



The *Leak-Free* Blueprint

Five Places Your Bladder Is Running Your Life
and How to Take Each One Back

Isa Herrera, MSPT, CSCS

Medical Disclaimer

This guide is for education and general wellness. It's a plain-language version of what I taught women for twenty-one years, and it isn't medical advice or a substitute for care from your own doctor or provider.

Nothing in these pages is meant to diagnose anything, replace anything you've been prescribed, or stand in for an examination. If you have a medical history that needs your provider's guidance, bring this guide to them and let them tell you what fits you. Please talk with your provider before you start anything new, and please go and see them if you notice blood, burning, fever, or a sudden change in how your body is behaving.

Every self-care technique in this book comes with its own precautions, and I've written them in beside the technique rather than hiding them at the back. Read them. They're there because they matter.

The women quoted in this guide are real customers describing their own experience in their own words. What one woman notices is not what another will notice, and no result in these pages is a promise of yours.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

About Isa Herrera, MSPT, CSCS



Isa Herrera, MSPT, CSCS

Isa Herrera, MSPT, CSCS spent **21 years as a pelvic floor physical therapist**, and in those years she worked with **more than 22,000 women**. She's the **author of five books** on women's pelvic and intimate health, and she's carried this work onto television, onto stages, and into communities of women all over the country.

She's also the founder of **Rootganic**, her line of organic, therapeutic-dose formulas made for women moving through and after menopause.

Here's what most people don't know. **Isa built this work because she lived it**. When her own body started changing, even a licensed pelvic floor specialist couldn't get a straight answer about what was happening to her. She was trained. She was practising. And she still didn't have the word for it.

So she went and found it. In the research, in the tissue, and in thousands of hours with women who'd been told the same three things she'd been told.

Today her teaching lives in her books, her programs, and the online community she leads. She isn't a guru and she doesn't want to be. **She believes the guru lives inside of you**. She's just the specialist you were probably never sent to, handing you what she wishes somebody had handed her.

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INTRODUCTION

The Arranging

Queen, I want to start with the part nobody talks about.

Not the leaking. **The arranging.**

The arranging is what you do around it. It's the small adjustment you make so that the thing doesn't happen, or so that if it does happen, nobody sees. You've made hundreds of these. You've never described a single one of them to another living person.

And here's what I know about every one of them: **not one felt like a loss at the time.** Each one felt like being sensible. Being prepared. Being organised. Being a grown woman who knows her own body and plans ahead.

That's why you never noticed.



You didn't lose your bladder. You lost your margin.

Your margin is the room you used to have. It's the difference between going somewhere and going somewhere while managing something.

Add up all the arranging and you're living inside a smaller life than the one you had. And you can't point to the day it got smaller, because there wasn't one. There were a hundred sensible afternoons.

This book names five of them. Five places where you quietly handed over a piece of your freedom, got nothing in return, and never told a soul you'd done it.

I'm not naming them to make you feel worse. I'm naming them so you can see they were handovers and not personality. A woman who knows where every bathroom is isn't a woman who got old. She's a woman who's been solving a real problem alone, correctly, with no information, for years.

Before we go any further, I want you to hear from a woman named Sheila, because she put words to the thing sitting underneath all of this.

“

"...to the point of potentially losing some of my independence like working, traveling etc."

SHEILA ALTMAYER, COLFAX, INDIANA. VERIFIED CUSTOMER.

Sheila's own experience. Results vary from woman to woman.

Independence. Working. Traveling.

That's what she was afraid of losing. And she wrote it down in public, with her own name sitting on top of it, which is something almost none of us ever do.

Queen, that's the real size of this thing. **It was never about a bathroom. It's about whether you still get to decide where you go.**

There is a villain in this book, and it isn't your doctor

I want to be clear about this on page one, because I've watched women brace for it.

Your doctor did not fail you.

What happened is that this thing lives in two rooms. The tissue part sits with one specialist. The urinary part sits with another. And **nobody in that building was ever given the job of putting the two halves together and telling you they were one story.**

That's not a person failing. That's a job that was never assigned to anyone. Your doctor was handed a definition with a piece missing and passed it on in good faith. Nobody sat him down either.

So if you've been quietly wondering whether you should have pushed harder, or asked better questions, or found somebody smarter, let me answer that now. **You couldn't have asked for something nobody had named for you.**

And now let me tell you how I know

My own menopause hit me here.

I started leaking, and I did exactly what you did. I decided I was weak. So I did my Kegels, because a doctor told me to, and I did them and I did them and I did them.

Queens, here's the part I need you to sit with. **I was a licensed pelvic floor physical therapist while it was happening.** Trained. Practising. Working with women's pelvic floors for a living. And nobody had taught me this either.

The only words anybody ever handed me were dryness and atrophy. Not one person said the word menopause to me about my bladder.

It took me years to find out the whole thing had a name.

There is a name, by the way. I'm not going to spend this book on it, because **the name is not the thing that's been running your life.** The arranging is. So we're going to the arranging.

But I'll tell you what the name did for me the day I finally had it, because it's the only thing I want you to take from my story: **it got past me, and I do this for a living. So you can stop calling yourself stupid right now.**

You are not the only one, and it isn't close

Here's one number and then I'll leave the numbers alone.

In a large national study of US women, **about one in four adult women reported a symptomatic pelvic floor disorder, and among women in their sixties and seventies it was closer to four in ten** ^[R1, R2].

Read that again. **Four in ten.** In the age range where you were told this was just how it goes.

It isn't rare. It's just quiet. Every woman is doing her own arranging and not one of them is mentioning it, which is exactly how something this common stays this invisible.

How to use this book

Five sections. Each one opens with a thing you've been doing that you've never said out loud, and then gives you something to do about it.

Some of the techniques come out of my book *Ending Female Pain*. Some come out of *Female Pelvic Alchemy*. All of them are things I taught women to do with their own two hands.

And you don't have to buy a single thing from me for this to be worth your evening. Do the work in these pages whether you ever buy anything of mine or not. I mean that. I've put my real techniques in here, not a preview of them.

One more thing before we start. **Take these one at a time.** Not five in one week. Pick the section that made your chest go tight when you read the contents page, and start there. That one's yours.

Big LOve, and let's go.

ONE

The Night

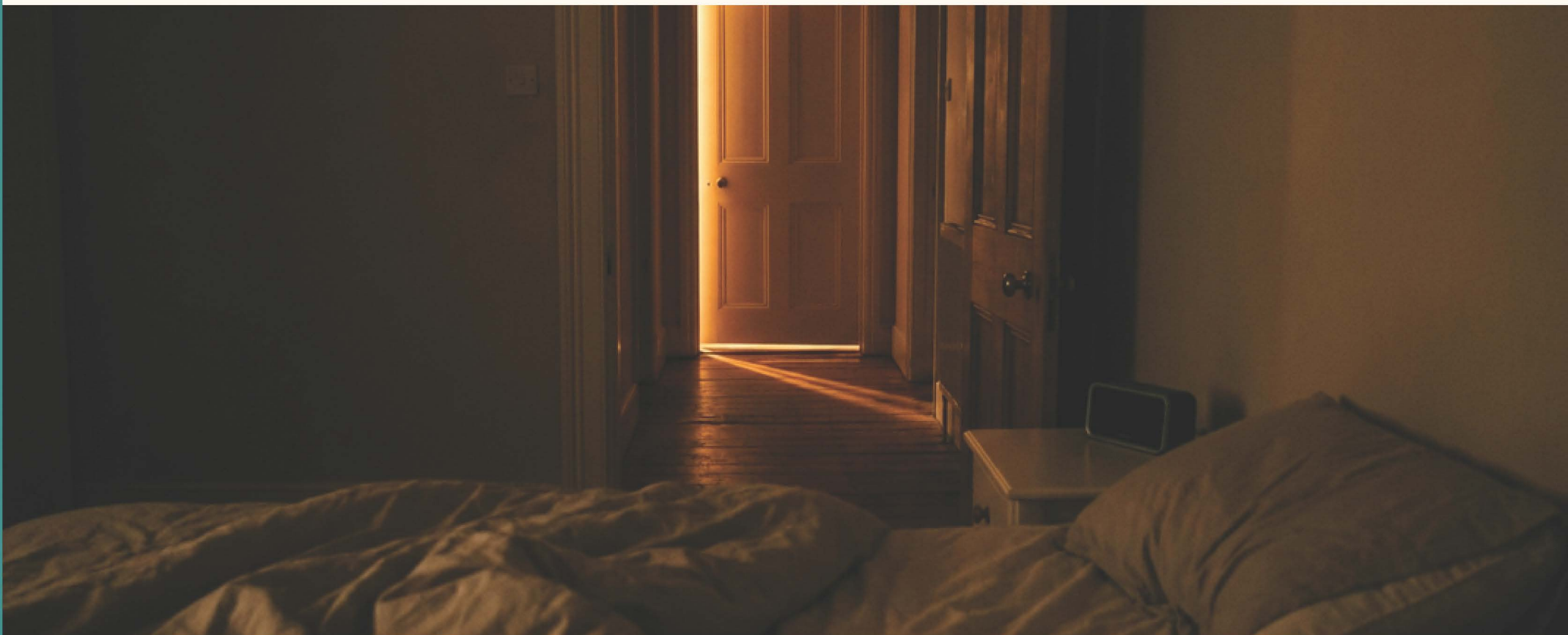
What it costs to be awake at three in the morning

1

You stopped counting.

Somewhere along the way you worked out that counting the trips made the night worse, so you stopped. Now you just know it was a bad one or an alright one, and you don't look at the clock on the way back if you can help it.

But you do the arithmetic. Everybody does the arithmetic. **How many hours are left. Whether it's worth trying. Whether tomorrow is already gone.**



Queen, I want to say the thing about the night that people leave out.

The night is the loneliest part of this, and it's the part nobody asks about. In the day you can arrange. You can plan the route, sit near the door, keep it smooth. At three in the morning there's no arranging and there's no audience. There's just you, a cold floor, and a house where everybody else is asleep.

That's the part that wears a woman down. Not the trip. The company you don't have while you take it.

So I'm going to sit here with you for a minute, and then I'm going to give you what you need for the walk back.

What we're actually working on here

Most advice about nights is about what you drink and when. That's real, and I'm not going to repeat it here, because I want to give you something you almost certainly haven't been given.

Nobody teaches you the trip.

Think about what actually happens. You wake up. You get up. And in the sixty seconds that follow, you do about four things that tell your whole nervous system the day has started. Then you get back into bed and ask a fully switched-on body to go to sleep.

That's the piece we're fixing. Not whether you go. **What happens between getting out of the bed and getting back into it.**

TIP ONE

Keep the trip warm, and keep it dim

There are two things I want you to change about the walk, and neither one takes a single minute of extra effort.

First: the cold.

Cold stimulates the bladder. I wrote that in *Female Pelvic Alchemy*, in the list of things that help a woman keep her bladder settled, and I've watched it matter more at night than at any other hour ^[B2].

Look at what your body does at two in the morning. It comes out from under a warm duvet, puts bare feet on a cold floor, walks through the coldest air in the house, and sits down on a cold seat. Then it walks back and gets into a bed that's lost its heat.

That's a lot of cold for a body that's trying to stay half asleep.

What to do:

- Put a robe and a pair of socks where your hand lands, not where they belong. On the end of the bed. Over the chair right there. If you have to look for them, you'll skip them.
- Keep the bathroom warmer at night than you'd keep it at noon.
- When you get back in, get your feet warm first. Cold feet keep a body awake.

I know how small this sounds. Do it for four nights anyway and tell me it's small.

Second: the light.

Watch what you do now. You reach for the switch, and the overhead comes on, and for a few seconds it's the middle of the day in there.

Then you walk back into a dark bedroom and ask a body that just saw daylight to go back to sleep.

What to do:

Put a low light on the path and leave it on all night. A plug-in nightlight in the hallway, a lamp on the lowest setting, whatever you have. Set it up once and it works every night after that with no decisions in it.

Don't touch the overhead. You know the way. You've walked it a thousand times.

Leave your phone where it is. The screen wakes you up faster than the bathroom does, and once you've looked at it you're awake for a reason that has nothing to do with your bladder.

Keep everything else the same. No talking, no tidying, no starting a thought you'll have to finish.

Here's the whole principle underneath both of these, and it's the one I want you to keep: you are not trying to make the trip better. **You are trying to make it forgettable.** A trip your body barely registers is a trip you go back to sleep after.

AN HONEST NOTE

I want to be straight with you about where this one comes from. The warmth is in my book, in black and white. **The light is not.** It's what I've watched work, and it's what I'd tell you if you were sitting in my kitchen, and I'd rather say that plainly than dress a good habit up as a published finding. Try it for a week and let your own nights be the evidence.

TIP TWO

The breath for lying back down

This is the one you'll reach for most, because you can do it lying down, in the dark, without waking a soul.

I teach a specific breath, and the thing that makes it mine is the direction. Most people are taught to tighten on the way in. **I teach you to let go on the way in.**

Here's how I wrote it in *Ending Female Pain* ^[B1]:

FROM ENDING FEMALE PAIN

Put your hand over your belly button. On the inhale, let your belly gently rise out into your hand. On the exhale, let the belly flatten. Don't let the breath lift your shoulders.

Then add the part that matters: **as you inhale, consciously drop and release your pelvic floor muscles downward.** Inhale for a count of five. Exhale for a count of five. Same length both ways.

And I'll tell you exactly what I told every woman I taught it to, in the same words I put in the book: **this release and letting go is the hardest exercise to do.** Most women don't even know how much tension they're holding down there until they try to stop.

So if it feels like nothing is happening the first few nights, you're not doing it wrong. You're at the beginning. Everyone is.

Where to use it: the moment your back hits the mattress on the way back to sleep. Not standing up. Not on the walk. **Lying down, in the dark, with your hand on your belly, five in and five out.**

You are not trying to fall asleep. You're giving a body that just switched itself on a way to switch back down. Falling asleep is what happens while you're busy doing that.

If you want the deeper version, I have one, and it's also from *Ending Female Pain*. I call it the Dead Bug Release ^[B1]:

THE DEAD BUG RELEASE

Lie on your back. Bring your knees up toward your chest and put one hand on the inside of each knee. **As you inhale, imagine your sit bones coming apart and your pelvic muscles releasing.** Inhale for at least five seconds. Exhale. Repeat for five breaths.

Five breaths. In bed. That's the whole thing.

One more for the evening, and let me tell you what it's actually for

There's a position from my *Female Pelvic Alchemy* Goddess Bodywork series called **Legs Up the Wall** ^[B2]. Women love it. It's restful, it's easy, and it feels good at the end of a long day.

But it isn't only a rest position, and I want you to know what you're doing while you lie there, because it changes how you do it.

Here's how I wrote it ^[B2]:

FROM FEMALE PELVIC ALCHEMY

Lie face up near a wall with your buttocks as close to the wall as possible and your legs up the wall. Keep your hips and lower back flat on the floor, with a small pillow under the pelvis for comfort. Keep your body relaxed while you move both feet apart from each other, and **point your toes inward**. Only open your legs until you feel **a mild to medium stretch in your inner thigh muscles**. Hold for one complete breath cycle.

Then do it again with your toes pointed outward, which takes the stretch to a slightly different part of the same muscles.

That mild stretch on the inside of your thighs is the point of the whole thing.

And your inner thighs matter to your bladder far more than anybody has ever told you. **I'll show you exactly why in Section Five, and I'll put your hands on them there.** For tonight, all you need to know is that those muscles are quietly tight on most of the women I ever worked with, and this is the easiest way in the world to give them a stretch.

So this is not ten minutes of doing nothing. **It's ten minutes of opening the one set of muscles that nobody ever asks you to open**, in the easiest position there is, at the end of the day when you'd be sitting down anyway.

Five slow breath cycles with the toes in. Five with the toes out. Do it while the kettle boils.

Precaution, from my own book: don't do this one during your menstrual cycle.

“

Andrea wrote this

"I was having to get up 2-3 times a night to pee....sometimes just barely making it to the bathroom! I am normal weight, practice yoga & walk 3-4 miles a day. I was beginning to think I would need to start wearing adult diapers. I only get up once during the night and the leaking has almost completely stopped."

ANDREA KAUBRIS, BRIDGTON, MAINE. VERIFIED CUSTOMER.

I keep that one close, and not for the ending. **For the middle.**

She tells you she's a normal weight and walks four miles a day. She tells you that **before anybody asks her**, because she's been braced for somebody to say well, what did you expect.

Queen, she was getting out ahead of a question that should never have existed.

And one honest thing about Andrea, which goes for every woman I quote in this book.

These are real reviews from real customers, in their own words. I haven't tidied a single one of them up.

They're also real bodies, and no two bodies are the same. **What happened for Andrea happened for Andrea.** It isn't a promise about what will happen for you. **What one woman notices isn't what another will notice, and results vary from woman to woman.**

I'd rather hand you a real woman's words and say that plainly than hand you a promise nobody can keep on your behalf.

Leaving the House

The ten minutes before, and the first minute after



You know where the bathroom is in every place you go.

You knew before you walked in.

But that's not the part I want, because you already know that about yourself. **I want the ten minutes before you pick up your keys, and I want the first minute after you arrive.** Those two are where the arranging actually lives, and I've never heard a woman describe either one out loud.

The ten minutes before

Watch yourself the next time you're going somewhere.

There's a stretch, right before you leave, where you're not really getting ready anymore. You're settling something. You move through the house at a slightly different speed. You're doing a small sequence, in a fixed order, and if something interrupts it you feel a flicker of something you'd probably call irritation.

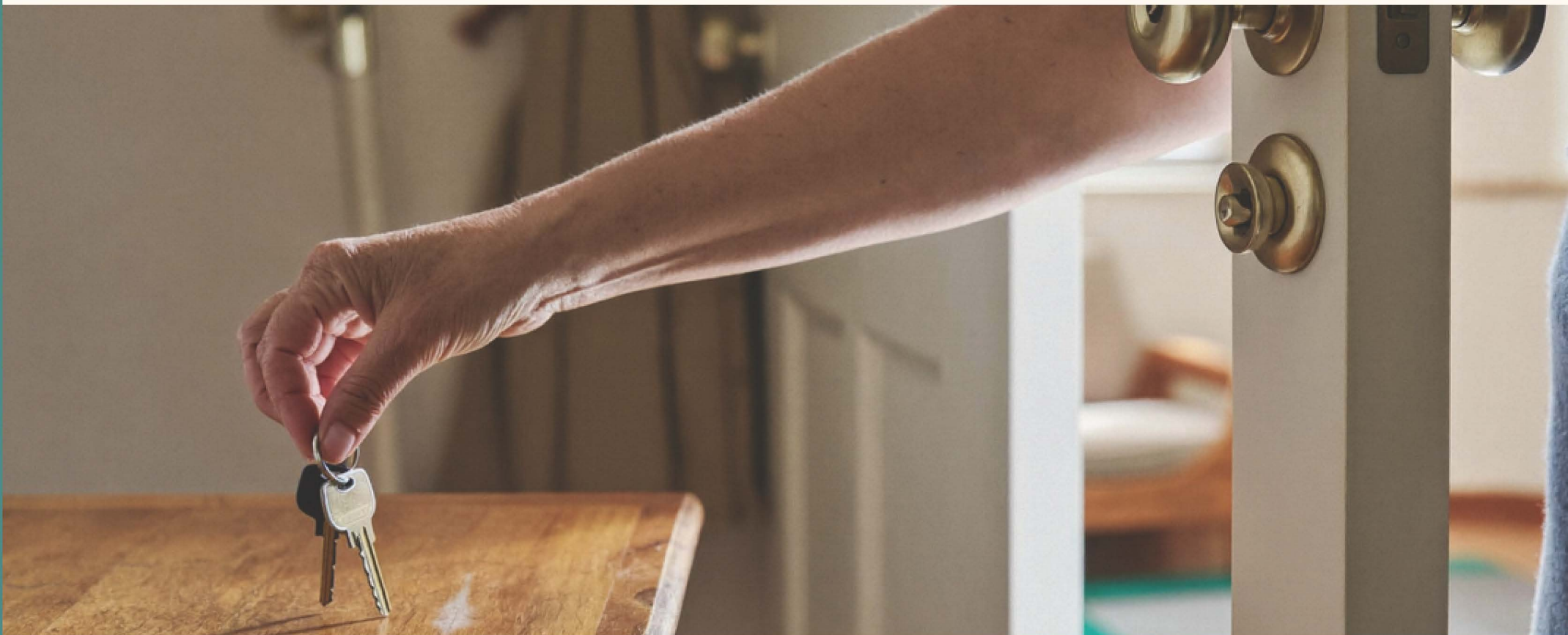
That's not irritation. **That's a woman finishing a checklist she'd be embarrassed to read out.**

The first minute after

Then you arrive.

And before your coat is off, before you've properly greeted anybody, some part of you has already located the exit and the corridor and where it must be, given the shape of the building. You do this in a restaurant, at your sister's, in a waiting room, at church.

Nobody in the room has the faintest idea that any of this happened. That's the loneliest part of it, and I mean that word carefully. **Not the doing of it. The doing of it alone, at speed, while smiling at somebody.**



Here's what I want you to understand about that

Everything you're doing in those two windows is intelligent.

You built a system with no information and no support, and the system works. That's why it's so hard to see. **A thing that fails is easy to spot. A thing that works quietly is invisible, and it charges you every single day.**

So we're not taking your system away today. We're going to do two things instead. One is a technique, and one is a page with your handwriting on it.

But before either of them, read this.

“

"I am able to sleep longer before having to get up to use the bathroom, I am able to run errands with only one bathroom stop and feel more relaxed and less stressed."

PATRICIA COMER, WOODBRIDGE, VIRGINIA. VERIFIED CUSTOMER.

Patricia's own experience. Results vary from woman to woman.

One bathroom stop. Not none. One.

And look at what she puts right next to it, because she doesn't finish on the bathroom at all. She finishes on **more relaxed and less stressed.**

That's a woman who got her morning back. And the morning was the thing that was actually missing.

TIP THREE

Stop pushing it out

This is the one from those ten minutes, and I want it to land, because I've watched it do real damage over years.

When you're rushed, you push.

You sit down knowing you've got about ninety seconds, and you bear down a little to get it moving, because you don't have time to wait. Maybe it's slow to start. Maybe it never quite feels finished. So you push a bit harder at the end to be sure.

I want to tell you that this is common, and that I wrote it down long before either of us met. In *Ending Female Pain*, in my table of what women actually report to me, the urinary list includes hesitancy in getting urine out, a slow stream, feelings of incomplete emptying, and **the habit of pushing urine out** ^[B1]. It's on the page because so many women told me about it.

And in the bathroom-habits chapter of the same book, I wrote it as a rule ^[B1]:

FROM ENDING FEMALE PAIN

Avoid pushing urine out. Pushing or forcing urination leads to pelvic floor muscle strain.

What to do instead:

Sit down and let gravity do the work. That's the whole instruction. Gravity is already on the job.

Don't strain, and don't hold your breath. A held breath is a braced pelvic floor, and a braced floor is not a floor that's letting go.

Let your jaw and your shoulders drop before you're done, not after you've stood up.

And give it the extra ten seconds. I know you don't have them. Take them anyway. Ten seconds is cheaper than a decade of straining.

And when it still won't come, here is what to do instead of pushing harder.

This is the part I most want you to have, because "don't push" is only half an instruction. If I take pushing away from you and hand you nothing, you'll push. Of course you will. You've got somewhere to be.

So here is the replacement, and it's mine, written out in the bathroom-habits chapter of *Ending Female Pain* ^[B1]:

FROM ENDING FEMALE PAIN

If you are having trouble getting the urine out without pushing, **try getting up from the toilet, standing for a few minutes, and then sitting down again.**

That's it. **Stand up. Wait. Sit back down.**

I know exactly how that sounds when you're already late. It sounds like the least convenient advice in the book. But a woman who stands up for a minute and sits back down gets more out, more easily, than a woman who bears down for the same minute, **and she doesn't spend that minute straining the very muscles she needs on her side.**

The other option from the same page, if standing up isn't practical: **do a few quick squeezes and then come back to the bathroom later** rather than forcing the issue now ^[B1].

Both of those are slower than pushing. **Both of them cost you a minute and save you the strain.** That's the trade, and now you know it's on the table.

You're not learning a new skill here. **You're unlearning a hurry.**

THE AUDIT

Five lines, in your handwriting

This isn't a tip. It's four minutes with a pen, and it does something none of the techniques in here can do.

Get a pen. Not your phone. Something with your actual handwriting on it, because there's a difference between a thought you had and a sentence you wrote down, and every woman I've ever asked to do this has felt that difference.

Write the five headings and fill them in. Nobody else reads this.

1

Somewhere I don't go anymore.

Not a big thing. The small one. The shop with the awkward layout, the friend whose house you love and whose bathroom is upstairs.

2

Something I do before I leave that I've never mentioned to anyone.

Write the actual sequence.

3

A seat I choose. And the reason I give people.

The real reason and the stated reason, both.

4

Something I stopped drinking, eating, or doing, and roughly when.

Just note it. No rules today.

5

The one that made me put the pen down.

Write that one last. You'll know which it is.

Why I'm asking you to do this

Because an anxiety you can't name runs all day, and one you've written down sits still.

You've been carrying five things you've never put words on. The moment they're on a page in your own hand, they stop being your personality and start being **a list**. And a list is a thing a woman can work through.

Keep it. Put it in the back of a drawer. **Come back to it in three months and see which lines have gone quiet.**

Nobody's going to hand you a certificate for that page. But you'll know, and you're the one who's been carrying it.

THREE

The Cough, the Sneeze, the Lift

The half second you already have

There's a moment between feeling a sneeze coming and the sneeze arriving.

It's about half a second. And you've learned to use it.

You do something in that half second. Maybe you go still. Maybe you cross something, or grip something, or turn slightly away from the room. **Nobody taught you that. You worked it out on your own, and you've never mentioned it to a single person.**

Andrea did mention it. She put it in nine words.

“

"When I sneezed or exercised, I would sometimes leak."

ANDREA KAUBRIS, BRIDGTON, MAINE. VERIFIED CUSTOMER.

Andrea's own experience. Results vary from woman to woman.

Nine words, on a public page, with her own name on them. **That's more than most of us manage out loud in our own kitchens.**



I want to keep this section short, because it's the one that happens in front of people, and I'm not going to make you sit in that longer than you have to.

But I do want to say one thing about it.

That half second is a skill. You developed a piece of body awareness, under pressure, with no instruction, because you needed it. Most people never develop that about anything. You're not going to be handed credit for it anywhere else, so take it here.

And you found it in the right place. That half second is exactly where the move goes. You worked out the timing on your own, which is the hard part, and the hard part is done.

What nobody gave you is the move itself. So that's what this section is. **One move, two halves, and it goes in the half second you already have.**

TIP FOUR

Squeeze before the effort, let go after it

This is the most useful thing in this book, and it is not about being stronger.

It's about timing, and the timing is the whole technique.

I wrote the instruction in *Ending Female Pain*, inside my exercise programming, and if you take one sentence out of these pages, take this one ^[B1]:

FROM ENDING FEMALE PAIN

Incorporate a pelvic floor muscle contraction during exertion, and a reverse Kegel release when you return to the start position.

Let me put that in the language of your actual Tuesday.

HALF ONE. Squeeze just before the hard part.

You feel the sneeze coming. That's your half second. **In it, draw your pelvic floor muscles up and in, and hold that as the sneeze goes through you.**

Not a clench of your whole body. Not your jaw, not your buttocks, not your held breath. **A lift, up and in, in one place, on purpose, timed to arrive a beat before the effort does.**

Same move for a cough. Same move for a laugh you can feel building. Same move for standing up out of a low chair, and for the lift, which gets its own tip next because a lift gives you all the time in the world to get it right.

This is your muscles doing the job they were built for, at the exact moment the job exists.

You are not adding a defence. You are arriving on time.

HALF TWO. Let it go the moment the effort is over.

The sneeze passes. **Now release.**

Let the floor drop back down and open. That's the reverse Kegel, it takes one second, and it is the half that almost nobody is ever taught.

And here is why half two is not optional, because this is the part that decides whether half one keeps working.

I watched this happen for twenty-one years. A woman learns to brace. It helps. So she braces for the sneeze, and then for the cough, and then for the stairs, and the shopping bags, and getting out of the car, and after a while she isn't timing anything anymore. **She's just holding. All day.**

And a floor that's already holding has nothing left to give you when the sneeze actually comes. It's got no range left to lift through, because it never came back down.

A floor that never lets go is not a strong floor. It's a tired one.

So the release isn't a cool-down and it isn't an extra. **The squeeze is what protects you in the moment. The release is what makes the squeeze still be there tomorrow.** They are one move. Half a move done twenty times a day is how a floor gets exhausted.

And your breath goes with it. From the same book, in my "what to watch out for" notes ^[B1]:

FROM ENDING FEMALE PAIN

Avoid holding the breath and tensing the shoulders and neck muscles.

Same rule as the toilet. A held breath is a braced everything, and a braced everything is the thing we just agreed to stop doing.

So, the whole move: squeeze up and in a beat early, hold it through, let it go the second it's over, keep breathing the entire time.

You already own the timing. **I'm only handing you the second half.**

TIP FIVE

Practise it on the lift

A sneeze gives you half a second and no warning. **A lift gives you all the time in the world, and that is exactly why the lift is where you learn this.**

You can't rehearse a sneeze. You can rehearse a laundry basket.

The basket. The bag of shopping coming out of the trunk. The heavy pan going into the low cupboard. **The grandchild with her arms already up.**

Same move, slowed down enough to feel it:

1. Get set. Feet under you, weight even, shoulders down and away from your ears.

2. Squeeze before you lift. Up and in, a beat before you take the weight. That's half one, and on a laundry basket you have time to notice yourself doing it.

3. Breathe out through the hard part. In my exercise instructions I put it plainly: during the most difficult part of the movement, exhale ^[B1]. Not a held breath. A breath going out.

4. Let it go when you're back at the start. Floor off duty. Jaw off duty. That's half two, and this is the one you'll have to remind yourself about for the first couple of weeks.

Four steps, on a basket of towels, twice a day. **Do it on the ordinary lifts and it will be there on the day you need it without being asked.**

This is coordination, not strength. Nobody is asking you to do more of anything, or more often, or harder. You're being asked to put a move you already half-know into the right order and then finish it.

And that's the section. I told you I'd keep it short.

FOUR

The Hidden Irritants in an Ordinary Day

Something has been happening to you

4

You've already tried to work out what sets it off.

You've had suspicions. You've quietly dropped things to see if it helped. You've had a week where it was better and spent the whole week trying to work out what you did differently.

And in all of that, **has anybody ever sat you down and told you where to actually look?**

That's this section. And I want you to notice something as you read it, because it's the turn this whole book has been walking toward.

Everything up to here has been about what you've been doing. This one is about what's been happening to you.



The axis nobody checks

When a woman starts hunting for her triggers, she goes to food and drink. That's where every list sends her, and food and drink are worth paying attention to. I'm not going to relitigate that here.

I want you to look somewhere else entirely. I want you to look at what physically touches you.

For years I kept track of what women reported to me, and I built it into a table in *Ending Female Pain* so that a woman could see her own symptoms written down in somebody else's handwriting. There's a row in that table for skin. Here's what's in it, in my own published words ^[B1]:

FROM ENDING FEMALE PAIN, TABLE 3.2

Allergies to metals, perfumes. Sensitive skin. Irritation with certain toilet papers, tampons or sanitary napkins. Itching. Sensitivity to soaps. Painful scars.

Read that list again slowly, because I'd bet good money nobody has ever handed it to you.

Toilet paper is on that list. Soap is on that list. Perfume is on that list.

These aren't exotic. They're the most ordinary objects in your house, they touch you several times a day, and **you have never once been told to look at them.**

Now let me be precise with you, because you deserve precision

I want you to watch me be careful here, and I want you to see me doing it.

That table is a table of **skin and vulvar symptoms**. It's what women told me about the tissue on the outside. **So I'm going to talk about that tissue and nothing else.**

I'm talking about the vulva. The opening. The skin you sit on. The tissue that is physically in contact with a soap, a wipe, a liner, a scented anything.

I am not telling you that your soap is irritating your bladder. I don't have that, so I'm not going to say it. What I can tell you is that the tissue right there gets sore, itchy and raw for women, that I heard it for two decades, and that **a woman whose tissue is unhappy is not having a neutral day.**

That's the honest size of the claim. I'd rather give you something true and small than something impressive and shaky.

TIP SIX

The two-week contact audit

Simple, free, and it changes what you know about your own body.

For two weeks, take the fragrance out of everything that touches you below the waist.

Soap. Plain and unscented for the vulva. Warm water on its own is fine.

Toilet paper. Unscented, no dye, no aloe, no lotion coating.

Liners and pads. Unscented, and change them more often than feels necessary.

Wipes, and especially the scented ones. These are the ones women are most attached to and most surprised by. Give them two weeks off.

Your laundry. This one catches everybody, so read it twice. **Your detergent, your fabric softener and your dryer sheets are on your underwear**, and your underwear is against that tissue every hour you're dressed. Switch to a plain unscented detergent, **drop the softener and the dryer sheets entirely for the two weeks**, and run one extra rinse on the underwear.

That's it. Two weeks.

And I want you to notice what just happened with the laundry, because it's the whole reason this section exists. You have been scrubbing a fragrance into the fabric that sits against the most sensitive skin on your body, twice a week, for thirty years, **and it never once occurred to you to wonder about it**. It wouldn't. Nobody frames laundry as something that touches you. It's a chore.

That is what I mean by something happening to you that you could not reasonably have known.

Then put one back. One. Not all of them. Give it three or four days on its own before you add the next one.

Why one at a time: if you put four things back on a Monday, you've learned nothing by Friday. If you put one thing back, you get an answer.

Write the answers on the audit page from Section Two. That page is starting to earn its keep.

AN HONEST NOTE

One honest note about that list, because you should always know which part of a book is which. The soaps, the perfumes, the toilet paper and the sanitary products are in my published table, in my own words, from what women reported to me over twenty-one years. **The laundry items are the same principle carried one step further** to the fabric those products are washed into. That's my judgment rather than my table, and I'd rather tell you which is which than blur the line and let you assume. **The test settles it either way**, and it settles it for your body rather than for women in general, which is the only answer that was ever going to help you.

TIP SEVEN

Loosen what's around your middle

Here's a second one, from a different place entirely, and I've almost never seen it in print.

In my bladder chapter in *Female Pelvic Alchemy*, in the list of things that settle a bladder down, I wrote this ^[B2]:

FROM FEMALE PELVIC ALCHEMY

Loosen your pants or shirt tops to reduce pressure on the bladder.

And in the same chapter, describing what women brought me: they complained of pain right above the pubic bone, and that **low-rider jeans made them want to pee** ^[B2]. **Your bladder lives underneath that bone.** I put that in the book because I heard it constantly.

So look at your waistbands.

- The jeans you can wear but wouldn't call comfortable.
- The shapewear you put on for a long day out. **Which is to say, exactly the days you most needed to be comfortable.**
- The waistband you unbutton in the car and do up before you get out.

You already know which garment this is. You just never connected it to anything.

What to do: for the next two weeks, on the days that matter, wear the softer waistband. Not forever. Two weeks, as an experiment, and you'll have your own answer.

And notice what that decision has cost you until now. **You've been choosing between being comfortable and looking put together, and nobody told you that was the trade you were making.**

“

Kathryn wrote me two sentences

"These have been a life changer! I use to wear pads #6 all the time to now never having to wear them!"

KATHRYN VAN KLAVEREN, MURFREESBORO, TENNESSEE. VERIFIED CUSTOMER.

Kathryn's own experience. Results vary from woman to woman.

I want you to notice the **#6**.

She knew her number. She didn't have to go and look it up to write that sentence, because **every woman reading this who buys them knows her number too**, and she has never once said it out loud to another human being.

Which brings me to the one thing I make

Everything in these five sections works on **the pattern**. The habits, the timing, the arranging, the contact. That's real work and it's most of the job.

But the pattern isn't the only thing that changed in you. **The tissue underneath it changed too**, and no habit reaches that. That's the second job, and it's the reason I made **Total Fem Ultimate Bladder Health**: daily support for the environment your bladder is actually living in.

I call that part bladder feeding. You retrain the behaviour with your own two hands. You feed the tissue every day with something you swallow. Two different jobs, and I got tired of watching women do one of them and wonder why they were only halfway.



More on that at the end. Section Five first, because that's where you get your hands on it.

FIVE

The Tension Nobody Checked

Hips, low back, and the scar you've never touched on purpose

There's a hip that's been unhappy for years.

Or a low back you stopped mentioning because nobody did anything about it. Or a scar you haven't touched on purpose since the day it healed, and you'd rather not, if we're being truthful about it.

And nobody has ever connected any of that to your bladder in your hearing. Not once.

That's the whole section. Let's go.



Why I'm allowed to send you to your hip in a bladder book

Because your bladder is not sitting in there on its own.

Here's the sentence, from my own bladder chapter in *Female Pelvic Alchemy* ^[B2]:

FROM FEMALE PELVIC ALCHEMY

The bladder has many connections to different parts of the body, including the anterior wall of the pelvic floor muscles. These connections occur via fascia, nerve and muscle.

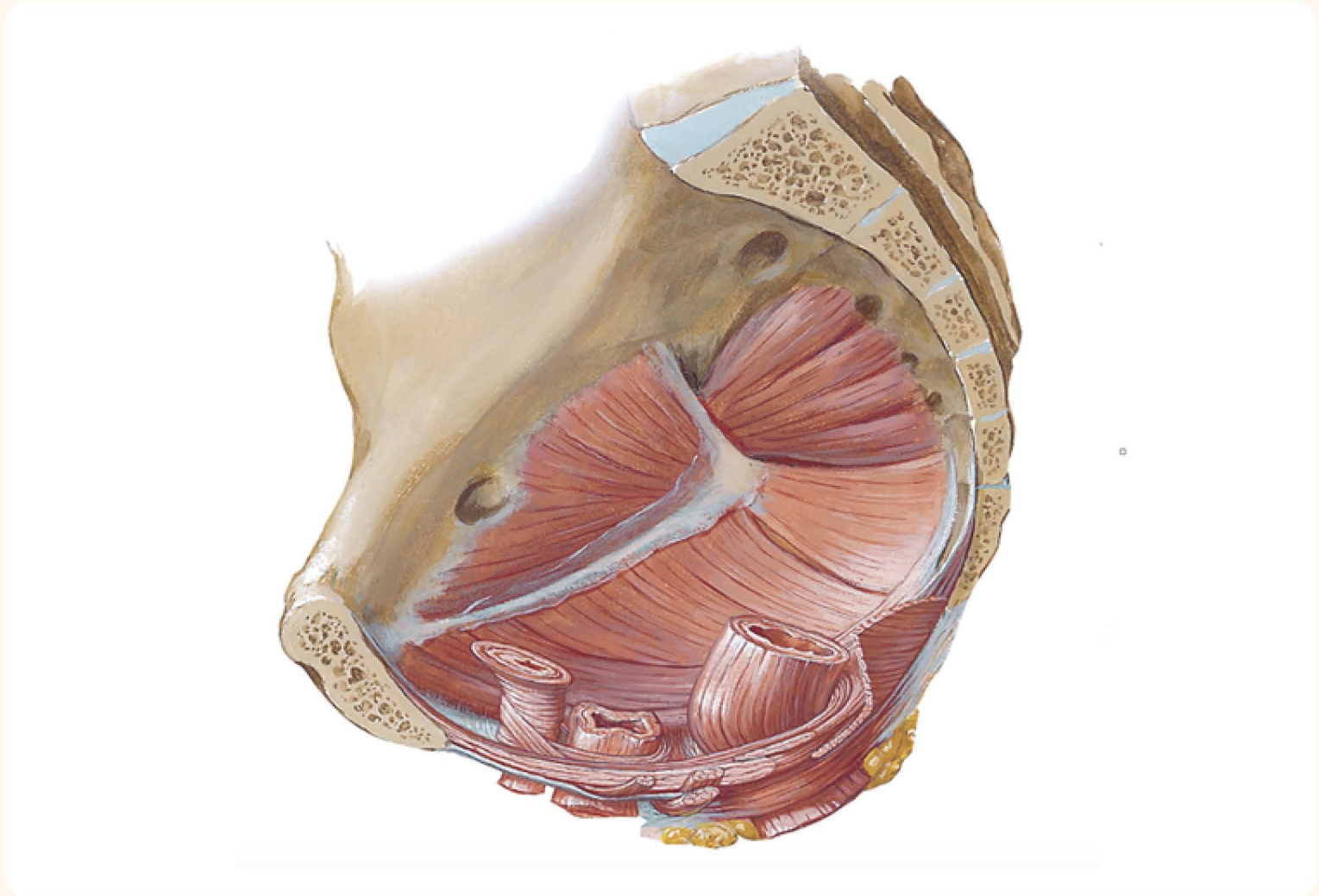
Fascia. Nerve. Muscle. **Three separate ways your bladder is wired into the rest of you.**

And in that same chapter I wrote something I'll stand on, from twenty-one years of working with women's bodies ^[B2]:

FROM FEMALE PELVIC ALCHEMY

If I had a dollar for every time that I found bladder urge and pain stemming from the muscles of the legs, butt, or abdominal area, I would have a lot of money.

I want to be careful about how far I take that, so here's the line. **I'm telling you what I found in the tissue in front of me over two decades. I'm not telling you that rolling out your hip on Tuesday changes your Wednesday.** What I'm telling you is that this is the place nobody looked, and it's the place I always looked, and there's something under your hands that you haven't tried yet.



One bowl. The fan across the floor is your pelvic floor, anchored to your hip bone at the side and your tailbone at the back. The muscle climbing the wall beside it is a hip muscle. And the openings cut across the bottom pass straight through the fan. Same bowl, same bone. That's why I'm sending you to your hip.

TIP EIGHT

The hip and the low back

This is my foam roller work, and it's in *Ending Female Pain* ^[B1]. It's self-administered deep tissue release, and the reason I put it in a book instead of keeping it in a treatment room is that **you can do it yourself, on your own floor, for the price of a piece of foam.**

Here's the why, in my words from that chapter ^[B1]:

FROM ENDING FEMALE PAIN

The foam roller works via the Golgi Tendon Organ, found where muscle and tendon meet. It responds to changes in muscular tension. When you increase pressure in the muscle to the point where the muscle is overstrained, the Golgi Tendon Organ responds by relaxing the muscle.

Many of the women I worked with had moderate to severe myofascial restrictions in the muscles that attach to the pelvis. **Spasms, adhesions, knots, painful trigger points.** I taught all of them to use my foam roller series.

Start with these three from my series ^[B1]:

Lower back rolling. Slow, small strokes, not a fast scrub.

Piriformis and gluteal release. The deep seat muscle. Most women find something here on the first try.

Side hip roll, the iliotibial band. The outside of the thigh from hip to knee.

How to do it, from my own guidelines ^[B1]:

FROM ENDING FEMALE PAIN

Roll each muscle for one to three minutes. When you hit a painful area, roll more slowly and with shorter strokes until you feel a release or the pain drops by about half. **For a painful trigger point, hold the pressure for at least ninety seconds.** Rock side to side with short strokes to get deeper. **Breathe diaphragmatically and do not hold your breath.** Keep your pelvic floor relaxed as you roll.

⚠ **Precautions, from my own table, and please read them** ^[B1]: avoid rolling over bony areas, open wounds, or fresh injuries. **Avoid rolling over an abdominal scar younger than six weeks unless your surgeon clears it.** Expect some soreness; if it's excessive, wait 24 to 36 hours before rolling that area again. **If you have circulatory problems, talk to your doctor before you start.**

If you don't own a roller, I have a hands-only version. From *Female Pelvic Alchemy*, my lumbar massage ^[B2]: using your knuckles or your hands, long downward strokes over the whole low back, firm pressure, right hand on the right side for five to ten minutes and then switch. For a painful trigger point, hold ninety seconds and repeat until the pain drops by at least half.

TIP NINE

The psoas

The psoas is a deep muscle, one on each side of your lower abdomen, running from your lower spine to your hip bones.

In my opinion it's the king of all muscles, and I wrote exactly that in *Female Pelvic Alchemy*. Here's why it's in this book ^[B2]:

FROM FEMALE PELVIC ALCHEMY

If there's pelvic congestion, low back pain, bladder issues, fertility issues, low libido or sexual dysfunction, I make sure this muscle gets its just desserts.

In the women I worked with who had pelvic pain and poor bladder health, **the psoas was frequently painful, in spasm, and irritated.**

How to find it, in my own instructions ^[B2]:

FROM FEMALE PELVIC ALCHEMY

1. Lie on your back with your legs straight out.
2. Go about two to three inches to the right of your belly button. Place your fingertips there and let them sink slowly into your abdomen.
3. Lift your right leg straight up and **you'll feel the psoas pop into your hand.** It takes practice. Keep trying.
4. Once you've found it, sink your fingertips in and press slowly downward for sixty to ninety seconds. Then switch sides.

⚠ **Precaution, in my own words and it's important ^[B2]: do not press into an area that has a pulse.** If you feel a pulse, come off it and find the muscle somewhere else. And if you get tingling, numbness or a big increase in pain, come off the area.

And while you're down there, the inner thighs are worth your hands too. I wrote that spasms and pain in the inner thigh muscles have a direct connection to the bladder and the pelvic floor muscles, and that trigger points there can refer into the bladder ^[B2]. Sweep your hands over them. **A trigger point feels like a small hard ball and it complains when you touch it.** When you find one, press in for ninety seconds until it eases.

TIP TEN

The scar

Now the one nobody has mentioned to you.

If you've had a C-section, a hysterectomy, a laparoscopy, an appendix out, or any abdominal surgery at all, **you have a scar, and I'd guess you've never touched it on purpose since it healed.**

Most women haven't. Many are frankly afraid to.

Here's what I wrote about it in *Ending Female Pain* ^[B1], and this is teaching, not alarm:

FROM ENDING FEMALE PAIN

Post-surgical adhesions form after most pelvic, abdominal and C-section surgeries. The fibrous bands that form during healing often cause tissues to grow together that normally wouldn't be connected. **In my experience, the longer a woman waits to seek therapy for her scars, the denser and tougher the adhesions become.**

I also wrote that women often complain of low back and neck pain afterwards, and that I found much of it related to posture, **because the scar was pulling the body inward and forward.**

Massaging a scar helps restore function to the muscles, increases circulation, promotes better healing, and helps keep adhesions from becoming dense ^[B1]. That's what it's for.

Before you touch it, this gate is not optional

Get clearance from your doctor before you start any scar work. I put that in capital letters in my own book and I'm not softening it here.

Also from my precautions ^[B1]: only massage parts of the scar that are **completely healed**. Nothing open, nothing oozing. Not during a vaginal or scar infection, and not with any bleeding. If you've recently given birth, wait six weeks and get clearance from your midwife or doctor first.

Start gently and superficially, always. Report any increase in pain, and any foul odour, to your caregiver straight away.

Once you're cleared, start with these two ^[B1]:

Scar trigger point release. Press gently along the length of the scar and find the spots that hurt when touched, or that refer a sensation somewhere else. When you find one, press gently in and hold without letting go for sixty to ninety seconds. Repeat two or three times until it eases. **Don't press aggressively.** Grade your pressure to a tolerable level, because pressing too hard makes the pelvic floor tighten in response. Keep your pelvic floor relaxed while you work, and breathe long and deep, in through the nose and out through the mouth.

Abdominal scar massage, long strokes. To restore flexibility, massage along the length of the scar with long strokes. **Twenty strokes left to right**, superficially at first, going deeper as the pain decreases until you reach the layer of the adhesions. Then **twenty strokes right to left**. Use a massage cream or a plain oil once your doctor has given you the green light.

Twenty strokes. That's a minute of your evening.

One more time, on soreness

Every technique in this section is vigorous, and I said so in *Female Pelvic Alchemy* about my whole bodywork series ^[B2]:

FROM FEMALE PELVIC ALCHEMY

These exercises are vigorous and can produce soreness. **Listen to your body and avoid going into pain.**

If you're new to this, start with one round three times a week with a rest day between, and build from there ^[B2].

You've got your hands on it now. That's what this section was for.

CONCLUSION

The Hour You Get Back

Queen, come back to the front of this book with me.

We started with a woman doing her arranging. Doing it well, doing it quietly, doing it alone. Not one of her hundred sensible decisions felt like a loss on the day she made it.

You've now got five of them named, on paper, in your own handwriting, with something to do about each one.

But I don't want to leave you with a to-do list, because that isn't the point of any of this, and I want to tell you what I'm actually hoping for.



Here it is

You're at a long table.

There's a meal on it, and there are people either side of you, and somebody is telling a story badly and everyone's laughing at how badly. It goes on for an hour.

And later, in the car or brushing your teeth, **something occurs to you.**

You were in that room. The whole time. For a solid hour you were entirely inside the conversation, and not once did any part of you step out to run the numbers. **You never left the room in your mind.**

You won't notice this while it's happening. You'll notice it afterwards, and it'll stop you where you stand, because you'd forgotten that being fully in one place was a thing your body used to do for free.

That's what I want for you. Not a symptom on a chart. Your attention back in the room, because your body stopped asking for it.

And one thing to take with you

You never got old.

You got a body that changed, in a place nobody named for you, and you handled it alone with no information and considerable intelligence. **That's not decline. That's twenty years of unwitnessed competence.**

Now you've got the information.

Do these things. Not all of them, and not all at once. Pick the one that made your chest go tight and do that one until it's ordinary, then pick another.

And do them whether you ever buy a single thing from me. I mean that. That's why they're in here in full.

**Big LOve,
Isa**

YOUR NEXT STEP

Total Fem Ultimate Bladder Health

Everything in those five sections teaches the alarm.

Not one of them feeds the tissue the alarm is coming from. That's why I made the formula, and it's the only reason I'm going to spend a page telling you about it.



Look for this.

What's in it

Four organic botanicals. That's the whole list.

D-Mannose. Supports urinary tract health by helping maintain a healthy urinary environment.*

Cranberry Powder (*Vaccinium macrocarpon*). Traditionally used to support bladder and urinary tract wellness.*

Hibiscus Flower Extract (*Hibiscus sabdariffa*). Plant compounds that support urinary health and overall wellness.* Hibiscus brings the deep red anthocyanins to the blend, the pigments that give the calyx its colour, alongside a family of natural fruit acids.

Uva Ursi Leaf (*Arctostaphylos uva-ursi*). Traditional botanical used to support urinary tract balance.*

Four, and every one of them organic. **I want you to go and read the label of whatever else is in your cupboard and count.**

Let me show you one of them properly

Because I don't think you should take my word for why a thing belongs in a bladder formula. I think you should be able to follow the logic yourself.

Take **D-Mannose**.

D-mannose and glucose are the same molecule with one difference: a single hydroxyl group pointing the other way on one carbon ^[R3]. One atom, facing the wrong way. That's the entire structural difference between table sugar's building block and this.

And that one flip changes everything about how your body treats it.

Your kidneys reclaim glucose almost completely, which is why there's essentially no sugar in healthy urine. Mannose is recovered by a separate, low-capacity transporter, so much of what reaches the kidney simply carries on into the urinary tract ^[R3].

Sit with what that means. Your kidneys work hard to keep glucose. **They don't work nearly as hard to keep mannose**. So it goes where the rest of the filtrate goes.

It isn't aimed at your urinary tract. It ends up there because of how your kidneys handle it. One flipped hydroxyl group, and a molecule takes a different road through your body.

That's what I mean when I say I want ingredients that have a reason to be in the bottle.

And the seal on the front

Here's the thing about **USDA Organic** that I think almost nobody understands, and it's the part that matters.

Most of the time when you see organic language on a supplement, it is describing **ingredients**. Somebody sourced an organic version of a plant and said so on the front. That is a real thing and it is worth something.

It is also where almost every bottle stops.

On this one, **every one of the four botanicals is organic, and the finished product is USDA Organic certified**. Both. And it's the second half of that sentence I want you to hold onto, because it's the rare half.

Certifying the finished product means the certification followed the thing all the way to the end. Not to the farm gate. **Through the blending, the encapsulating, the bottling and the labelling, to the object sitting in your hand**. Every step after the field is a step where something can be added, and finished-product certification is the standard that keeps looking at all of them.

That is a considerably harder standard to hold, and it is the reason the seal is on the front.

I'm not going to tell you what anybody else can or can't do. **I'm going to tell you to go and look.** Pick up the bottle beside this one. Turn it over. See whether the seal is on the finished product, or whether the word organic is doing its work in an ingredient list.

That's not a marketing exercise. **That's a woman learning to read a label**, and once you can do it you'll never buy blind again.

How to take it

Straight from the bottle, and this is the manufacturer's own direction:

SUGGESTED USE

As a dietary supplement, take two (2) capsules daily with 8-12 fluid ounces of water. In the event of a flare-up, you may take up to 4 capsules per day for 2-3 consecutive days.

Two a day. In a flare, up to four, for two to three days, **and then back to two.** The number and the length go together. More is not better and I'm not going to pretend otherwise.

And give it a real run. **Three months of taking it daily** is the honest length of a fair trial for something like this. Not three days of watching yourself for changes. You're looking for a direction, not a day.

Which is why this is my favourite thing anybody has ever written to me about it:

“

"I have been taking the Ultimate Bladder Health supplement for over two months now and it really seems to help with bladder urgency symptoms. Things have really calmed down."

MARY B, WINCHENDON, MASSACHUSETTS. VERIFIED CUSTOMER.

Mary's own experience. Results vary from woman to woman, and hers is not a promise of yours.

Over two months. **It really seems to help.** Things have really calmed down.

That's what an honest report sounds like from a woman who was paying attention, and **I'd rather hand you that than a miracle.**

And if it isn't for you

There's a 60-day money-back guarantee. That's the whole of it, and I'm not going to build a wall around it.

Where to go

GET IT HERE

Total Fem Ultimate Bladder Health

<https://rootganic.com/products/total-fem-ultimate-bladder-health>

I'm done arranging my life around this.

**Big LOve,
Isa**

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

Unlock Your Ultimate Feminine Wellness Potential with Isa's Revolutionary Total Fem Supplements & Life-Changing Programs

Isa Herrera, MSPT, CSCS, is a pelvic floor physical therapist and pioneer in the field of pelvic floor dysfunction. She is committed to designing supplements and pelvic floor wellness programs that uplift your health and rebuild your inner strength.

Isa's supplements and programs are your ultimate destination for women's wellness from head to toe, including your pelvic floor. Take the first step to elevate your health and pelvic floor today and reclaim your vitality.

Say goodbye to untested supplements, hidden ingredients, and misleading marketing and programs that don't deliver the results they promise.

Our supplements are science-backed, non-GMO, organically grown, and transparently labeled solutions, so you know exactly what's going into your beautiful body.

Our pelvic wellness programs are based on Isa's clinical protocols, which have helped over 20,000 women.

Discover the life-changing benefits of Isa's supplements and programs for yourself!

Don't miss out on this opportunity to transform your health and reclaim your feminine wellness.

Check below for more details and start your journey to a stronger, more confident you today!

Get a Strong, Leak-Free Pelvic Floor



V-CORE LIFT KEGEL COMPLETE PROGRAM

Now's your chance to build a strong, toned pelvic floor at home

This is THE program if you prefer to work in the privacy of your own home and make MASSIVE improvements to your lady parts and bladder. This program is designed to help you build stronger, more toned muscles down there...which means you get to move and laugh with more confidence. Educational program; individual results vary. **Click here to check it out now.**

Do Your Nails Keep Breaking?

- ✓ Helps your hair come in fuller, thicker, stronger
- ✓ Lifts, firms, and hydrates the skin
- ✓ Keeps your joints and tendons flexible and strong
- ✓ Supports strong bones from the inside out
- ✓ Supports a balanced mood and feel-good vibe



ROOTGANIC Find out more at www.rootganic.com

TOTAL FEM COLLAGEN

Tap into the Fountain of Youth! Stay young from the inside & Get Glowing Skin

Collagen is the ultimate anti-aging tool. It's literally the fountain of youth for your skin. And I'm not just talking about the skin on your face, either. Collagen helps your pelvic floor stay more supple and your lady parts fuller. Collagen powder gives you a boost from head to toe, and it's so easy to add to your diet. Just put a scoop in your morning coffee and you'll never even know it's there! **Click here to check it out now.**

Sleep Through The Night Again

- ✓ USDA Organic
- ✓ Calms daily discomfort
- ✓ Supports urinary comfort
- ✓ Fewer bathroom marathons
- ✓ Ditch the pantyliners for good
- ✓ Promotes urinary tract health
- ✓ Supports healthy circulation



ROOTGANIC Find out more at www.rootganic.com

Total Fem Ultimate Bladder Health

Tired of mapping every bathroom? Daily organic support for a strong, comfortable bladder and dry, restful nights - **USDA Organic**

My Ultimate Bladder Health supplement is designed to give your bladder the daily support it needs to stay strong and supported, day and night. The best part? It's filled with all-natural ingredients that work together to nourish your body and support normal bladder function. **Click here to check it out now.**

Tired Of That Constant Burn "Down There"?

- ✓ Estrogen-free
- ✓ Boosts libido
- ✓ Rejuvenates dry *V* tissues
- ✓ pH balanced for your *V* microbiome
- ✓ Increases internal hydration
- ✓ Supports skin elasticity



ROOTGANIC Find out more at www.rootganic.com

TOTAL FEM RE-JUVENATOR INTERNAL VAGINAL SERUM- ESTROGEN-FREE

Your estrogen-free secret for comfort and moisture down there

My Total Fem Re-Juvenator is applied internally. And once your tissues begin to absorb its magic, hold on for a wild ride, because this is infused with natural ingredients that will support your natural moisture and comfort, so you feel like you again. **Click here to give it a try. But don't say I didn't warn you!**

Bloated. Gassy. Stopped up. Feeling Like A Stranger In Your Own Gut?

- ✓ Balances your flora naturally
- ✓ Better *V* freshness
- ✓ Happy scent, happy queendom
- ✓ Balances pH



Find out more at www.rootganic.com

TOTAL FEM BIOME GUARD PROBIOTIC

Beat the bloat and feel good in your gut again

Now's your chance to scoop up a bottle of the all-new Total Fem Biome Guard Probiotic at a discount, we only have a limited number of bottles left! This unique formula is spore-based, includes prebiotics, survives the trip to your large intestine, and it's the highest-quality probiotic out there. With probiotics, it's important that you continually take them to see the best benefit...and that's why I've set up a subscribe and save option for you!

[Click here to learn more.](#)

Want To Stop That Itch "Down There"?

- ✓ Balances vaginal pH
- ✓ Restores intimacy confidence
- ✓ Supports natural defenses
- ✓ Soothes dryness & discomfort
- ✓ Moisture where your lady parts need it most



Find out more at www.rootganic.com

DOWN THERE OIL EXTERNAL VAGINAL SERUM

Soothing, all-day comfort for delicate skin down there

Talk about a game-changer. This little oil packs a one-two punch down there. It helps keep everything feeling silky-smooth. And it helps everything smell its best, thanks to the power of rose oil. **Click here to check it out now.**

Riding The Hormone Rollercoaster?

- ✓ Sleep deeper, wake up rested
- ✓ More energy. Less drag.
- ✓ Cool comfortable days and nights
- ✓ Supports a healthy shape
- ✓ Smoother mood, steadier days
- ✓ Supports pelvic comfort & vitality



Find out more at www.rootganic.com

TOTAL FEM HORMONE SUPPORT- PLANT-BASED AND ESTROGEN-FREE

Feel like yourself again through the hormone rollercoaster

When your estrogen and progesterone start to wane as you near menopause, you've got to make sure you're giving your body everything it needs to make up for the difference. My Total Fem Hormone Support is that difference. With herbs that have been used for millenia to work with your body during "the change" this formula gives you the power to re-write your menopause story. **Click here to check it out now**

Walked Into The Kitchen And Forgot Why?

- ✓ Sharper memory, quicker recall
- ✓ A calmer, quieter mind
- ✓ Creativity and inspiration on tap
- ✓ Mental clarity & razor focus



ROOTGANIC Find out more at www.rootganic.com

TOTAL FEM BEAUTIFUL BRAIN

Sharp focus and a clear, quick mind, even when hormones shift

When you want to protect what you've got, and keep the sharp focus and memory you have...it's time to try Beautiful Brain. This all-natural formula combines the most potent nootropics with a proprietary blend of essential oils to calm the mind and support focus like nothing else can. A must for all women who want great memory, focus and healthy brains. **Click here to check it out now**

Do You Feel Tired All The Time?

- ✓ Supports your daily energy & vitality
- ✓ Supports strong, unbreakable bones
- ✓ Boosts your immune system
- ✓ Supports post-workout muscle comfort
- ✓ Supports a strong pelvic floor
- ✓ Supports skin elasticity



ROOTGANIC Find out more at www.rootganic.com

TOTAL FEM VITAMIN D PROTECT

The everyday nutrient your bones, mood, and energy are missing

Vitamin D is essential for healthy bones as you age...and it's also important for your pelvic floor health and your hormones and your brain. Basically, it's a wonder nutrient, one that most of us just aren't getting enough of. Plus, with the increasing strength of the sun's rays, it's just not safe to get your vitamin D from standing outside without sunscreen on anymore. Luckily, I have the perfect solution for you. **Click here to learn more.**

Tired Of Feeling Sore, Swollen, Or Stuck?

- ✓ Supports healthy inflammation levels
- ✓ Firms and tightens the skin
- ✓ Antioxidant-rich
- ✓ Makes your skin feel amazing, hydrated, soft
- ✓ Tames menopausal mayhem
- ✓ Softens the emotional waves of your cycle



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B-HEALTHY BREAST DEFENSE SERUM

Your new daily ritual for soft skin and a little more self-love

Welcome to your new self-care addiction. My B-Healthy Breast Defense Oil is a luxury...but it's also a great way to enjoy a calming aromatherapy ritual and a mindful moment that's just for you. All it takes is a couple of moments post-shower, and you'll feel insanely hydrated, relaxed, and happy, especially knowing that you've done something that's just for you. **Click here to learn more.**

Tension Relief Wherever You Go

- ✓ Supports your nervous system
- ✓ Clinically backed ingredients
- ✓ Long-term tension & head comfort
- ✓ Long-term relief and migraine prevention
- ✓ Clean herbs. No harsh additives.



Find out more at www.rootganic.com

M-RELIEF DUAL ACTION KIT

When Your Head Is Pounding, Bring the Calm Back

Discover your new go-to for everyday head comfort. The M-Relief Dual Action Kit is a game-changer...offering both internal support and external comfort. It's your daily internal support paired with on-the-spot comfort. Just a capsule a day and a quick roll-on application, and you'll feel incredibly balanced, focused, and empowered, knowing you've brought the calm back. **Click here to learn more.**

Discover Total Calm & Clarity with Our 3:1 Rare Herbal Formula

- ✓ Eases stress
- ✓ Quiets the mental chatter
- ✓ Relieves pelvic tension
- ✓ Mental clarity & sharp focus
- ✓ A calm, peaceful mind



Find out more at www.rootganic.com

TOTAL FEM CALM & CLARITY

Find inner peace, better sleep, and wake up restored

You know you need to relax and stop stressing about, well, everything. But then when your head hits the pillow at night, you can't sleep. Anxious thoughts are racing through your head. And you wake up feeling like a zombie the next day. While you can't unsubscribe from stress, you can give your body what it needs to chill out and get real restful sleep. Because here's the thing...when you're stressed, it affects your entire body. Your heart, your brain, and your pelvic floor. You can't ignore this forever. **Check out the ultimate chill pill by clicking here.**

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Reference List

Where everything in this book came from

I don't ask you to take anything on trust. Here is every source behind these pages.

ISA'S BOOKS

- B1** Herrera I. *Ending Female Pain: A Woman's Manual*. Duplex Publishing. Referenced in this guide: Chapter 3 (Table 3.2, the symptoms women report), Chapter 4 (diaphragmatic breathing and pelvic floor release, the Dead Bug Release), Chapter 5 (exertion timing and breath), Chapter 8 (foam roller myofascial and trigger point release), Chapter 11 (scar-care techniques and precautions), Chapter 13 (better bathroom habits).
- B2** Herrera I. *Female Pelvic Alchemy*. Referenced in this guide: Chapter 4 (The Harmonious Bladder, including the fascia, nerve and muscle connections, the inner thigh and psoas releases, and the bladder-settling list), Chapter 9 (the Goddess Bodywork series, including Legs Up the Wall, lumbar massage and the series precautions).

PUBLISHED RESEARCH

Every reference below was confirmed against the United States National Library of Medicine PubMed database. You can look up any one of them by its PMID at pubmed.ncbi.nlm.nih.gov.

- R1** Nygaard I, Barber MD, Burgio KL, Kenton K, Meikle S, Schaffer J, et al. Prevalence of symptomatic pelvic floor disorders in US women. *JAMA*. 2008;300(11):1311-1316. **PMID 18799443**.
- R2** Wu JM, Vaughan CP, Goode PS, Redden DT, Burgio KL, Richter HE, et al. Prevalence and trends of symptomatic pelvic floor disorders in U.S. women. *Obstetrics and Gynecology*. 2014;123(1):141-148. **PMID 24463674**.
- R3** Grempler R, Augustin R, Froehner S, Hildebrandt T, Simon E, Mark M, Eickelmann P. Functional characterisation of human SGLT-5 as a novel kidney-specific sodium-dependent sugar transporter. *American Journal of Physiology: Cell Physiology*. 2014;306(9):C864-C870. **PMID 24573086**.