

Do you know that more than fifty percent
of women in the developed world have a
serious health condition no one talks about?

Doctors shroud it in secrecy and women won't talk about it because it's socially unacceptable. Women don't understand it, and they're terrified. It's called Pelvic Organ Prolapse.

The only medical treatment for over a century has been radical pelvic surgery. Far too frequently the results of surgery leave women:

- In chronic pain
- Sexually disabled
- Incontinent
- Dependent on drugs
- Incapable of leading a normal active life

Christine Ann Kent's research proves that prolapse is actually a *postural* problem. If you suffer from Pelvic Organ Prolapse and have not had surgery, learn how to:

- Effectively manage your prolapse with posture, diet, and lifestyle changes
- Understand the true anatomical causes of prolapse
- Avoid dangerous surgery

The revised edition of *Saving the Whole Woman* has been thoroughly updated and includes the new Whole Woman™ Workout, a comprehensive exercise program for women experiencing prolapse that can help their condition while building strength, flexibility, and grace.

SPECIAL BONUS CD!

Music for *Saving The Whole Woman™* Workout
by Michael Roberts, distinguished ballet accompanist

"Christine Ann Kent is on a mission to expose the continuing tragedy of surgical mismanagement of pelvic problems.... Her detailed holistic approach to maintaining and restoring pelvic health reframes perceptions of female anatomy from 'faulty' to 'wondrous' and gives women the key to their own pelvic well-being."

—Penny Simkin, PT

Childbirth educator, doula, and author of
The Birth Partner and *The Labor Progress Handbook*

CHRISTINEANN KENT is an author, speaker, and teacher. Since 1993 she has been researching women's health, specifically the pelvic organ support system. She has degrees in Nursing from the University of New Mexico and Anthropology from Northern Arizona University. She is CEO of Whole Woman Inc. and The Whole Woman™ Center in Albuquerque, New Mexico. To learn more, visit:

www.WholeWoman.com

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"This updated version of *Saving the Whole Woman* is a breath of fresh air for thousands of women who have been diagnosed with uterine, bladder, or rectal prolapse. In truth, every woman should know the information in this book to help preserve her innate pelvic power."

—CHRISTIANE NORTHRUP, M.D.

Author, *Women's Bodies, Women's Wisdom* (Bantam, 1998) and *The Wisdom of Menopause* (Bantam, 2001)

Saving the whole woman

Christine Ann Kent

natural alternatives
to surgery for
pelvic organ prolapse
and urinary
incontinence

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whole woman

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