



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

By 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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### **Editorial Review**

#### About the Author

**Amy Stein** is the founder and premier practitioner of Beyond Basics Physical Therapy in New York City, specializing in pelvic floor dysfunction, pelvic pain, and manual therapy for men, women, and children. A well-recognized expert in her field, she lectures nationwide and has been interviewed for NBC, the New York Daily News, and [www.ourgyn.com](http://www.ourgyn.com). Amy is a contributor to the medical textbook *Female Sexual Pain Disorders: Evaluation and Management*, and she serves on the board of the International Pelvic Pain Society. She lives in New York City.

### **Users Review**

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##### **Johnnie Santiago:**

Spent a free time for you to be fun activity to accomplish! A lot of people spent their down time with their family, or their friends. Usually they performing activity like watching television, going to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Can be reading a book is usually option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the e-book untitled Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms Without can be good book to read. May be it is usually best activity to you.

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