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Tone the pelvic floor with scientific principles, movement and imagery exercises. This book addresses the importance of the pelvic floor on posture, vitality, sexual function and preventing incontinence for both men and women. Many back, knee and foot disorders can be relieved through conscious training of the pelvic floor. Written by Eric Franklin.

Pelvic Power | Eric Franklin | OPTP

After only three weeks, you will see measurable changes. Discover and awaken the power of your pelvic floor - for more elasticity, suppleness, vitality and sexual enjoyment! Say goodbye to a weak bladder, incontinence, orgasm problems, back complaints etc. Tigerfeeling gives men and women natural power and grace to last a lifetime.

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Pelvic Power for Men and Women - Eric Franklin - Häftad ...

Pelvic floor muscles are important for sexual function in both men and women; in men they support erectile function and ejaculation, in women they contribute to sexual sensation and arousal. Pelvic floor muscles work in harmony with your abdominal muscles and your back muscles to support the spine.

Combining scientific principles with movement and imagery exercises that are both effective and fun, this book demonstrates how to create a stronger body by toning the pelvic floor. Focusing on the biomechanics of the pelvic floor, which acts as a support for the inner organs and contains a passage for the urethra, the sex organs, and the rectum, this guide shows how the pelvic floor plays an important role in almost all movements, balance, and body posture. The exercises train the muscles and joints and improve the tone of the organs, thereby increasing energy flow, eliminating incontinence, and keeping sexual organs healthy. The mind-body techniques are used to increase awareness of this part of the body and to improve sexual stamina.

In A Woman's Guide to Pelvic Health a urologist and a physical therapist offer expert and reassuring advice to women. For example, one of every four women suffers from urinary incontinence, the involuntary leakage of urine. Elizabeth E. Houser and Stephanie Riley Hahn want these women to know that they do not have to cope in silence with this embarrassing problem, limit their lifestyle, or spend thousands of dollars on adult diapers. Symptoms involving the pelvic floor, including urinary incontinence, pelvic organ prolapse, and decreased sexual sensation, can occur at any age. A wide range of

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treatments, such as targeted exercises, nutrition, and acupuncture, as well as medications and surgical approaches, can bring relief. Case studies and illustrations help readers explore the cause of their own symptoms and how treatments work. A Woman's Guide to Pelvic Health encourages women to address their pelvic floor issues and reclaim their lives. -- Jill Grimes, M.D., author of *Seductive Delusions: How Everyday People Catch STDs*

Tigerfeeling® - The Perfect Pelvic Floor Training for Men and Women -, awakens the power that comes from your centre. The exercises are gentle and safe. They're also fun to do and easy to fit into your daily routine, and the success is immediate: after just one session, you will experience a noticeable - and visible - effect. After only three weeks, you will see measurable changes. Discover and awaken the power of your pelvic floor - for more elasticity, suppleness, vitality and sexual enjoyment! Say goodbye to a weak bladder, incontinence, orgasm problems, back complaints etc. Tigerfeeling gives men and women natural power and grace to last a lifetime.

Celebrity trainer and goop expert Lauren Roxburgh's program that uses pelvic floor strength to release stress, strengthen the body, and treat the physical and mental origins of tension. Located at our root, all energy and strength flow up from the pelvic floor. Our pelvic floor determines how strong our core is, how we handle stress, and how much energy reaches the rest of our body. In other words, without addressing the health of our pelvic floor, we are all missing out on a powerful key component of our overall physical, emotional, and spiritual health. The Power Source will give readers a deep understanding of how to cultivate this strength in their bodies and in their lives by following a holistic, multi-sensory program that works from the pelvic floor up. The Power Source shows how and why our pelvic floor is so important from a variety of different perspectives, ranging from purely physical body mechanics to how it impacts our nervous system to how it is the seat of all life force energy. Roxburgh demonstrates how it relates to the other areas of our body (or, as she calls them, "containers"), both physically and energetically. And, most importantly, she shares a program for how readers can align their bodies and their lives by adopting an entirely new and more powerful definition of "strength."

"The first part of the book covers anatomy and biomechanics of the pelvis, and the second part includes 26 exercises for yoga practitioners and students specifically focused on strengthening the pelvis"--

Includes a preview of *Mothering from Your Center*, the next book from Tami Lynn Kent. *Wild Feminine: Finding Power, Spirit, & Joy in the Female Body* offers a unique, holistic approach to reclaiming the power, spirit, and joy of the female body and to understanding its connection to creative energy flow. By restoring physical and

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energetic balance in the pelvic bowl, women can learn to care for themselves in a nourishing and respectful manner, heal spiritual fractures, and renew their relationship with the sacred feminine. Although the feminine body is an access point to the greater realm of the spirit, many women have lost their connection to this source. Author Tami Kent, MSPT, has an answer. Drawing from her experiences as a woman's health physical therapist who works with the physical body and female energy system, Kent provides a framework for healing the body and navigating the realms of feminine spirit. Through pelvic bodywork, healing stories, visualizations, rituals, and creative exercises, women can explore the deep and natural wisdom inherent in the female body. *Wild Feminine* reveals the amazing potential of the female body: the potential to create, to heal, and to transform the energy of a woman's everyday life. Journey deep into the heart of your body. Travel the terrain of feminine wounds. Go to your root place, the center of all womanhood and radically shift your relationship with your body and spirit. *Wild Feminine* gives you the tools to awaken and retrieve your ancient wild self, restore your creative energy, and reconnect to your sacred center.

Emphasizing lifestyle and mental attitude rather than surgery, creams, or pills, this fantastic manual is the key to staying young through mental stimulation, self-talk, setting of goals, motivation, and relaxation. The revolutionary Franklin Method of health proposes that living healthily is mostly a question of habits and that these habits are mirrored in the quality of our thoughts and in our daily life. Focusing on methods of concentration, measured breathing, and the power of imagination, this program provides a selection of different mental techniques from the Franklin Method designed to produce results that can be seen and felt in only 10 days. More importantly, when combined with a balanced diet, these exercises can awaken even the sleepest of minds to the possibility of a longer and more fulfilling life.

Franklin provides 583 imagery exercises to improve dance technique, artistic expression and performance. More than 160 illustrations highlight the images, and the exercises can be put to use in dance movement and choreography.

The mental technique of imagery—demonstrated, for example, when a dancer pictures a sunflower reaching toward the sun as he/she stretches upward—is thoroughly explained in this guide to daily stress-relieving routines. Movement, coordination, flexibility, and posture are discussed as external characteristics that can be improved significantly with a strong inner focus, and the same conclusion is reached in chapters on the benefits of good mental health for circulation, breathing, and even individual body cells. Practical advice proceeds from this background information, including how to choose and use an assortment of personal mental images, how to use tricks such as "mental recycling," and how to set up an imagined

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"portable fitness studio" during stress-inducing dead time waiting in line, climbing stairs, sitting in an airplane seat, talking on the telephone, or running the vacuum cleaner.

This guide shows how imagery and touch can be used to eliminate stiffness and pain. An explanation of the anatomy of the shoulders provides a better understanding of how improving the alignment of the head, neck, and shoulders helps ease strain on muscles and joints and promotes an aura of confidence and health.

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