

Garnuu Interview

Leah:

Hey ladies, welcome back to another episode of the Balancing Hormones Naturally Podcast. We have an awesome guest on, So we are going to talk with Macey Maxon, who is the owner and founder of Garnu, which is a non toxic period company. I was going a say tamon company, but I know you guys are expanding, which is awesome and okay, Let's talk about you for a second, and then I think we just need to don't jump into. Like why you should actually care That your period products are non toxic. So my inner you know geek needs to come out for a second, But let's let's get to know you. So who are you And you know why did you just decide to start a period company?

Macy:

Yeah, thanks for having me on. So I was. I was in marketing before this and I loved it, but I really wanted to do marketing for my own brand, and with no limits I wanted something I could do puns with, And that was my favorite that's, My love Languages, puns, and just humor. And so that was something I really wanted to do, But then I was working with as non profit too, who was doing antitrafficking work in Nepal , and so I've seen a lot of these girls. They were going through feminine hygiene training as kind of part of their their, rescue, so to speak of coming out of trafficking or getting intercepted before they got traffic. So they were in the school system that was really good, Really good quality schooling. Part of it was the feminine hiding training, So a lot of these girls they had no idea what was going on with their bodies, And that was something that was really really cool to me Is the learning that these girls were able to experience And so I thought I have this idea of a subscription company of

Leah:

Yeah,

Macy:

just period care. How can I make that work Help the girls over there? And so I created Garnuu Garnu, actually means rescue in Napoli. It's well, it's Uvadargarneu. We just put the pronunciation because you know the language

Leah:

It's easier.

Macy:

Barrier

Leah:

Yeah,

Macy:

so so I started that. In twenty twenty one, we launched with menstrual cups. Initially, I love the menstrual cup, I think it's awesome And we started with that. That was our first product and then we went into organic tampons. and so my whole thing. When I first started using tampons In general, I was using the really cute colored ones. I believe there were Kotex. Do Remember those You buy Kotex?

Leah:

I never bought that, but I know what you're talking about.

Macy:

Yeah, pretty toxic. So so I was. I love those, but it just I had such bad cramps. I had heavy bleeding. It wasn't fun. My period wasn't and I mean it generally isn't fun right,

Leah:

yeah,

Macy:

but I think it can be a little less painful every month. And so I started using organic, and I wanted a brand that actually represented me and kind of the true and embraced true femininity as well, And so I created Garnuu and so fully organic products, and we're also coming out with pads Soon.

Leah:

Wow,

Macy:

Hopefully in a few months is kind of our goal. We can't kind of tell exactly the launch date, but we're coming out and those are gonna be one of the cleanest on the market, too, so we're very excited.

Leah:

Oh, I love that. so let's just talk about non toxic for a second, Because the fact that you said you know you had cramps and heavy bleeding, You guys, I know, I talk about all of the different nutrition you can do for your periods, but we also include lifestyle because I am telling you that there are so many women out there who literally have just switched over their period products to non toxic and have noticed a massive difference in your cramps. and let's just think about it. Okay, your skin is your largest organ. You absorb things through your skin, so you are on your period, right, Your cervix is more open because you're literally shedding your uterine lining you guys, and you're going to use a tampon or a pad that doesn't have organic cotton. So Hello glyphosate, Where on earth did people decide it was a good idea to put fragrance? You're like period products, because that is a massive endocrine disruptor and you are just using that for you know, every like twenty four hours for five to seven days, depending on how long your period is, and just messing up your endocrine system even more by just putting all these

endocrine disruptors all these glyphosate. I say, all these pesticides, and then we wonder like why our hormones are so jacked up, So this doesn't even involve you know changing out your food, drinking more water, exercising. It's just switching something that you already used to something that is also going to work, but isn't going to harm your health so literally there's I don't see any cons here. There's only pros.

Macy:
Yeah,

Leah:
So can we just was it hard creating a non toxic product? I mean, can we talk about like setting that up?

Macy:
oh, for sure. Well, it's so interesting. so when I was first looking into the space, there's not too many manufactures of capons in the world and Tampax owns the entire market globally

Leah:
Yes,

Macy:
and they have a, I think they have an organic product as well, but what you don't know is like the titanium dioxide, which is that bleach and that kind of erupted last summer of twenty twenty two,

Leah:
Yes,

Macy:
where everybody was freaking out and it's bleach. It's pure bleach to make the tampon whiter Is basically what it is.

Leah:
Yeah, it doesn't matter what color it is. It's a tampon.

Macy:
It's just going to be a different color when you pull it out anyway. So so I, that was the thing that I was really passionate about because I didn't want to bleach in my products. I'm using these products and I don't want to affect my endocrine systems. I don't want to do any of that stuff.

Leah:
Yeah.

Macy:

And so finding the manufacturer was the biggest thing, And so we manufacture in Europe. We. I would love to manufacture in the Us. eventually, but we don't make quality, organic products, and we've found that out with so many different things with their food et cetera. So I manufacture in Europe, and so we have very. They have very strict guidelines on what can go in your body there, and what's legal, which is amazing, because here it can translate over to the United States when we sell products

Leah:
Yeah,

Macy:
over here as well, So that was a little difficult. finding that manufacture and then finding manufacturers for the pads as well, kind of figuring out what that looks like and then creating a product that worked. And so what a lot of people don't know. So there's a lot Different things with organic tampons if you have them, super super super, just dry and nothings in them, which is awesome. They also are very difficult to remove. So what we found out was there's science behind a lot of it To try to make sure that it's a comfortable tampon as well, But I have noticed when I first switched over, it took me a couple of month because I didn't quite notice it, and then all of a sudden my period switched and like Wow, So this is what it feels like to have a good period now. Like what? When we've had plenty of customers to, I get in my in box every day where they like. My period has completely changed since using Garni, and in a lot of our customers switch over from Tampa from the non from

Leah:
Yeah.

Macy:
all the toxic ones, they switch to the non toxic, which has been really cool to see, Because that's the biggest differences. You see. You can switch to organic to organic, Right and I want you to switch to me if you use organic, because we're fun and where purple and we're pink. but it's just it's really really interesting in the whole market and finding all of the things because Ble Is horrible for you. The fragrance. Personally, I think a man came up with That one is my thought. the fragrance in tampons.

Leah:
Yes.

Macy:
Maybe

Leah:
Well,

Macy:
that's my thought.

Leah:
also like I'm totally with you there. But then also again, just the stigma on periods. It's women

Macy:
Mm.

Leah:
are just constantly like. No, No, No, like, Let's get you know there's specific washes to make. Try to make odor go away. and it's like Well, you know, let's just talk about just normal hygiene. You should just be using water. you should

Macy:
Yeah,

Leah:
not using anything else. your vagina is a self cleaning machine like, let's not Sticking soap up there. Let's not be sticking fragrance up there. No, no, No, so I think part of it is just letting go of the stigma that like you are supposed to smell like roses. Like where did that come from?

Macy:
Exactly well, and I was doing some research initially about how the tampon was created, And so they created a applicator right, So most tampons you use have applicators or you can get the digital ones, So they use an applicator because they thought it was to. They didn't want women to be able to touch their vagina when they inserted the tampon. So that's why they created

Leah:
Uh,

Macy:
the applicator. Now it makes sense,

Leah:
yeah,

Macy:
you know, especially when you're atin about like that's really fine, but you know

Leah:
Yeah,

Macy:

you can also wash your pins, But it was so interesting so that's why they created it. it wasn't. It was more on. the. There was more some stigma behind touching your vagina than it was to actually for sanitation. So it was very interesting. Kind of learning some of this stuff and

Leah:

Yeah,

Macy:

applicators what you do every day, you know,

Leah:

Yeah,

Macy:

and we also use sugar cane, so ours is BPA free for the applicator as well, which is a really cool feature.

Leah:

You use sugar cane to make it

Macy:

M.

Leah:

okay. I love

Macy:

Hm.

Leah:

that because a lot of times when you do B, p A free, you know, B, P, S,

Macy:

Yeah,

Leah:

like slide in there.

Macy:

Yeah,

Leah:

they're like

Macy:

exactly.

Leah:

Let's sneak out the one ingredient that everybody knows about and let's slide in the ingredient that has the same horrible effects, but nobody knows about it. so we won't get you know canceled because I don't think you can buy plastic anything, really without it saying B, P. A free. So people think that you know it's all great and wonderful, So I love that that was probably complicated to make an applicator out of sugar cane.

Macy:

So there are most of the organic ones You can choose, kind of just a BPA free plastic. or you can do the BPA free sugar cane, too, So there's some options with it to depend on who you work with, But it's funny because that's that's one of the things that a lot of the organic will use to

Leah:

Yeah,

Macy:

try to help decrease all the toxins too,

Leah:

Yeah, Dan. that is awesome. and then I know you run into the whole like I've had a lot of clients. I mean, I don't really necessarily want to call out brands because I think it's amazing that they're switching over to organic, but I have the same issue with like non toxic, like body products. In general, it's like, Oh great. I'm glad you're non toxic, but you don't work.

Macy:

M,

Leah:

so

Macy:

hm,

Leah:

not great. And then I had some clients that were switching over to non toxic tampons and they were like, Okay, Leah I have the one that's supposed to be for heavy flow and this is not even remotely working. you know, And then that just makes you want to switch back and then obviously you're not doing anybody any benefit. So it's

Macy:

Hm,

Leah:

really that fine line of How can we have non toxic? But can we have non toxic? That actually works.

Macy:

Exactly exactly, and people don't talk about the switch to organic. Either how that affects your body. We've had many women who will switch and they're usually the super plus users and

Leah:

Yep,

Macy:

they gave it a couple months. Ndtthey're like. Oh, My period actually regulated a little bit more. I, actually, I don't need the superpluses anymore. I can deal with the supers, and so even mine too. So I not to get T. M. I here, But we talk about periods right.

Leah:

We'll

Macy:

So

Leah:

talk.

Macy:

I was so I. I was mainly like a super girl for a long time, and then now Since I've been using more organic and in my products, I've switched it kind of a mixture between some supers, but a lot of regulars as well, kind of mixed in there, so my period has been a little bit lighter and definitely more regulated since switching to organic, and specifically the Garnuu organic. too.

Leah:

I just love stories of like it's just. it's just a camp on. switch, you guys.

Macy:

Yes,

Leah:

I mean, you're not doing anything drastic here, so I just want to pop in the difference. You said.

It took a couple of cycles and we talk about this all the time on here, so I want to touch base with everybody that remember what you're doing right now affects your egg quality three months from now. So there for your period three months from now, three cycles from now, Because of that ninety-day follicle journey, So that totally makes sense. If you switch Er your tampons, you may not notice a direct difference in that current period. Maybe you do, but most of the time you don't. you're going to notice it three cycles from now, so that totally makes sense. You. just whenever you change anything with your hormones, you need to give it three cycles because that's how long it's going to take to notice a difference period so no pun intended.

Macy:

Hm, No pun intended right, but people forget like the vagina s like one of the most absorbant things.

Leah:

Yes,

Macy:

And so it absorbs all those things. And so we have to be really careful what we're putting in there. But yeah, it's the ninety days and making sure that you don't have any of the dyes, the bleaches the fragrances, and they got it in there because it does. It makes it better. We've had so many customers that come through and. they're like Wow, I need to switch. I didn't. I should have switched earlier,

Leah:

Yep,

Macy:

and we love that little like the stories that we absolutely love to see,

Leah:

Yep.

Macy:

and we're trying to make periods. We're trying to change the narrative a little bit too. obviously creating more organic non toxic chemicals. you know, just very or no chemicals. In general, we just want something non toxic right for a period, But also

Leah:

Yeah,

Macy:

we want to change the narrative to make it a little bit more fun every month. And so we make it a subscription. We make it a fun box. We add stickers in there. You know, we're making

something good. So you're doing something good with your period with fighting trafficking globally, but then also you're making a making a stand with your period every month and you're making fun.

Leah:

Okay, well, I mean it's much nicer to receive, Like a subscription. That's fun.

Macy:

Hm,

Leah:

As opposed to like I always think you know in the future, Wouldn't it be so nice to have like this like self, care, like period subscription? So it's like

Macy:

Yes,

Leah:

I'm looking forward to like my bundle every single month Versus like here comes my period, which

Macy:

Yeah,

Leah:

You shouldn't dread anyway, Because your period should not be horrible. You guys. So can we let's do that? Let's talk about Garnu's mission like. What are we when we purchase tampons? What are we donating to? Besides like upping our health?

Macy:

Yes, absolutely so When you subscribe to Garnu, when you purchase with Garnuu you, are supporting women all over the world who are vulnerable to sex trafficking, So we. We also are working in Nepal like we were, but are also expanding kind of where, because sex trafficking is a huge deal everywhere

Leah:

Yeah,

Macy:

and so we want to a gloable difference, And so we're creating some really cool exciting things coming up. I can't quite share yet. By the next year, you'll kind of see what we're doing, but very exciting. We're really trying to empower women. That time of the month is very. In other countries, it's very taboo for women

Leah:
Yeah,

Macy:
and it's something that you've naturally made to do, And it's a good thing that you get a period,
And so, instead of trying to just just add to the stigma, I think we want to help women in different
countries that actually feel empowered by their period, not necessarily shamed for it.

Leah:
Yeah, so that's awesome So you can purchase a subscription. Get non toxic tampons. Get them
delivered so you don't run out, you guys. I am going to tell you like you, do not. You do not want
to be on the first day period going. Oh yeah, I was going to have to get tampons like after my
last one and then you forgot

Macy:
Hm,

Leah:
and surprise, surprise, and then also you're donating to help end sex trafficking, which is
awesome. So How do the subscriptions work

Macy:
Yes,

Leah:
Like?

Macy:
you can do. You can do it very, whatever you and your style, so you can get a couple of boxes,
one box, whatever you want to do, and then you can decide on the frequency, so most people
get every month, some people get every two, three months, four months. However many
tampons you use, and

Leah:
Hm.

Macy:
a lot of people will adjust it, depending on how their cycle reacts to organic tampons as well, so
you can kind of choose what you want to do and you can always posit. Cancel it. if you need to.
We have a lot of people who pause for pregnancy and then they pick right back up. They sort o
menstrating it again,

Leah:
Is it Me?

Macy:
Yea, so it's very easy. It's very easy to work and it's fine.

Leah:
Okay? So right now you guys have period cups and then you have

Macy:
Yes,

Leah:
pans, and then you're coming out with the pads very soon,

Macy:
Yes,

Leah:
Right?

Macy:
yes, Yep, I don't have launch on those yet, but they're coming out. They're going to be some of the cleanest on the market. I'm so excited about them. literally purely organic cotton. That's all that's in them. so I'm really really

Leah:
And that doesn't really exist. At least from my knowledge, there's most of the time what I see is organic top layer like

Macy:
Yeah,

Leah:
pads. that like all the way through there, not organic

Macy:
Yeh, yeah. so it's going

Leah:
Cool.

Macy:

to be under percent organic. Obviously, you're going to have the wrapper, which is what

Leah:

Yeah,

Macy:

it is. But but yeh, so just the entire pad is going to be organic

Leah:

Oh, that's so cool. So can we talk about pricing Because I think when people

Macy:

Yet

Leah:

switched Tampax from Tampax, don't even know how to say it? Tampa to organic? I think I don't know if there's a price shock. I haven't bought Tampa in a really long time, so I don't even know. I don't know what they cost.

Macy:

I know

Leah:

but

Macy:

the. Yeah, they're a little different. I think there's people do get a sticker shock initially with organic in general,

Leah:

Yeah,

Macy:

but we don't have any of the toxic chemicals in them to make them cheaply.

Leah:

Yeah,

Macy:

so that's that's the trade off.

Leah:
yeah,

Macy:
right. Anything

Leah:
yeah,
Macy:

you do when you start to do something good for your body, So we offer them there about twelve bok of box when you subscribe and

Leah:
Oh, that's cheaper than I thought they were gonna be.

Macy:
Oh yeah, it's twelve bucks. And then if you actually do a subscription, so three boxes every three Months you get free shipping as well, So there's a hint. That's what we try to suggest to people so they can get the free shipping.

Leah:
Oh, that's I'm just gonna. My dad's an engineer. People didn't know that, so like, let's break down the numbers for that, So if you have a cycle every single month, you know it's going to come. It makes so much more sense to just do the three boxes every three cycles, and then you get free shipping. So you're not. I mean, I guess sometimes maybe you need a little bit of wiggle room, but I'm assuming shipping is like what it is Everywhere. It's like four to eight dollars. So

Macy:
Yeah,

Leah:
you're saving already

Macy:
you're saving me like fifteen bucks when you do that, so that's why I recommend that to everybody

Leah:
I'm really not that great amount. but twelve times three is like what? Thirty six? So it's like thirty six dollars every three months.

Macy:

Yep.

Leah:
That's nothing. Okay.

Macy:
Yeah,

Leah:
I don't know. why, Like when I was buying organic tampons. they were not that price. I am like, one hundred percent sure they were not that price. They were not that price.

Macy:
Yeah, it's very different, especially when you buy them in the store too. There are always a little cheaper potentially, But then when you buy them online, it's totally different, but you know you get the full experience too, and that's one of the things we really like as we can actually kind of show you who who we are when we send you a box

Leah:
Yeah,

Macy:
and show you what you're doing with your period too, And so that's something we really, we really value and what we really want to put into it.

Leah:
I love that. Okay, so I mean, you guys can do whatever you want, but like in Leah's mind, we're doing three boxes every three months getting free

Macy:
Yep,

Leah:
shipping and we have a discount code for them right.

Macy:
Yes, yep, code

Leah:
Okay,

Macy:
Lea, And you can get fifteen percent off.

Leah:

Yes, you guys just use my name LEAH So I have a box coming in. and we're we're going to see if I, you know, have a period in time to try them. Because we all know that Leah had Killian, so we're kind of like in period less land. There's no periods going on, but I do want to see them and see what's going on. And if I don't get a period, I am going to probably wrote one of my sister in law's in. I'm not sure they're aware of this, but I'll be like. so. Oh, do you want to dry some Tampons?

Macy:

Yes,

Leah:

I want to get some first hand experience here. of like what is going on? I was so excited to come across you. I don't even know when I came across you. I think it was a while ago. It was. It was last year At some point because I was trying to find organic tampons without titanium dioxide. That's

Macy:

Yes,

Leah:

The thing, because the two brands that I had been recommending at this point changed formulation, Something

Macy:

Hm,

Leah:

happened with them and I was like your ingredients are not like. they're not horrible. They're better than Tampax, But I would prefer to be able to recommend something else and so I couldn't find anything and I'm like doing like all the searching. like where they have to exist. They have to exist and you guys exist. So I truly think top here because most most organic tampons out there I personally have found, Do not? They contain titanium dioxide. They do, which is

Macy:

so weird. I'm going to be honest, is so weird. Who cares that your tampon is pure white. Like, Do we really care like it's going to be red at some point? So like when you pull it out of the wrapper, Why do we care that it's white? I

Leah:

Why do we?

Macy:

that's thing I keep asking to is why do we need that? Why? Why does it need to be white? Like Like? why? Why? And why do we need to add that leech? Now? what's good about it is if you have been using some of those, there's such a small quantity in most of those tampons that do contain them. So it's

Leah:

Yes,

Macy:

not super. It's not as harmful. Is not the full thing right, So there's a really, really, really tiny quantities. but you know it is in there, so there is that that trade

Leah:

Yeah,

Macy:

off, But I mean, I think there's also that stigma of its white and it should. maybe it should be like That means pure and that means a clean cotton. but you know

Leah:

yeah,

Macy:

it's a very. It's a very interesting thing that you manufacturers don't think about and yet us like when we're thinking organically. Who cares? It's clean. It's cotton.

Leah:

I agree. I think like, and like you said, the company's massive step up from Tampax, Like you're your typical one that you're buying at the grocery store. when you get rid of artificial fragrance and you get rid of glyphosate, So when you have organic cotton, you're already a massive step up, so like it's not the end of the world, But it's

Macy:

Yeah,

Leah:

like if we have An option, if we have an option and we do, why not make that choice And then you don't even have to go to the store. They can just come to your house, So I'm gonna pop the

spelling down here really quick just for people. But it's Garnuu you, You don't let that double ou like catch you. But anyway, if you go to Garn dot Com, you can get your your tampon subscription and use the code Leah, and then I'm assuming they'll get notified when pads drop somewhere

Macy:
Yes,

Leah:
everywhere.

Macy:
it's going to be a huge announcement. You can go to our website and we have a Pads page, so we have kind of a wait list for people notifying you're not going to wait that long, but we, so you can get notified when they're when they launch, which is really exciting. We have. most of our customers are just waiting, so we're

Leah:
Yeah,

Macy:
really excited when that does launch, so you will not miss it. That's for sure.

Leah:
I love that and I guess if you are, I mean, I'm not you know, putting you guys out on the spot, but like if you are a period cup lover, you can try them. I cannot get myself to do it. It's just I'm not sure what it is about it, but I'm like, but I have clients that swear by them. They're like Leah. This is well, change your life. I also have clients that swear by period underwear and I just I can't do either. I like I Used pads growing up and I got introduced to tampons and I was like this is the most life changing thing I've ever come across like

Macy:
Yes,

Leah:
and I've had no desire to switch.

Macy:
And it's okay. I mean, I, I still prefer tampons over cups personally, but the cups are great. I mean, if you can figure out how to use them, it's awesome and

Leah:
Yeah.

Macy:

ours is a little different because it's little softer too. so. I mean, they talk about the kind of the slap that happens when it opens up, and so ours is less of a slap because it's a little softer, so it's a little easier to maneuver some people like the softer some people don't, but we also have a longer stem to, so you

Leah:

Okay,

Macy:

can adjust it kind of based on where you know where it fits.

Leah: Oh, love that.

Macy:

Yep. Yep, so you can kind of add it or whatever you want to do with it. So we add that as an option. A lot of people love the cup, or they'll do like that with a tampon subscription. Every three months. They have a couple, but everyone has their own period, so you get to choose.

Leah:

Yeah, you do. which is why I'm like I'm giving you the option. Am I shaming you? No, am I going to try it? No, I am happy with the tampons. They work super well for me, but yeah, I have clients that swear by period cups. So if you do use them, knock yourself out. Where where do you think Garnuu is going to be in ten years? I'm curious.

Macy:

Yeah, So we were trying a lot of new stuff and so we are obviously coming out with pads next, And then we're hoping to expand the tampons to to have some superpluses and some lights. Right now we just have organic or organic regulars and supers, so

Leah:

Okay,

Macy:

we want to expand the tampons on offering.

Macy:

yeah, so we want to expand that so we want to expand our products. We also want to kind of dig into more. We do a lot of education on our Instagram, and I know you've talked a lot about it. different things with, You know, cycles, and and

Leah:

Yeah.

Macy:

so we talk a lot about some of that stuff on our Instagram, and on our blog as well. And so we want to expand because you know, I think it'd be more fun knowing at like twelve like, Oh, so when I ovulate every month, my face is more symmetrical. you know, I kind of like some

Leah:

Yeah,

Macy:

fun things that

Leah:

yes,

Macy:

actually make really appreciate your cycle. Not

Leah:

Yes,

Macy:

just concerned about it all the time are scared, which is, I think a lot of times what we do to young girls as we make them scared about becoming a woman.

Leah:

Yeah,

Macy:

I just think of like becoming a woman Cakes, and how mortifying, but at the same time you know it's a celebration right, so I think we want to really step into some more of that stuff and empowering women

Leah:

Hm,

Macy:

is basically our goal. That's all I want to do is empower women. And if

Leah:

Yeah,

Macy:

we can do it though the sales, let's do it.

Leah:

I love that because I one hundred percent agree. It's just well, it also starts with Mom's having horrible periods and so like, How can the girls grow up not thinking that periods are going to be horrible Because it's horrible for mom Like that's what my mom told me when I got my period, like she was warning me it's coming and I'm just like What is this

Macy:

Yeah,

Leah:

mythical beast that's going to happen? And then when it did, I was curled up on my mom's like bed as I was Like, Why do women have to go through this? This is not worth it. This is horrible like. Why am I dying and my mom, bless her heart, was like, Yeah, I had horrible cramps to. They just prepare you for child birth.

Macy:

Mhm,

Leah:

And so I thought that was my life. That was my horrible, like unforeseeable future With all of my periods were going to suck and they don't have to be, And that's all I knew about periods was they suck. You know, they come however many days, And that was it. you know. I didn't know that you know. my cycle was a cycle outside of my period. I thought my period was it. So I love that, as we are growing into understanding that We need more non toxic products and we have companies producing them. You're also sharing more of the awesomeness around the cycle because you know, Hopefully you know, younger girls will stumble on your page looking for tampons and also will learn more about their cycles.

Macy:

And that's our goal. We just really want to. We want women to know and know what it is and how cool your body is. I mean, we were made so uniquely and it's just it's incredible and we have a leg up on a lot of things once we can understand that and you talk about this all the time. And so I think if we can really try to understand our bodies and understand how they work, and give ourselves a break when we're right before a period or during our

Leah:

Yeah,

Macy:

period, which a lot of women don't do. If we can actually really like, Lean into that. That's what we what we need to do.

Leah:

I love it. I am so excited to get my box, so ladies just go to Garn dot com. Remember, double U at the Garnuu and

Macy:

Yep,

Leah:

codalea, to say fifteen per cent, and you obviously will have to like you know. Tell us if you get them because I want to hear about your experience, because when people switch to non toxic, it's always. It's just a fun transition. I don't know. It's like you're pampering your body. Your, you know, taking care of your body in another way. So Where can all the people's find you? Besides obviously Garnuu .com

Macy:

Yeah, so you can go to our Instagram at Garnuu at G, a r n u U. We're also on Tik Tok as well at Garnuu , and so you can find us both there.

Leah:

It makes it easy. Well, thank you so much for hopping on.

Macy:

Thank you. thanks so much for having me!