

# Kegels Are Not Going To Fix This

## A Holistic Approach to Vaginal Health

For centuries, women have been told that Kegels are the answer to all their vaginal health problems. But what if that's not true? What if there's a better way to address issues like pain, pelvic floor dysfunction, and sexual dysfunction?

In her groundbreaking book, *Kegels Are Not Going To Fix This*, Dr. Tami Rowen debunks the myths and misconceptions surrounding vaginal health. She offers a holistic approach that addresses the physical, emotional, and mental aspects of well-being. Drawing on her years of experience as a pelvic floor physical therapist, Dr. Rowen provides practical advice on:



### **Kegels Are Not Going to Fix This: The latest medical understanding of pelvic floor disorders and their impact on quality of life** by Andrew Hill

★★★★☆ 4.3 out of 5

Language : English  
File size : 7816 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 140 pages



- Understanding the pelvic floor muscles and how they work

- Identifying and addressing the root causes of vaginal pain
- Improving pelvic floor strength and flexibility
- Managing stress and anxiety that can contribute to vaginal problems
- Enhancing sexual function and pleasure

Dr. Rowen's approach is unique in that it focuses on the whole person, not just the symptoms. She believes that true vaginal health is about more than just doing Kegels. It's about creating a lifestyle that supports overall well-being. This includes eating a healthy diet, getting enough sleep, and managing stress. It also means being aware of your body and how it responds to different activities.

*Kegels Are Not Going To Fix This* is an essential resource for any woman who wants to improve her vaginal health. Dr. Rowen's insights and advice can help you to understand your body better, address the root causes of your problems, and create a path to lasting health and happiness.

**Here are some of the key takeaways from the book:**

- Kegels are not a magic bullet for vaginal health. They can be helpful for strengthening the pelvic floor muscles, but they are not the only solution for vaginal problems.
- The root causes of vaginal problems are often complex and may include physical, emotional, and mental factors.
- A holistic approach to vaginal health is essential for addressing the underlying causes of problems and creating lasting health.

- Lifestyle changes, such as eating a healthy diet, getting enough sleep, and managing stress, can play a significant role in improving vaginal health.
- Mind-body therapies, such as yoga and meditation, can help to reduce stress and improve body awareness, which can both contribute to vaginal health.
- Emotional health is an important aspect of vaginal health. Addressing unresolved trauma or negative emotions can help to improve vaginal function.

If you are struggling with vaginal pain, pelvic floor dysfunction, or sexual dysfunction, *Kegels Are Not Going To Fix This* is a must-read. Dr. Rowen's insights and advice can help you to understand your body better, address the root causes of your problems, and create a path to lasting health and happiness.

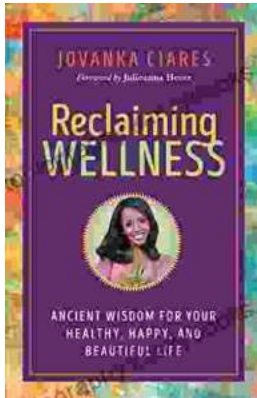


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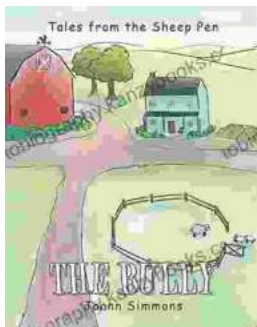
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