



Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, & I.B.S, and Other Symptoms Without

Amy Stein

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Bronze Medal Winner of a 2009 National Health Information Award

Stop your pelvic pain . . . naturally!

If you suffer from an agonizing and emotionally stressful pelvic floor disorder, including pelvic pain, irritable bowel syndrome, endometriosis, prostatitis, incontinence, or discomfort during sex, urination, or bowel movements, it's time to alleviate your symptoms and start healing--without drugs or surgery. Natural cures, in the form of exercise, nutrition, massage, and self-care therapy, focus on the underlying cause of your pain, heal your condition, and stop your pain forever.

The life-changing plan in this book gets to the root of your disorder with:

- A stretching, muscle-strengthening, and massage program you can do at home
- Guidelines on foods that will ease your discomfort
- Suggestions for stress- and pain-reducing home spa treatments
- Exercises for building core strength and enhancing sexual pleasure

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