



# Ending Pain in Pregnancy: Trade Secrets for an Injury-Free Childbirth, Relieving Pelvic Girdle Pain, and Creating Powerful Pelvic Muscles

By Isa Herrera MSPT

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"Every once in a while a book comes along that is an expert manual. A book that teaches us a different way of being and helps us to conquer our health conditions and create well-being. It does not surprise me that Isa has decided to write a book of this caliber. Ending Pain in Pregnancy is a mind-body-spirit book filled with educational strategies that every pregnant women should know about. This book, like her last book Ending Female Pain, is a powerhouse that helps women overcome many of the common physical symptoms and pain experienced in pregnancy."

"Isa has taken prenatal physical therapy to the next level. Her treatments are powerful and produce extraordinary pain relief. Not only does her therapy work but I also often find that the women who come back from seeing her have learned how to take care and heal themselves. These women undergo a profound transformation and they feel empowered and ready to move through the pregnancy into the next phase, childbirth. I invite you to enjoy the fruits of her labor, as you learn how to heal and empower yourself using the tools and techniques in this great resource." - **Jacques Moritz, MD, Director, Division of Gynecology, Mount Sinai Roosevelt Hospital**

**Ending Pain In Pregnancy, by Isa Herrera**, is the first comprehensive book to give women and practitioners the tools and trade secrets to treat and prevent the pains that can occur during and after pregnancy.

As a physiotherapist and trainer treating pregnant women for two decades, Ms. Herrera found that many physical therapists and especially patients did not have the tools to relieve common pregnancy-related conditions such as low back pain, sciatica, incontinence, pubic bone and pelvic pain. Ending Pain in Pregnancy

shares Herrera's Renew Program for Women™, her trade secrets and easy-to-learn self-healing and pain-relieving tools. These include core exercises, self-massage, exercise and pelvic muscle training, which will improve your quality of life during pregnancy and prepare women for delivery and motherhood.

In *Ending Pain in Pregnancy* Herrera writes, "I put together my most tried-and-true tools, techniques and exercises that, when incorporated into a pregnant woman's day-to-day routine, brings profound pain relief, restores function, rebuilds strength, improves stability, and most importantly transforms the body so that you are ready to push, give birth and ultimately recover...The medical community may tell you to live with these aches and pains, that they are an inescapable part of pregnancy. But this is absolutely not true. You can help yourself and you don't have to live with pain."

Herrera's previous book, *Ending Female Pain, A Woman's Manual*, now in its 2nd expanded edition with a companion DVD, continues to be the most comprehensive resource to address women's pelvic floor conditions and post-pregnancy pelvic and scar pain. Herrera's physiotherapy techniques, self-care practices, relaxation tips, and pain-relieving techniques have enabled countless patients to return to a pain-free lifestyle.

Ms. Herrera's mission is to educate women everywhere who suffer needlessly, helping them to become the heroines of their own stories and to regain pain free lives. *Ending Pain in Pregnancy* is just the resource women need to achieve that goal.

More Info at [EndingPainInPregnancy.com](http://EndingPainInPregnancy.com), [EndingFemalePain.com](http://EndingFemalePain.com), [RenewPT.com](http://RenewPT.com), or call toll-free 1-877-RenewPT (877-736-3978)

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### **Editorial Review**

Review

Feb 2016 -- You asked.... and Isa Herrera delivers new and improved information... A BRAND NEW updated version now available

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**Joyce McDonald:**

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