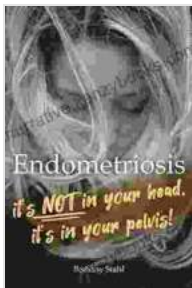


# It's Not in Your Head, It's in Your Pelvis: Unlocking the Secrets to Pelvic Pain and Dysfunction

## Empowering Women with the Knowledge to Heal

For countless women, pelvic pain and dysfunction have been an enigmatic and frustrating reality, often dismissed as a product of their imagination. However, groundbreaking research has unveiled a hidden connection: the pelvic floor muscles, the foundation of pelvic health, often hold the key to unlocking these debilitating conditions.



### Endometriosis: it's not in your head, it's in your pelvis

by Bethany Stahl

★★★★★ 5 out of 5

Language : English

File size : 2815 KB

Screen Reader: Supported

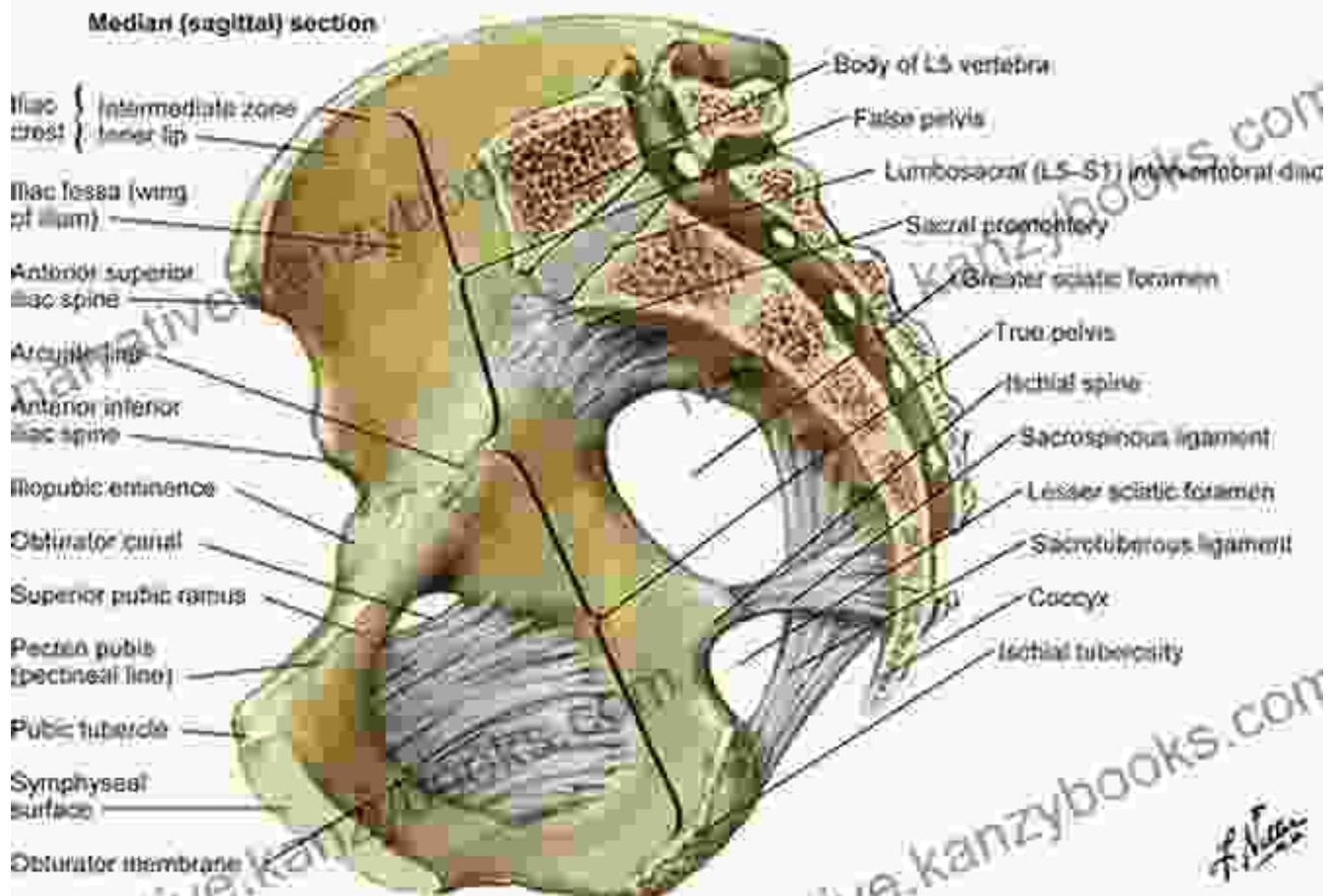
Print length : 463 pages

Lending : Enabled



## Introducing the Pelvic Root

## Bones and Ligaments of Pelvis



In her groundbreaking book, "It's Not in Your Head, It's in Your Pelvis," renowned pelvic floor therapist Tami Lynn Kent introduces the concept of the pelvic root, a vital group of muscles that support the bladder, uterus, and rectum. When the pelvic root is tight or overactive, it can pinch nerves, limit blood flow, and create a myriad of symptoms, including:

- Pelvic pain, including pain with intercourse
- Urinary urgency and frequency
- Constipation and diarrhea
- Pelvic heaviness and pressure

- Lower back pain
- Hip pain

## **Unveiling the Root Cause**

Kent unravels the complex interplay between the pelvic floor muscles, the nervous system, and the brain. She explains how trauma, childbirth, and chronic stress can contribute to pelvic floor dysfunction, leading to the development of these painful conditions.

## **A Comprehensive Guide to Healing**

"It's Not in Your Head, It's in Your Pelvis" offers a comprehensive guide to healing pelvic pain and dysfunction. Kent outlines a step-by-step approach that includes:

- Understanding the anatomy of the pelvis and the role of the pelvic floor muscles
- Identifying the root cause of your symptoms
- Releasing tension in the pelvic floor muscles through guided exercises and self-care techniques
- Strengthening the pelvic floor muscles to provide support and stability
- Managing stress and promoting emotional well-being

## **Transforming Lives**

Women across the globe have found relief and regained their quality of life thanks to Kent's innovative approach. Testimonials from countless patients attest to the transformative power of her book:



***““For years, I suffered from pelvic pain so severe that it made it impossible to enjoy life. Doctors had no answers, and I felt like I was going crazy. Then I found Tami Lynn Kent's book. Within weeks of following her program, I started to feel a difference. The pain gradually subsided, and I regained control over my body and my life.” - Sarah, California”***



***““I had been struggling with pelvic pain and urinary incontinence for over a decade. I had tried everything, but nothing worked. I was desperate. When I read 'It's Not in Your Head, It's in Your Pelvis,' it was like a light bulb went off. I finally understood what was causing my pain and how to fix it. After following Tami's program, I am now pain-free and continent. I am so grateful for her work.” - Jessica, New York”***

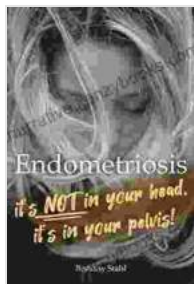
## **Empowering Women to Take Control**

"It's Not in Your Head, It's in Your Pelvis" empowers women with the knowledge and tools they need to take control of their pelvic health. By understanding the pelvic root and its connection to pelvic pain and dysfunction, women can reclaim their bodies and their lives.

If you are suffering from pelvic pain or dysfunction, don't give up hope. Free Download your copy of "It's Not in Your Head, It's in Your Pelvis" today and embark on the journey to healing.

Free Download Now

Copyright © 2023 Tami Lynn Kent



## Endometriosis: it's not in your head, it's in your pelvis

by Bethany Stahl

★★★★★ 5 out of 5

Language : English

File size : 2815 KB

Screen Reader: Supported

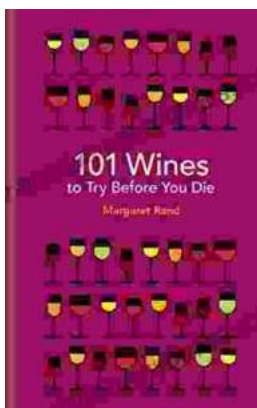
Print length : 463 pages

Lending : Enabled



## Indulge in Culinary Delights: Uncover the Ultimate Casserole Cookbook

Prepare to elevate your culinary repertoire with our comprehensive Casserole Cookbook, a culinary masterpiece that will transform your kitchen into a haven of...



## 101 Wines To Try Before You Die: A Bucket List for Wine Lovers

Wine is one of the world's most beloved beverages, and for good reason. It's complex, flavorful, and can be enjoyed with a wide variety of...

