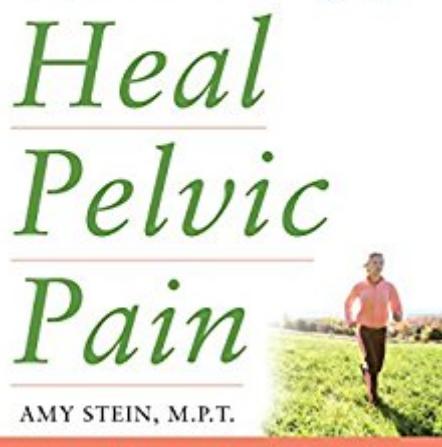


The book was found

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

A Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, IBS, and Other Symptoms *Without Surgery*



AMY STEIN, M.P.T.

FOREWORD BY ANDREW GOLDSTEIN, M.D.



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

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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, pudendal 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 an open mind and I think you will be in a better place. You can't 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.

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