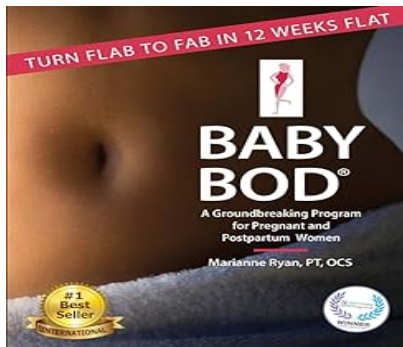


Baby Bod: Turn Flab to Fab in 12 Weeks Flat! By Marianne Ryan

## Baby boden sale



Is a well-known author some of his books are a fascination for readers like in the Baby Bod: Turn Flab to Fab in 12 Weeks Flat! book this is one of the most wanted Marianne Ryan author readers around the world. **Is your body baby friendly book** A GROUNDBREAKING SELF CARE PROGRAM FOR PREGNANT AND POSTPARTUM WOMEN no matter how long it has been since you had your baby Let BabyBod get you into the best shape for delivery and then get your sexy back on as a mom Learn self care advice for Diastasis Recti Mommy Tummy Urinary Leakage incontinence Pubic Symphysis Dysfunction Constipation Pelvic Pain Pelvic Organ Prolapse This revolutionary program will give you phenomenal results even if it s been years since you had your last child It s the first DIY program to bridge the gap between medical care and the special fitness needs of women like you Written by leading Women s Heath Physical Therapist Marianne Ryan PT OCS who has over years experience As a mother of two Marianne is passionate about helping women prepare for childbirth and reclaim their bodies afterwards Look for her popular blog on women s health on her BabyBodBook website RAVE REVIEWS Baby Bod is a must read not just for moms but for all women who are dealing with lifestyle issues that can result in improper use of our muscles This well written easy to read book challenges readers to change their paradigms and think about women s care through a team approach which includes the physiotherapist physical therapist and OB GYN The author uses solid research to back up her teaching Reading this book with an open mind can result in well results The book was very helpful to me and made me better understand postpartum and gave me an insight on topics that are not normally discussed openly After having my first child I was surprised by the postpartum trauma my body experienced and the amount of time it took me to recover This may sound silly but no one really talks about this issue and I found there to be little resources on the market to address it While reading this book I found myself feeling relieved that the postpartum care and related problems woman experience are being addressed openly As a mother of two I definitely find the information program useful but must say that I wish I had read this book while I was pregnant with my first child so that I would have been prepared for the postpartum phase and recovery Every piece of information that a mom needs to recover is included in the book and not in a boring non engaging way This is a reassuring and comprehensive guide for mothers at every stage of life who want to feel good in their bodies Ryan clearly and thoroughly explains how pregnancy really affects a woman s body and offers insightful tips on how to strengthen it from head to toe I am thrilled to have a resource to share with mothers and birth professionals that finally bridges the gap between medical care and fitness advice One of life s biggest physical and emotional challenges is having a baby But until now pregnant women new moms and clinicians have not had an accessible reference book that included everything we need to know before and after delivering that bundle of joy Baby Bod is that resource Baby Bod is a true game changer Physical Therapists and health professionals looking after these women will benefit from it also It will allow mums to recognize and manage the key conditions like diastasis pelvic girdle pain bladder leakage and prolapse Baby Bod: Turn Flab to Fab in 12 Weeks Flat! Amazing! Easy to follow and implement. It works. 978-0989035101.