



The Bladder Freedom Guide

*5 Expert Approved Tips
for Peak Bladder
Health*

The Ultimate Guide to Achieving Bladder Vitality & Control

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ABOUT ISA

Isa Herrera, MSPT, CSCS, is a licensed physical therapist and an expert in integrative pelvic floor therapies.

She has been developing her expertise in diagnosing and treating pelvic floor dysfunction since 2005 by helping over 15,000 women 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.

This was long before integrative pelvic healing had become mainstream. Isa is also the author of five books on the topic of pelvic floor dysfunction and pain. She also lectures nationally on the topic of women's health.

Isa's online school, www.PelvicPainRelief.com, and her Rootganic Total Fem www.Rootganic.com line bring her expertise and products to a global audience, incorporating exercises, self-care techniques, and integrative tools to maximize patient 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 and bladder issues.

CONTENTS

INTRODUCTION	5
BLADDER TIP I Optimal Bladder Health Hinges On Mindful Toileting Practices	6
BLADDER TIP II Optimal Bladder Function Requires A Strategic Approach To Fluid Intake	10
BLADDER TIP III Reclaim Your Bladder Control: Break the Habit of 'Just-in-Case' Trips and Embrace True Wellness	12
BLADDER TIP IV Reclaim Your Bladder Control: Break the Habit of 'Just-in-Case' Trips and Embrace True Wellness	14
BLADDER TIP V Avoid Bladder Irritants. Your Guide to a Happier, Healthier Bladder: Understanding Personal Dietary Choices	17
CONCLUSION	19

HEAL FROM THE INSIDE OUT

REVITALIZE YOUR HEALTH: EXPLORE PELVIC, BLADDER & VAGINAL SUPPLEMENTS AT ROOTGANIC STORE.

INTRODUCTION

The female bladder is not just a mundane, pee-storing vessel but an enigmatic whisperer and a revealer of deeper truths about your health.

Welcome to the world of pelvic healing, where we don't just treat symptoms; we decode the body's language.

Every woman is familiar with the rhythm and intensity of nature's call, but what if I told you that call paints a much broader picture of your overall health than you originally thought?

It's like a symphony, with each note carrying a unique message. The key is learning to listen and to interpret these signs with precision. Welcome to what I like to call mastering the "Bladder IQ."

The Dynamic Organ: The Bladder

Did you know your bladder typically holds between 400 to 600 milliliters of urine? That's about the size of a standard water bottle.

When it reaches the 200 to 300-milliliter mark, it sends out stretch signals to your brain, much like an impatient child tugging at your sleeve, letting you know it's time to visit the little girl's room.

Decoding the Urination Frequency

Now, a healthy woman usually answers nature's call around 6-8 times in a 24-hour period. If you find yourself rushing to the restroom more frequently than ever before without a corresponding increase in fluid intake, it could be a sign of something more serious.

A study published in the Journal of Urology reveals that increased frequency can be linked to various factors, including pelvic floor dysfunction, urinary tract infections, bladder stones, or overactive bladder syndrome. The bladder, it seems, has quite a bit to say!

Unraveling the Mystery of Pee Leaks and Sleepless Nights

Ever experienced a sudden urge to pee that's so strong it's like your bladder is screaming at you? Or worse, those pesky pee leaks that seem to have a mind of their own?

They're your bladder's way of telling you it's inflamed, much like a cranky toddler throwing a tantrum. Inflammation can lead to sleepless nights, pain, UTI-like symptoms, and even pee leaks.

So, how do you calm an inflamed bladder?

The answer is simple: feed it right. Think of it as a picky eater that needs the right nutrients. These important nutrients are found in my Ultimate Bladder Health Supplement. It's the perfect dish to serve an out-of-control bladder.

The Ultimate Bladder Health Supplement is like a peace offering to your bladder, helping you regain control and live a life free of discomfort. [**Click here for the details**](#)

TOP 5 **BLADDER FITNESS** TIPS

Every woman is a symphony of rhythms and responses, and at the heart of this orchestration is the often-overlooked bladder.

Truly extraordinary bladder health isn't just about mere function; it's about dancing to the delicate tune of our bodies and recognizing the whispers before they become shouts.

For every woman seeking to elevate her well-being, to feel more in sync with herself, and embrace every facet of her health, here are five pivotal strategies that promise not just good but extraordinary bladder health.

BLADDER TIP

OPTIMAL BLADDER HEALTH HINGES ON MINDFUL TOILETING PRACTICES

Resist the urge to strain or force; such actions can exacerbate pelvic floor tension and contribute to bladder irregularities and dysfunction. For both urination and bowel movements, the key is to relax and let the pelvic floor guide the process naturally. Gentle reminder: exerting force is not the way forward!





BLADDER TIP

OPTIMAL BLADDER FUNCTION REQUIRES A STRATEGIC APPROACH TO FLUID INTAKE

Elevate your bladder health with strategic hydration. Drinking half your body weight in ounces daily, spaced evenly throughout the day, reduces urgency and helps maintain optimal bladder function. This approach is especially important because the more dehydrated you are, the more unyielding and sensitive your bladder becomes, leading to increased discomfort and urgency.

By consistently hydrating with water, you train your bladder gently and effectively. It's about nurturing its strength and flexibility. Remember, your choice of liquid matters – prioritizing water over other beverages can significantly enhance your bladder's health.

Drinking 6 to 8 cups (8 oz each) of fluids daily is recommended, depending on your weight. The best fluid for an out-of-control bladder is pure-filtered water. Avoid lemon in your water because citrus foods are huge bladder irritants.

BLADDER TIP



RECLAIM YOUR BLADDER CONTROL: BREAK THE HABIT OF 'JUST-IN-CASE' TRIPS AND EMBRACE TRUE WELLNESS"

As a woman seeking to regain control of your bladder, it's essential to recognize the power of understanding and working with your body's natural rhythms. "Just-in-case" bathroom trips, although seemingly harmless, can disrupt your bladder's natural reflexes and functioning.

Waiting for a genuine urge before heading to the restroom is crucial. This isn't about enduring discomfort but about retraining your bladder. Aiming to extend the interval between voiding to about 3-4 hours can significantly strengthen your bladder health.

This practice allows your bladder to maintain its natural capacity and function effectively. Remember, it's about balancing your needs; avoiding pain is important, but so is building resilience.

By intentionally responding to your body's true signals and avoiding the cycle of habitual, unnecessary trips to the bathroom, you're not just managing a condition but actively restoring your bladder's health.

This shift from reactive to proactive can be profoundly empowering, setting the stage for lasting wellness and comfort. Embrace this journey with knowledge and intention, and watch as your relationship with your bladder transforms into one of understanding and harmony.

BLADDER TIP



EMBRACE STRESS-REDUCING TECHNIQUES FOR A BALANCED AND HEALTHY BLADDER

Stress plays a more significant role in bladder health than most realize. When stressed, the body's natural response can exacerbate bladder issues, leading to increased frequency, urgency, or even incontinence. Therefore, integrating stress management techniques into your daily routine is vital for maintaining a healthy bladder.

Start with deep breathing exercises. This simple yet powerful technique involves slow, deliberate breaths. Inhale deeply through your nose, hold for a few seconds, and exhale slowly through your mouth. **Practicing this for just a few minutes daily can significantly reduce stress levels, easing the strain on your bladder.**

Yoga is another excellent tool. Not only does it promote relaxation, but certain yoga poses also strengthen the pelvic floor muscles, which are crucial for bladder control. Poses like the Bridge, Child's Pose, and Butterfly Stretch are particularly beneficial.

Additionally, meditation can profoundly impact stress levels. Allocating even 10-15 minutes a day to meditate can help calm your mind, reduce anxiety, and create a sense of balance and inner peace. There are various forms of meditation, including mindfulness, guided, or focusing on a mantra.

Incorporating these relaxation techniques into your daily life can improve your overall well-being and contribute significantly to a healthier bladder.

By managing stress effectively, you not only enhance your mental health but also support the proper functioning of your bladder.

Bladder inflammation can significantly impact your daily life, often leading to discomfort and frequent urges. While proper hydration is essential, there are other powerful ways to combat inflammation through diet and supplementation.

Adjusting your diet to include anti-inflammatory foods can greatly reduce bladder inflammation. Incorporate foods rich in antioxidants, such as berries, leafy greens, nuts, and seeds. These foods fight inflammation and support overall bladder health. Also, foods high in omega-3 fatty acids, like salmon and flaxseeds, are excellent for reducing inflammation. Avoid irritants like caffeine, acidic foods, artificial sweeteners, and spicy foods that can aggravate the bladder.

Alongside a healthy diet, targeted supplementation is key. **The Ultimate Health Bladder supplement is specifically formulated to soothe an inflamed bladder.** Its blend of natural ingredients works to calm irritation, reduce urinary tract infections (UTIs), and alleviate the discomfort of bladder burning – common issues for women over 40. This supplement contains ingredients known for their anti-inflammatory properties, providing a natural approach to restoring your bladder's health.

Combining an anti-inflammatory diet with the Ultimate Health Bladder supplement creates a powerful synergy that not only heals the bladder from within but also prevents future flare-ups. Embrace these changes, and you can expect to see a significant improvement in your bladder health and overall well-being.

A large, stylized red number '5' is positioned on the right side of the page. It is partially overlaid by a light red circular shape in the top right corner. The number '5' is thick and has a modern, sans-serif appearance.

BLADDER TIP

AVOID BLADDER IRRITANTS. YOUR GUIDE TO A HAPPIER, HEALTHIER BLADDER: UNDERSTANDING PERSONAL DIETARY CHOICES

For every woman, the journey to bladder health is personal and unique. Your body's response to certain foods and drinks can significantly impact your bladder, potentially leading to discomfort like frequent urges or urgency. Learning which foods and drinks are your bladder's friends or foes is key to your comfort and health.

Common culprits like caffeine, alcohol, spicy foods, citrus fruits, and artificial sweeteners can vary in their effects from one woman to another. This means your bladder's best diet might look different from your friend's, emphasizing the importance of tuning into your body's signals.

By paying close attention to how different foods and drinks make you feel, you'll be able to pinpoint what soothes or irritates your bladder. This isn't just about dodging discomfort; it's about lovingly caring for your bladder, helping it become stronger and more resilient.

As you make these thoughtful changes to your diet, you're likely to notice a happier bladder and improved overall urinary health. This path towards a bladder-friendly diet is more than just about physical wellness; it's a journey of empowerment, deepening your understanding of your body's unique needs. Embrace this loving approach and watch as your bladder health transforms, bringing you more comfort and joy in your everyday life.

CONCLUSION

Are you battling with frequent UTIs, constant bathroom trips, or a bladder that disrupts your sleep?

Say goodbye to these struggles with Total Fem Ultimate Bladder Health. This breakthrough solution, designed for the 18 million women suffering from Aging Bladder Syndrome, offers a natural, non-surgical path to recovery.

Total Fem Ultimate Bladder Health supplement is your ally if you find your daily life hampered by bladder issues, feel chained to pantyliners and diapers, or if medical solutions have fallen short. This powerful combination of four supplements works synergistically to provide rapid and significant improvements in bladder control.

Ideal for women experiencing hormonal changes leading to recurrent urinary tract infections, and our formula is designed to restore not just bladder health but also your quality of life. Embrace a life free from the fear of coughing, sneezing, or laughing, and reclaim your nights from endless trips to the bathroom with **Total Fem Ultimate Bladder Health**.

FINALLY! RECLAIM TOTAL CONTROL OVER YOUR BLADDER!

TROPICAL DISCOVERY GIVES YOUR BLADDER A
“RESET,” REVERSING DECADES OF WEAK MUSCLES &
DAMAGE SO YOU CAN GET OFF THE PANTY LINERS
AND SLEEP THROUGH THE NIGHT...



[CLICK HERE FOR MORE DETAILS ON SALE NOW](#)

Unlock Your Ultimate Feminine Wellness Potential with Isa's Revolutionary Total Fem Supplements & Life-Changing Programs

Isa Herrera, MSPT, CSCS, is a pelvic floor physical therapist and pioneer in the field of pelvic floor dysfunction. She is committed to designing supplements and pelvic floor healing programs that uplift your health and rebuild your inner strength.

Isa's supplements and programs are your ultimate destination for women's wellness from head to toe, including your pelvic floor. Take the first step to elevate your health and pelvic floor today and reclaim your vitality.

Say goodbye to untested supplements, hidden ingredients, and misleading marketing and programs that don't deliver the healing goods they promise.

Our supplements are science-backed, non-GMO, organically grown, and transparently labeled solutions, so you know exactly what's going into your beautiful body.

Our pelvic healing programs are based on Isa's clinical protocols, which have helped heal over 20,000 women.

Discover the life-changing benefits of Isa's supplements and programs for yourself!

Don't miss out on this opportunity to transform your health and reclaim your feminine wellness.

Check below for more details and start your journey to a stronger, more confident you today!

Sleep Through The Night Again

- ✓ USDA Organic
- ✓ Anti inflammatory
- ✓ Helps prevent UTI
- ✓ Less bathroom trips
- ✓ Get rid of the pantyliners
- ✓ Promotes urinary tract health
- ✓ Supports healthy circulation



TOTAL FEM ULTIMATE BLADDER HEALTH

*The first step to a strong bladder, UTI prevention and sleepless night - **USDA Organic***

My Ultimate Bladder Health supplement is designed to give your bladder the daily support it needs to stay strong, leak-free, and UTI-free. The best part? It's filled with all-natural ingredients that work together to nourish your body instead of work against it, like antibiotics can do. **Click here to check it out now.**

No More Leaking When you Laugh or Sneeze



Lifetime Access Program

V-CORE LIFT KEGEL COMPLETE PROGRAM

Now's your chance to stop the leaks and get a strong-tone pelvic floor

This is THE program if you prefer to work in the privacy of your own home and make MASSIVE improvements to your lady parts and bladder. This program is guaranteed to help you build stronger, more toned muscles down there...which means you get to say goodbye to leaks when you laugh and weak Os, too. **Click here to check it out now.**

Do your nails keep braking?

- 1 Help your hair become fuller, healthier, and far less brittle
- 2 Skin hydrating, lifting, and firming
- 3 Keeps your joints and tendons flexible and strong
- 4 Helps prevent arthritis & osteoporosis
- 5 Enhance the production of dopamine and serotonin



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TOTAL FEM COLLAGEN

Tap into the Fountain of Youth! Stay young from the inside & Get Glowing Skin

Collagen is the ultimate anti-aging tool. It's literally the fountain of youth for your skin. And I'm not just talking about the skin on your face, either. Collagen helps your pelvic floor stay more supple and your lady parts fuller. Collagen powder gives you a boost from head to toe — and it's so easy to add to your diet. Just put a scoop in your morning coffee and you'll never even know it's there! **Click here to check it out now.**

TOTAL FEM HORMONE SUPPORT- PLANT BASE AND NON-HORMONAL

End the hormonal crashes and get balanced again

When your estrogen and progesterone start to wane as you near menopause, you've got to make sure you're giving your body everything it needs to make up for the difference. My Total Fem Hormone Support is that difference. With herbs that have been used for millenia to work with your body during "the change" this formula gives you the power to re-write your menopause story. **Click here to check it out now**

Are you tired of your mood swings?

- ✓ Sleep better
- ✓ Have more energy
- ✓ Reduces hot flashes and night sweats
- ✓ Reduces belly fat
- ✓ Reduces Mood swings
- ✓ Reduces Pelvic Atrophy Syndrome



ROOTGANIC Find out more at www.rootganic.com

Are you tired of feeling constant burning "down there"?

- ✓ Estrogen & Hormone free
- ✓ Boost libido
- ✓ Rejuvenates dry *V* Tissues
- ✓ pH balanced to support *V* Microbiome
- ✓ Increases internal hydration
- ✓ Supports skin elasticity



Find out more at www.rootganic.com

TOTAL FEM RE-JUVENATOR INTERNAL VAGINAL SERUM- NON-HORMONAL

The ULTIMATE menopause hack for vaginal dryness

My Total Fem Re-Juvenator is applied internally. And once your tissues begin to absorb its magic, hold on for a wild ride — because this is infused with natural ingredients that will make your desire take off like a rocketship, leave you feeling juicy down there, and even take the edge off your other meno-symptoms. **Click here to give it a try. But don't say I didn't warn you!**

Want to stop itching "down there"?

- ✓ Balance vaginal pH
- ✓ Improving Intimacy
- ✓ Has antibacterial powers
- ✓ Heals vaginal dryness and pain
- ✓ Increasing moisture in your most delicate areas



DOWN THERE OIL EXTERNAL VAGINAL SERUM

Get Relief From Vulvar Dryness, Burning, And Itching

Talk about a game-changer. This little oil packs a one-two punch down there. It helps keep everything feeling silky-smooth. And it helps everything smell its best — thanks to the power of rose oil. **Click here to check it out now.**

Are You Fed Up With Feeling Bloating, Gassy, Or Constipated?

- ✓ Reduce risk of yeast infection
- ✓ Better vaginal taste
- ✓ Improves vaginal scent
- ✓ Balances pH



Find out more at www.rootganic.com

TOTAL FEM BIOME GUARD PROBIOTIC

De-bloat and heal your gut

Now's your chance to scoop up a bottle of the all-new Total Fem Biome Guard Probiotic at a discount — we only have a limited number of bottles left! This unique formula is spore-based, includes prebiotics, survives the trip to your large intestine, and — it's the highest-quality probiotic out there. With probiotics, it's important that you continually take them to see the best benefit...and that's why I've set up a subscribe and save option for you! **Click here to learn more.**

Did you forget your car Keys?

- ✓ Sharper memory and recall
- ✓ Calmer and more peaceful mind
- ✓ Increased creativity and inspiration
- ✓ Improved mental clarity and focus

Find out more at
www.rootganic.com



TOTAL FEM BEAUTIFUL BRAIN

Optimize & Protect Brain and Say Good-Bye to Brain Fog

When you want to protect what you've got — and not lose any more of your precious brain power...it's time to try Beautiful Brain. This all-natural formula combines the most potent nootropics with a proprietary blend of essential oils to calm the mind and support focus like nothing else can. A must for all women who want great memory, focus and healthy brains. **[Click here to check it out now](#)**

Do you feel tired all the time?

- ✓ No more draining your daily vitality
- ✓ No more fragile bones
- ✓ Boost immune system
- ✓ No more muscle soreness
- ✓ Helps Pelvic Organ Prolapse
- ✓ Supports skin elasticity



Find out more at
www.rootganic.com



TOTAL FEM VITAMIN D PROTECT

Optimize Hormones, Pelvis, Breasts, and Brain

Vitamin D is essential for healthy bones as you age...and it's also important for your pelvic floor health and your hormones and your brain. Basically, it's a wonder nutrient — that most of us just aren't getting enough of. Plus, with the increasing strength of the sun's rays, it's just not safe to get your vitamin D from standing outside without sunscreen on anymore. Luckily, I have the perfect solution for you. **[Click here to learn more.](#)**

Do you feel tired of feeling sore?

- ✓ Supports Healthy Inflammation Level
- ✓ Tightener skin
- ✓ Antioxidant
- ✓ Makes your skin feel amazing, hydrated, and soft
- ✓ Tame menopausal mayhem
- ✓ Reduces the "emotional" symptoms associated with PMS



Find out more at
www.rootganic.com



B-HEALTHY BREAST DEFENSE SERUM

Protect Your Girls and Increase Your Sensuality and Self-Love

Welcome to your new self-care addiction. My B-Healthy Breast Defense Oil is a luxury...but it's also a great way to boost oxytocin, get in some calming aromatherapy, and perform that all-important self-check for cancer. All it takes is a couple of moments post-shower, and you'll feel insanely hydrated, relaxed, and happy — especially knowing that you've done something that's just for you. **[Click here to learn more.](#)**

Tension Relief Wherever You Go

- ✔ Supports the nervous system
- ✔ Clinically Backed Ingredients
- ✔ Promotes brain health
- ✔ Long-term relief and migraine prevention
- ✔ Avoids negative side effects of medications



Find out more at www.rootganic.com

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M-RELIEF DUAL ACTION KIT

Conquer Migraines Inside and Out for Total Relief and Renewed Energy

Discover your new migraine-fighting secret weapon. The M-Relief Dual Action Kit is a game-changer...offering both internal support and external healing. It's your daily dose of migraine support paired with on-the-spot comfort. Just a capsule a day and a quick roll-on application, and you'll feel incredibly balanced, focused, and empowered — knowing you've taken control of your migraines. **Click here to learn more.**

TOTAL FEM CALM & CLARITY

Find inner peace, better sleep, and heal more quickly

Discover Total Calm & Clarity with Our 3:1 Rare Herbal Formula

- ✔ Ease Stress
- ✔ Reduce Anxiety
- ✔ Relieve Pelvic Tension
- ✔ Improved mental clarity and focus
- ✔ Calmer and more peaceful mind



Find out more at www.rootganic.com

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You know you need to relax and stop stressing about, well, everything. But then when your head hits the pillow at night — you can't sleep. Anxious thoughts are racing through your head. And you wake up feeling like a zombie the next day. While you can't unsubscribe from stress, you can give your body what it needs to chill out and get real restful sleep. Because here's the thing...when you're stressed, it affects your entire body. Your heart, your brain, and your pelvic floor. You can't ignore this forever. **Check out the ultimate chill pill by clicking here.**

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