

# Nurse recommends Sea Pearls!

Sea Pearls, Natural Reusable Sea Sponge Tampons is the alternative new sanitary product taking UK women by storm. Sarah, a practice nurse from Suffolk explains why she is delighted to have made the discovery!

"I have been using Sea Pearls since January this year, and now in my late forties, am frustrated that I didn't discover these years ago! Personally I have been unable to use pads or panty-liners for several years due to an allergic reaction, and have found tampons to be irritant and over-drying too. The joy of Sea Pearls is that they do not over-dry the delicate mucous membrane of the vagina, and by using different sizes of them, one can be sure of comfort on every day of menstruation, from the heaviest to the lightest. As a Practice Nurse, I have felt able to recommend these to many of my patients who have tampon sensitivities or recurrent yeast infections.

Your advice - about using the disabled toilets (with personal hand washing facilities) or alternatively using a little plastic film pot as a container for the soiled Sea Pearl until privacy for rinsing could be ensured, proved invaluable whilst travelling.

The biggest bonus to using them has to be the environmental issue of natural and recyclable versus paper-tampon disposal. I am absolutely delighted to do my bit for the environment."

Sea Pearls, Natural Reusable Sea Sponge Tampons are a healthy, economical, environmental, comfortable and convenient alternative to traditional sanitary protection and a must for all forward thinking health stores, beauty salons and pharmacies. Sea Pearls are now available from natural health food stores, independent chemists and beauty salons throughout the UK. If you require any further information, please visit [www.seapearls.co.uk](http://www.seapearls.co.uk).