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'Saving The Whole Woman' is an extra-ordinary book. Over 50% of women in the US suffer from pelvic organ prolapse (pop). It's a very common problem amongst women in the West and yet generally most women don't know much about it. If you are suffering from pop, or know of anyone who is, I highly recommend you buy this book.

More than 50 of the women in the developed world will experience pelvic organ prolapse at some time in their lives. Traditional medical treatment is radical pelvic surgery frequently set women up for repeated surgery. In Saving the Whole Woman, Christine Kent brings hope to millions of women with a proven, non-surgical approach to successfully managing prolapse for a lifetime.

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Since 2003 Whole Woman ® has been helping women overcome the fear and anxiety that often accompany common symptoms, while also giving them tools and resources to help stabilize and reverse their conditions. At Whole Woman, we understand that the body is a self-organizing, self-healing organism when aligned with the laws of nature.

Saving the Whole Woman 2nd Edition: Natural Alternatives ...

First Aid for Prolapse for Elders Woman Shares How Her Pelvic Prolapse Has Impacted Her Life *Real Life with Prolapse (Q\u0026A Thursday) | Prolapse and Housework* *Whole Woman Yoga My (VERY) Personal Struggle with Pelvic Organ Prolapse* **Got a Prolapse? Don't fear! Do this to stop it getting worse..** *Fix Prolapse and Leaks with this 1 Posture Change for Running and Jumping* **HELP for your PELVIC PROLAPSE (simple exercises!) | 5 Minute Friday FIX workout Pelvic Prolapse: Can Kegel Exercises (Correctly Done) Heal Yours? Whole Woman Yoga - The Second Wheel** *Prolapsed Bladder (Cystocele): What Makes It Worse? Are Squats Bad for Prolapse?* **6 Reasons NOT to Buy a Kegel Exercise Device -- Kegel Queen**

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REASONS \u0026 PRECAUTIONS NITYANANDAM SHREE Why you need to invest in your pelvic floor - World Continence Week webinar Female Bladder Leakage: Solutions to Get Control | Christopher Tarnay, MD | UCLAMDC **Demonstration of Pelvic Floor Muscle Exercises to prevent urinary incontinence**

Tips for managing and reducing pelvic organ prolapse

Exercises you can do to help your incontinence *Exercising with Prolapse: 6 Core Exercises to Avoid if You Have Prolapse Best Pants for Prolapse {Q\u0026A Thursday}* *Prolapse and Exercise: To Do, and To Avoid! Managing your vaginal prolapse What Is Pelvic Organ Prolapse? Whole Woman's Health v. Hellerstedt: Oral Argument - March 02, 2016 Prolapse Tip: Daily Activities with Prolapse - Sitting Down and Standing Up The Truth About Canadian Health Care How To Cure Hemorrhoids At Home Fast* *Saving Whole Woman Alternatives Prolapse*

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with prolapse. The Whole Woman approach is the only approach which offers safe, natural & effective paths to recovery. The book outlines the main anatomical and life-style causes of prolapse, what women can do to reduce & manage the symptoms of prolapse & improve overall health. This book was a life-saver for me when I was diagnosed with prolapse.

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Fortunately, there is a beacon of light in the midst of this darkness. A registered nurse named Christine Kent has devoted her life to helping women prevent, manage, and heal prolapse naturally. In her pioneering book, Saving the Whole Woman, and in her DVD, "First Aid for Prolapse," Christine provides women with the truth about prolapse. She discusses its causes, its history as a medical condition, and its terrible legacy.

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