



THE SMART KEGEL REVOLUTION: THE NEW SCIENCE OF PELVIC POWER

5 Steps to a Strong, Leak-Free Pelvic Floor Using the New Science of Kegel Fascia Training... No Pills, Surgeries, or Gadgets.

Isa Herrera MSPT, CSCS



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ABOUT THE AUTHOR

Isa Herrera, MSPT, CSCS is a licensed pelvic-floor physical therapist, clinical pioneer, and bestselling author of **five books on pelvic health and women's healing**.

As the founder of **Renew Physical Therapy**, one of New York City's first pelvic-floor specialty clinics, Isa has personally treated more than **22,000 women** struggling with pain, leaking, prolapse, and intimacy challenges.

Her journey began from personal experience — Isa faced her own pelvic-floor dysfunction after childbirth and discovered how broken, dismissive, and under-informed the medical system was for women.

Refusing to accept that pain and shame were “normal,” she transformed her recovery into a lifelong mission to empower others.

From her 20 years in clinical practice, Isa created the **V Core Lift™ Program**, a revolutionary 8-module online healing system that helps women rebuild strength, vitality, and confidence naturally.

She is also the founder and formulator of **Rootganic® Total Fem Supplements**, a physician-grade supplement line born out of the real needs of her patients seeking safe, science-backed, hormone-free solutions for pelvic, hormonal, and vaginal health.

Her expertise has been featured in media, medical conferences, and women's wellness platforms worldwide. But what sets Isa apart is her heart: she's walked this path herself, and she knows that healing the pelvic floor isn't just about muscles — it's about reclaiming power, pleasure, and wholeness.

“My mission is simple: to help one million women heal their pelvic floors naturally without shame, fear, or unnecessary surgery.”

Connect with Isa:

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YouTube: [@isaherreramsptcscs8217](https://www.youtube.com/channel/UCisaherreramsptcscs8217)



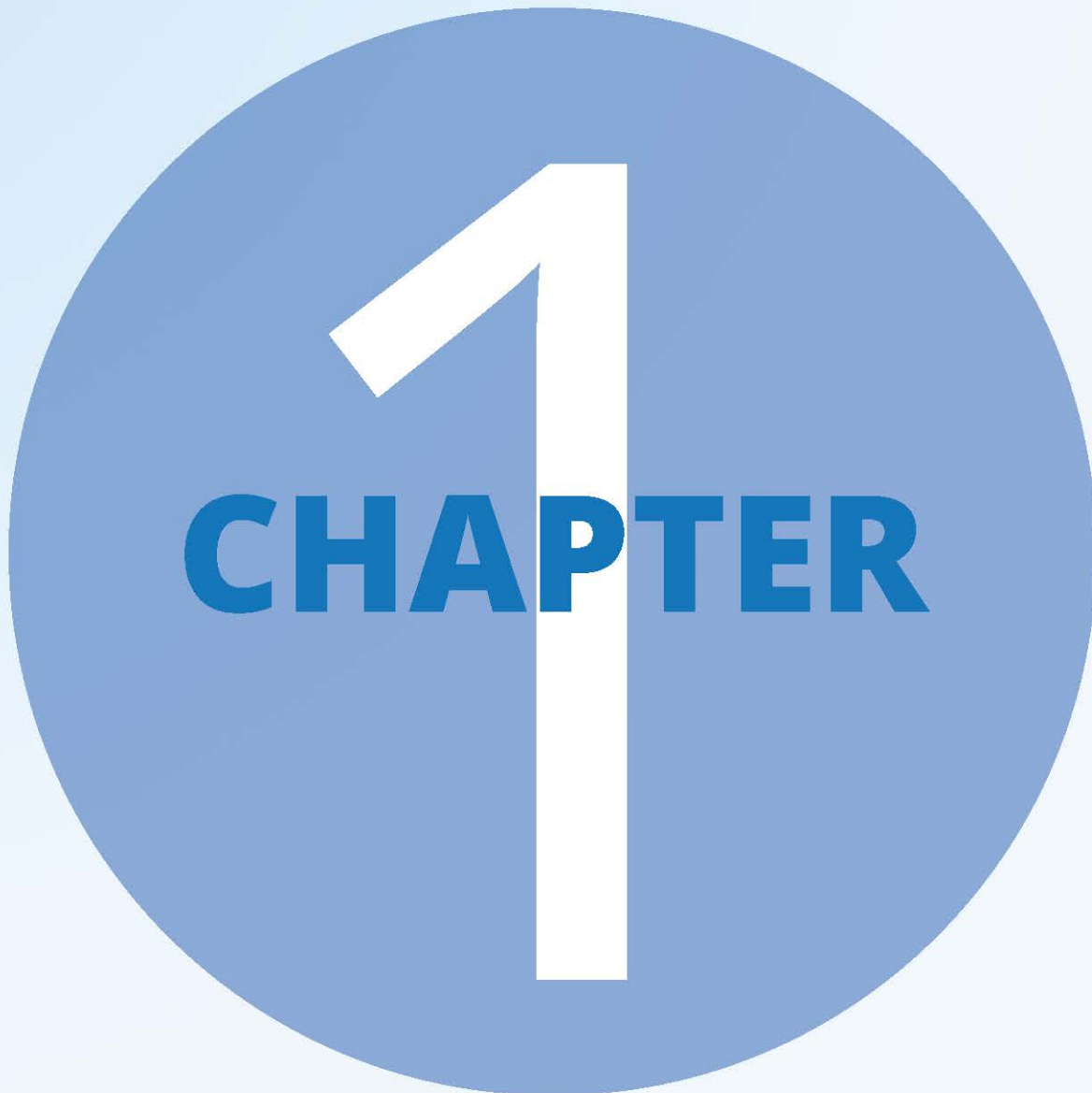
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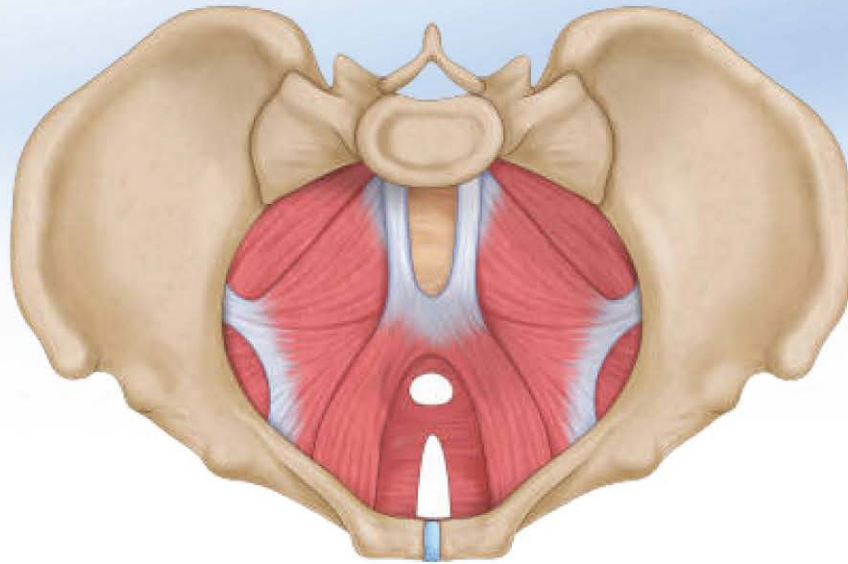
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THE TRUTH ABOUT KEGELS



The Myth That Misled Millions

Every woman has heard the word “Kegel.” Most of us were told to do them — after childbirth, during menopause, or anytime something felt a little off “down there.” We were told they’re the answer to leaks, prolapse, and better intimacy.

But here’s the truth: **Kegels don’t work for everyone, and when done incorrectly, they can make symptoms worse.**

In two decades as a pelvic floor physical therapist, I’ve seen women who squeezed faithfully for years, only to find themselves with more pain, urgency, or pressure than before. The problem isn’t the Kegel itself — it’s how we’ve been taught to do it.

The Real Reason Kegels Fail

Kegels are not a one-size-fits-all exercise. They’re a medical technique that requires coordination, awareness, and balance between contraction and release.

When you’re told to “just squeeze,” you’re only engaging half the equation. The result? Tension builds, fascia tightens, and the muscles lose their ability to move through a full range of motion.

A healthy pelvic floor is supple, responsive, and rhythmic, **not clenched.**

“Most women don’t have weak pelvic floors; they have confused ones.” – Isa Herrera, MSPT

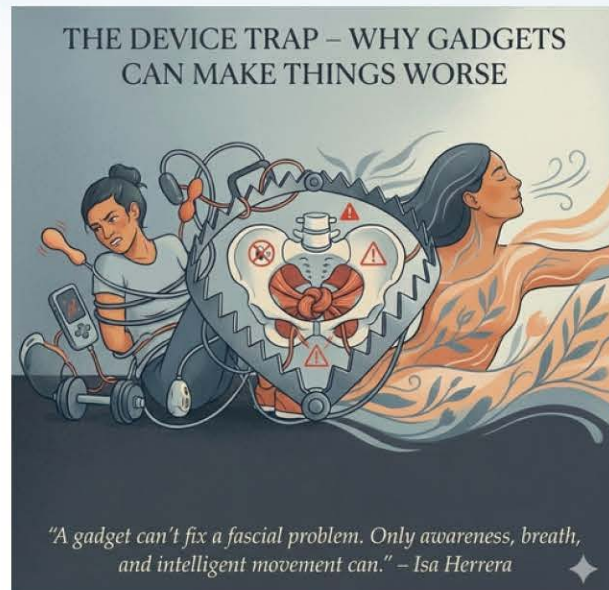
Your pelvic floor muscles work in harmony with your diaphragm, your posture, and even your emotions. When you're stressed, the body's instinct is to grip and hold — and the pelvic floor is no exception.

If you're constantly holding your breath, your belly, or your emotions, your Kegels will never have the freedom to flow.

The Device Trap – Why Gadgets Can Make Things Worse

Today, an entire industry sells devices, weights, and trainers promising to “tighten your pelvic floor in minutes.” But the truth behind these tools is sobering. Many of these gadgets reinforce the very problem they claim to solve. They encourage over-contraction, teach the wrong breathing mechanics, and completely ignore the importance of relaxation and alignment.

“A gadget can't fix a fascial problem. Only awareness, breath, and intelligent movement can.”
~ Isa Herrera, MSPT, CSCS



In my clinic, I've treated countless women who developed increased pelvic pain, pressure, or urinary urgency after using these products. The gadgets trained their muscles to push down instead of lift up, and the result was more dysfunction — not less.

Kegel devices cannot teach your body awareness. They can't sense your breath, your posture, or your emotional holding patterns. Only you can.

That's why the **Smart Kegel System** I teach begins with education and connection — not equipment.

What Actually Works

To make real progress, you have to retrain your body from the inside out.

- Learn how to connect your breath with your pelvic floor.
- Release tension before strengthening.
- Restore balance across the four walls of the pelvic floor — front, back, and both sides.
- Address the fascia that connects your muscles and carries your history.

This is why my approach is called **Smart Kegels** — because it's not about doing *more*, it's about doing them *right*.

When you combine mindful breath, awareness, and gentle activation, you create a pelvic floor that responds naturally — not one that's forced to work against itself.

Clinic Note

"I once treated a marathon runner who couldn't stop leaking during her training. She was told to 'do more Kegels.' After evaluating her, we discovered her pelvic floor was already overactive and tight. Once she learned to release first, the leaking stopped within two weeks."

The takeaway? **Strength without softness leads to dysfunction.** You have to release before you rebuild.

Rootganic Support For Your Pelvic Foundation

Healthy pelvic muscles rely on oxygen, circulation, and balance — all of which depend on proper hydration, fascia health, and hormonal support.

That’s why I developed the **Rootganic Down There Oil™** to soothe, hydrate, and nourish your tissues from the outside in, and why **Total Fem Collagen™** supports your fascia and muscle integrity from the inside out.

- **Rootganic Down There Oil™:**
- **Total Fem Collagen™:**

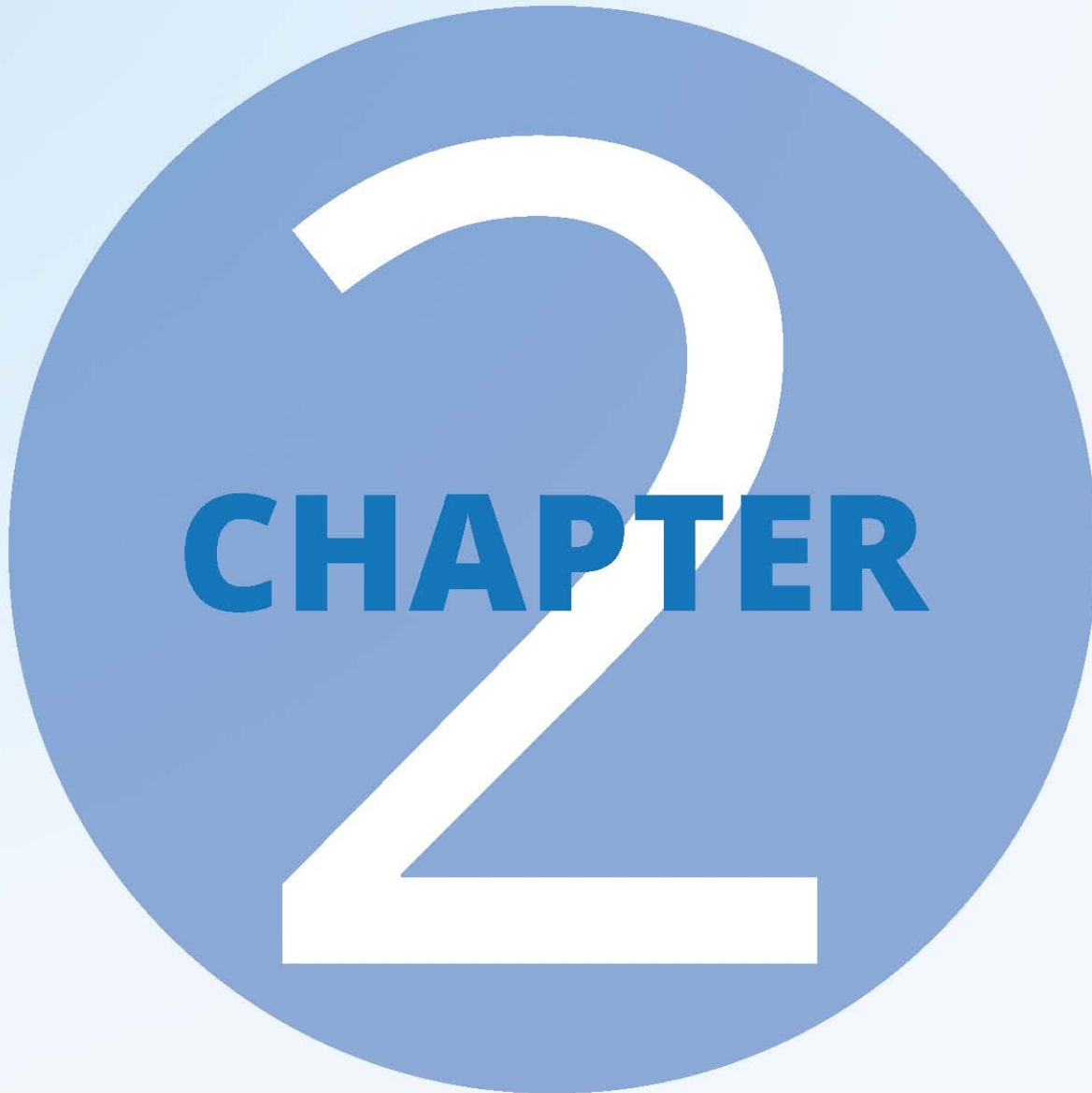


Together, they help you prepare your body for the work ahead — the deep, restorative transformation that starts with awareness and ends with strength.

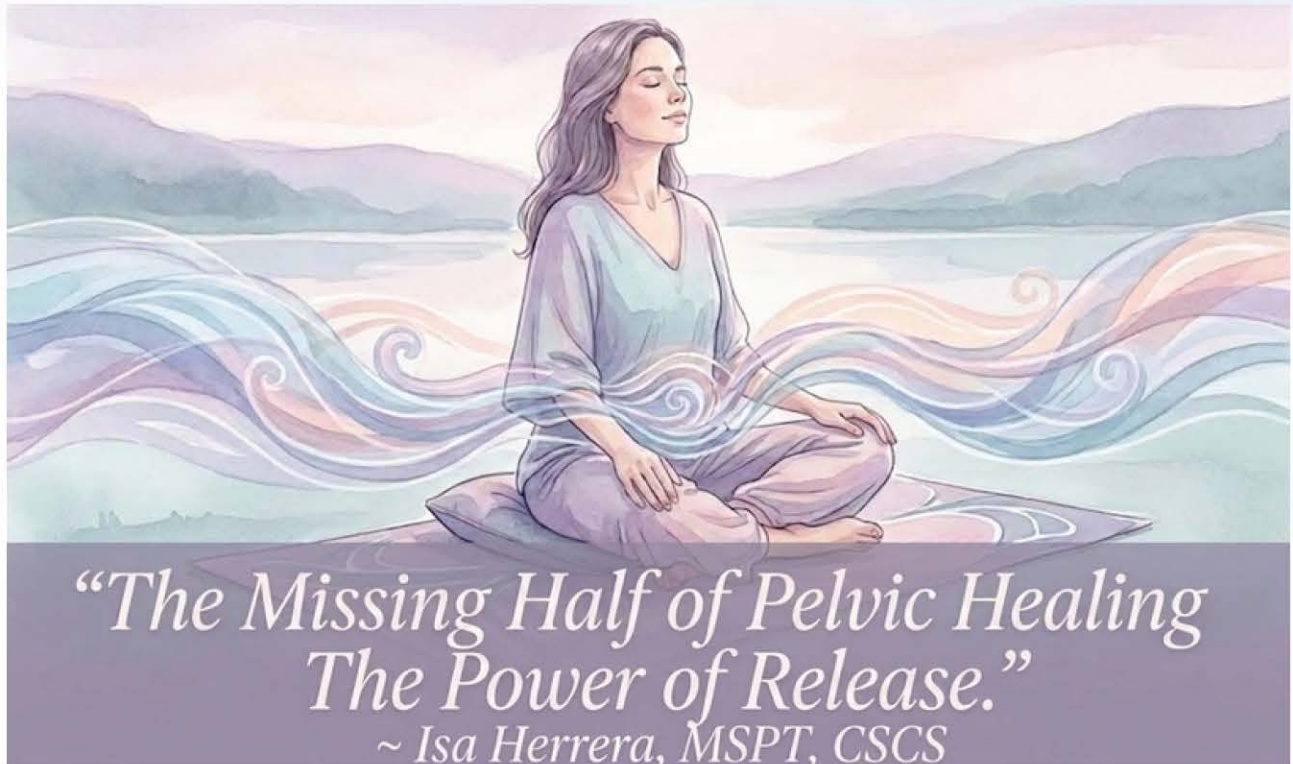
Flow Forward

You’ve just learned the truth about Kegels and the myths that have held women back for decades. Now that you know how your body truly works, it’s time to learn the art of release and flow.

In the next chapter, we’ll explore **Reverse Kegels** — the missing half of pelvic healing that unlocks your body’s natural intelligence and starts your true recovery.



***THE MISSING HALF...
REVERSE KEGELS***



Why Release Matters More Than You Think

When most women hear the word “Kegel,” they think squeeze. But true healing starts with the opposite motion — the release.

Your pelvic floor is not a single muscle to tighten; it’s a system of interwoven layers that need to expand and contract like a wave.

Just like your breath, your pelvic floor must learn to inhale and exhale.

If you’ve been told to “do your Kegels” without learning to relax first, you’re not alone.

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What Is a Reverse Kegel?

A Reverse Kegel is the conscious relaxation and gentle expansion of your pelvic floor. Instead of pulling everything in and up, you’re allowing everything to **open and drop down**.

Think of it as a pelvic inhalation — the breath that invites healing. On the inhale, your diaphragm lowers, and your pelvic floor naturally releases downward. On the exhale, both gently rise together. This rhythm creates strength through balance, not tension.



“There is no contraction without relaxation. The release is where your healing begins.”

~ Isa Herrera, MSPT, CSCS

Reverse Kegels are especially powerful for women who have been gripping, clenching, or holding tension for years — often without realizing it.

Signs You Need Reverse Kegels

- You feel tightness, heaviness, or burning in the pelvis.
- Sex feels uncomfortable or painful.
- You have trouble initiating urination or bowel movements.
- You leak even though you’ve been doing “regular” Kegels.
- Your body feels anxious, restless, or unable to let go.

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If any of these sound familiar, your body is likely asking for release not more tension.

How to Do a Reverse Kegel

You don't need any gadgets or equipment — just your awareness and breath.

Step-by-Step Guide:

1. Sit or lie in a comfortable position with a neutral pelvis (not tucked or arched).
2. Place one hand on your belly and one over your lower pelvis.
3. Inhale slowly through your nose, sending your breath downward into your pelvic floor.
4. Feel your body gently open, imagine your sit bones widening and your pelvic bowl expanding.
5. Hold this openness for 2–3 seconds.
6. Exhale naturally and allow your body to reset.
7. Repeat for 5–10 breaths

Remember: Never force or bear down. The Reverse Kegel is about surrender, not strength.

Practice daily... even a few mindful breaths can begin to reprogram your muscles and nervous system for ease

The Physiology Behind the Flow

When you inhale, your diaphragm moves downward, creating gentle pressure in your abdomen. A healthy pelvic floor mirrors this motion, lengthening and relaxing.

This alignment between your breath and your pelvic floor is what I call **physiological breathing**. It's nature's design, the built-in rhythm that regulates everything from circulation to core stability.

When you reconnect this relationship, you unlock deep healing: better bladder control, less pelvic pain, improved digestion, and even enhanced intimacy.

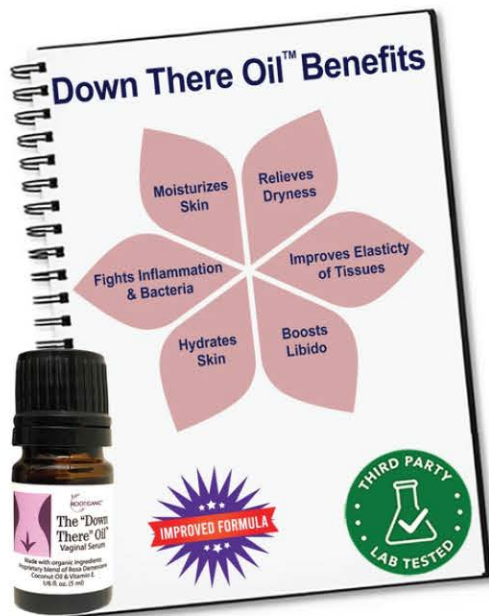
Clinic Note

"One of my patients, a 47-year-old woman with chronic urgency and pain, practiced Reverse Kegels and diaphragmatic breathing daily for three weeks. Her nighttime trips to the bathroom dropped from five to one — and for the first time in years, she could sleep through the night."

This is the power of letting go

Common Mistakes To Avoid

- Holding your breath. Breath-holding increases pressure and tension.
- Pushing or bearing down. This can strain your pelvic organs.
- Forcing the release. True release comes from awareness, not effort.
- Skipping it entirely. Without Reverse Kegels, strengthening work often fails.



Rootganic Support For the Art of Release

As your body relearns to open and soften, it needs nourishment that supports tissue health and hydration.

That's why I recommend **Rootganic Down There Oil™** to soothe and lubricate the outer vulvar fascia, making relaxation and body awareness easier. Its botanical blend promotes circulation, reduces irritation, and helps your body feel safe to let go.

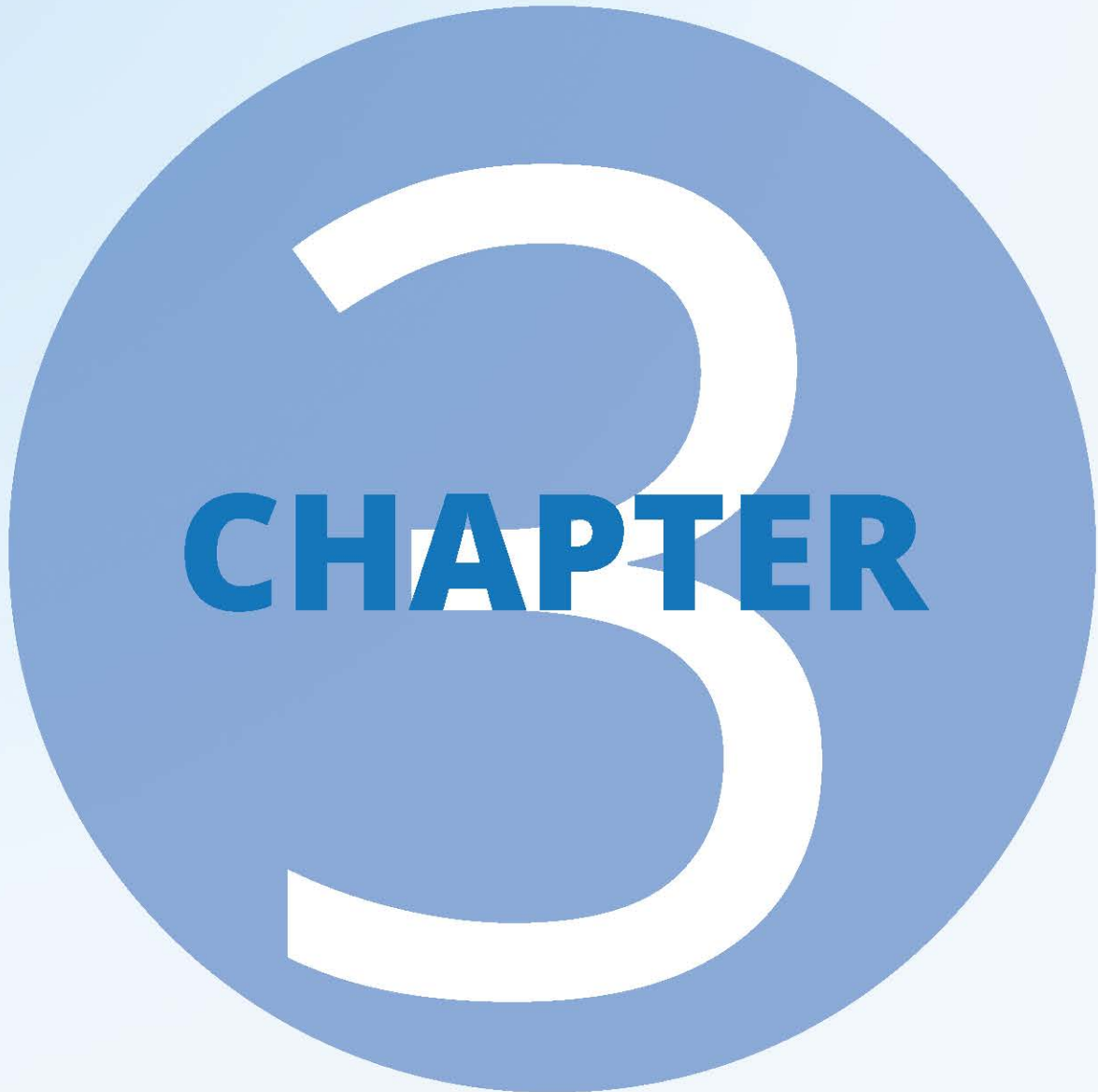
- Rootganic Down There Oil™:

Use it during gentle self-massage or before your breathing practice to enhance connection and comfort.

Flow Into Healing

Reverse Kegels are the bridge between tension and freedom. They teach your body to feel again — to trust movement, breath, and softness.

Now that you've experienced the power of release, it's time to personalize your healing. In the next chapter, you'll discover **your unique vaginal type** so you can tailor your Smart Kegel practice to your body's exact needs.



FIND YOUR VAGINAL TYPE

Why Your Type Matters

After learning how to release with Reverse Kegels, it's time to personalize your healing. Not every woman needs the same approach, because not every pelvic floor behaves the same way.

In my 20+ years of clinical practice, I've found that women fall into four distinct vaginal types. These patterns are based on how your pelvic muscles respond to stress, movement, hormones, and emotion.

There's no wrong type — only the right place to start. Once you understand your type, you'll finally know what your body has been trying to tell you all along.

Step 2: What's Your Vagina Type?

- I created this after seeing the same patterns in 20,000 women!



The Typical Cycle - Back & Forth Between Vagina Types

The Four Vaginal Types

Each type has unique challenges — and unique healing strategies. Read through these descriptions and notice which one sounds most like you.

Tense Tamara™ – The Overachiever Pelvic Floor

Your muscles are always “on.” You might feel tightness, pain during intimacy, or burning sensations.

You’ve probably been told to “do more Kegels,” but they only make you worse.

Tense Tamara™ needs release, not resistance. Start with Reverse Kegels, breathing, and gentle fascia work before any strengthening.

“I thought I was weak, but I was actually too tight. Once I learned to let go, everything changed.” – Client, age 45

Baffled Bonnie™ – The Mixed-Signal Pelvic Floor

You leak sometimes, hurt other times, and can’t seem to figure out why. You’re strong in some ways but fragile in others. Baffled Bonnie’s™ pelvic floor alternates between gripping and collapsing; it’s trying to protect and perform at the same time.

Baffled Bonnie™ needs balance. She benefits from alternating Reverse Kegels and Smart Kegels to retrain coordination and trust.

“I finally understood my body wasn’t broken — it was just confused. Once I found my rhythm, I felt free.” – Client, age 52

Laid-Back Lucy™ – The Relaxed but Weakened Floor

You may feel heaviness, low tone, or lack of sensation during intimacy. You might have a mild prolapse or find yourself crossing your legs when you laugh or sneeze.

Laid-Back Lucy™ needs activation. Smart Kegels with good posture and mindful breath will rebuild tone and lift without strain.

Rootganic Support: **Total Fem Collagen™** supports the fascia and connective tissue that give the pelvic floor its strength and elasticity.



Healthy Heather™ - The Balanced Pelvic Floor

This is where every woman can arrive with the right guidance, a pelvic floor that is supple, responsive, and strong. No leaks, no pain, no pressure.

Healthy Heather™ maintains her balance through ongoing awareness and care.

Healthy Heather's™ secret?

Consistency and maintenance. She practices Smart Kegels, Reverse Kegels, and fascia care to stay vibrant through every stage of life.

Rootganic Support: Maintain internal and external wellness with the [V-Core Lift™ Program](#), Isa's clinically developed system for pelvic balance and strength.

Take the Quiz

What Type Is Your Lady Part?

Take Isa's free 2-minute quiz and discover your vaginal type, plus get a personalized Smart Kegel plan based on your results.

[Take the Quiz Here →](#)

Your results will help you identify whether you should begin with release, activation, or balance - so you can follow the right healing path from the start.

Why Knowing Your Type Changes Everything

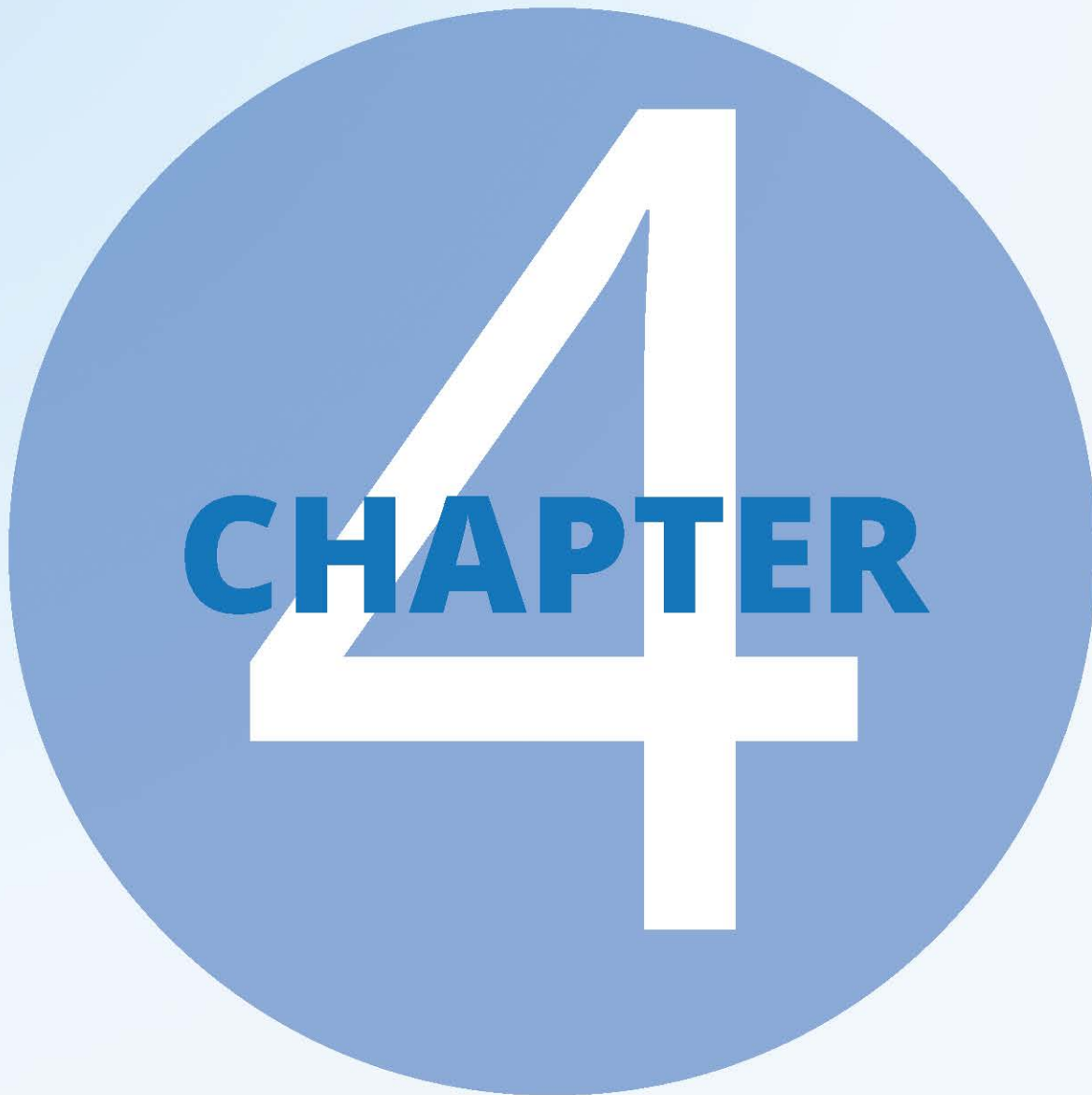
Understanding your type removes guesswork. You'll stop wasting time on exercises that don't fit your body and finally learn the Smart Kegel formula that matches your physiology.

When you work with your type — not against it — progress happens faster, symptoms ease, and confidence returns.

"Knowing my type helped me realize I wasn't broken — I was just doing the wrong program for my body." – Client, age 50

Flow Forward

When you know your type, you hold the key to transformation. In the next chapter, we'll rebuild your foundation with **alignment, posture, and awareness — the Smart Kegel way.**



SMART KEGEL FOUNDATIONS



The Foundation of Every Smart Kegel

Now that you understand your type, it's time to learn the mechanics that make every Smart Kegel effective.

This is the foundation of your healing — posture, breath, and awareness.

Without these, even the best exercises can fall flat.

A Smart Kegel isn't about squeezing harder; it's about connecting deeper — aligning your bones, breath, and energy so your body works with you, not against you.

"When your body is aligned, your Kegels become effortless and intelligent." – Isa Herrera, MSPT

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Alignment: The Hidden Key to Pelvic Power

The position of your pelvis determines how your muscles fire. When your spine is misaligned or your pelvis is tilted too far forward or back, your pelvic floor can't engage properly.

How to Find Neutral Pelvis:

1. Stand or sit tall.
2. Gently tilt your pelvis forward (arching your back slightly), then tilt backward (tucking your tail).
3. Find the midpoint — where your sit bones point down and your lower back maintains a natural curve.
4. This is your neutral pelvis — the foundation of every Smart Kegel.

When you practice in neutral alignment, you balance the load on your pelvic floor, reduce tension, and activate your deep core muscles more efficiently.

Breath: Your Built-In Pelvic Trainer

Your breath and your pelvic floor move together. Every inhale should open and soften your pelvic floor; every exhale should gently lift and engage it.

This creates a rhythm of strength and release — a dance of flow and control.

Try This:

- Inhale deeply through your nose. Feel your ribs expand and your pelvic floor release downward.

- Exhale slowly through your mouth. Imagine lifting your pelvic floor as your abdomen draws in gently.
- Repeat for five breaths, noticing how your body begins to sync naturally.

This breath connection is your built-in Kegel rhythm. It trains strength without strain.

Awareness: The Mind-Body Connection

Smart Kegels are not mechanical repetitions — they're mindful activations. When you bring your awareness to your body, your brain rewires how your muscles perform.

Mind-Body Cues:

- Place a hand over your pelvis and one on your heart.
- As you breathe, imagine sending warmth and awareness to your lower body.
- Feel your pelvic floor respond — first relaxing, then gently lifting.

Awareness builds precision. The more connected you are, the more powerful your results become.

Common Mistakes

- Tucking the pelvis: limits range of motion and weakens contractions.
- Holding your breath: increases pressure and stress on organs.
- Over-squeezing: causes fatigue, pain, and imbalance.
- Ignoring the release: strength without softness leads to dysfunction.

Smart Kegels work best when you balance effort and ease.

Clinic Note

“A 38-year-old new mother came to me frustrated that months of Kegels weren’t working. Once she learned to align her pelvis and connect her breath, she noticed results in just a week — fewer leaks and more stability.” Alignment and breath are your hidden superpowers.

Rootganic Support For Structural Balance

Strong posture and supple fascia go hand in hand. To support the connective tissues that maintain your alignment and pelvic tone, I recommend **Total Fem Collagen™**.




This clinical-grade formula supports fascia elasticity, joint integrity, and muscle recovery — helping your pelvic floor stay resilient as you strengthen.

- **Total Fem Collagen™:**
<https://rootganic.com/products/total-fem-collagen>

Pairing Smart Kegel practice with collagen support nourishes your body from within — creating strength that’s both functional and feminine.

Flow Forward

You’ve learned the art of alignment, breath, and awareness — the invisible forces that make your Kegels truly Smart. In the next chapter, we’ll explore the missing tissue that ties it all together: fascia — the silky web that connects your muscles, emotions, and power.



5
CHAPTER

***THE FORGOTTEN TISSUE:
FASCIA, FLOW, AND FEMALE
HEALING***



*“A muscle can’t contract through a wall of scar tissue.
When the fascia flows, everything heals.”
~ Isa Herrera, MSPT, CSCS
The missing link between muscle, emotion, and vitality.*

The Hidden Web Beneath Your Muscles

Most women are told to strengthen their pelvic floor muscles. **Few are told that those muscles live inside a web — a living tissue called fascia.**

Fascia is the body’s communication fabric. It wraps around every muscle, organ, and nerve in a silk-like sheath that allows everything to glide and function as one.

It connects the pelvic floor to the hips, abdomen, and even the jaw.

When fascia is free, movement feels fluid. When it’s tight, scarred, or dehydrated, everything feels stuck — even your Kegels.

Tight fascia is often the invisible reason women say, *“I can’t find my pelvic muscles,”* or *“Kegels just don’t work for me.”*

Why Kegels Don’t Work When Fascia Is Frozen

After trauma, childbirth, surgery, or menopause, **fascia can harden like a spiderweb that’s dried in the sun.** This “frozen fascia” restricts blood flow, limits muscle activation, and traps tension and even emotional energy.

“In my 20 years as a pelvic-floor physical therapist, I’ve seen hundreds of women who couldn’t ‘find’ their muscles until we released the fascial restrictions first.” – Isa Herrera, MSPT

Once we free the fascia, **muscles awaken. The pelvic floor finally responds to breath, and Smart Kegels become effortless.** Before you can strengthen, you must soften.

Case Example: A woman post-hysterectomy struggled for months with weak contractions. Her Kegels felt “numb.” After three sessions focused solely on abdominal and pelvic fascial release, she reported, “I can finally feel my lift again.”

The Science of Flow

Fascia is rich in sensory nerve endings and communicates faster than the nervous system itself. It’s made primarily of collagen and water — meaning **hydration and elasticity are everything.**

When fascia is supple, the pelvic floor lifts naturally with each exhale. When it’s rigid, the muscles resist the contraction, creating frustration or pain. It’s like trying to pull a drawstring through dried glue — impossible until you soften the glue.

Research confirms this connection: studies show that fascial mobility influences muscle activation, coordination, and posture (Schleip et al., 2012). Breath, movement, and touch all nourish fascia and awaken its “glide.”

Fascia Awareness Scan

1. Sit or lie comfortably and close your eyes.
2. Breathe into your pelvis as if your breath could melt tension.
3. Notice areas that feel dense, sticky, or numb — that’s fascia asking for attention.
4. On the exhale, imagine those areas softening and spreading open.

Simple Tools to Support Fascia:

- **Gentle external vulva self-massage with Rootganic Down There Oil™** to hydrate and nourish connective tissue.
- Stretching poses like Happy Baby, Supported Squat, or Child's Pose to lengthen pelvic fascia.
- Reverse Kegels paired with slow, diaphragmatic breath to create internal release.
- **Fascia releasing techniques and foam rolling** featured inside the V Core Lift™ Program for deeper, guided release work.

Fascia loves slow, consistent attention, not force.



Collagen - The Unsung Hero of Pelvic Support

Fascia is made largely of collagen, the same structural protein that gives your skin firmness and your pelvic floor resilience. As we age, collagen naturally declines, which can lead to stiffness, weaker tone, and slower recovery from childbirth or menopause.

When fascia loses collagen, it loses its glide. That's why restoring collagen isn't just about beauty — **it's about function. Strong fascia equals strong, responsive muscles.**

"That's why I formulated Total Fem Collagen™, a clinical-grade supplement that nourishes fascia and supports the tone and lift of the pelvic floor from the inside out." - Isa Herrera

When women combine Smart Kegel training with collagen support, **results multiply. Muscles respond faster, pelvic tone improves, and tissue feels more hydrated and alive.** Collagen gives fascia its flexibility — and fascia gives your pelvic floor its power.

The Complete Fascia Formula – Strength + Flow

True healing isn't about tightening. **It's about restoring flow.** When fascia moves freely, the body's natural intelligence returns.

Your fascia holds not only your physical history but your emotional one. Each release, each breath, each Kegel done with awareness reprograms your body to trust itself again.

That's why the **V Core Lift™ Program** combines fascia release, Reverse Kegels, and advanced strengthening techniques — including foam rolling — the same system Isa used in her NYC clinic to help thousands of women heal naturally.

Testimonial

"I thought my body was broken. No gadget or exercise worked for me until I learned Isa's fascia release techniques inside the V Core Lift™ Program. Within two weeks, my pelvic floor felt alive again — stronger, lighter, and pain-free."

— **Marianne, age 56**

Flow Restored, Power Reclaimed

Picture your body moving freely, your breath flowing, your pelvic floor responding with strength and ease. That's what happens when your fascia remembers how to move.

Start by nourishing your fascia daily with **Total Fem Collagen™**, and take the next step toward true pelvic vitality inside the **V Core Lift™ Program** - your at-home clinic for strength, flow, and freedom.

"A muscle can't contract through a wall of scar tissue. When the fascia flows, everything heals."

Start Your Journey →



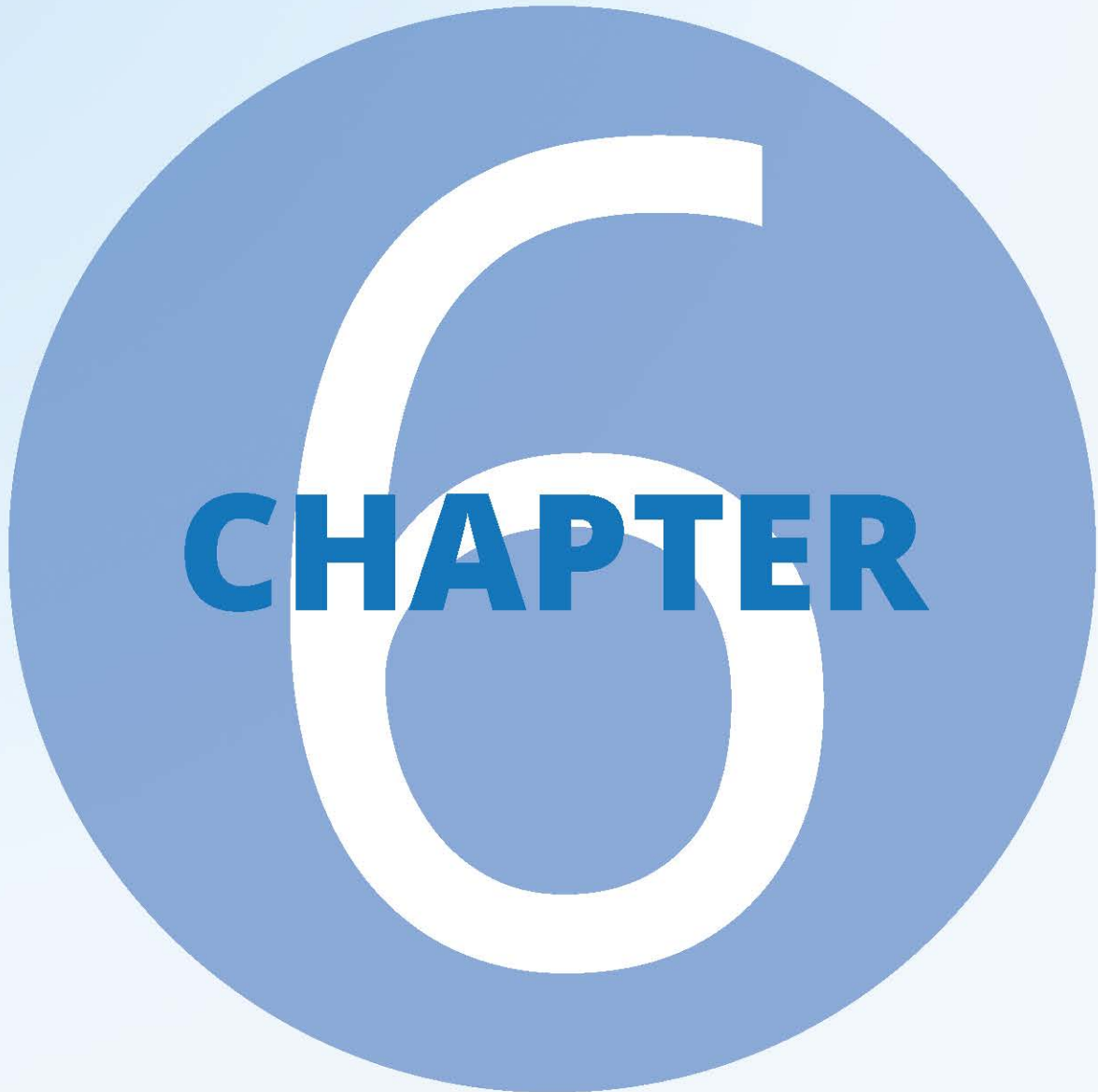
**V-Core Lift
Essentials Program**

**HSA / FSA
Eligible**

**Don't Let
Pee Leaks
Keep You
Stuck In Pads**

Isa Herrera, MSPT, CSCS
22,000+ Women Healed Naturally

ROOTGANIC



ADVANCED KEGELS FOR REAL RESULTS



Taking Your Practice to the Next Level

You've mastered awareness, alignment, and breath. Now it's time to build power — the intelligent way.

Advanced Kegels are not about doing "more" or "harder." They're about creating stronger, more coordinated movement throughout your entire pelvic system.

In this chapter, you'll learn the next-level techniques that integrate your fascia, breath, and core into one fluid system of strength and support.

"When you train your pelvic floor the Smart way, you're not just building muscles — you're building confidence, vitality, and freedom." – Isa Herrera, MSPT

Safety Tip

Always listen to your body. If you experience pain, heaviness, or pressure, return to Reverse Kegels or gentle release work before continuing. More isn't better — **mindful is better.** Your body will always tell you what it needs if you learn to listen.

The Three Advanced Smart Kegel Methods

There are three progressive methods that expand your pelvic potential: Overflow Kegels, Elevator Kegels, and Positional Kegels.

1. Overflow (Fascial) Kegels

Overflow Kegels use neighboring muscles — like the thighs, glutes, and lower abs — to help your pelvic floor engage more effectively.

By involving the fascia and connective tissue chains that link these areas, you awaken full-body coordination.

Try This:

- Sit tall in neutral pelvis.
- Place a small ball between your knees or thighs.
- Exhale and gently squeeze the ball as you engage your pelvic floor upward.
- Inhale to release.

This “helper muscle” activation gives you a stronger lift and teaches your pelvic floor to respond in harmony with your entire body.

“Overflow Kegels aren’t just muscle work — they’re fascia work. They connect strength to the systems that stabilize you.” – Isa Herrera

If your fascia feels tight or restricted, revisit Chapter 5 before progressing. Fascia flow determines how powerfully your muscles can respond.

2. Elevator Kegels

Imagine your vagina as a three-story building:

- First Floor: entrance and outer muscles (sexual sensation).
- Second Floor: bladder and mid-pelvic support.
- Third Floor: deep stabilizers and lift.

With each floor, the contraction becomes deeper and more refined.

How To Practice:

- Inhale to prepare and relax completely.
- Exhale to lift gently to the first floor — pause — then lift to the second — pause — and lift again to the third.
- Inhale to release slowly, floor by floor, until you feel open again.

You'll know you're doing it right when you feel a subtle, upward lift — not a clench. It should feel like a rising breath through your core, light and supported.

This technique enhances endurance, control, and sexual vitality while training coordination across layers of the pelvic floor.

3. Positional Kegels

Gravity changes everything. Practicing Kegels in different positions strengthens your ability to support your pelvic organs in everyday life.

Progression Order:

1. Lying on your back (least resistance)
2. Reclined or supported
3. Sitting upright
4. Standing
5. Dynamic movement (squats, walking, lifting)

The more upright your position, the more your muscles work against gravity — building real-world strength and stability.

The Science of Intelligent Progression

The Smart Kegel Method follows your body's natural learning curve. Each layer — awareness, alignment, fascia, and strength — builds upon the last.

When done correctly, these techniques don't just improve pelvic function — they enhance posture, breathing, core balance, and even your sexual confidence.

Consistency and mindfulness matter more than intensity.

“A few focused reps done with awareness are more powerful than hundreds of mechanical squeezes.” – Isa Herrera

Common Mistakes To Avoid

- **Skipping release between lifts:** creates tension and fatigue.
- **Holding your breath:** disrupts the diaphragm-pelvic connection.
- **Doing too many reps:** leads to tightness, not tone.
- **Ignoring posture:** neutral pelvis = optimal activation.

Clinic Note

"A 55-year-old client with mild prolapse practiced Elevator Kegels and Overflow Kegels three times a week. Within six weeks, her symptoms improved by 80%, and she reported stronger orgasms and renewed body confidence."

These results are possible for every woman who practices with awareness and patience.

Rootganic Support for Strength & Focus

As your pelvic muscles grow stronger, your body also needs nourishment for endurance, focus, and energy.

That's why I recommend **Total Fem Beautiful Brain™**, a cognitive and circulatory support formula that helps maintain focus, oxygenation, and vitality during your healing journey.

- **Total Fem Beautiful Brain™**: <https://rootganic.com/products/total-fem-beautiful-brain>

"Stronger body, sharper mind — they're part of the same system." – Isa Herrera

"Stronger body, sharper mind... they're part of the same system." – Isa Herrera

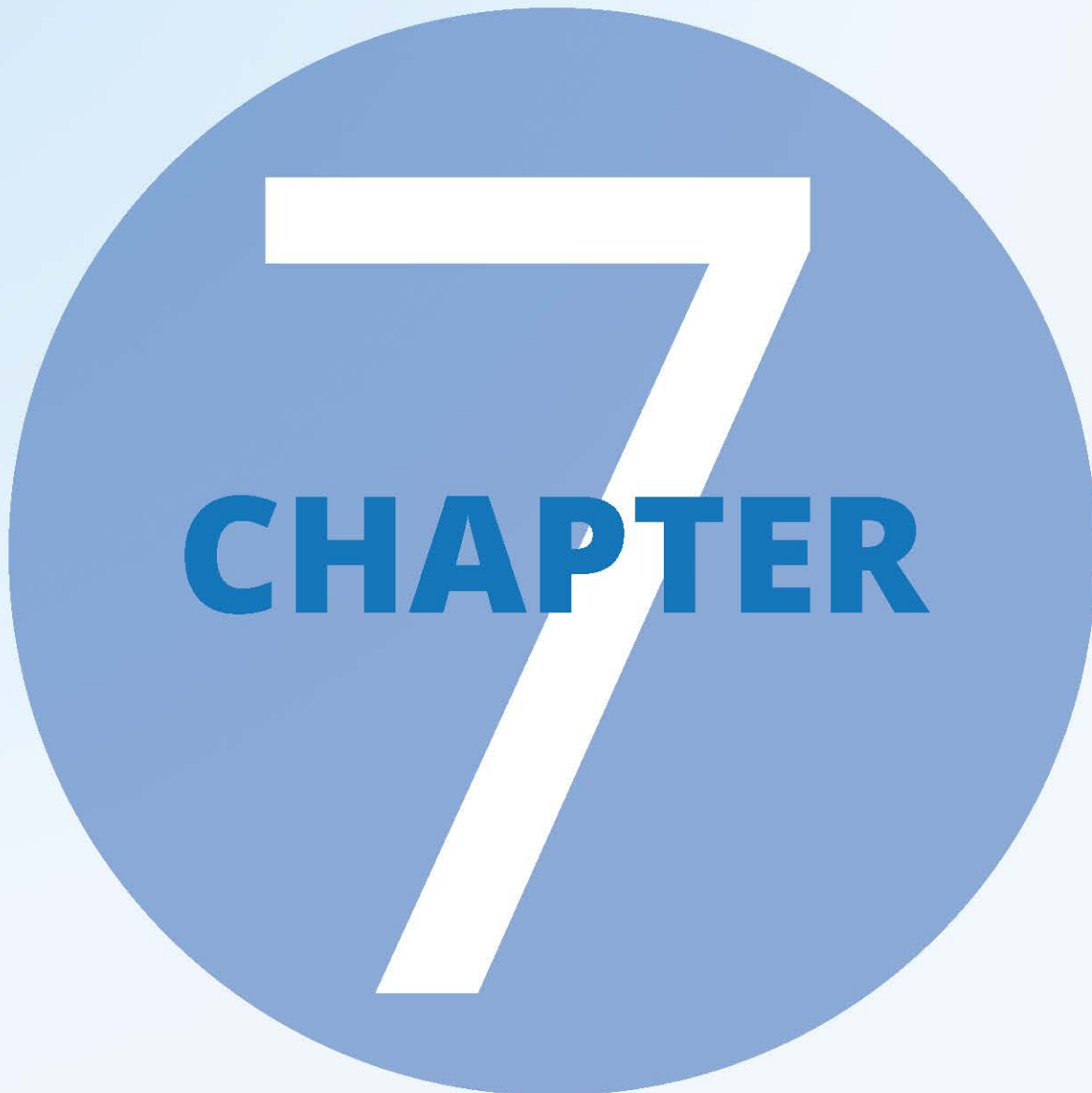


Flow Forward

You've now built strength and awareness through advanced movement. You're activating power with precision and grace.

Now that you've built power and awareness, it's time to measure your progress and witness your transformation.

In the next chapter, I'll teach you how to **test, track, and celebrate the milestones that prove your healing is real.**



***TESTING, TRACKING &
TRANSFORMATION***



Awareness Creates Transformation

Every woman wants to know, “How do I know if it’s working?”

The answer lies in awareness. You don’t need complicated charts or devices — just connection, consistency, and curiosity.

Testing and tracking your pelvic progress isn’t about judgment or numbers. It’s about noticing how your body responds to care. The more you pay attention, the faster you evolve.

“When you measure your progress with compassion, you transform faster. Awareness itself is healing.” – Isa Herrera, MSPT

The Three Testing Methods

These simple methods help you develop awareness and understand where you are today. They’re designed for education, not diagnosis — a foundation for your journey.

1. The Mirror Method

Use a small hand mirror to observe your perineal body — the tissue between your vagina and anus.

- As you perform a Kegel, you should see a subtle upward lift.
- As you perform a Reverse Kegel, you should see a gentle downward relaxation.
- If there's no visible movement, it doesn't mean you're failing — it means your connection is still developing.

Tip: Lighting and posture matter. Sit comfortably with your spine neutral so you can see and feel with ease.

2. The Touch Method

You can learn a lot from gentle external feedback.

- Place a clean finger on the perineal body (the soft tissue between your vagina and anus).
- Perform a gentle Kegel and feel for an upward lift under your fingertip.
- Relax fully — feel the softening as everything releases.

This helps you identify if one side is tighter or weaker than the other — valuable insight that guides how you practice.

3. The Internal Method

For women who feel comfortable, internal testing offers the clearest feedback.

- With clean hands, insert a lubricated finger about one inch into your vagina.
- Contract gently and feel the walls hug your finger.
- Relax and feel them release.
- Count how many seconds you can hold a lift comfortably without strain.

This is your baseline endurance — not a goal, just a starting point.

If you experience pain, pressure, or discomfort, stop and return to Reverse Kegels until release feels easy again.

What These Tests Really Mean

These techniques aren't about achieving perfection — they're about learning to listen.

As your body heals, you'll notice subtle shifts:

- More control when you cough, sneeze, or laugh.
- Less urgency or heaviness.
- A growing sense of confidence and connection.

Each small change is a milestone. Celebrate it.

The Power of Progress Tracking

In my clinic, I use structured tracking to help women see the proof of their progress — even when they can't feel it yet.

Tracking creates accountability and awareness, but interpretation is key. That's where guidance matters.

Inside my V-Core Lift™ Program, we go far beyond the basics. Members use my proprietary Pelvic Power Tracking System to measure endurance, coordination, and fascia flow over time — with direct feedback from my team and me.

“Testing without guidance can show you where you are. Coaching shows you how to get where you want to be.” – Isa Herrera

When you combine personal awareness with professional feedback, results accelerate exponentially.

Common Testing Mistakes

- **Testing too often:** Awareness grows through practice, not obsession.
- **Judging your results:** Healing isn't linear. Every body progresses differently.
- **Skipping release work:** You can't measure strength in a muscle that's still gripping.
- **Forcing internal assessment:** Only test if you feel comfortable and relaxed.

Rootganic Support for Consistent Results

Your pelvic tissues thrive when they're hydrated, nourished, and balanced.

To support long-term tone and fascia resilience, I recommend **Total Fem Collagen™** and **Rootganic Down There Oil™** for daily self-care.

- **Total Fem Collagen™**
- **Rootganic Down There Oil™**

Small daily rituals lead to big transformations.

Flow Forward

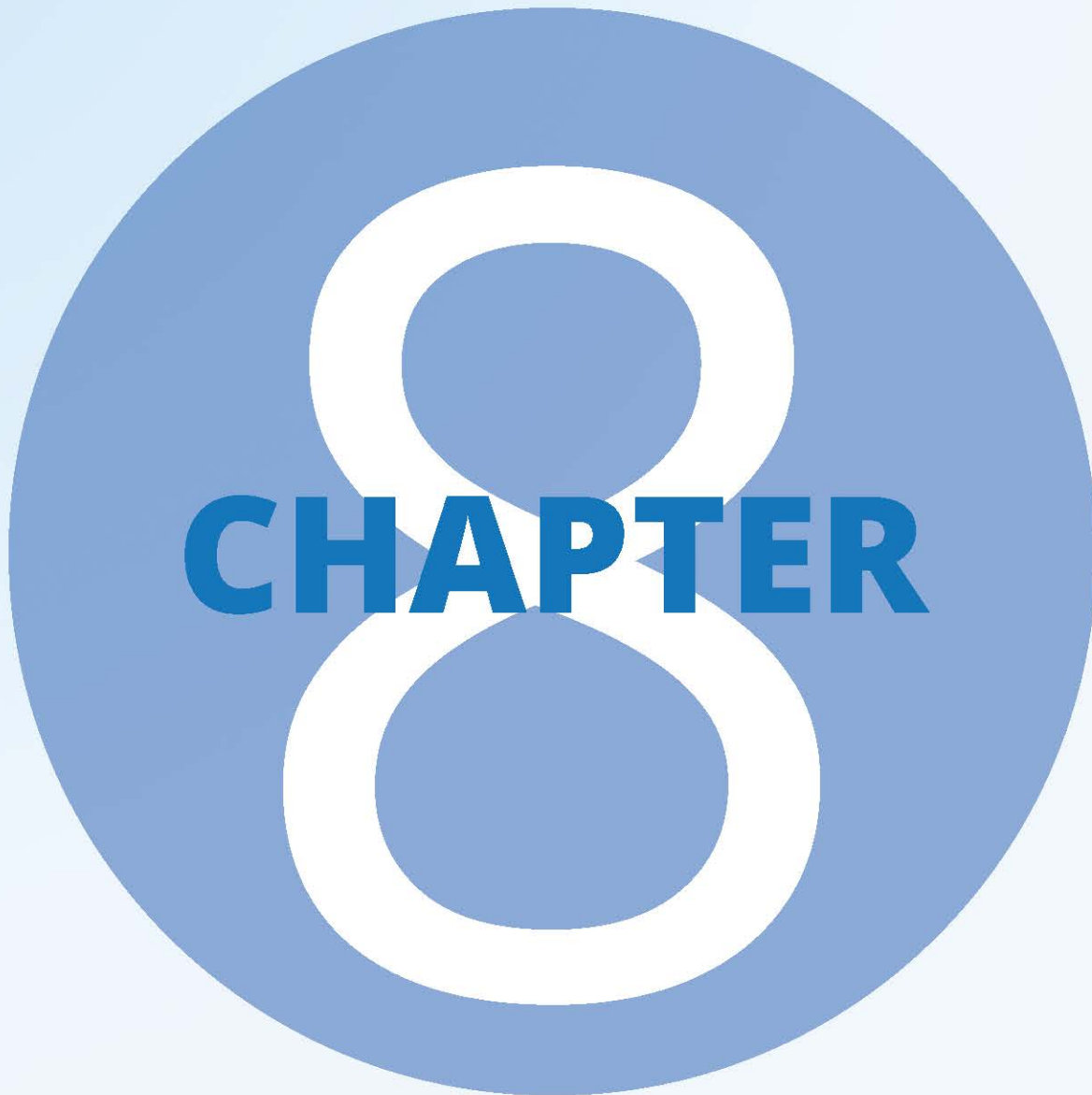
You've learned how to connect, measure, and observe, the first steps to mastery.

Now it's time to move beyond self-assessment and experience-guided transformation. Inside my **V Core Lift™ Program**, I'll teach you how to refine your results, track your healing, and stay consistent with expert support.

*Awareness starts your journey.
Coaching completes it.*

In the next chapter, we'll explore how to troubleshoot common challenges and deepen your healing with emotional and physical restoration.





***TROUBLESHOOTING &
EMOTIONAL HEALING***



*“Healing Is Not Linear
It’s a Journey Back to Yourself.”*
~ Isa Herrera, MSPT, CSCS.

When Healing Feels Hard

No matter how dedicated you are, healing isn’t a straight line. There will be days of progress and days when your body feels stuck, tense, or uncooperative. This doesn’t mean you’re failing — it means you’re evolving.

“Healing the pelvic floor is not just physical. It’s emotional, energetic, and spiritual.” ~ Isa Herrera, MSPT, CSCS

Your pelvic floor holds more than muscles. It carries memories — of childbirth, injury, intimacy, and even unspoken emotions. When those layers begin to release, you may experience physical sensations, mood shifts, or fatigue. That’s normal. It’s your body processing and letting go.

Common Challenges & How to Adjust

Every challenge is a message from your body. These gentle adjustments will help you move through them with compassion.

1. Pain or Pressure After Kegels

- Return to Reverse Kegels and fascia release techniques.
- Focus on breathing and stretching rather than contraction.
- Apply a small amount of Rootganic Down There Oil™ for soothing hydration and gentle self-massage.

Pain is not progress. It's feedback.

When you soften first, your strength returns with balance.

2. Emotional Release or Tears

It's common to cry or feel emotional during or after pelvic work. This is a sign that tension — both physical and emotional — is leaving your body.

- Allow the feelings to move through you.
- Practice deep belly breathing or gentle humming to calm the nervous system.
- If possible, journal about what arises — often clarity follows release.

“Every tear is a release valve for the nervous system. Let your emotions be your medicine.” – Isa Herrera

3. Inconsistent Results or Fatigue

Healing requires rest as much as effort.

- Take rest days from Kegel work when needed.
- Hydrate and increase protein intake to support muscle recovery.
- Use **Total Fem Collagen™** to nourish connective tissue and maintain strength even on your off days.

Get Total Fem Collagen™

The Nervous System Connection

Your pelvic floor is directly connected to your vagus nerve, your body's “calm and connect” system. When you activate your breath, hum, or move gently, you signal safety to your body. This encourages your muscles to relax and your fascia to release.

Relaxation is not laziness— it's the foundation of healing.

Practice slow breathing, grounding, and self-compassion daily. These are just as important as your Smart Kegels.

Healing Tools & Rootganic Support

Your self-care tools make this process easier and more soothing. Combine physical, emotional, and biochemical nourishment for full-spectrum recovery.

Isa's Favorites:

- **Rootganic Down There Oil™** – for comfort, hydration, and fascia massage.
- **Total Fem Biome Guard Probiotic™** – to support the vaginal and gut microbiome connection.
- **Total Fem Hormone Balance™** – to help stabilize mood and hormonal fluctuations that impact the pelvic floor.

“Healing from the inside out means supporting your body on every level — mind, muscle, and microbiome.” – Isa Herrera

Clinic Note

“A 62-year-old client struggled with painful intimacy for years. Once we combined emotional release work, breath, and gentle fascia massage with Down There Oil™, she not only regained comfort, she rediscovered pleasure.”

Healing is multidimensional; when you address the physical and emotional layers together, transformation happens naturally.

Flow Forward

You've learned how to interpret your body's messages and soothe setbacks with compassion. Now it's time to bring everything together.

In the next chapter, I'll show you how to take all you've learned, awareness, release, fascia, strength, and emotional freedom, and channel it into one powerful transformation inside the V-Core Lift™ Program.



***THE NEXT STEP:
THE V-CORE LIFT™ PROGRAM***



“From Healing to Empowerment The V Core Lift Journey.”

Your Healing, Elevated

You’ve done the groundwork.
You’ve learned how to connect,
release, align, and strengthen.
You’ve started to feel your body’s
intelligence awakening again.

Now it’s time to build on
everything you’ve learned and
experience the full
transformation, with guidance,
structure, and support.

That’s exactly what I created the
V-Core Lift™ Program to do.

*“The V-Core Lift™ Program is the
culmination of my 20 years of clinical
practice, designed to help women
strengthen, restore, and reclaim their
power from the inside out.” ~ Isa
Herrera, MSPT, CSCS*

What Is the V-Core Lift™ Program?

V-Core Lift™ is my 8-module,
science-based pelvic healing system
that brings everything together —
Smart Kegels, fascia release,
breathwork, strength training, and
emotional empowerment — into one
guided, step-by-step journey.

It's the same process I used in my NYC clinic with thousands of women who wanted to heal without surgeries, pills, or devices. Now, it's available from the comfort of your home.

Inside V-Core Lift™, You'll Learn How To:

- Master Smart Kegels for your unique vaginal type.
- Release fascial tension safely and effectively.
- Rebuild strength, tone, and confidence through guided workouts.
- Balance your hormones naturally through movement and nourishment.
- Feel more energy, vitality, and pleasure in your daily life.

"If you've been searching for real answers, not quick fixes, then this is your next step." ~ Isa Herrera, MSPT, CSCS

Why Guidance Matters

You've already experienced how powerful small shifts in awareness can be. Imagine what happens when you combine that awareness with **personalized feedback and expert coaching**.

That's the heart of V-Core Lift; support, accountability, and transformation.

What Makes V-Core Lift™ Different:

- **Clinically Proven Framework:** Based on Isa's S.T.A.R.R. System... Strength, Testing, Alignment, Restoration, and Reconnection.
- **Telecoaching-On-Demand:** Get answers directly from Isa and her expert team inside the private community.
- **Step-by-Step Video Library:** Guided workouts, fascia-release sessions, and Smart Kegel routines for every level.
- **Private Community Support:** Connect with other women healing alongside you, share wins, get encouragement, and stay inspired.

This program meets you where you are and guides you forward at your own pace.

Who It's For

The V-Core Lift™ Program is perfect for you if you're ready to:

- Stop leaking when you sneeze, laugh, or exercise.
- Eliminate pelvic pain and pressure naturally.
- Reignite your intimacy and body confidence.
- Strengthen your body without fear or overwhelm.
- Feel connected, supported, and powerful again.

Whether you're just beginning your pelvic healing journey or you've tried everything else, V-Core Lift™ provides the missing structure and expert guidance you've been looking for.

Real Women, Real Results

"I was terrified I'd have to live with pain and leaking forever. After completing the V Core Lift™ Program, I can sneeze, laugh, and run without fear — and I finally feel like myself again." – **Samantha, age 54**

"The community support made all the difference. I never felt alone, and Isa's guidance was life-changing." – **Carla, age 42**

These are just a few of the thousands of women who've transformed their lives through this method. Your results can be next.

Your Invitation to Join

You've learned the foundations. Now it's time to experience the full transformation.

"You don't have to do this alone. Join me inside the V-Core Lift™ Program, and let's lift your body, mind, and spirit... together."
~ Isa Herrera, MSPT, CSCS

Join the V-Core Lift™ Program Today:



Rootganic Support for Continued Success

To complement your program results, continue nourishing your fascia and tissues from within with **Total Fem Collagen™**, your partner in maintaining elasticity, tone, and recovery.

- Total Fem Collagen™:

"When you pair movement with nourishment, your results become unstoppable." ~ Isa Herrera, MSPT, CSCS

Flow Forward

This is your moment, to rise, to reclaim, and to reconnect with your body's power.

Your healing journey doesn't end here. It evolves, and the next step begins inside the V-Core Lift™ Program.

Join Now →

Your body remembers how to heal. Let's lift together.

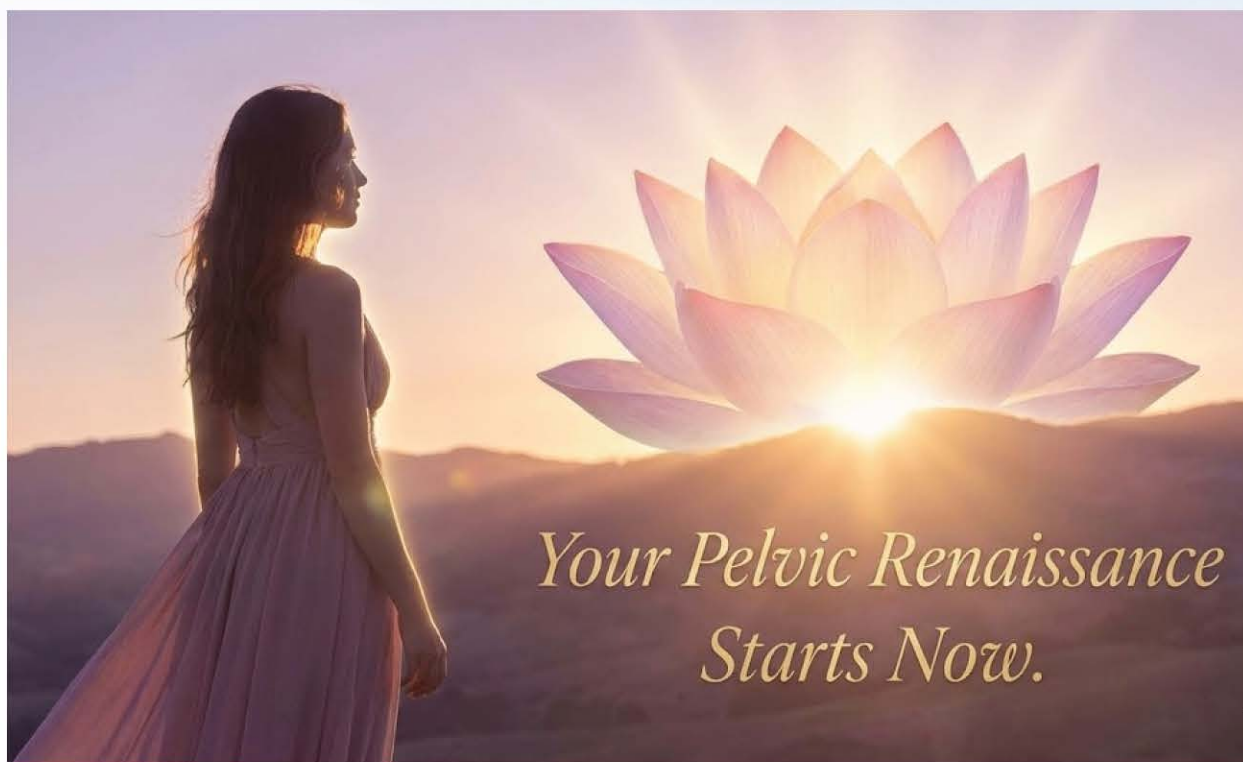


Reclaim Your Pelvic Power



10 CHAPTER

***YOUR PELVIC RENAISSANCE
STARTS NOW***



A New Beginning

You've walked through awareness, release, strength, and healing. You've learned how your body truly works — and more importantly, how to listen to it.

This is your renaissance — the moment where knowledge transforms into embodied wisdom.

“Your pelvic floor isn't a problem to fix; it's a source of power, pleasure, and profound connection.” – Isa Herrera, MSPT

You now know that healing is more than exercise — it's a partnership with your body. It's choosing softness before strength, awareness before effort, and compassion before perfection.

Your Ongoing Journey

Every breath, every Smart Kegel, every moment of self-care continues this journey. Healing is not a single destination — it's a lifelong relationship with your body's wisdom.

**Stay consistent. Stay curious.
Stay kind.**

Some days you'll feel powerful and light. Other days, you'll need rest. Both are progress. Your fascia, your muscles, and your nervous system are learning to trust you again.

That trust builds resilience, confidence, and joy — the foundations of lifelong pelvic health.

Keep Supporting Your Body

Your body is a living ecosystem — and nourishment matters. Continue caring for yourself with natural support that enhances your fascia, tissue elasticity, and hormonal balance.

Isa's Recommended Ongoing Support:

- Total Fem Collagen™ – to strengthen fascia and support tissue repair.
- Rootganic Down There Oil™ – for daily hydration and comfort.
- Total Fem Hormone Balance™ – to keep your mood, energy, and hormones in harmony.

These daily rituals amplify the work you've done here — keeping your fascia supple, your circulation healthy, and your pelvic floor vibrant.

“Healing continues in the small, daily acts of self-love. They are the bridges between where you are and where you're going.” – Isa Herrera

Your Next Step

You don't have to walk this path alone. Inside the V Core Lift™ Program, you'll have the community, coaching, and structure to keep you accountable and inspired every step of the way.



Join the V Core Lift™ Program Today:

Because you've already begun — and this is your continuation. This is your next evolution

Your body remembers how to heal. Trust it. Nurture it. Celebrate it.

Join Now →

Together, we rise. Together, we lift.

Flow Forward

Your Pelvic Renaissance begins now. Every movement, every breath, and every act of self-kindness deepens your connection to the power that has always been within you.

Thank you for allowing me to guide you on this journey. I can't wait to see you thrive inside V Core Lift™, and in every moment of the radiant, confident life that's waiting for you.

 V-Core Lift™
Essentials Program

**Heal Leaks.
Ease Pain.
Reclaim Pelvic Power...
Naturally.**

Created By:
Isa Herrera, MSPT, CSCS
22,900+ Women Healed Naturally



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!

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.](#)**

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



ROOTGANIC www.rootganic.com

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.**

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



ROOTGANIC

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.**

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



Find out more at www.rootganic.com

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 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



Find out more at www.rootganic.com

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**

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



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



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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DEDICATION

“For every woman who was told her pain was normal... it isn’t.

For every woman who felt unseen or unheard... I see you.

For every woman ready to rise... this revolution is for you.

Together, we lift ourselves.” ~ Isa Herrera, MSPT, CSCS

