



Empowering you Organically - Season 5 - Episode 34

Title: Frequent urination or leakage? Pain during intimacy or ED? Here's how to heal Pelvic Dysfunction naturally.

Hosts: Jonathan Hunsaker & TeriAnn Trevenen

Guest: Isa Herrera, *MSPT, CSCS*

Description: Pelvic Floor Dysfunction (PFD) affects over 1/3rd of all adults, women as well as men. Do you or someone you know experience any of the following; urine or fecal leakage, frequent urination, pain with intimacy, erectile dysfunction, constipation, deep pressure in pelvic area? Be sure to join us for a helpful discussion with Isa Herrera, the founder of Pelvic Pain Relief. She has great news! We can heal Pelvic Floor Dysfunction (PFD) naturally. You don't want to miss this one...

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About Isa Herrera

Isa is a licensed physical therapist, as well as an expert in integrative pelvic floor therapies. She developed her expertise in diagnosing and treating pelvic pain, leaking and prolapse by helping over 14,000 women since 2005 at her NYC healing center Renew PT. Isa pioneered the use of integrative modalities like Maya Massage, Cold Laser Therapy, Sound Healing, and Andean Energy Techniques with evidence-based physical therapy in ways that had never been done.

She is also the author of five books on the topic of pelvic floor dysfunction and pain including the newly released international bestseller, *Female Pelvic Alchemy*.

Isa's new online school, www.PelvicPainRelief.com brings all of her expertise to a global audience, incorporating exercises, self-care techniques, and integrative tools to maximize female healing and professional training. After suffering from pelvic floor dysfunction, herself after the birth of her daughter, Isa has made it her life's mission to help 1 million women overcome pelvic floor dysfunction.

- **Free Report HERE:** <https://pelvicpainrelief.com/masterclass>

What is the pelvic floor and why is it important for optimal health?

- The pelvic floor includes the muscles, ligaments and connective tissue in the lowest part of the pelvis. It supports your organs, including the bowel, bladder, uterus, vagina, and rectum. The pelvic floor prevents these organs from falling down or out of your body. It also helps the organs function properly.

What's Pelvic Floor Dysfunction (PFD)?

- Pelvic floor dysfunction is the inability to correctly contract (tighten) and relax the muscles in the pelvic floor to have a bowel movement. The pelvic floor is a group of muscles in the floor of the pelvic area. These muscles support the organs in the pelvis, and some form a sling around the rectum and vagina.
- Although embarrassing or sometimes painful, pelvic floor dysfunction is a highly treatable condition. Talk with your doctor about your symptoms to get a proper diagnosis. There are several [home remedies you can try before resorting to medication or surgery for treatment](#).

Pelvic Floor Dysfunction Risk Factors

Life Stage

- Pregnancy/Childbirth
 - Childbirth can contribute to the development of PFDs, because it can put excessive strain on the pelvic floor during delivery. Vaginal births double the rate of pelvic floor disorders compared to Cesarean deliveries or women who never gave birth.
- Menopause
 - The pelvic floor muscles often weaken during menopause, which can lead to the development of pelvic organ prolapse (POP).
- Senior
 - The strength of the pelvic floor deteriorates as women age, which can also lead to the development of POP.

Race & Ethnicity

- Genetic
 - Some women are born with weaker pelvic floor muscles. This puts them at a greater risk for PFDs. If your mother or sister have a PFD, you are at higher risk of developing one.
- Race
 - Caucasian women are more likely to develop prolapse and to have urine leakage related to coughing, sneezing and activities. African American women are more likely to have urinary leakage related to urgency.
- Ethnicity
 - Mexican American women are more likely to struggle with urinary incontinence than other Hispanic/Latino women. However, this difference may reflect a reluctance to seek medical care and/or language barrier.

Lifestyle

- Obesity
 - Overweight or obese women have increased pressure on the bladder and often lack strength in their pelvic muscles. They are at an increased risk of developing POP and urinary incontinence (UI).
- Smoking
 - Women who smoke increase their risk of developing POP and UI. If you smoke, quit now. Smoking is generally not good for bladder health. It also can damage connective tissue in your body, including the tissue in your pelvic area.
- Diet
 - When there is not enough fiber or water in a woman's diet, bowel movements are more likely to be hard or irregular. Processed foods can lead to constipation. Certain foods also can irritate the bladder, making women feel like they have to urinate. Bladder irritants include caffeine and alcohol.
- Heavy Lifting/Exertion

- Certain occupations, usually those that involve heavy lifting or exertion can increase the risk of developing PFDs. Repetitive strenuous activity is also a risk. For some women, stair climbing can cause leakage.

Health Problems/Medical History

- Constipation/Chronic Straining
 - Straining with constipation puts significant pressure on the weak vaginal wall and can further thin it out. This increases the risk for prolapse.
- Pelvic Injury/Surgery
 - Loss of pelvic support can occur when the pelvic floor is injured from falls, car accidents or surgery. Hysterectomy and other procedures that treat pelvic organ prolapse can sometimes cause further prolapse.
- Lung Conditions/Chronic Coughing
 - Chronic respiratory disorders can cause increased pressure in the abdomen and pelvis, which increases the risk of POP.
- Sexual Dysfunction
 - Pelvic floor symptoms are significantly associated with reduced sexual arousal, infrequent orgasm, and painful intercourse (known in medical terms as dyspareunia).

Emotional Impacts

When women, or men, come to Isa, typically they're at the end of their rope. Many of them are depressed, many of them feel like their bodies have betrayed them.

- Lost connection with their loved one.
- Internalize their struggle and feel something is deeply wrong with them.
- Suffer in shame and in silence.

Deeper Dive Resources

Free Report + Training

5 Simple Steps to Overcome Leaking, Burning, Pelvic Pain & Claiming Your Life Back
<https://pelvicpainrelief.com/masterclass>

Isa's website - Pelvic Pain Relief

<https://pelvicpainrelief.com/about/>

BOOK: Ending Female Pain, A Woman's Manual, Expanded 2nd Edition: The Ultimate Self-Help Guide for Women Suffering From Chronic Pelvic and Sexual Pain

<https://amzn.to/2MfnUZV>

BOOK: Ending Male Pelvic Pain, A Man's Manual: The Ultimate Self-Help Guide for Men Suffering with Prostatitis, Recovering from Prostatectomy, or Living with Pelvic or Sexual Pain

<https://amzn.to/2K76QCq>

BOOK: Female Pelvic Alchemy: Trade Secrets For Energizing Your Sex Life, Enhancing Your Orgasms, and Loving Your Lady Parts

<https://amzn.to/2MfKBnr>

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

<https://amzn.to/2EEeYXE>

BOOK: The Pregnant Couple's Guide to Working Out Together

<https://amzn.to/2WmgTub>

MeToo Movement

<https://metoomvmt.org/about/>

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