



THE PELVIC FLOOR RESET GUIDE

*Finally, stop leaking, stop hurting,
and stop holding back so you can live fully,
love deeply, and move freely.*

By Isa Herrera, MSPT, CSCS
Founder of Rootganic | Creator of V-Core Lift



MEDICAL DISCLAIMER:

CONSULT AND SEEK THE ADVICE OF YOUR DOCTOR AND/OR PHYSICAL THERAPIST BEFORE ATTEMPTING THESE EXERCISES OR SELF-HELP TOOLS FOUND IN THIS FREE EBOOK. THE MEDICAL INFORMATION IN THIS EBOOK IS PROVIDED FOR INFORMATIONAL PURPOSES ONLY AND IS NOT TO BE USED OR RELIED ON FOR ANY DIAGNOSTIC OR TREATMENT PURPOSES. THIS INFORMATION IS INTENDED TO BE EDUCATIONAL, DOES NOT CREATE ANY PATIENT-PHYSICAL THERAPIST RELATIONSHIP, AND SHOULD NOT BE USED AS A SUBSTITUTE FOR PROFESSIONAL DIAGNOSIS AND TREATMENT. SERIOUS INJURY COULD RESULT FROM THE IMPROPER PERFORMANCE OF THESE TECHNIQUES AND EXERCISES. IF PAIN OCCURS WITH ANY EXERCISE OR TECHNIQUE, STOP IMMEDIATELY. NEITHER RENEW PHYSICAL THERAPY, PC NOR ISA HERRERA, MSPT, CSCS, NOR PELVICPAINRELIEF.COM, NOR ROOTGANIC.COM CAN BE HELD LIABLE FOR INJURY CAUSED BY THE IMPROPER PERFORMANCE OF THESE EXERCISES OR SELF-HELP TOOLS. THE SELF-HELP TIPS FOUND IN THIS BROADCAST ARE MERELY A GUIDE; THIS CONTENT IS NOT INTENDED AS A PRESCRIPTION FOR ANY COURSE OF TREATMENT. TO PREVENT INJURY, SEEK THE ADVICE OF YOUR DOCTOR, NATUROPATH, OR PHYSICAL THERAPIST BEFORE ATTEMPTING ANY EXERCISE, SELF-HELP TIP, FOR HELP WITH THIMPLEMENTATION OF ANY OF THE INFORMATION.



TABLE OF CONTENTS

PART ONE · THE FOUNDATION

Chapter One · **Queens, This One Is For You**

Chapter Two · **Your Pelvic Floor Does Not Age**

Chapter Three · **Which V-Type Are You Today?**

Chapter Four · **How The 5 Steps Work Together**

PART TWO · THE 5 STEPS

Chapter Five · **The V-Type Mirror**

Chapter Six · **The Paradox Breath**

Chapter Seven · **The Fascia Chain**

Chapter Eight · **The 6 Villains**

Chapter Nine · **Kegel + Reverse Kegel**

PART THREE · YOUR CHOICE

Chapter Ten · **Isa's STARR System**

Chapter Eleven · **A Word Before You Choose**

Chapter Twelve · **Two Paths. Today, You Choose.**

Chapter Thirteen · **Queens Who Already Said Yes**

Chapter Fourteen · **Inside and Out**

Chapter Fifteen · **My Promise Has Never Changed**

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

Hi Queen,

I'm Isa Herrera, MSPT, CSCS, a licensed physical therapist with more than 20 years in clinical practice.

Over 22,000 women have walked through my doors.

At my New York City clinic, Renew PT, and online through one-on-one care. Every pelvic floor story you can imagine, I've seen it. Held space for it.

Helped heal it.

I've written five published books on pelvic health.

I'm the creator of V-Core Lift, and the founder of Rootganic, the supplement line I built because I couldn't find formulas clean enough for my own patients.



But here's what most bios leave out.

For most of my career, I thought I had this figured out. Women came to me. I helped them heal. I was good at my job.

Then menopause came for me.

Specialist after specialist. Thousands of dollars. Pamphlets. Prescriptions. And not one doctor mentioned menopause and the pelvic floor in the same sentence.

So I built the system I couldn't find.

That system is in this guide.

In Your Corner Now and Always,
Isa



PART ONE

THE FOUNDATION



QUEENS, THIS ONE IS FOR YOU




You are somewhere right now.

Kitchen counter. Waiting room. Parked in the car before school pickup. Middle of the night with the phone glowing in your hand because nobody else is saying what your body has been trying to say for months. Maybe years.

I know that feeling. Intimately.

You have already tried.

You have Googled symptoms in the parking lot between errands. You have whispered it to a friend and watched her eyes glaze over. You have stood in



the supplement aisle, reading every label twice, putting bottles in the cart, putting them back, walking out empty-handed because nothing felt clean enough, safe enough, real enough for a body like yours.

You have done Kegels. You have bought the pillows. You have poured the tea. You have tried to just push through.

And nothing landed.

Not because you are broken.

Not because you waited too long.

Not because your body is betraying you.

Because **nobody handed you the actual map.**

Doctors gave you pamphlets. The internet gave you noise. Your friends gave you sympathy. Nobody gave you a real, step-by-step path back to a body that feels like home.

That ends today.

The **Pelvic Floor RESET** is the map.

It's the same 5-step framework I've used with over 22,000 women in my clinic, the same system I turned to when menopause came for me, and no one had answers.

It works whether you are 40 or 70. Whether your symptoms started last month or last decade. Whether you have tried everything or this is your very first step.



Here's how to use this guide:

Read it slowly. This is not a race. Your body has been waiting for this kind of attention.

Fill in the reflection fields as you go. The women who write things down are the women who transform.

And when something in these pages wakes something up in you, when you feel that spark of maybe this time, trust it. That feeling is the beginning of everything.

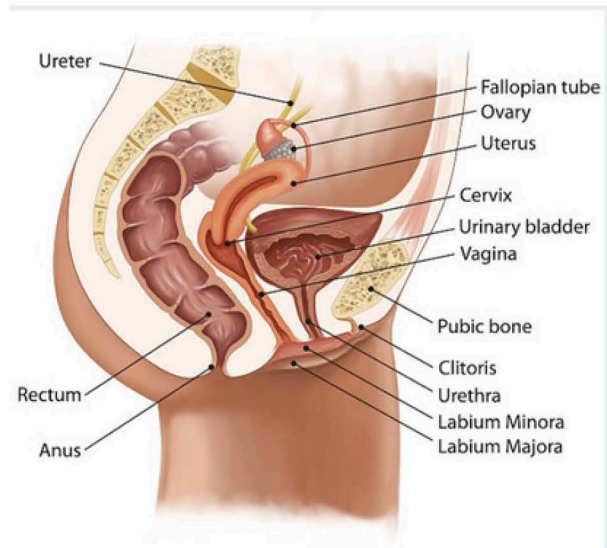
Because this guide is your foundation. It's where the healing starts.

Let it change what you thought was possible.

Big LOve,

Isa

YOUR PELVIC FLOOR DOES NOT AGE



Here's what nobody has told you.


Your pelvic floor is not aging. It is being forgotten.

Read that again. Slowly.

Because this single sentence is the reason 80-year-old women walk out of my clinic stronger than they were at 50.

It's why menopause doesn't have to be the end of your vitality.

It's the reason every "this is just what happens now" diagnosis you've been handed is, respectfully, wrong.



For 20 years in clinical practice, I have watched the medical world tell women the same lie dressed up three different ways:

Your muscles are aging.

Your tissue is thinning.

Your nerves are shot.

None of it is true. And I can prove it with physiology.

Muscle does not age. It loses training.

That is why an 80-year-old woman who starts strength training builds muscle in 12 weeks. Her biology never stopped working. Nobody gave her permission to use it.

Fascia does not age. It stiffens from stillness.

Thirty years of sitting in cars, at desks, on couches. Not candles on a cake. Fascia that has been still for decades can become supple again in weeks when you know how to wake it up.


Nerves do not age. They go dormant.

No stimulation, no signal. No signal, no strength. But dormant is not dead. Dormant responds. Dormant remembers.

All three of these systems reverse. At any age.

Not because I say so. Because that is how the human body is built.

The women in my clinic are 40. 50. 60. 70. 80. Every one of them has rebuilt what she was told was lost.



Not with prescriptions she didn't need. Not with surgery that came too soon. Not with a device that trained her into dependence on a machine instead of her own body.

With the 5 Steps in this guide.

What has been forgotten can be remembered. What has gone quiet can speak again. What you were told was over is not over.

WHICH V-TYPE ARE YOU TODAY?

The V-Type system is my framework. I developed it over 20 years of clinical practice, working with 22,000 women.

These four archetypes are proprietary to my work. You will not find them in any other program. No one else teaches this map.

Four V-Types. Every woman is one of these, right now, today.

Your V-Type shifts over time. That is important. We come back to that.

For right now, read these four and pick the one that sounds like you today.

Laid-Back Lucy™: "The 2 am Googler"

You cross your legs when you sneeze. You skip the trampoline. You have not jumped in years.

You are noticing things. Maybe a small leak when you laugh. Maybe a run that ends in a change of pants. Maybe a cough that makes you hold your breath.

You haven't told anyone.

Tense Tamara™: "The Woman Who Holds Everything"

Your jaw is tight. Your shoulders live near your ears. Your pelvic floor is locked.

Intimacy hurts. Sitting hurts. You have been told to do more Kegels. You have done more Kegels. **They make it worse.**



WHICH V-TYPE ARE YOU TODAY?

Baffled Bonnie™: "The Woman Who Tried It All"

PT. Devices. YouTube. Pills. Programs. Nothing stuck.

You are tired. You are skeptical. You still showed up here, which tells me everything.

You are not broken. You have been handed the wrong map every time.

Healthy Heather™: "The Gold Standard"

Pilates. Barre. Clean eating. You show up for your health.

And something shifted. Stress. Menopause. A surgery. A loss.

Your body feels different now. You are here to stay ahead of it.



REFLECTION

My V-Type today:

One sentence about why:



HOW THE 5 STEPS WORK TOGETHER

The 5 Steps are one system. Not a menu. Not a buffet. A sequence.

Step 1 gives you the mirror. You see your V-Type today.

Step 2 gives you the breath. You learn how pressure travels through your body.

Step 3 gives you the chain. You release the fascia that has been holding everything tight.

Step 4 names the villains. You see what has been working against you every day.

Step 5 gives you the reset. Kegel and Reverse Kegel, matched to who you are.


Read them in order. Let each one prepare you for the next. By the time you finish Step 5, you will have a complete picture of what your body has been trying to tell you.

And here is the truth: most programs will not say out loud that **the work has two sides.**

Outside work.

Breath. Movement. Release. Posture. The physical practice you do in your body every day.

Inside work.



The nutrients, the clean inputs, the internal foundation your body needs to actually rebuild after you have taught it what to do.

You cannot out-train a body that is starving for what it needs to heal.

And you cannot swallow your way out of a pelvic floor that has never been taught how to work.

Both sides, or neither side.

This is not a quick fix. This is the foundation.



PART TWO

THE 5 STEPS

THE V-TYPE MIRROR




Before you can change anything, you have to name what is true.

Most women skip this step. They diagnose themselves once at 30, then treat themselves at 60 like nothing has changed. Your body has changed. This step catches up.

You cannot fix what you cannot see.

Your V-Type is the mirror.

Here is what nobody tells you: your V-Type changes.



Life happens. You were a Lucy. Then menopause arrived, and you became a Tamara. Then grief. Then surgery. Suddenly, you are Bonnie, doing the exact Kegels that worked ten years ago, wondering why your body has stopped answering.

That cycle has a name. **Yo-Yo Healing.**

Progress. Regress. Progress. Regress.

Not your fault. The mismatch.

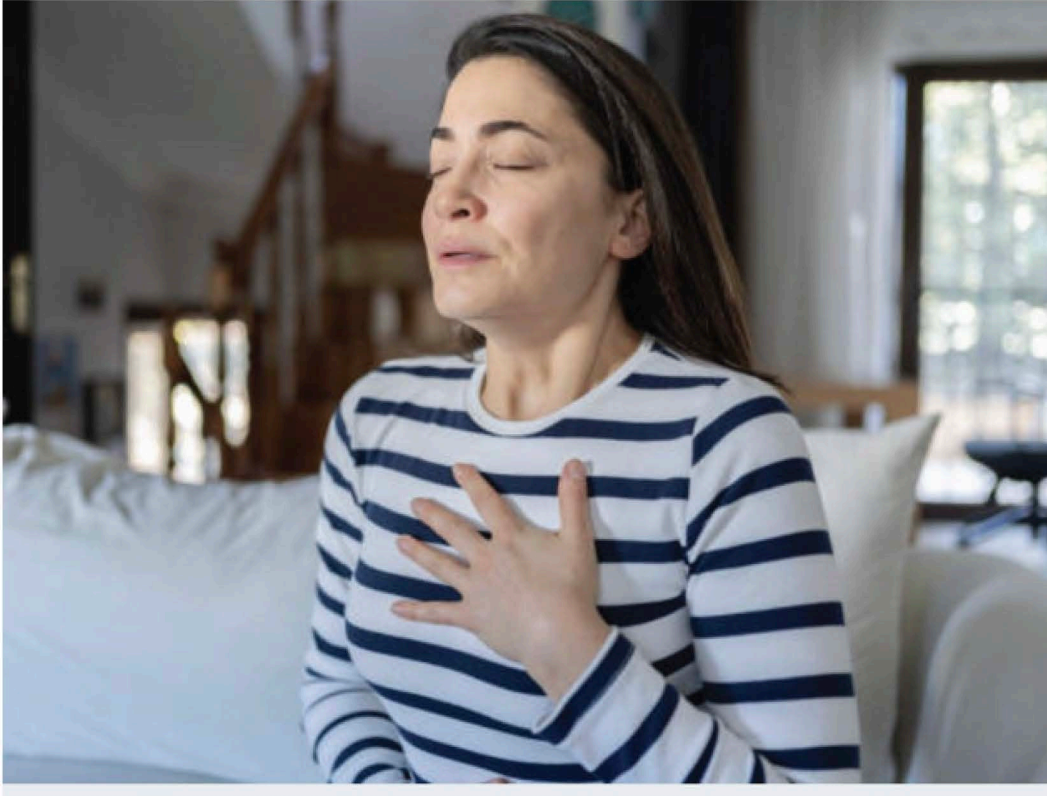
The fix is a tool that tells you which V-Type you are today. Not last year. Right now.

Inside **V-Core Lift**, the V-Type Mirror is the first thing you learn. You retest every 2 to 3 months. You know exactly which protocol to run. The yo-yo stops.

When did my body feel different from the V-Type I thought I was?

What shifted?

THE PARADOX BREATH



Your V-Type tells you who you are today. Your breath tells you how your body manages pressure every minute of every day. These two work together.

Before we teach your pelvic floor anything new, we fix how you breathe. Because every single breath you take is an instruction your pelvic floor obeys.



Most women breathe backwards.

Watch yourself right now. Take a breath.

If your chest rose and your belly stayed flat, you are breathing backwards.

Chest-up breathing crushes your pelvic floor from above. Every inhale is pressure. Pressure without release. Pressure every minute, every hour, every day.

Then you wonder why you leak.

The Paradox Breath fixes it.



STEP 2 CONTINUED

THE PARADOX BREATH

THE PARADOX BREATH: 3 BREATHS, RIGHT NOW

STEP 1: Place Your Hands

One hand on your belly. One on your chest. This is your feedback system — your hands will tell you if your body is doing it right.

STEP 2: Inhale Through Your Nose

Belly rises. Chest stays still. Vulva softens. Imagine you are filling a balloon in your lower belly, not in your chest.

STEP 3: Exhale Through Your Mouth

Belly falls. Pelvic floor lifts without effort. Let your jaw soften. Let your shoulders drop. This is where the magic happens.

STEP 4: Repeat Three Times

Three breaths. That is one cycle. You just told your pelvic floor: we can work together now.

"Inhale courage. Exhale everything you were told to carry."



STEP 2 CONTINUED

THE PARADOX BREATH

THE CLINICAL PIECE NOBODY CONNECTS FOR YOU

Breath runs on your nervous system. A nervous system stuck in chronic fight-or-flight physically cannot downshift into Paradox Breath, no matter how many reps you do.

The women in my clinic who struggle most with Step 2 are almost always running on the same three things: depleted minerals, frayed adrenals, and a brain that has not had a quiet moment in years.

You cannot breathe your way out of a deficiency.

This is exactly why I formulated **Total Fem Calm and Clarity™** for the women who cannot get out of survival mode, and **Beautiful Brain™** for the mental fog that comes with hormonal shifts and chronic stress. Clean herbs. Targeted nootropics. Zero junk.

Inside V-Core Lift, the full 21-day Paradox Breath protocol teaches your nervous system to default to this pattern, all day, without thought.

STEP 2 PRACTICE

YOUR 7-DAY BREATH LOG

Track your practice. Morning and evening, three breaths each. Notice what shifts.

Day	AM	PM	Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

THE FASCIA CHAIN

The breath moves pressure. The fascia transmits it. If the chain is locked, no amount of breath ever reaches your floor.

This is the step most programs skip. They teach Kegels. They teach breathing. They never tell you that the whole body is one connected web.

Step 3 is that missing piece.

Your jaw is locking your pelvic floor.

Sit for a moment. Clench your jaw.

Notice what happens at your pelvic floor.

It clenches too.

That is not imagination. That is fascia.

Fascia is your body's connective web. It runs from the top of your head to the soles of your feet. One continuous fabric. When one part locks, the whole web pulls.

Your pelvic floor is wrapped in the same fascia as your jaw, chest, and gut.

Which means your posture is an instruction. Your stress is an instruction. Your breathing is an instruction.

The pelvic floor follows.



STEP 3 CONTINUED

THE FASCIA CHAIN

HERE IS THE PART NOBODY TELLS YOU ABOUT FASCIA

Fascia is made of collagen. It needs collagen to stay supple, hydrated, and responsive. After 40, your natural collagen production drops by roughly 1% per year. By 60, you have lost a quarter of your fascial scaffolding. By 70, a third.

Not aging. Not destiny. A collagen deficit nobody warned you about.

You can release the chain with your hands every morning, but if the fascia itself is collagen-starved, it will stiffen back up by lunchtime. Release on the outside. Rebuild on the inside. Both, or you chase your tail.

This is why **Total Fem Collagen™** exists.

Five science-backed collagen peptides in a clean, non-GMO blend that feeds the same fascia you just released, so your pelvic floor, skin, joints, hair, and nails all come back online together.



THE 3-POINT FASCIA CHECK (DO THIS NOW)

This is not the full release. This is the diagnostic. It tells you where your chain is locked, so you know what your body is asking for most.

- **Jaw:** Try to fully drop your lower jaw with your tongue resting at the roof of your mouth. Does it drop, or does it feel stuck?
- **Chest:** Try to pull your shoulders back and down and breathe into the back of your ribs. Does your chest open, or does it feel like a wall?
- **Abs:** Try to let your belly be completely round without sucking it in. Can you soften, or does it spring back tight?

The one that was hardest to release is where your fascial chain is most locked.

Which zone was hardest to release?

THE 6 VILLAINS

You can breathe perfectly and release the fascia chain, and still sabotage yourself if the villains are living inside your daily life.

Step 4 names them. Once you can see them, you can stop feeding them.


This is where awareness turns into change.

Your pelvic floor is global. So are the forces working against it.

Villain #1: The Douche



The "cleaner" was destroying what was already clean. Your vagina is self-cleaning. Washing out disrupts the barrier, wipes out your protective



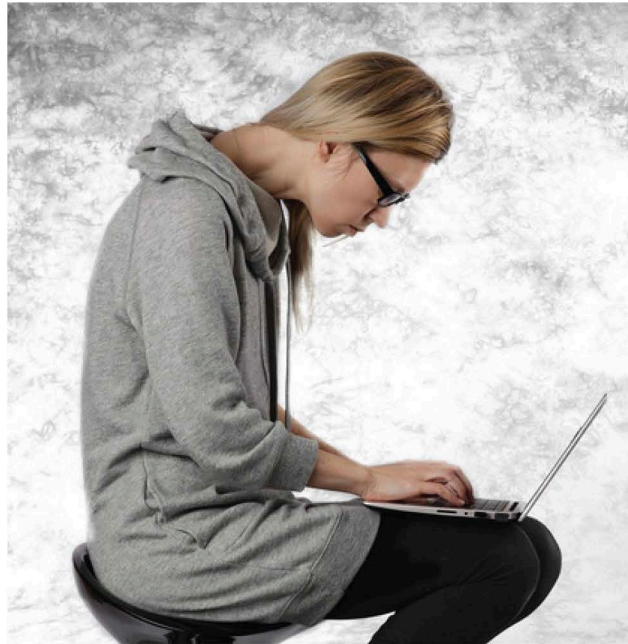
flora, and sets up recurring irritation, odor, and infection. The answer is not more soap. The answer is a protected internal terrain and gentle external care.

That is exactly why I built **Total Fem Biome Guard Probiotic + Prebiotics**™ (a spore-based probiotic that survives stomach acid to reach your gut and vaginal flora) and **Total Fem Down There Oil**™ for external vulvar care with rose, organic coconut, and vitamin E.

STEP 4 CONTINUED

THE 6 VILLAINS

Villain #2: The Desk Chair



Sitting is the new smoking for your pelvic floor. Eight hours a day compresses the canister.

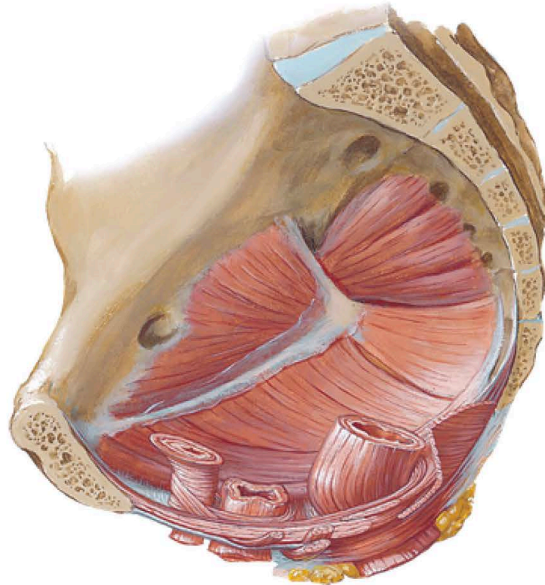
Blood supply drops.

Muscles go silent.

And the longer you sit, the more your urinary system forgets how to work properly, which is why bladder urgency and leaks often get worse with desk jobs, not better.

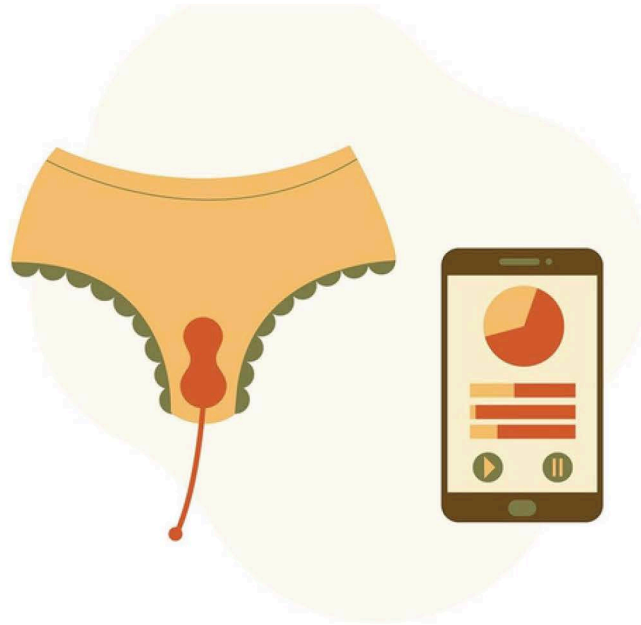
Ultimate Bladder Health™, with USDA Organic D-Mannose, cranberry, hibiscus, and uva ursi, was formulated for exactly this woman.

Villain #3: The Kegel-Only Lie



"Just do your Kegels" is the single most overused advice in pelvic health. For Tamara, Kegels make it worse. For Bonnie, Kegels alone are incomplete. This one is not a supplement problem. This is a protocol problem, and it gets fixed in Step 5 and inside **V-Core Lift™**.

Villain #4: The Gadget Trap



\$3,000 chairs. \$200 smart Kegels. \$100 cones. They train you into dependence. The moment you stop, symptoms return. Your body does not need a machine. It needs a method and nourishment. Your tissues rebuild with nutrients, not electrodes.

STEP 4 CONTINUED

THE 6 VILLAINS

Villain #5: The Hormone-Only Myth



HRT is a tool. It is not the whole toolbox. Estrogen returns, muscles do not rebuild on their own, and the pelvic floor needs its own practice.

And here is what your doctor almost certainly did not tell you: **hormones do not work in a vacuum.** They need clean raw materials, healthy adrenals, co-factors like vitamin D, and tissues that can actually receive the signal.

This is the exact gap Rootganic was formulated to close. **Total Fem Hormone Balance™** for your body's own hormonal rhythm. **Total Fem Vitamin D Protect™** pairing D3 with K1 and K2. **Total Fem Re-Juvenator Serum™** for internal dryness without hormones.

B-Healthy Breast Defense Serum™, because your breasts are part of the conversation too.

Villain #6: The "Just Relax" Myth



Your nervous system does not respond to willpower. It needs a method. Breath. Release. Movement. And the minerals and botanicals that let a frayed nervous system finally stand down.

This is where **Total Fem Calm and Clarity™** earns its place in your daily stack. You cannot white-knuckle your way to a regulated nervous system when your internal tank is empty.

The villain I live with every day is:

How has this villain affected my daily life?

KEGEL + REVERSE KEGEL

Now you have the tools. You know your V-Type. You have the breath. You have the release. You know the villains.

Step 5 is the practice that puts it all together. This is where daily movement becomes daily change. A few minutes a day. For the rest of your life.

**HERE IS WHAT NOBODY HAS TOLD YOU ABOUT A KEGEL.
A real Kegel is not one motion. It is three. All at once. On a single exhale.**

MOTION 1: Clitoris Nods

Your clitoris nods gently toward your tailbone. A small forward-and-down motion from the front.

MOTION 2: Perineum Lifts

Your perineum lifts up and in, as if you are drawing a blueberry into your body from below.

MOTION 3: Anus Winks

Your anus winks closed. A soft, gentle close. Not a clench. Just a wink.

Three motions. One breath. Exhale to lift.



STEP 5 CONTINUED

KEGEL + REVERSE KEGEL

THE REVERSE KEGEL IS THE MASTER

Most women never learn it.

The Reverse Kegel is the release, not the squeeze. It happens on the inhale. Belly and vulva soften down and out.

Without the release, the squeeze has nowhere to go.

Tight muscle on tight muscle. That is why you hurt.

ONE CLINICAL NOTE BEFORE YOU START

A Kegel is only as good as the tissue doing it. Dry, thinning, or irritated tissue cannot generate a clean contraction no matter how perfect your form.

"I am doing the Kegels and nothing is happening."

The muscle is there. The tissue support is not.

Inside **V-Core Lift**, you get 13 Kegel variations matched to your V-Type. Tamara starts with Reverse Kegels only. Lucy starts with activation Kegels.

Bonnie learns the full sequence. Heather refines her form.

STEP 5 PRACTICE

YOUR 7-DAY PRACTICE LOG

Daily practice. A few minutes. Track what you do and what you feel.

Day	Kegels	Rev Kegels	How It Felt
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			



PART THREE

YOUR CHOICE

ISA'S STARR SYSTEM™



Five pillars. One global solution.

S: Strong Foundation

The breath, the posture, the nervous system reset.

T: Test Your Lady Parts

The V-Type Mirror. Every 2 to 3 months.

A: Align


Fascia chain. Jaw to floor. The whole canister.

R: Release

Reverse Kegel. The master exercise. Most women's missing piece.

R: Reset

The full protocol woven into daily life.



Inside V-Core Lift™, the STARR System is the core curriculum. 21 days to run the first cycle. 12 weeks to make it default. Lifetime access so you can retest as your V-Type shifts.

This is the GPS that stops the yo-yo.

A WORD BEFORE YOU CHOOSE

What I just gave you is the map. It is real. It is clinical. It is the same framework I have used with 22,000 women.

You can practice the Paradox Breath today and feel a difference in three breaths.

You can name your V-Type and understand yourself better by tonight.

You can diagnose your fascia chain in the next five minutes.

You can try a Kegel and a Reverse Kegel and know, for the first time, what your body has been trying to do.

That is NOT nothing.

That IS the beginning.

But a map is not the journey.

A map shows you where the territory is. The journey is walking it, day after day, with the right protocol for your V-Type, at the right dose, for long enough to rewire what has been broken for years.

That is not something a PDF can do for you.

That is what **V-Core Lift™** is built for. And that is what **Rootganic™** supports from the inside while your body does the work.

The only question left is what you will do with it.

TWO PATHS. TODAY, YOU CHOOSE.

Path #1: Keep Going How You're Going



Google at 2am. YouTube that contradicts itself. Reddit threads. Pelvic floor PT appointments that cost \$240 a visit and end with generic Kegel advice.

\$14,000 over five years. On staying the same.

Thousands of 2 am Google searches. Each one ending in more questions than answers.

And your pelvic floor gets a little further from you.

THE CHOICE CONTINUED

TWO PATHS. TODAY, YOU CHOOSE.

Path #2: Reclaim It



22,000 women. Already on the other side.

Not influencers. Not avatars. Real women. 40s, 50s, 60s, 70s, 80s.

They stopped mapping bathrooms. Stopped canceling trips. Stopped saying no to their own bodies.

They said yes. They chose Path #2.



Path #2 has a name in my clinic. The Inside and Out Path.

V-Core Lift for the outside work. **Rootganic** for the inside work. Both, or neither side.

The women on this path do not Google at 2am anymore. They have the map, the protocol, and the internal support. They wake up in bodies that finally feel like home again.

Which path am I on right now?

Which path do I want to be on a year from today?

What is the first step I can take this week?

QUEENS WHO ALREADY SAID YES

You are not the first woman to walk this path. You will not be the last. These Queens stood where you are standing. They read a guide. They said yes to the work. Here is what happened next.

"Four doctors. Zero answers. Isa's program gave me my body back. I am sleeping through the night, uninterrupted, for the first time in a decade. I forgot what that felt like."

— **Kristina M., 58**

"Surgery made me worse. Isa's system made me whole again. I am dancing with my grandchildren at weddings. I am the one pulling people onto the floor now."

— **Gretchen P., 67**

"After years of trying everything, I finally understand my own body. The Reverse Kegel alone changed my life. I did not know I had been holding on for fifty years."

— **Jean R., 62**

INSIDE AND OUT

You have read this guide. You have felt the truth of your body on every page.

Now you are here.

The question is not *"what do I do."*

The question is: will I choose myself?

Here is what I know after 22,000 women.

Healing is not one thing. It is two things, woven together.

The outside. And the inside.

The outside is movement. Breath. Release. The fascia softening.

The Kegel is finally landing.

The Reverse Kegel you never knew existed. The protocol that matches who you are today, not who you were ten years ago.

That outside work lives inside **V-Core Lift™**.

The inside is what your cells need to do the work. Collagen to build the fascia. Bladder support to calm the signals. Hormone support to carry you through the shift.

That inside work is **Rootganic™**.

Inside. Outside. Together. That is how the body heals.

MY PROMISE HAS NEVER CHANGED

You have already done the hardest part. You picked up this guide. You read to the last page. You imagined a different tomorrow.

The next step is the smallest.

V-Core Lift™ is where the full system lives. **Rootganic™** is where the daily nourishment lives.

If you want one place to start, I usually tell my women this. Start with your V-Type. Then add the one Rootganic formula your body is asking for most right now. The rest will follow.

Not next year.

Not after another doctor.

When you are ready.

The Guarantee

If the work does not change how your body feels in 30 days, every dollar comes back. No questions. That is the whole process.

I can say that because I have watched 22,000 women do this. The work works.



Your body is not the exception.

You were never broken.

You were waiting for the map.

Now you have it.

Go be the Queen you already are.

Big LOve,

Isa

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!

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

- ✓ Eases stress
- ✓ Quiets the mental chatter
- ✓ Relieves pelvic tension
- ✓ Mental clarity & sharp focus
- ✓ A calm, peaceful mind



Find out more at www.rootganic.com

TOTAL FEM CALM & CLARITY

Find inner peace, better sleep, and heal more quickly

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.**

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 Breaking?

- ✓ Helps your hair come in fuller, thicker, stronger
- ✓ Lifts, firms, and hydrates the skin
- ✓ Keeps your joints and tendons flexible and strong
- ✓ Supports strong bones from the inside out
- ✓ Supports a balanced mood and feel-good vibe



ROOTGANIC Find out more at 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
- ✓ Calms daily discomfort
- ✓ Supports urinary comfort
- ✓ Fewer bathroom marathons
- ✓ Ditch the pantyliners for good
- ✓ Promotes urinary tract health
- ✓ Supports healthy circulation



ROOTGANIC Find out more at www.rootganic.com

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.**

Tired Of That Constant Burn "Down There"?

- ✓ Hormone-free. Estrogen-free.
- ✓ Boosts libido
- ✓ Rejuvenates dry *V* tissues
- ✓ pH balanced for your *V* microbiome
- ✓ Increases internal hydration
- ✓ Supports skin elasticity



ROOTGANIC 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 menopause symptoms. **Click here to give it a try. But don't say I didn't warn you!**

Want To Stop That Itch "Down There"?

- ✓ Balances vaginal pH
- ✓ Restores intimacy confidence
- ✓ Supports natural defenses
- ✓ Soothes dryness & discomfort
- ✓ Moisture where your lady parts need it most



ROOTGANIC 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.**

Riding The Hormone Rollercoaster?

- ✓ Sleep deeper, wake up rested
- ✓ More energy. Less drag.
- ✓ Cool comfortable days and nights
- ✓ Supports a healthy shape
- ✓ Smoother mood, steadier days
- ✓ Supports pelvic comfort & vitality



ROOTGANIC 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**

Walked Into The Kitchen And Forgot Why?

- ✓ Sharper memory, quicker recall
- ✓ A calmer, quieter mind
- ✓ Creativity and inspiration on tap
- ✓ Mental clarity & razor focus



ROOTGANIC 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?

- ✓ Supports your daily energy & vitality
- ✓ Supports strong, unbreakable bones
- ✓ Boosts your immune system
- ✓ Supports post-workout muscle comfort
- ✓ Supports a strong pelvic floor
- ✓ Supports skin elasticity



ROOTGANIC 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.**

Tired Of Feeling Sore, Swollen, Or Stuck?

- ✓ Supports healthy inflammation levels
- ✓ Firms and tightens the skin
- ✓ Antioxidant-rich
- ✓ Makes your skin feel amazing, hydrated, soft
- ✓ Tames menopausal mayhem
- ✓ Softens the emotional waves of your cycle



ROOTGANIC 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 your nervous system
- ✔ Clinically backed ingredients
- ✔ Long-term tension & head comfort
- ✔ Long-term relief and migraine prevention
- ✔ Clean herbs. No harsh additives.



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.**

ROOTGANIC Find out more at www.rootganic.com

Bloated. Gassy. Stopped up. Feeling Like A Stranger In Your Own Gut?

- ✔ Balances your flora naturally
- ✔ Better *V* freshness
- ✔ Happy scent, happy queendom
- ✔ Balances pH



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.**

ROOTGANIC Find out more at www.rootganic.com