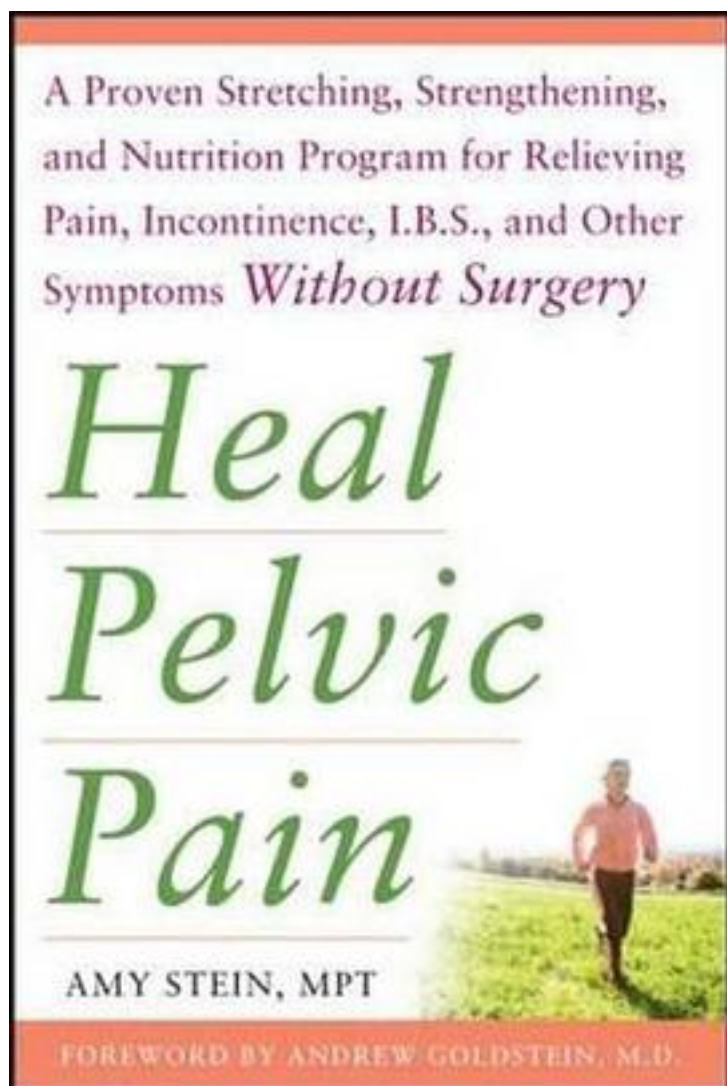


Heal Pelvic Pain



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著者: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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评论

probably the only book that truly changes my life, physically. never finish the whole book, but the first part on stretching is enough to eliminate my headache in the pelvis. Strongly recommend to those who have problems with fucking the other sex.

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书评

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