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

By Missy Lavender, Jeni Donatelli Ihm

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...



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