



Below Your Belt: How to be Queen of your Pelvic Region

Missy Lavender, Jeni Donatelli Ihm

Download now

[Click here](#) if your download doesn't start automatically

Below Your Belt: How to be Queen of your Pelvic Region

Missy Lavender, Jeni Donatelli Ihm

Below Your Belt: How to be Queen of your Pelvic Region Missy Lavender, Jeni Donatelli Ihm

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 the past 10 years Women's Health Foundation in Chicago, IL, has fearlessly gone where few have gone before them (pardon the pun), educating women about all aspects of the pelvic region, including bladder and bowel health, anatomy and function, reproductive health, hygiene, pelvic changes through life stages, and prevention.

Studies have shown that millions of girls already experience symptoms around compromised pelvic health including frequent urinary tract infections and constipation. These symptoms alone can follow girls into adulthood, creating bladder and bowel conditions, not to mention the discomfort they may feel now – and the discomfort they have in talking about it. Empowering girls with knowledge now may begin to diminish the rising costs of women's pelvic healthcare. Most importantly, teaching girls to "be large and in charge of their own pelvic region" will help them avoid physical pain and social isolation that can accompany poor pelvic health - and instead, thrive with vibrant quality of life.

Shining a light on each part of the pelvic region beginning with a look back in time and ending with a Queen's coronation, readers will take a journey through pelvic bones and muscles, bladder and bowel health, ovulation and periods, core energizing stretches and exercises, hygiene, and more. In addition to the engaging and humorous text, *Below Your Belt* includes proper terminology, illustrations and diagrams, a "Texting Lexicon," Glossary, Conversation Starters, and scads of websites, books, products, and other resources. For girls ages 9 – 14, parents, caregivers, educators, and healthcare providers

 [Download Below Your Belt: How to be Queen of your Pelvic Re ...pdf](#)

 [Read Online Below Your Belt: How to be Queen of your Pelvic ...pdf](#)

Download and Read Free Online Below Your Belt: How to be Queen of your Pelvic Region Missy Lavender, Jeni Donatelli Ihm

From reader reviews:

Frank Farrow:

In this 21st centuries, people become competitive in every single way. By being competitive now, people have do something to make them survives, being in the middle of the particular crowded place and notice by means of surrounding. One thing that often many people have underestimated it for a while is reading. Yep, by reading a e-book your ability to survive boost then having chance to remain than other is high. For yourself who want to start reading some sort of book, we give you this kind of Below Your Belt: How to be Queen of your Pelvic Region book as starter and daily reading guide. Why, because this book is usually more than just a book.

Mark Blanding:

The reason? Because this Below Your Belt: How to be Queen of your Pelvic Region is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will shock you with the secret the item inside. Reading this book beside it was fantastic author who also write the book in such incredible way makes the content inside of easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you because of not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of benefits than the other book get such as help improving your talent and your critical thinking means. So , still want to hold off having that book? If I were you I will go to the e-book store hurriedly.

Sarah Farmer:

It is possible to spend your free time to learn this book this guide. This Below Your Belt: How to be Queen of your Pelvic Region is simple to develop you can read it in the park your car, in the beach, train along with soon. If you did not possess much space to bring the actual printed book, you can buy often the e-book. It is make you easier to read it. You can save the particular book in your smart phone. Consequently there are a lot of benefits that you will get when you buy this book.

Alice Rodriguez:

Beside this Below Your Belt: How to be Queen of your Pelvic Region in your phone, it can give you a way to get nearer to the new knowledge or information. The information and the knowledge you may got here is fresh from oven so don't become worry if you feel like an old people live in narrow town. It is good thing to have Below Your Belt: How to be Queen of your Pelvic Region because this book offers to you personally readable information. Do you oftentimes have book but you would not get what it's exactly about. Oh come on, that would not happen if you have this inside your hand. The Enjoyable option here cannot be questionable, including treasuring beautiful island. Use you still want to miss the idea? Find this book and also read it from at this point!

**Download and Read Online Below Your Belt: How to be Queen of
your Pelvic Region Missy Lavender, Jeni Donatelli Ihm
#OW2EHZM153G**

Read Below Your Belt: How to be Queen of your Pelvic Region by Missy Lavender, Jeni Donatelli Ihm for online ebook

Below Your Belt: How to be Queen of your Pelvic Region by Missy Lavender, Jeni Donatelli Ihm Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Below Your Belt: How to be Queen of your Pelvic Region by Missy Lavender, Jeni Donatelli Ihm books to read online.

Online Below Your Belt: How to be Queen of your Pelvic Region by Missy Lavender, Jeni Donatelli Ihm ebook PDF download

Below Your Belt: How to be Queen of your Pelvic Region by Missy Lavender, Jeni Donatelli Ihm Doc

Below Your Belt: How to be Queen of your Pelvic Region by Missy Lavender, Jeni Donatelli Ihm Mobipocket

Below Your Belt: How to be Queen of your Pelvic Region by Missy Lavender, Jeni Donatelli Ihm EPub