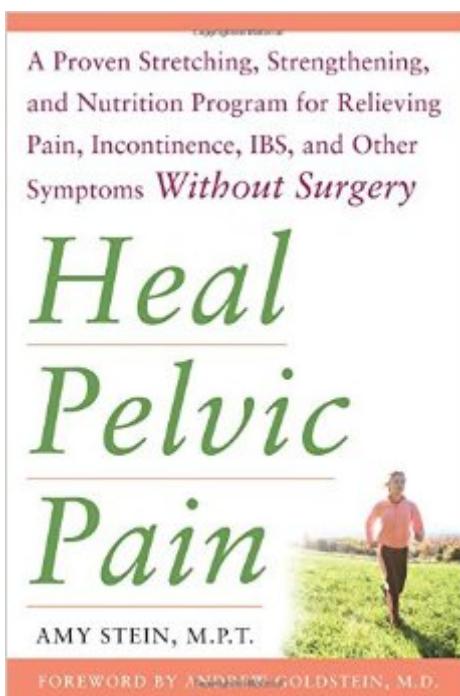


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# Heal Pelvic Pain: The Proven Stretching, Strengthening, And Nutrition Program For Relieving Pain, Incontinence,& I.B.S, And Other Symptoms Without Surgery



## **Synopsis**

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

## **Book Information**

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## **Customer Reviews**

This book came to me via a recommendation from my urologist and physical therapist, neither of who have actually read it. I've been dealing with chronic pain for about 20 years, and in that time, I've done a lot to educate myself. As a result, I already knew much of what I found in the book. If the reader has recently been diagnosed and knows little or nothing about pelvic pain, the book could prove to be insightful. The first couple of chapters are excellent. Amy Stein does a good job of explaining what pelvic pain is, which conditions make up pelvic pain syndromes, and how the conditions feed off of each other to create even more problems such as shortened muscle

structures, spasms, and pain. It all makes sense, and I've never found such a concise yet comprehensive explanation of this type of pain. I think it's ambitious, though, to say that following the plan in the book will heal pelvic pain. It might diminish the pain and bring some relief, but healing is something else all together. The exercise plan is made up of exercises I have done for many years, and yet, my pain has never improved. The book claims to include nutritional advice, but it is scant information, at best. Stein's book relies heavily on exercise as the course to healing, but I know many people who have not found relief this way, myself among them. Reading further and doing some calculating, Stein's plan requires the patient to exercise at least 90 minutes a day in order to get in all of the stretching and strengthening exercises, plus an hour of cardio. Frankly, I don't believe that is realistic. Do people with normal lives really have 90 minutes or more for daily exercise, plus an additional 30 minutes or more for meditation? Don't they work or have families?

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