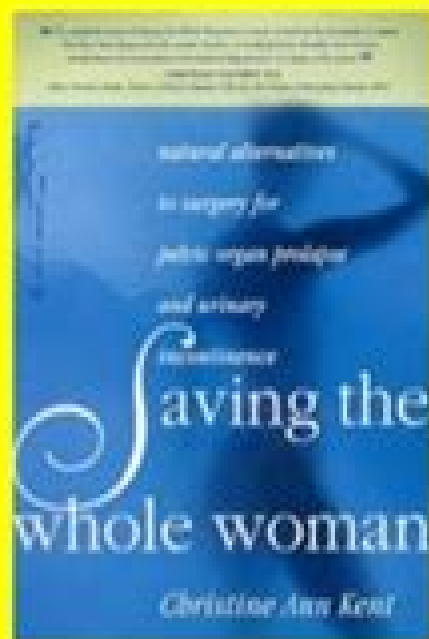


Saving the Whole Woman Natural Alternatives to Surgery for. Pelvic Organ Prolapse and Urinary Incontinence book



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Saving The Whole Woman Natural Alternatives To Surgery For Pelvic Organ Prolapse

Christine Ann Kent



Saving The Whole Woman Natural Alternatives To Surgery For Pelvic Organ Prolapse:

Saving the Whole Woman Christine Ann Kent, 2003 Millions of women suffer from a weak and damaged pelvic floor which the medical establishment often treats with unnecessary surgery Women frequently end up requiring multiple major surgeries losing control over their bodies and suffering from chronic pain and emotional devastation Impeccably researched and beautifully written this riveting book not only exposes the medical mistreatment of women but also offers hope information and support for all women as they take back control of their own bodies HEA000000 Core Awareness, Revised Edition Liz Koch, 2012-09-25 An indispensable resource for those interested in all forms of movement education including yoga pilates dance and more Somatic educator and writer Liz Koch has spent decades studying the principles of Core Awareness a body based approach to movement that utilizes attention to inner sensation as the key to increasing strength gaining flexibility preventing injury and improving resilience In this book she shares her vast knowledge of Core Awareness with readers providing movements stretches and mindfulness explorations that she developed herself Her exercises are designed to enhance sensory development and shift readers from the standard paradigm of the body as an isolated object to a holistic paradigm of the human being as part of a living process of dynamic expression This shift in perspective offers practitioners and teachers of movement yoga pilates bodywork exercise and dance an empowering model for self healing and the key to becoming stronger more flexible and more resilient As Koch describes the practice of moving from one s core she highlights the importance of engaging the psoas muscle located on either side of the spine to integrate the body mind emotion and spirit Koch also discusses how the pelvis is the foundation of our physical core the vital connection with our bones and crucial in gaining a sense of support nourishment joint integrity skeletal balance and healthy muscle tone Rewritten with updated information this revised edition includes 247 new photos and 25 new Core Awareness explorations with 64 in total A suggested reading list at the end of the book provides resources for continuing the development of the ideas presented within the book American Book Publishing Record , 2003 **Pelvic Organ Prolapse** Sherrie Palm, 2012-10-01 Sherrie Palm s book Pelvic Organ Prolapse The Silent Epidemic takes a hard look at a common but rarely discussed women s health concern There are more than 300 000 surgeries for POP annually and it is estimated that 50% of childbearing women experience this condition Palm s personal experience helped her understand all aspects of this common but seldom understood female health condition Pelvic Organ Prolapse The Silent Epidemic explains the condition the treatment options available how POP impacts a woman s sexuality and how to self care after surgery Why is pelvic organ prolapse still stuffed in the closet Women in every walk of life may now access pivotal information to assist navigation of pelvic organ prolapse Sherrie Palm talks about POP out loud in terms all women can understand As a woman who experienced the condition Palm explores pelvic organ prolapse from multiple angles and shares pivotal information women need to recognize symptoms and seek the medical attention they need Restoring the Pelvic Floor Amanda

Olson,2018-09-18 This book is for any woman who has avoided the trampoline or yoga class for fear of urinary incontinence or pelvic organ prolapse If you have pelvic pain dyspareunia vaginismus vestibulodynia vulvodynia lichen sclerosis endometriosis androgen insensitivity syndrome AIS MRKH or tailbone pain coccydynia this book is for you If you suffer from constipation urinary urgency urinary frequency or overactive bladder this book is also for you This book quickly and easily teaches you how to manage conditions related to the pelvic floor bladder uterus and bowel directly from a certified pelvic floor physical therapist who regularly treats women just like you in her clinic With a tasteful sense of humor and compassion Dr Olson explains how to cure urinary incontinence and pelvic organ prolapse using different types of Kegels If you re prone to urinary urgency you ll learn which foods to avoid Constipated Dr Olson will teach you how to solve it The pelvic floor muscles are a vital system of muscles that support the pelvic organs bladder uterus and rectum These muscles can be too weak too tight or have poor coordination that can lead to issues with urination defecation pelvic pain and intercourse The good news is that these issues are solvable with natural remedies Furthermore learn how a pelvic physical therapist in your area can provide additional one on one help and specific kinds of treatment to address women s health issues Chapters include 1 Introduction to the Pelvic Floor Organs Kegels and Women s Health 2 Urinary Incontinence Why Do I Pee When I Sneeze 3 Urinary Frequency and Urgency Why Do I Have to Pee Every Time I Turn Around 4 Bladder Irritants Why What You Eat and Drink Can Be Irritating 5 Pelvic Organ Prolapse Why It Feels Like Your Organs are Falling Out of Your Body 6 Kegels Pelvic Floor and Core Strengthening 7 Constipation 8 Pelvic Pain 9 The Importance of Breathing 10 To Infinity and Beyond Thoughts on Women s Health for the Future If you are trying to find a natural way of curing common women s health issues and avoid surgery this book is for you Find out how breathing down training the pelvic floor vaginal dilator training and specific pelvic exercises can help with pelvic pain Pelvic floor exercise for beginners and more advanced kegel exercises for progression are demonstrated and most importantly which exercises are most beneficial to women s health Curious about kegel exercise products such as which kegel balls for beginners are best Dr Olson has you covered She also explains which kegel trainer and pelvic floor strengthening devices for women are best to help you achieve your goals Chapter 6 discusses abs core and pelvic floor while chapter 8 helps you heal pelvic pain Chapters end with real world anonymous examples of patients Dr Olson has healed with the techniques found in this book If you have issues related to pelvic floor dysfunction this pelvic floor book will teach you the pelvic floor therapy necessary to feel results

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