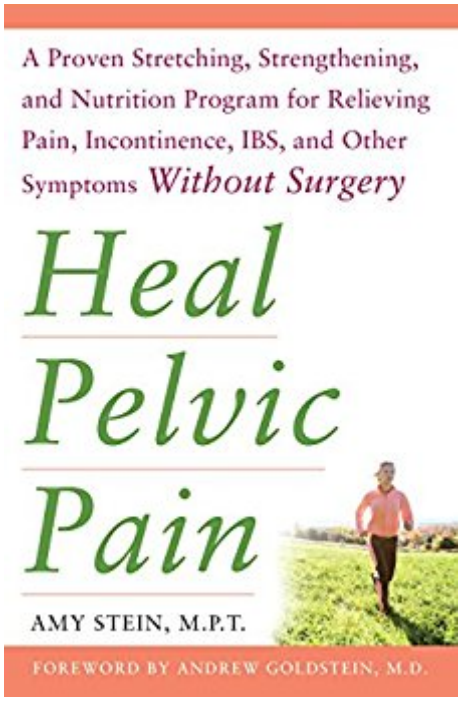
Ebook Directory
the best source of ebook

The book was found

Heal Pelvic Pain: The Proven Stretching, Strengthening, And Nutrition Program For Relieving Pain, Incontinence,& I.B.S, And Other Symptoms Without (All Other Health)



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Bronze Medal Winner of a 2009 National Health Information AwardStop 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 homeGuidelines on foods that will ease your discomfortSuggestions for stress- and pain-reducing home spa treatmentsExercises for building core strength and enhancing sexual pleasure

Book Information

File Size: 3336 KB

Print Length: 216 pages

Simultaneous Device Usage: Up to 4 simultaneous devices, per publisher limits

Publication Date: August 31, 2008

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B001FA0O96

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #138,086 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #8 inÃ Â Kindle Store > Kindle eBooks > Medical eBooks > Internal Medicine > Rheumatology #25 inÃ Â Kindle Store > Kindle eBooks > Medical eBooks > Allied Health Professions > Physical Therapy #44 inÃ Â Books > Medical Books > Medicine > Internal Medicine > Rheumatology

Customer Reviews

A life savor, I should say. I was never diagnosed officially but I've read for 3 years about all the symptoms I was presenting. I thought I had IC, pudental neuralgia or a very bad...bad menopause!

Medications made me feel so crappy and gave me bad side effects (losing my memory). So I downloaded the Ebook and I started reading in the end of May 2015. I am not a reader but understood very quickly what was my problem because it is well written and well illustrated. I had a very tense pelvic floor. I started to do the routine but because I had neck injury, I went to see a pelvic floor PT to help me doing the stretches without hurting my shoulder. I went twice on a scale of 3 weeks. After 3 weeks of doing the routine, I could see like 60% improvement. I could sit comfortably, I could wear pants, I could live my life without any urinary pain or sudden urgencies. I now can eat whatever I want!Tense muscles in the upper thighs and below the hips tend to create distress in all the organs that are located in that area. Doctors don't know about the pelvic floor muscles. Most pelvic floor PT know about Amy Stein and approve her approach.Many women with that same problem are diagnosed with all sorts of "syndromes" and treated with medications that are not necessary if the woman is able to do the stretches without pain. Amy Stein is a great woman and I wish I could tell her how much I am grateful for that book. I am happy again. I do the stretches since the early beginning of June and I know I still have to work hard, but I don't need any medication to be without pain. I won't fix what a my whole life did to my body in a month...I was suffering since 2012, was treated with hormones (doctors said it was menopause), treated with a drug for epilepsy (ending nerves pain) and another one wanted to prescribe a strong anti-depressant. Another doctor told me I had fibromyalgia...just that! I refused to believe that in 2015, the science had nothing more intelligent to suggest.My problem was physical and I ended up finding out by myself with that book (pelvic muscles too tense; computer, bad postures and wrong physical exercises).So, before to accept any kind of prescribed drugs, if you have similar symptoms; you might want to read that book and to give an hour a day (30 minutes of exercises morning and evening). If you have problems to do the exercises, consult a PT specialised in PFD. It is not cancer, it is muscular and physical. Thank you Amy Stein!

The relaxation & stretching exercises, are amazing. This book is a must for anyone suffering from pelvic floor disorder. Not saying it's a cure, but a good tool you can use to help!!

Wife said this is best book for her pelvic floor issues! She is seeing results from it. Recommended to her by her V.A. Doctor.

I use the exercises in this book regularly and have found them to be of great benefit. Highly recommend!

After reading many other books on the subject, this book is dated. I suggest reading, "headache in the pelvis." Keep and open mind and I think you will be in a better place. You cant stretch injured muscles. I will give credit to Amy though because she has helped many people. There are a lot of components that need to be addressed so make sure you read many books and not just count on this one.

Great book! First book to talk about pelvic floor dysfunction that wasn't incredibly expensive. Much appreciated!

Good explanation of pelvic anatomy, causes of pain and how you can help relieve some of the pain.

Helpful but I also recommend pelvic floor therapy, dilation tools including wand.

Download to continue reading...

Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms Without Surgery (All Other Health) Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms Without (All Other Health) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Splits: Stretching: Flexibility - Martial Arts, Ballet, Dance & Gymnastics Secrets To Do Splits - Without Leg Stretching Machines or Cables (Splits, Stretchers, ... Leg Stretching Machine, Cables, MMA Book 0) End Everyday Pain for 50+: A 10-Minute-a-Day Program of Stretching, Strengthening and Movement to Break the Grip of Pain Surgical Management of Pelvic Organ Prolapse: Female Pelvic Surgery Video Atlas Series: Expert Consult: Online and Print, 1e (Female Pelvic Video Surgery Atlas Series) Back Stretching - Back Strengthening And Stretching Exercises For Everyone Ending Male Pelvic Pain, A Man's Manual: The Ultimate Self-Help Guide for Men Suffering with Prostatitis, Recovering from Prostatectomy, or Living with Pelvic or Sexual Pain The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010 Paperback Urinary & Fecal Incontinence: Current Management Concepts, 3e (Urinary and Fecal Incontinence) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition,

Nutrition For Athletes) How to Heal Cavities and Reverse Gum Disease Naturally: a science-based, proven plan to heal teeth and gums using nutrition, balancing the metabolism, and natural therapies such as oil pulling Stretching For Golfers - the complete 15 minute stretching and warm up routine that will help you improve your golf swing, score, and game (golf instruction, back pain, golf books, golf) Atlas of Pelvic Anatomy and Gynecologic Surgery, 3e (Baggish, Atlas of Pelvic Anatomy and Gyncecologic Surgery) Vaginal Surgery for the Urologist: Female Pelvic Surgery Video Atlas Series: Expert Consult: Online and Print, 1e (Female Pelvic Video Surgery Atlas Series) Pelvic Floor Dysfunction and Pelvic Surgery in the Elderly: An Integrated Approach Practical Pelvic Floor Ultrasonography: A Multicompartmental Approach to 2D/3D/4D Ultrasonography of Pelvic Floor Practical Pelvic Floor Ultrasonography: A Multicompartmental Approach to 2D/3D/4D Ultrasonography of the Pelvic Floor Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Resistance Band Workbook: Illustrated Step-by-Step Guide to Stretching, Strengthening and Rehabilitative Techniques

Contact Us

DMCA

Privacy

FAQ & Help