

# Restore Your Core: The Ultimate Guide to Recovering from Abdominal Weakness and Separation

If you're struggling with abdominal weakness or separation, you're not alone. Diastasis recti is a common condition that affects millions of people, especially women who have given birth. This condition can cause a variety of symptoms, including:

- A bulge in the abdomen
- Pain in the lower back or pelvis
- Difficulty with bowel movements
- Incontinence
- Hernias

The good news is that diastasis recti can be healed. With the right treatment, you can rebuild your core, improve your posture, and alleviate pain. *The Whole Body Solution To Abdominal Weakness And Separation* is the ultimate guide to healing diastasis recti and restoring core strength. This comprehensive book provides a step-by-step plan to help you:



## Diastasis Recti: The Whole-Body Solution to Abdominal Weakness and Separation by Katy Bowman

★★★★☆ 4.5 out of 5

Language : English

File size : 14058 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled  
Print length : 263 pages  
Screen Reader : Supported



- Identify the root cause of your abdominal weakness or separation
- Develop a personalized treatment plan that addresses your specific needs
- Strengthen your core muscles and improve your posture
- Reduce pain and inflammation
- Prevent future problems

*The Whole Body Solution To Abdominal Weakness And Separation* is written by Dr. Sarah Duvall, a leading expert in the treatment of diastasis recti. Dr. Duvall has helped thousands of people recover from this condition, and she has developed a unique approach to healing that focuses on the whole body. This book provides a comprehensive overview of diastasis recti, including the causes, symptoms, and treatment options. It also includes a variety of exercises and stretches that can help you strengthen your core and improve your posture.

If you're struggling with abdominal weakness or separation, *The Whole Body Solution To Abdominal Weakness And Separation* is the book you need. This comprehensive guide will help you understand your condition and develop a personalized treatment plan that will help you heal.

## **What is Diastasis Recti?**

Diastasis recti is a condition that occurs when the two muscles of the abdomen (the rectus abdominis) separate. This can happen during pregnancy, childbirth, or as a result of other factors such as obesity or weak core muscles. When the rectus abdominis muscles separate, it creates a gap in the abdomen that can bulge out. This gap can also lead to pain, weakness, and other health problems.

## **Symptoms of Diastasis Recti**

The symptoms of diastasis recti can vary depending on the severity of the condition. Some common symptoms include:

- A bulge in the abdomen, especially when you cough, laugh, or sneeze
- Pain in the lower back or pelvis
- Difficulty with bowel movements
- Incontinence
- Hernias
- Poor posture
- Difficulty with exercise

## **Causes of Diastasis Recti**

The most common cause of diastasis recti is pregnancy. During pregnancy, the hormone relaxin is released, which relaxes the ligaments and muscles in the abdomen. This allows the uterus to grow and accommodate the baby. However, it can also cause the rectus abdominis muscles to separate. Other factors that can contribute to diastasis recti include:

- Obesity
- Weak core muscles
- Multiple pregnancies
- Large babies
- Cesarean section
- Pelvic floor dysfunction

### **Treatment for Diastasis Recti**

The treatment for diastasis recti will vary depending on the severity of the condition. In some cases, simple lifestyle changes, such as losing weight or strengthening the core muscles, may be enough to improve the condition. In other cases, surgery may be necessary to repair the separated muscles.

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**Free Download Your Copy Today!**

*The Whole Body Solution To Abdominal Weakness And Separation* is available now. Free Download your copy today and start healing your core.

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