

Thankfully, the discussion around hormonal shifts is less toxic today now that women—activists, artists, and health advocates—are using their platforms to speak out.



**LEFT**  
The stigma around pregnancy persisted well into the 1950s, when the word "pregnant" was censored on U. S. television.

**RIGHT**  
American brand Aisle designs and creates modern, reusable, and comfortable period products for every body that menstruates.

