



# 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:**

#### **Lourdes Williams:**

Here thing why this kind of Below Your Belt: How to be Queen of your Pelvic Region are different and dependable to be yours. First of all reading through a book is good however it depends in the content from it which is the content is as delightful as food or not. Below Your Belt: How to be Queen of your Pelvic Region giving you information deeper and in different ways, you can find any e-book out there but there is no book that similar with Below Your Belt: How to be Queen of your Pelvic Region. It gives you thrill examining journey, its open up your own personal eyes about the thing which happened in the world which is maybe can be happened around you. It is possible to bring everywhere like in playground, café, or even in your way home by train. When you are having difficulties in bringing the printed book maybe the form of Below Your Belt: How to be Queen of your Pelvic Region in e-book can be your substitute.

#### **Tim Travers:**

Playing with family within a park, coming to see the water world or hanging out with buddies is thing that usually you will have done when you have spare time, after that why you don't try matter that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Below Your Belt: How to be Queen of your Pelvic Region, you may enjoy both. It is great combination right, you still would like to miss it? What kind of hang-out type is it? Oh can occur its mind hangout fellas. What? Still don't understand it, oh come on its called reading friends.

#### **Thomas Krieg:**

Is it you who having spare time and then spend it whole day through watching television programs or just lying down on the bed? Do you need something new? This Below Your Belt: How to be Queen of your Pelvic Region can be the respond to, oh how comes? The new book you know. You are therefore out of date, spending your time by reading in this completely new era is common not a nerd activity. So what these publications have than the others?

#### **Phyllis Sharrow:**

Do you like reading a reserve? Confuse to looking for your best book? Or your book has been rare? Why so many concern for the book? But almost any people feel that they enjoy intended for reading. Some people likes studying, not only science book but additionally novel and Below Your Belt: How to be Queen of your Pelvic Region or maybe others sources were given understanding for you. After you know how the truly amazing a book, you feel would like to read more and more. Science guide was created for teacher or even students especially. Those publications are helping them to increase their knowledge. In additional case, beside science publication, any other book likes Below Your Belt: How to be Queen of your Pelvic Region to make your spare time far more colorful. Many types of book like here.

**Download and Read Online Below Your Belt: How to be Queen of  
your Pelvic Region Missy Lavender, Jeni Donatelli Ihm  
#N76WATMJFZY**

## **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**