



HOLISTIC CORE RESTORE®

PELVIC FLOOR FITNESS, CORE RESTORATION
& WELLNESS FOR EVERY WOMAN!

www.holisticcorerestore.com

10 WAYS TO IMPROVE YOUR DIASTASIS AND PELVIC FLOOR
FUNCTION IN JUST 10 MINS A DAY!

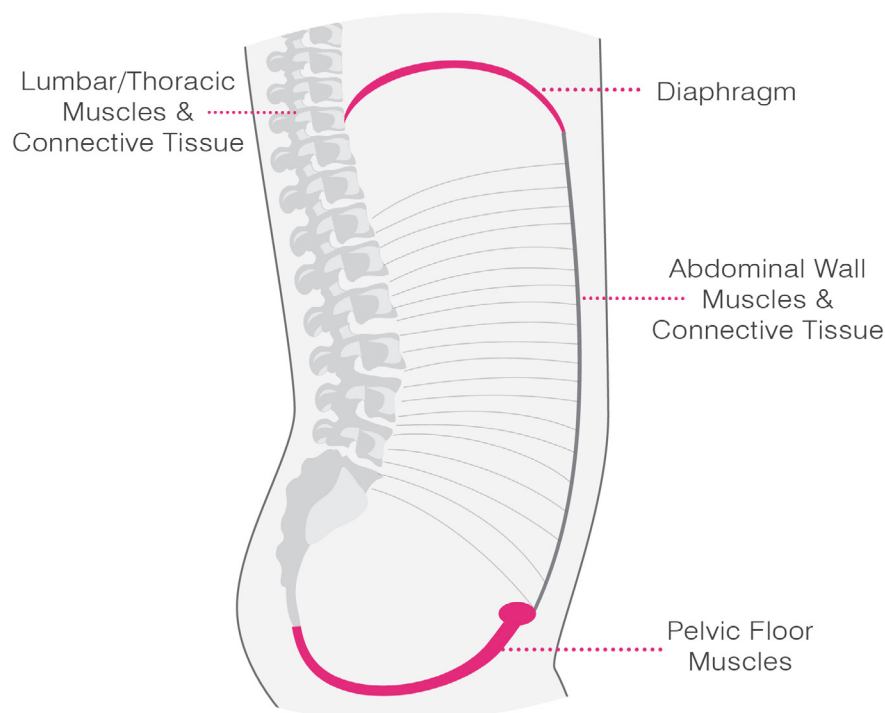


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FIRST THINGS FIRST...

A little science.....your breath, your tummy muscles, your Pelvic Floor and your stabilizing back muscles are ALL CONNECTED. Pregnancy and birthing can 'undo' that connection on a neurological (nerves), and soft issue (muscles, tendon, fascia, ligaments) level, and postural alignment level. So, in order for you to recover the function of your Pelvic Floor, the nerves that serve it, it's connection to the bones within the pelvis, and the way that the muscles are able to contract and relax, it's ESSENTIAL TO PRIORITIZE RESTORATION OF OPTIMAL FUNCTION POST BIRTH as opposed to entering an 'exercise' programme and the sooner the better. In terms of Diastasis Recti, your ability to regain optimal postural alignment in sitting, standing, walking and even when you're sleeping are all VERY IMPORTANT as they affect how you breathe and how you breath affects the pressure within your belly and down towards your Pelvic Floor.

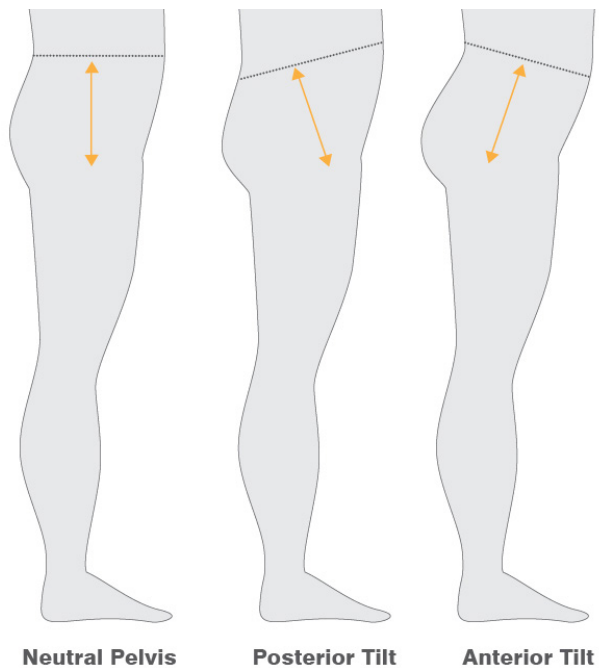
So, you see, it's ALL CONNECTED and getting your Pelvic Floor to function well again when you have the simpler end of an incontinence issue such as Stress Incontinence (ie., you leak when you sneeze, laugh and jump) needs a full-circle approach. The same goes for Diastasis Recti.....you need to nourish the recovery of your connective tissue on a cellular level, you need to apply 'release and re-alignment' strategies to regain balance within the muscles in your body BEFORE you add shortening/strengthening exercise, you need to regain the synergy throughout your Core that's driven by your breathing and THEN we start to get you moving with a deeper awareness and back to your desired level of exercise/ sport or just your activities of daily life. So, with all the above in mind, let's go!



Core activation: The 'Expansion and Compression' cycle of the core driven by the breath

HERE ARE MY TOP 10 'HOLISTIC' WAYS TO IMPROVE YOUR PELVIC FLOOR FUNCTION AND HEAL YOUR DIASTASIS

1. **Improve how you sit and stand!** Sitting with your pelvis tucked under (as shown) builds pressure at your belly and Pelvic Floor. The same goes for standing with your bum sticking out or tucked under, your natural Pelvic Floor activation isn't going to be optimal in either position and you'll put your tummy muscles in an excessively lengthened or shortened position. 'Neutral' is optimal in both cases and this is simply all about acknowledging your habit and working to undo it....no magic required here.



2. **Improve your hydration status!** Every single cell in our bodies require water to function optimally and that goes for the cells that make up the connective tissue of your tummy and Pelvic Floor. Also, if you're looking for Post Natal Fat Loss.....you MUST be hydrated! How much do you need? Well, simply improve on where you are....if you're only drinking a glass a day, then upping to 3 glasses will be great as opposed to trying to go from zero to 3 litres per day. If you can get 2 litres of water into your body a day, well that would be awesome....but aim for progress as opposed to perfection.
3. **Are you getting enough protein in your diet?** The building blocks of Collagen and Elastin are Amino Acids are derived from protein sources. PS and great quality protein doesn't have to come from animal sources either. Pea and rice protein also have the full range of Amino Acids required to help you rebuild your tissues.



4. **Are you living with chronic stress?** Research has shown that your capacity to heal is reduced by as much as 25% when you have elevated CORTISOL! If this is true for you, you simply have to find a way to remove omnipresent stress from your life or at least minimize it your core strength and possibly your continence is reliant on it.

5. **Your Pelvic Floor isn't as reliable as it used to be** and you keep having 'accidents' when you are active.

1st Step: DON'T put this down to 'this is what happens after you have babies and it will go away of it's own accord'. Your continence and confidence is a non-negotiable – go back to your Doctor and seek an appointment/referral to a continence / pelvic health specialist / Women's Health Physiotherapist AND DO NOT stop until you feel that you've been helped to your satisfaction.

2nd Step: If you're told that you need to 'exercise your Pelvic Floor' or strengthen your Core then the Holistic Core Restore® programmes are an amazing way to truly reconnect to your Core and bring it back to it's place at the heart of your body and movement. Find your local coach here.

3rd Step: Commit to a lifelong habit of putting your Pelvic/Core Health first by moving your body daily, nourishing your body to support your health on a cellular level and knowing that just because you can say....lift something heavy....doesn't mean that you SHOULD. Ultimately, being respectful of your Pelvic and Core health now means that you build a strong foundation for the decades to come.

6. **You're restricted throughout your chest and the front of your shoulders.** What do new moms spend most of their day doing? Feeling and holding the baby! Necessary but not great for maintaining optimal thoracic (upper back) posture and creating optimal length/tension through the myofascial and skeletal system. The decrease in pressure in the upper body ends up pushing pressure downwards to the weakened tissues of the abdominal wall (belly) and Pelvic Floor – not good for any Diastasis that you may have or for keeping the pressure off your Pelvic Organs and Pelvic Floor!



Find a mirror and check your posture.....how are you going? Are you suffering from the occupational hazard that is 'mom posture' where your palms are starting to creep around to the front of your thighs when you're standing up or do you have 'screen neck'? Ultimately, you CAN get out of this position if you're mindful enough and take action. Those rounded shoulders, short biceps and tight pectorals (chest muscles) and the front of your neck, generally need releasing and exercise choices need to move to pulling actions rather than pushing actions.



Easy Pectoral, Bicep, Front of Shoulder Release at a Wall

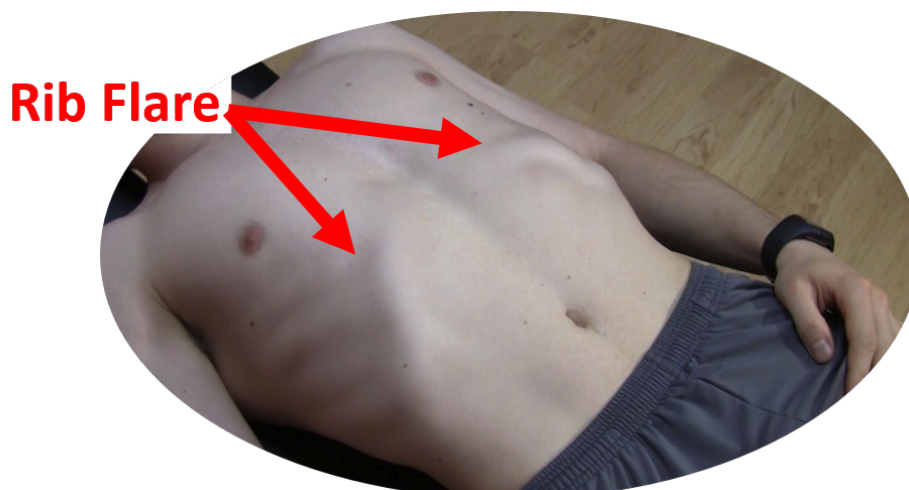
Exhale after you have momentarily pressed your palm into the wall.

Try the amazing 'Platysma Release' – I call it my 'Million Dollar Stretch', when you do it, you'll know EXACTLY why.

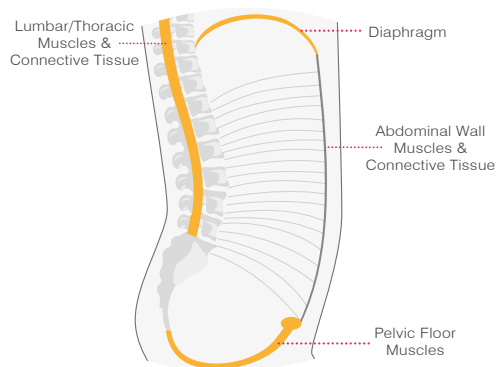
Find the video on YouTube [here](#).

7. **Your ribcage looks like those in the picture.** Is the rib-flaring and elevation that occurred during pregnancy is still an issue into your post birth period.

Ultimately, this issue won't help heal your Diastasis and will keep the tissue tone high and move you away healing and a return to optimal tension/function at the abdominal wall and midline. Yes, I know this is man but a great massage therapist is probably your best bet for assessing what's going on and then releasing the negative tension that will allow your ribs to fall into their best position. Also, this elevated ribcage position will affect your breathing pattern and the way your Diaphragm functions. An optimal functioning Diaphragm is an ESSENTIAL part of a healthy Pelvic Floor and the rest of your core...



Your Breath & Your Core



The 'Purposeful' Exhale

As you exhale for a count of 8 you should feel an automatic tensioning of your abdominals, the muscles of your back (especially the low back region) and your pelvic floor both tightening and lifting. Congratulations... your 'Core Synergy System' is working!

8. **Does your belly puff out excessively every time you BREATHE IN and doesn't descend when you BREATHE OUT?** Basically we're all taking 20,000+ breaths a day and this repeated 'faulty' breathing pattern needs correcting to support your Diastasis healing, your management of pressure within your Core and simply because you're not working your INTRINSIC protective system. If you have a Diastasis, your inhale needs to be modified to a 'costal' breath – into the sides and rear of ribs with minimal rise of your belly. Your exhale should trigger the natural system as shown above.
9. **Are you getting up from lying down in a way that's not helpful** to healing your Diastasis or improving your Pelvic Floor function? When you get out of bed or off the floor are you 'jack-knifing' and creating 'unhelpful' pressure throughout your core? Does your tummy look like an alien's trying to escape when you're getting up then you need to be introduced to the 'Log Roll'.....use it EVERYTIME you get up off the floor and out of bed to ensure you keep the pressure off your 'still-healing' core.

You can find the video on YouTube [here](#)
10. **Are you relying on sugar to keep you going through your day?** This isn't only an issue for the sleep deprived new mom but busy women in general. Ultimately excess and certainly processed sugar will block your fat loss attempts and increase 'inflammation' within your body which in turn reduces your ability to heal and recover. It's a challenge for every person who counts themselves as having a sweet tooth but if your goal is fat loss and deep tissue healing....you've got to kick sugar to the curb!

WELL, THAT'S IT...

I hope that was all really useful to you, if you're a woman looking to improve her 'CORE CONFIDENCE' check out our 9 Holistic Core Restore® programmes [here](#). There's something for every woman, at every life phase.

**FIND A COACH
NEAR YOU!**

If you're a fitness/wellness instructor and would LOVE to deepen your skill-set and work with women and you'd like to know more about becoming a Licensee, [take a look](#) at what other Licensees say about being part of this supportive and growing team and how becoming a Licensee will transform your work with your female clients...



Wishing you WONDERFUL health and hope connect with you very soon!

Jenny Burrell



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