

# A CHANGE IN ME

I was in misery



## Periods gave me a sore, itchy rash

**WHAT I WAS LIKE** I dreaded my periods because my genitals became itchy, sore and developed a lumpy rash. My GP thought it was thrush, and prescribed creams and pessaries. I drank probiotic drinks, applied live yogurt, wore big white cotton knickers. But nothing helped.

The irritation kept coming back and was badly affecting my love life with my husband Michael, 33.

Then last year my sister Rachel, 36, who's a nurse, told me most tampons and pads contain the residues of chlorine bleaching and other chemicals. She said I might be sensitive to these.

'The irritation started to affect my love life'

**WHAT I DID** I logged onto the internet and discovered I wasn't the only one suffering. Lots of women have vaginal irritation from sanitary products. Then I felt really stupid for never having thought about what they're made of, or that they could be a problem.

I found a brand called Natracare at my local pharmacy. They're made from organic cotton, with no chlorine bleaching or synthetics. The very first month I started using them, I noticed a big difference and it only took two months for the irritation to clear up completely and never return. I couldn't believe it had finally gone.

**GEMMA JOHNSON, 33,  
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My problem has gone at last