



THE 30-SECOND PELVIC STRESS RESET

*How to Interrupt Stress Before
It Attacks Your Pelvic Floor*

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Creator of the V-Core Pelvic Healing System

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ABOUT ISA

Isa Herrera is a leading authority in integrative pelvic floor therapies. A licensed physical therapist with over 20 years of hands-on clinical experience, she has treated more than 22,000 women at her prestigious NYC healing center, Renew PT.

At the forefront of blending Maya Massage, Cold Laser Therapy, Sound Healing, and Mayan Energy Techniques with conventional physical therapy, Isa offers an integrative pelvic floor healing method embraced by mainstream communities worldwide.

An expert in her field, Isa has authored five essential books on pelvic floor dysfunction and pain. Through her online academy at PelvicPainRelief.com, she offers meticulously designed self-help courses that bring her extensive expertise to a global audience.

Personal experience has deepened Isa's professional commitment. After enduring pelvic floor dysfunction following the birth of her daughter, **Isa knows the challenges intimately.**

Isa's life mission is to help 1 million women conquer pelvic floor dysfunction.



A Personal Note from Isa

Dear Unbreakable Queen,

After more than twenty years of working with thousands of women struggling with pelvic pain, bladder issues, and chronic stress, I've learned something that changed everything: **You cannot heal a body that's stuck in fight-or-flight.**

When stress takes over, your nervous system locks down. Your pelvic floor tightens. Your breath becomes shallow. Your body literally forgets how to release.

I see it every day in my practice... women who have tried everything, yet their bodies refuse to let go. They do the exercises. They take the supplements. They see the specialists.

But nothing works because their nervous system is still on high alert.

The technique I'm about to share with you is the single most important reset I teach. It takes less than a minute.

It works anywhere, in your car, at your desk, in the middle of the night when anxiety wakes you up.

And it interrupts the stress response at its source: your breath.

This isn't just another breathing exercise. This is the foundation on which everything else is built on.

Let me show you how.

In Your Corner Now and Always, Isa

WHY STRESS IS ATTACKING YOUR PELVIC FLOOR

Here's what most women don't know: **your pelvic floor is a direct mirror of your stress level.**

When you're stressed, your body goes into protection mode.

Your jaw clenches.

Your shoulders creep up.

Your breath gets shallow.

And your pelvic floor? It grips. It tightens. It locks down.



That hidden tension is connected to:

- Leaking that seems to come out of nowhere
- Urgency that has you mapping every bathroom
- Pain during intimacy that your doctor can't explain
- A heaviness or pressure that gets worse under stress
- Vaginal dryness that no amount of water seems to fix

The cascade works like this: **Stress → cortisol → pelvic tension → restricted blood flow → tissue dryness, thinning, and pain.**

It's not just aging. It's not just hormones. It's your nervous system holding your pelvic floor hostage.

The Reset Breath I'm about to teach you interrupts this cycle at its source.

THE SCIENCE BEHIND THE RESET BREATH



This isn't about breathing deeper. It's about breathing smarter.

The technique is called the **4-7-8 Breath**. It's one of the most powerful nervous system resets known to science.

When you hold your breath and then extend your exhale longer than your inhale, you activate your **parasympathetic nervous system**, the "rest and digest" state where healing happens.

HERE'S THE SCIENCE:

Your vagus nerve, the longest nerve in your body, runs from your brain through your diaphragm and into your pelvic region.

The 4-7-8 pattern stimulates this nerve directly, sending a powerful "calm down" signal throughout your entire system.

This is why women with tight pelvic floors, bladder urgency, and chronic tension often feel immediate relief with this technique.

You're not just relaxing your mind... you're releasing the physical grip that stress has on your body.

THE 4-7-8 RESET BREATH: YOUR 30-SECOND PROTOCOL

Follow these five steps. Three rounds. About 60 seconds total.

STEP 1: Find Your Ground

Place both feet flat on the floor. Feel the weight of your body being fully supported. You can do this sitting, standing, or lying down. The key is to feel stable and safe.

STEP 2: Inhale for 4 Counts

Breathe in slowly through your nose. Count to four. Let your belly expand — not your chest. Feel the breath move downward, toward your pelvis. Imagine you're filling a balloon in your lower belly.

STEP 3: Hold for 7 Counts

Gently hold your breath for 7 counts. This is where the magic begins... the hold allows oxygen to saturate your cells and signals your nervous system to shift gears.

Pelvic floor bonus: During this hold, do a gentle baby Kegel, just a soft 30% lift of your pelvic floor. This helps coordinate your breath with your pelvic muscles and retrains them to work together.

STEP 4: Exhale for 8 Counts

Exhale slowly through your mouth for 8 counts. Let your jaw soften. Let your shoulders drop.

As you release the breath, release the baby Kegel too... feel your pelvic floor naturally soften and let go. This is the release your body has been craving.

STEP 5: Repeat 3 Times

Three rounds. That's it. About 60 seconds total. You've just told your nervous system: We're safe. We can let go now.

"Breathe in courage. Hold in stillness. Exhale and release."

WHEN TO USE THE RESET BREATH

Use this technique anytime you notice tension building:

- Before a difficult conversation
- When you feel urgency in your bladder
- When anxiety starts to rise
- When pain flares up
- When you wake in the middle of the night
- When you feel overwhelmed by everything on your plate
- Before intimacy, when your body needs to soften
- At red lights, in waiting rooms, during commercials

The more you practice, the faster your body responds. What takes 60 seconds now will eventually become automatic... a new default setting for your nervous system.

WHAT HAPPENS WHEN YOU RESET DAILY

When you practice the Reset Breath consistently, even just twice a day, something remarkable happens:

- **Less tension:** Your pelvic floor learns to release instead of grip
- **Better bladder control:** Reduced urgency and fewer leaking episodes
- **Improved tissue health:** When tissues relax, blood flow returns, and blood flow is what keeps vaginal tissue hydrated, elastic, and healthy
- **Lower cortisol:** The 4-7-8 pattern lowers cortisol, which means your hormones can start rebalancing naturally
- **Less pain:** When your pelvic floor isn't bracing in protection mode, intimacy becomes more comfortable

This is not a small thing. This one technique addresses the root cause behind many of the symptoms women are told to "just live with."

Leaking? Could be tension. Dryness? Could be cortisol. Pain? Could be a pelvic floor that never learned to release.

The Reset Breath teaches it.

YOUR NEXT STEP



The Reset Breath is powerful on its own. But it's actually just one piece of the puzzle.

Because here's the truth: **stress doesn't just cause tension. It causes a cascade that affects your hormones, your tissue health, and your intimate comfort.**

The women I work with who get the fastest results are the ones who address ALL of it, the tension, the dryness, the tissue thinning, the hormonal disruption, not just one piece.

So here's what I want you to do...

Start with the Reset Breath today. Do it twice.

Morning and night. Notice what shifts in your body.

Then stay connected. I'm going to be sharing more about the stress-to-dryness connection and what you can do about it, naturally, without synthetic hormones, and without expensive procedures.

Because your body wants to heal.

Sometimes you just have to get the stress out of the way and let it.

Big Love,
Isa