



## 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.

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