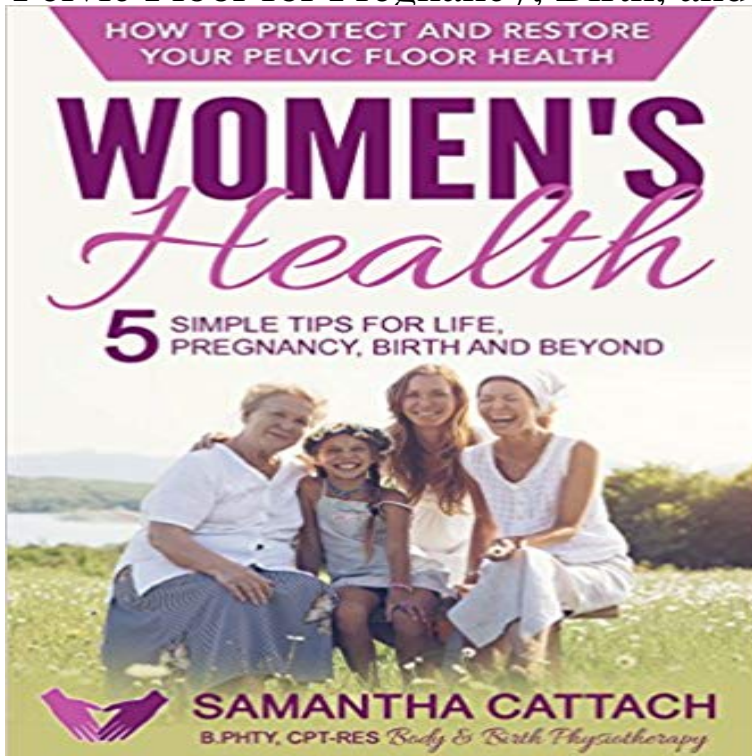


## Womens Health: How to Protect And Restore Your Pelvic Floor: 5 Simple Tips for Life, Pregnancy, Birth, and Beyond (Womens Health & Pelvic Floor for Pregnancy, Birth, and Beyond Book 1)



All women should be able to live their life confidently, without pain or fear of embarrassment due to pelvic floor dysfunction. In this modern world that we live in - one with cars, raised toilets, and furniture - our bodies are no longer exposed to the wide range of essential movements which would have helped to nourish our body and maintain the health and function of our pelvic floor muscles. So how do you maintain a healthy pelvic floor, or how do you restore one that's not functioning as designed? In this book you'll find an intro to the pelvic floor and its anatomy as well as 5 simple tips and lifestyle changes you can implement right now to start moving toward positive pelvic floor health. This book is great for women at any stage or walk of life, but especially helpful for pregnant mothers to be, postpartum moms and even those who are planning to get pregnant, as this beautiful time in your life can have a large impact on the health of your pelvic floor. The 5 simple tips include: 1) Understanding the importance of Alignment - The importance of proper alignment while standing and sitting, and the respective impact on your pelvic floor. One of the BIGGEST changes that you can implement to get your pelvic floor muscles to function properly throughout the day (not to mention your core) is to check your alignment when you are sitting and standing and to make sure you're standing and sitting properly. 2) The Importance of Squatting for Pelvic Floor Health - Once an activity that would have been performed many times throughout the day, not just for going to the bathroom, but also as a working or resting position in the absence of chairs or furniture, this very natural movement has (very recently) disappeared almost completely from our Western culture. Learn how squatting is hugely important for your pelvic floor health! 3) Good Bathroom Habits - You may not have thought that you would need

to relearn how to go to the toilet as an adult, however, most of us have actually learned how to go to the toilet the wrong way for our whole lives! The invention of the modern Western-style toilet made going to the bathroom perhaps more convenient, however it also caused more than a few issues along the way.

4) Walking Walking and More Walking - As it turns out, walking - another activity that we would be doing a lot more of if we lived in a less convenient world - is a pretty big deal and is vital for the function of our pelvic floor muscles. Using your own two legs to get around also has unique and widespread benefits throughout the body compared to other forms of exercise such as cycling, swimming, running and even the elliptical or stair climber.

5) Releasing Tension in Your Pelvic Floor and Abdominals- A lot of us have been taught to do pelvic floor exercises, which which has been great for building awareness about the importance of looking after your pelvic floor! Most often, the focus of a Kegel is the contraction of the pelvic floor muscles and pulling them up and in. Rarely are we taught how to Let Go and release the muscles. If you have experienced some urinary leaking, pelvic pain or other pelvic floor issues, you may have consciously (or not) practiced contracting those muscles and pulling them up all day long, and now continue to do it without even realising. Find out how this impacts your pelvic floor and how to fix it! My hope is that this eBook will provide you with some reliable and helpful education about Pelvic Floor Health and will help to prevent future pelvic floor issues, or begin resolving any that you are currently experiencing. Download your free copy of our Womens Health eBook for your first steps toward learning how to prepare your body for pregnancy, prevent dysfunction or begin resolving pelvic floor issues.(Its not just doing pelvic floor exercises!)

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