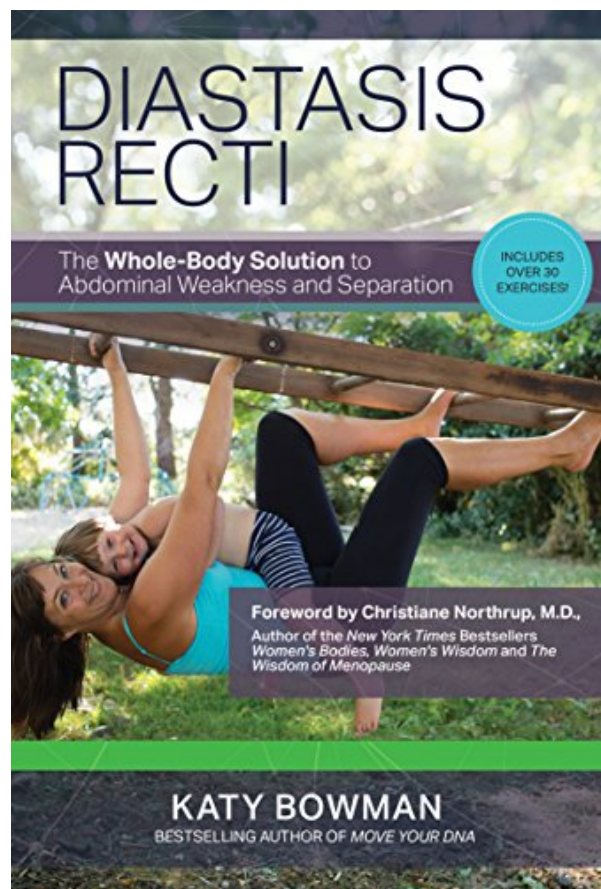
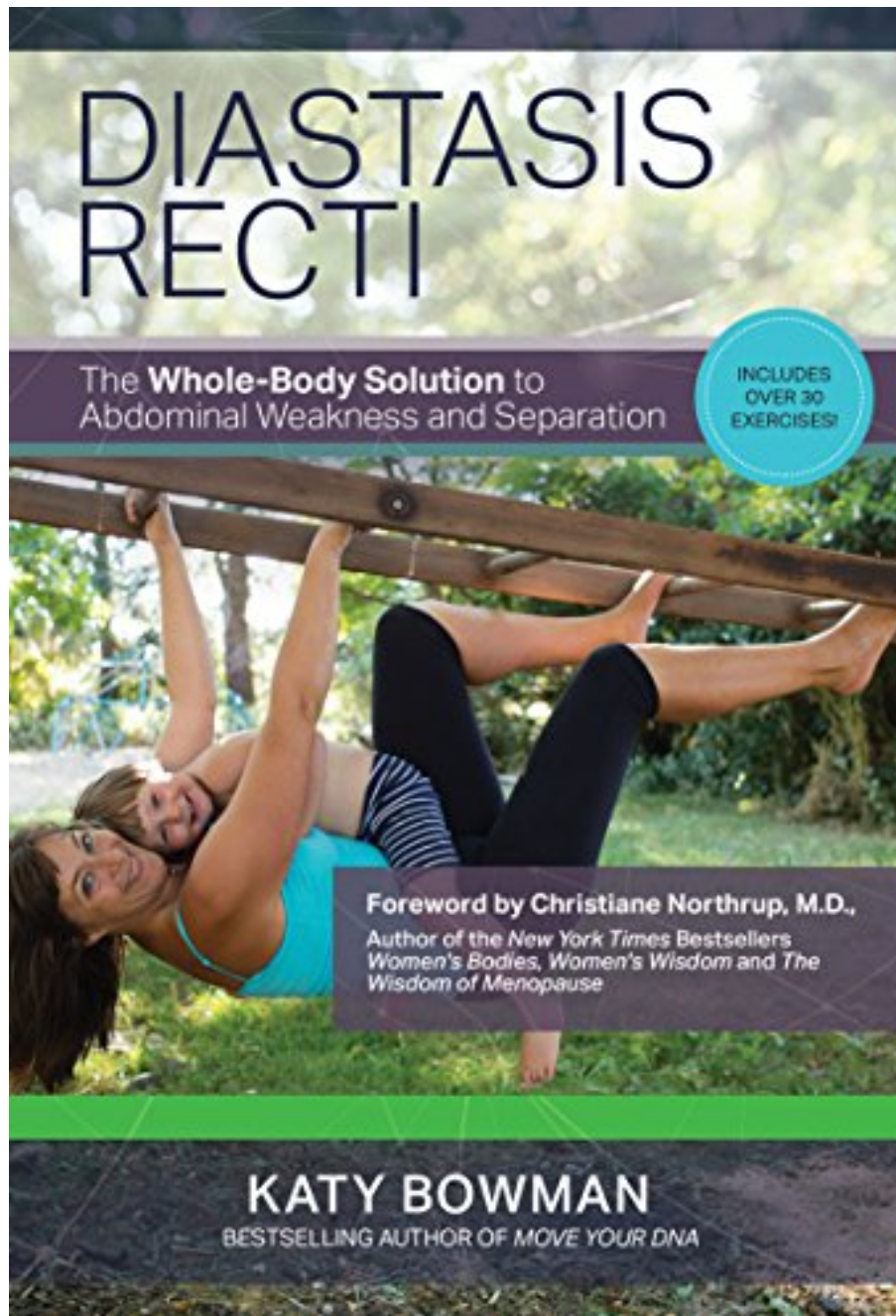


# DIASTASIS RECTI: THE WHOLE-BODY SOLUTION TO ABDOMINAL WEAKNESS AND SEPARATION BY KATY BOWMAN



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## **About the Author**

With radical, science-based health directives, Katy is taking the health-and-wellness world by storm with her bold exercise is not movement platform. A biomechanist by training and a problem-solver at heart, she has helped thousands reduce chronic pain, increase bone density, and improve metabolic health through movement and proper alignment. In addition to hosting her podcast *KatySays* (one of Greatist's Best Health and Fitness Podcasts of All Time) and writing for her award-winning blog *KatySays.com*, she is a regular source for national health publications like *Prevention* and *Men's Health*, and is a sought after guest on radio, television pod-casted talk shows and news segments. Creator of the *Aligned and Well™* DVD series, Katy's groundbreaking work in pelvic floor restoration has made her particularly popular with midwives, OBGYNs, and others concerned with pelvic mobility, strength, and health.

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This book's exercise program is designed to be gentle and effective for diastasis recti, core weakness, pelvic floor disorders including pelvic organ prolapse, and general hypermobility.

DIASTASIS RECTI, AN UNNATURAL SEPARATION OF THE ABDOMINAL MUSCLES, IS NOT JUST A "WEAK CORE." IT'S A SYMPTOM OF A WHOLE-BODY PROBLEM.

Your abdominal muscles have many important jobs—helping you do everything from twisting your spine to singing, accommodating pregnancy, and protecting your abdominal organs. They should not be splitting down the middle.

In *Diastasis Recti: The Whole-Body Solution to Abdominal Weakness and Separation*, biomechanist Katy Bowman explains the larger picture when it comes to DR—including body alignment; frequency of movement; the effects of all-day forces, like intra-abdominal pressure; and why focusing on doing a few exercises doesn't often result in long-term success. You must learn a new way to move for an improved set of core muscles.

Diastasis Recti presents:

- why it's better to think of a diastasis as a symptom than as "the problem"
- how your current movement habits can be worsening your separation
- five postural adjustments to make immediately
- why mainstream core exercises like crunches and planks can make a diastasis worse
- how to sit, stand, and walk for a stronger "whole body" core

With over 30 exercises and habit modifications, this book presents a whole-body corrective program to address the forces overloading the core in the first place. Diastasis Recti is for any man or woman wanting to improve both the appearance and the function of their abdomen.

- Sales Rank: #36629 in eBooks
- Published on: 2015-12-29
- Released on: 2015-12-29
- Format: Kindle eBook

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television pod-casted talk shows and news segments. Creator of the Aligned and Well™ DVD series, Katy's groundbreaking work in pelvic floor restoration has made her particularly popular with midwives, OBGYNs, and others concerned with pelvic mobility, strength, and health.

#### Most helpful customer reviews

50 of 53 people found the following review helpful.

Your body needs this book

By LauraH

If you have a core, AND you live in the modern world, you need this book. While this book is addressed to diastasis recti, it's really for anyone (most all of us) who has experienced various body signals, from occasionally to frequently, such as back pain, incontinence (sneeze-pee to constant leakage) etc, that have come to be accepted as a normal part of aging. They are not; it's a **WHOLE BODY** issue, and spot treating symptoms (adult diapers, anyone?) is not the solution, especially for the long term. Diastasis Recti does a great job explaining the anatomy of the abdominal wall in easy-to-get language, and how it works in real life. It includes exercises that are designed for starting where your body is at - from small moves to medium to big - to help restore strength to your core, and empowers the reader to take control of their own body. And in true Katy Bowman style, it's a fun read, to boot. I'd order it now if I were you...

36 of 40 people found the following review helpful.

Worth Every Penny - I Love It!

By MH

I just finished reading this book and I absolutely love it. Finally a book about diastasis recti that clearly explains the biomechanical reasons why it's not going away. There are many stretches and exercises in this book and, at first glance, they look easy. Ha. They have been very challenging for me. I had no idea how tight my muscles were nor how much those tight muscles were pulling on my abdomen. I also had no idea how poor my alignment was - just working on that alone is challenging. But I feel like I am now headed in the right direction. Thank you, Katy, for your clear explanations, your humor (which makes this book fun to read), and for giving attention to this issue which affects so many. I feel hopeful now!

UPDATE: I've been following this program for almost 3 months and I am seeing improvement. DR is smaller and connective tissue has gone from deep to medium. My alignment has improved, too. It's much more automatic now,

13 of 13 people found the following review helpful.

Would love to see all PTs

By Momto6

Wish I could give this book more than 5 stars. I don't have DR but I do have a core (ha, ha!) & it's never been so strong. This is **THE** book for core strengthening, hands down. Would love to see all PTs, sports trainers, etc. on board with the biomechanical model.

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