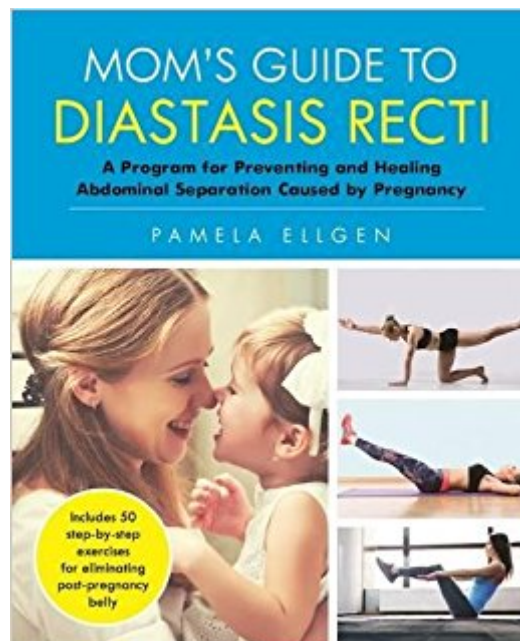


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# Mom's Guide To Diastasis Recti: A Program For Preventing And Healing Abdominal Separation Caused By Pregnancy



## Synopsis

Don't let your pregnancy result in a weak core and unsightly belly bulge! With your new baby at home, it's hard to find time to take care of you. But if you have experienced diastasis recti during pregnancy, the best time to repair it is right now. Mom's Guide to Diastasis Recti offers a realistic approach to healing your belly with simple moves that take only minutes each day. With a complete four-part program, Mom's Guide to Diastasis Recti helps with everything from healing your weak abs to sculpting a beautiful post-baby body. It includes:

- Prevention tips that strengthen your core before baby
- Post-pregnancy exercises gentle enough to perform in the hospital
- Daily rehab routines with stretches and toning activities
- Advanced maintenance programs to keep your tummy tight

This book is also packed with nutrition tips and expert advice that will keep you feeling and looking your best, from three weeks to three years after your pregnancy.

## Book Information

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## Customer Reviews

"Finally, a book about diastasis recti that is evidence based and easy to read. Most books on this subject are outdated or biased, but Ellgen manages to distill the most recent research into doable workouts that don't rely on expensive splints or boring repetitive movements." — Meredith Riley, CPT, author of Why Diastasis Recti Experts Disagree

Pamela Ellgen is a food blogger, certified personal trainer, and author of several books on cooking, nutrition, and fitness. Her work has been published in Huffington Post, LIVESTRONG, Darling

Magazine, and Spinning.com. Pamela lives in California with her husband and two sons. When she's not in the kitchen, she enjoys practicing yoga, surfing, and exploring the local farmer's market.

I highly recommend this book! There is nothing better than the gift of life but there is a huge downside and that's getting your body back into shape. Even in a loving, healthy relationship, where I have a partner who helps and that I can count on, I find it hard to make time to go to the gym the way I used to. I got this book gifted to me by a nurse, who was a new mom herself, and she told me to give it a try, when I could. I absolutely loved this book, it was more than a workout book, it was an approach to helping me understand my new body and how to get it feeling (and looking) the way that it should. I found the book easy to read and easy to understand, which is not always the case with these type of books. Working through the phases made it feel as though I was accomplishing something in my day-to-day life. I often feel as though I am working around the clock for my new angel, and this book gave me an opportunity to feel as though I am working through something for myself, without sacrificing my time with Kennedy. Highly recommend this book to all you mamas out there.

This is an great book for a first time pregnancy. Exercises in this book can be done throughout the entire pregnancy. There are 21 exercises that can be done during pregnancy to prevent diastasis recti, 4 for postpartum prevention, and a 3 phase treatment plan. There are also exercises to help lose that baby weight put on during the pregnancy. These exercises will help reduce diastasis recti, improve core strength and achieve a flat stomach. Illustrations are very clear and easy to understand. I especially like that there are workout schedules for each phase. Some exercise equipment is needed; weights and exercise ball. Many people already have these items. This book would be a great gift for someone who just announced their pregnancy.

Mom's Guide to Diastasis Recti is great book to keep on the shelf because it can be used in different stages of your life. I love the quick-start guide. It takes you exactly where you need, whether you are using preventive exercise to reduce the risk of diastasis recti, getting into postpartum workouts, or if you've found this book well after having a baby and you're looking to reduce diastasis recti. Author Pamela Ellgen explains how diastasis recti occurs and most importantly, how to possibly prevent it. Her own personal story is cool too, because it shows that it is an issue one can have, even with a healthy lifestyle. My favorite part in the book is the postpartum

prevention section. These are exercises that are good for many women, so it could be easy to get a non-pregnant friend to join in on exercise. Also, these exercises aren't very strenuous and can be done shortly after pregnancy with permission from a doctor. All the sections have plenty of pictures to help make sure exercises are done correctly.

The Mom's Guide to Diastasis Recti addresses the "elephant in the room" for every woman who has given birth "we exercise and even lose weight, but the lack of muscle tone and the protruding belly is very discouraging. What is unique about Mom's Guide is it provides advice and exercises for women who are pregnant, who have just given birth or had their child several years ago. The exercises are designed to improve core strength and flatten that stomach. Rather than just provide exercises, The Mom's Guide provides a simple explanation of how a woman's abdominal strength is compromised during pregnancy and how that can even lead to low back pain. A real benefit is the exercises are illustrated with photos of a "normal" woman- not a model, and are simple enough to do right at home and in 10 minutes a day.

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