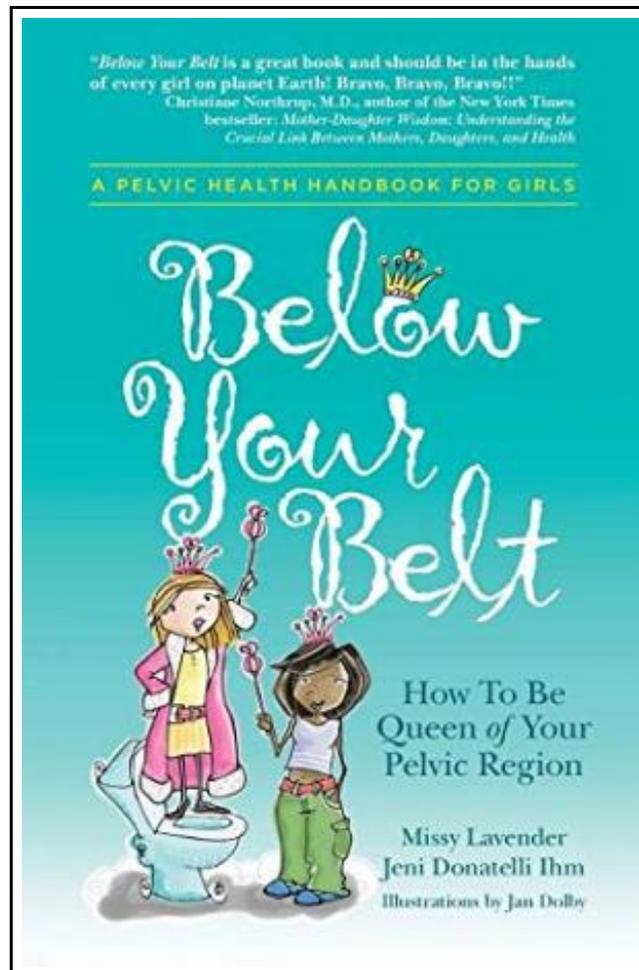


## Below Your Belt: How to Be Queen of Your Pelvic Region



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### **Reviews**

*Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.*

*(Melany Goyette)*

## BELOW YOUR BELT: HOW TO BE QUEEN OF YOUR PELVIC REGION



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Womens Health Foundation, United States, 2015. Paperback. Book Condition: New. Jan Dolby (illustrator). 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.When was the last time anyone talked to you about going to the bathroom? Probably not since you were potty trained! Did you know there are exercises that improve sports performance as they improve pelvic health? And, have you or your daughter every wanted to curl into a ball and stay home from school or work while you have your period? More than a book about first periods and changing bodies, *Below Your Belt* is a pelvic health handbook to teach girls about the **WHOLE** picture - about the other things going on down there in addition to menstruation. Our goal in creating *Below Your Belt* is to help girls be strong from the inside out, as they participate in sports; establish habits surrounding bathroom behaviors, hygiene, and nutrition; and head into young adulthood and beyond with a new understanding and connection to their pelvic region. Why is this so important? All of these questions address ever-increasing pelvic healthcare costs in the U.S., nearly \$66 billion in incontinence products and treatment alone. For the past 10 years Women s Health Foundation in Chicago, IL, has fearlessly gone where few have gone before them (pardon the pun), educating women about all aspects of the pelvic region, including bladder and bowel health, anatomy and function, reproductive health, hygiene, pelvic changes through life stages, and prevention. Studies have shown that millions of girls already experience symptoms around compromised pelvic health including frequent urinary tract infections and constipation. These symptoms alone can follow girls into adulthood, creating bladder and bowel conditions, not to mention the discomfort they may feel now - and the discomfort they have in...



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