



The **Endo** Educational  
Organization of Canada

## Resource Library: Flow Days

“Your haven for all things natural to manage Endometriosis and Menstrual Health. Flow Days was created with [endometriosis patients] in mind, to help support you and be a safe place to learn more about your period, without the judgment.” -  
FlowDays Website

**We support this resource because creator Brit, a fellow Canadian/Australian, has done a great job at gathering information surrounding holistic treatments to help symptoms of endometriosis from her personal experiences. FlowDays was created to offer an alternative perspective for those searching for tried- methods of coping with the symptoms of endometriosis. You can find FlowDays on Instagram and the web.**

Link to FlowDays Website  
<https://theflowdays.com>