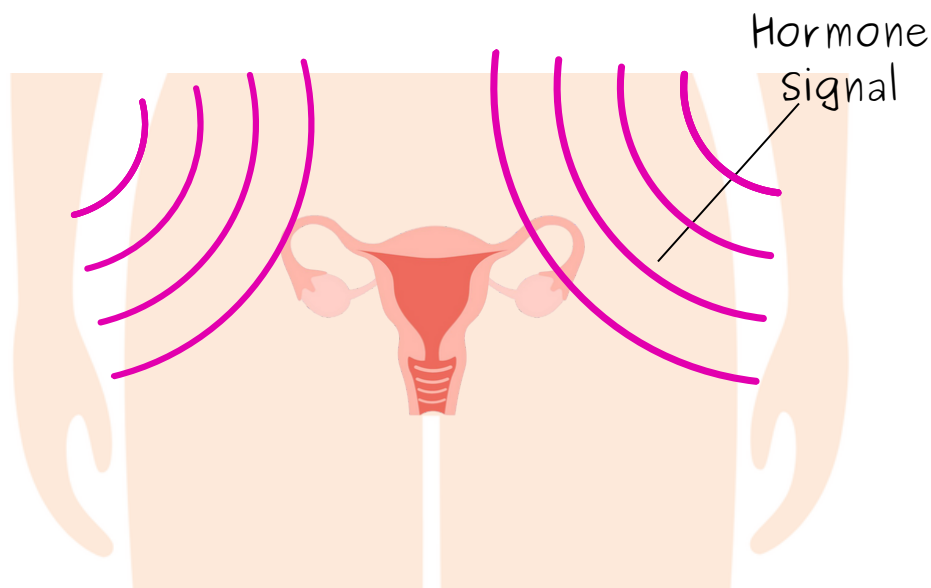
Menstruation is a feminine phenomenon performed in your female reproductive organs, your Venus Treasure. The term "menstruation" comes from the Latin word mensis, which means month.

As an adult, every month, your female parts work in harmony to create a cycle of events that bring about menstruation.

It's a miraculous function that your body does naturally. Here's how it works.

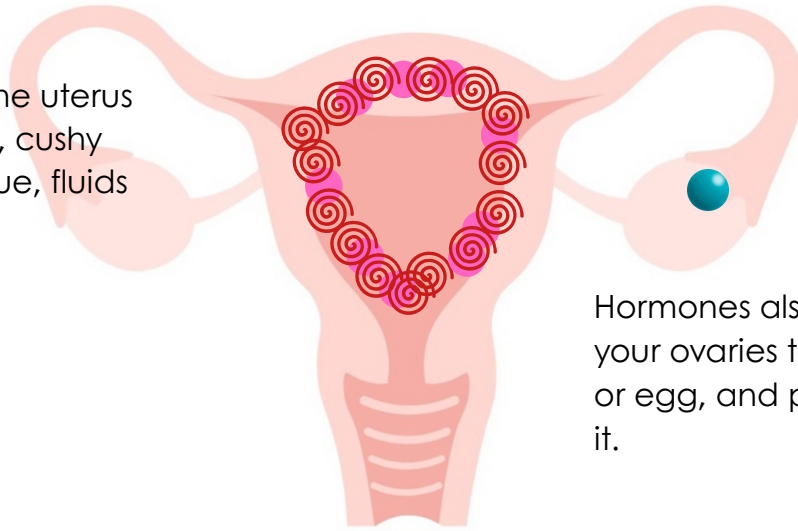
The Cycle Begins

As your body matures and becomes adult, chemicals in your body, called hormones, begin to increase and signal your body to take specific actions.

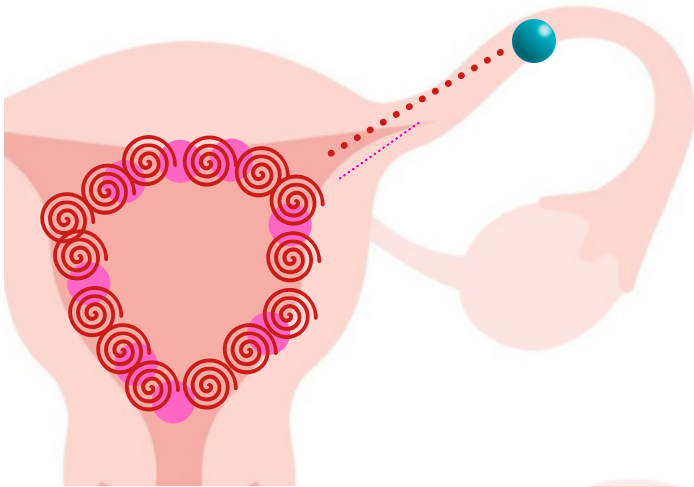


The Cycle continues

Hormones signal the uterus to develop a thick, cushy lining made of tissue, fluids and blood.

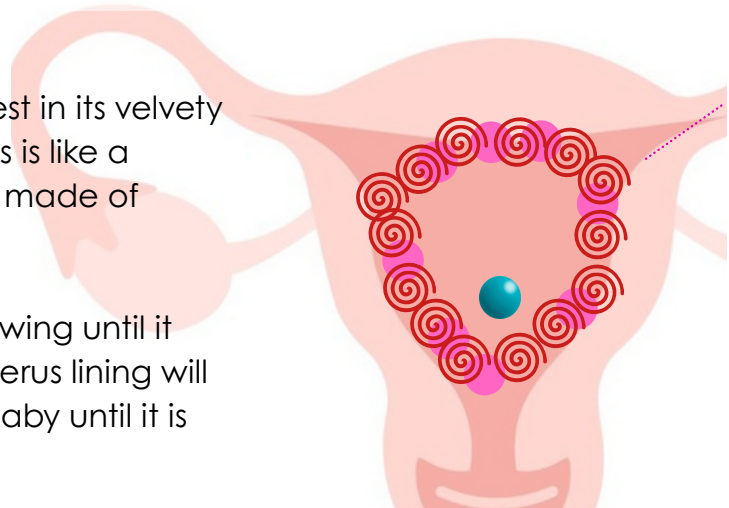


Hormones also signal one of your ovaries to select an ovum, or egg, and prepare to release it.



When the egg is ready, the ovary sends the egg into a Fallopian Tube and down to the uterus.

The egg will live in the uterus and rest in its velvety soft lining for a few days. Your uterus is like a warm incubator with a cushy lining made of fluids, tissues, blood, and nutrients.



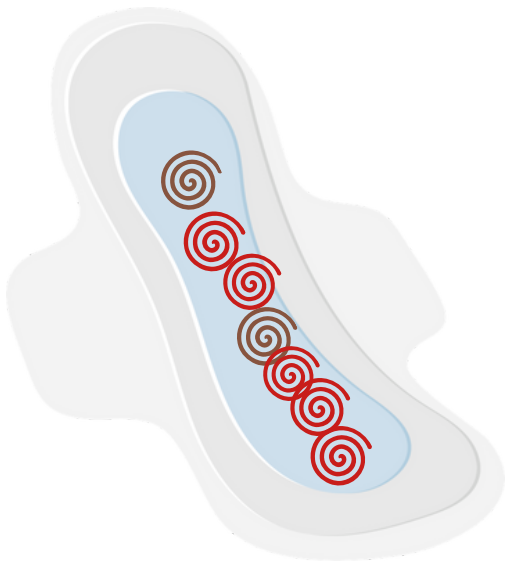
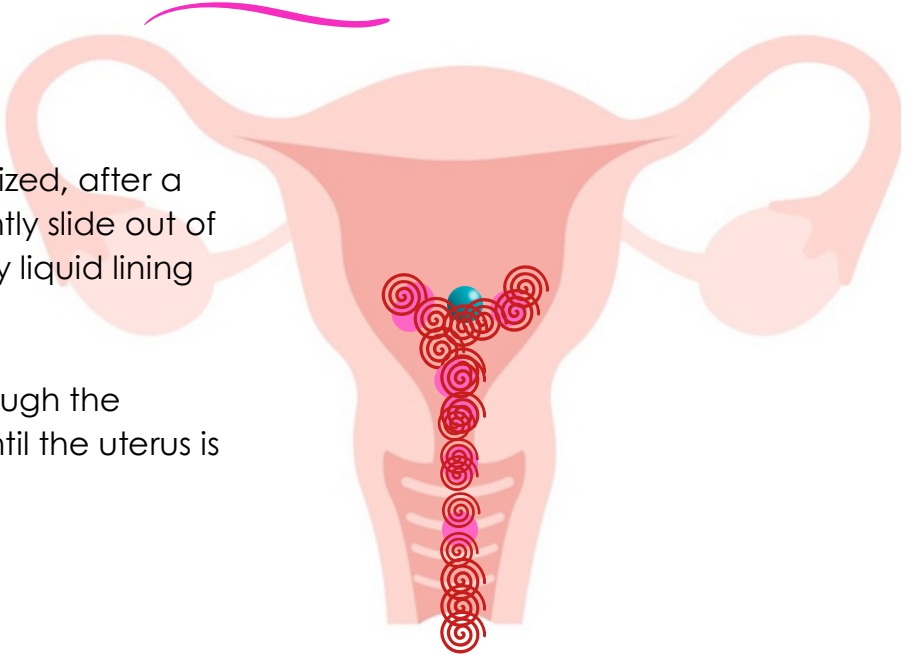
If the egg is fertilized, it will start growing until it eventually becomes a baby. The uterus lining will act as a cozy blanket around the baby until it is born.

BUT if the egg is not fertilized . . .

The Cycle continues . . . even more!

. . . . If the egg is not fertilized, after a few days the egg will gently slide out of the uterus and the velvety liquid lining will leave with it.

The liquid lining flows through the opening of the vagina until the uterus is empty.



The liquid will be brownish or red in color, much like blood. This is called menstrual blood.

The blood is captured in a pad, tampon or other product, so that it won't get on your panties.

Only about 3 tablespoons of blood will slowly flow out for three to five days.

The Cycle is complete!

We call this "menstruation", or our "period." Some people call it their "blood time."

This is the menstrual cycle, and this cycle will occur every month. That's why some people refer to it as a "monthly period."

This red fluid is nothing to be ashamed of or embarrassed about. It is a symbol of the miracle of your body and your power as a woman! Every month you will be reminded how amazing you are.

You are part of a Sisterhood!



It might seem strange at first to have a bloody fluid come out of your body, but it's perfectly normal and natural. It's a sign that your body is healthy and working as it was designed to be.

Everyday, around the globe, millions of people are having their period. And right this minute, thousands of women and girls in your city are having their periods. Women who have periods are part of a universal sisterhood! You will be, or already are a part of the Sisterhood!

If you ever need help with your period, someone is there for you. Your mom, big sisters, friends and teachers - they can all answer your questions and guide you along the way. They understand. You won't be alone.



REMEMBER

Menstruation is a reminder of the body's wonderful abilities.

Menstrual blood is a symbol of your power!

Love and honor your magical body and its many abilities. Your Venus Treasure is your treasure!

We are here for you



Loving your body is a key to your radiance and power. And Red Diamond Sisters is here to help you, however you need it.

Our website is loaded with information. And you can email us at any time.

Reach us at info@RedDiamondSisters.com

Here's to your Period Positivity and Power!