

FOR THE RADICAL ACT OF LONG-LIVING, UNDETECT

A LIVE -- FEARLESS AND FREE, AND KINDNESS SAYS, WE CARE BECAUSE WE MATTER.

# POWER IN PLEASURE

INC, GENDER-AFFIRMING, AND BEING MORE THAN JUST A NUMBER. THERE'S STRENGTH


KIND CLINIC ZINE

ISSUE #1

PRIDE 2026

kind  
CLINIC

IN KNOWING OUR STATUS. POWER IN BEING



# POWER KNOWLEDGE

Undetectable & Safe

Talking to your partner about your status can be difficult, especially when folks don't fully understand the concept of U=U. But the key to changing the narrative and ending the stigma is education.

# ER in LEDGE

Still Loveable (U=U)

## SO HERE'S THE FACTS:

A person who has achieved and maintains an Undetectable (suppressed) viral load through antiretroviral medication poses ZERO risk of sexually transmitting HIV to their partner. Hence, undetectable = untransmittable (U=U).

As a person who is HIV negative, you're just as responsible in educating yourself and not perpetuating harmful stigma surrounding HIV. Remember, there is **power in kindness**.

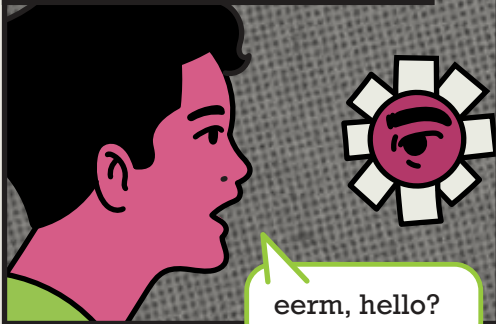
Head to [kindclinic.org](https://www.kindclinic.org) for all of your HIV care, PrEP, and DoxyPEP

# THE GLORY HOLE CHRONICLES:

# Stay **PREPARED**

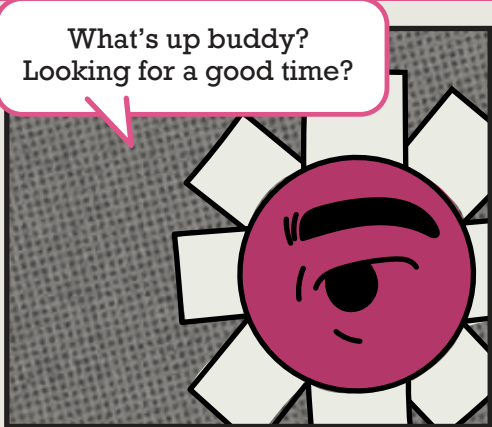
for anything...

*At the local glory hole, a first-timer nervously approaches...*



eerm, hello?

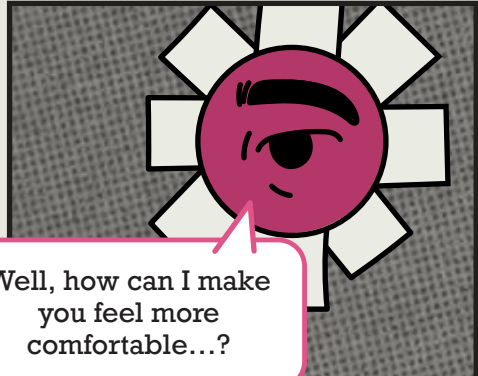
What's up buddy?  
Looking for a good time?



Kinda, this is my first time.  
I'm a little nervous.



Well, how can I make you feel more comfortable...?



Hmm, what's your favorite color?



...green.

You have any pets?



Yeah, a Pomeranian named Twinkles...

What did you think of the last episode of Euphoria?

Terrible.

Are you on **PrEP**?

Yep, and **DoxyPEP**.

Whew, ok.

You ready, big guy?

The End.

**PrEP**

TO  
PREVENT  
HIV!

PrEP is a daily pill that helps prevent HIV by 99% when taken effectively. If prescribed PrEP, regular testing and follow-up visits are necessary. Keep in mind that PrEP doesn't protect against other STIs. DoxyPEP can help prevent bacterial STIs when taken as soon as possible within 72 hours after potential exposure to reduce the risk of infections such as syphilis, gonorrhea, and chlamydia.

Get into care by visiting [kindclinic.org](https://www.kindclinic.org)  
or calling 833.937.5463 today!

LET'S TALK ABOUT

# BUTT STUFF

The background of the entire page is a vibrant pink color. Overlaid on this are several white, jagged-edged shapes that resemble starbursts or bursts of light. Three kiwis are scattered across the page, appearing as if they are cutouts pasted onto the background. One kiwi is in the upper right, another is in the lower left, and a third is in the center. The kiwis are rendered in a high-contrast, almost black and white style, with their characteristic fuzzy texture and green leaves clearly visible.

## How Fiber Can Enhance Your Bottoming Experience

Tired or spending waaaay too long douching only for the trade to cancel? Do yourself AND your gut a favor by incorporating more fiber in your diet. Fiber not only speeds along the douching process, but it makes bottoming more enjoyable. Plus there's also so many added benefits to your overall health!

## FUN FACT:

The average adult should have about 25-35 grams of fiber a day, which can come in a variety of forms:

- Psyllium fiber supplements (pills, powders, etc.)
- Beans & Grains (pinto, garbanzo, oats, whole wheat, etc.)
- Some Seeds & Nuts (flax, chia, almonds etc.)
- Fruits & Veggies (broccoli, leafy greens, celery, apples, etc.)

## HOW DOES FIBER WORK?

Because your body cannot digest fiber, it passes through the digestive system mostly intact. While being passed, it absorbs water in your gut to form a gel and/or adds bulk to encourage movement through the digestive system.

***\*\*\*Make sure to drink plenty of water, especially when taking fiber supplements to avoid constipation\*\*\****

So, when you add fiber to your meals you are helping everything in your digestive system move along quicker and more effectively. This means less time in the bathroom douching, and more time getting lost in pleasure!

Added benefits include blood sugar regulation, lowering cholesterol, preventing constipation, and appetite control (fiber makes you feel full longer).

“

So when the world tells us  
“no,” We answer back with

“**YES.**” When it tells us to be  
smaller, we stand

**TALLER.**

And when it  
tells us to  
disappear,

OUR **KINDNESS**

IS STILL HERE.  
AND THAT IS NOT

**SOFTNESS.**”

Read 'Power in Kindness' by  
**Ebony Stewart** at [kindclinic.org](http://kindclinic.org)

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