

DIASTATIS RECTI | Get the Facts

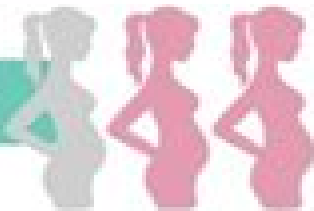
WHAT IS IT

Abdominal muscle connective tissues stretch and weaken at the mid-line left and right sides of abs look and feel 'separated'

Has to happen during pregnancy to make way for growing baby in utero



IT'S COMMON



**2 out of 3
Mamas**
have it after
2+ babies



Before

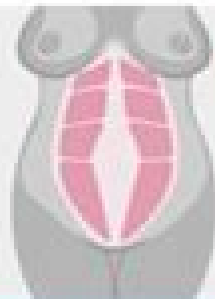


After

It looks
like this
inside

WHAT CAUSES IT

- Excessive intra-abdominal pressure
- Non optimal alignment & posture
- Non optimal abdominal exercises during & after pregnancy



YOUR BODY CLUES

- Mummy Tummy or Pooch
- Lower back pain
- Pelvic Floor not functional



bodyTACTIQUE

HOW TO SELF CHECK

Lie on back, knees bent.



Feel flat

Lift head, neck and shoulders and exhale



Fingers above belly button

Feel for how many fingers in gap and also how depth feels



Feel down midline of core with fingertips

My Stomach Still Remembers

Emily Harris Adams



My Stomach Still Remembers:

For Those with Empty Arms Emily Harris Adams, 2015-03-24 After receiving the news that in vitro would be their only hope for biological children award winning poet Emily Adams had to learn to live in a new world of needles embarrassing tests long waiting periods and expensive doctor's appointments In this beautiful and touching book of poems and essays Emily tells the story of the diagnosis and the chaotic years that followed Despite the many instances of disappointment she learns how to continue to hope Emily Adams weaves a powerful and compassionate story for any woman who is desperately trying to conceive but can't

Children's Play W. George Scarlett, 2005 Children's Play explores the many facets of play and how it develops from infancy through late childhood The authors discuss major revolutions in the way the children of today engage in play including changes in organised youth sports children's humour and electronic play

My Wife Wants You to Know I'm Happily Married Joey Franklin, 2015-11-01 An award winning Gen Xer writes with humor and heart on fatherhood and fast food true love and t ball hair loss and family in this book about learning from the past and living for the moment

The Summer We Forgot Caroline George, 2022-03-08 Caroline George once again transports readers with lush evocative prose leading them to ask the question what happens when we can't even trust ourselves Some memories are better left forgotten Darby and Morgan haven't spoken for two years and their friend group has splintered But when the body of their former science teacher is found in the marsh where they attended camp that summer they realize they have more questions than answers and even fewer memories No one remembers or no one is talking The group of reunited friends suspects that a murderer is stalking the coastal highway 30A and they are desperate to recover their memories as quickly as possible before their history they can't remember repeats itself Everyone has a secret As tensions rise and time runs out Darby and Morgan begin to wonder if they can believe one another or if they can even trust themselves Young Adult suspense with romance Stand alone novel Book length 95 000 words Includes discussion questions for book clubs

False Memories: Adventures of the Living Dali Gabrielle Mallarme, 2005-03-17 Praise for False Memories It was rich Like eating a large slice of cheese cake with blueberry topping I finished reading it today did what it was suppose to do kept my interest created a deeper mystery surrounding the artist brought up controversy cleared a few questions and much much more This will be a book not just for collectors but for anyone wanting to know a little about the psyche of a painter Brilliant Lynn Vermillion False memories is a psychologist's term for memories cleverly and conveniently created by the subconscious mind Since the theory of reincarnation is not widely accepted we tend to explain away memories of previous lives as false memories Contemporary American painter Anton Brzezinski would be the first to agree that his own memories of previous lives are productions of his prodigious imagination but Brzezinski's memories of his own experiences need no exaggeration to make them fascinating In False Memories Adventures of the Living Dali with the exception of the pseudo author Gabrielle Mallarm people who appear as characters in this book are not fictitious This is a work of fiction but even the wildest

incidents described here really occurred **Lives Interrupted** Lindsay Blessing,2023-05-04 Lives Interrupted portrays life in a country at war through compiling the Facebook posts of long term American missionaries to Ukraine Mark Rhonda Blessing Insight is given into Russia's war on Ukraine how it affected the lives of Ukrainians and how it impacted their ministry as missionaries Stories are told of displaced Ukrainians Ukrainian soldiers and international volunteers There are real time portrayals of what it felt like in the moment to have missiles hitting your city Through it all the thread is woven of how standing on the firm foundation of Jesus Christ carries us through the darkest moments *The Ever After* Amanda Hocking,2021-01-05 Amanda Hocking the New York Times bestselling author of The Kanin Chronicles returns to the magical world of the Trylle Trilogy with The Ever After the final novel in The Omte Origins arc Buried memories Ulla Tulin has lost a month of her life Her journey to learn who her parents are has brought her to the attention of the Ivolk sect and a man claiming to be her father But instead of a long lost family reunion Ulla has forgotten her time there and fears something terrible happened Sacred flower The Ivolk released Ulla alive for one reason only to exchange her for a rare flower with mystical properties Determined to break her amnesia Ulla risks her life against a dark enchantment capable of killing her to remember the Ivolk's secrets to use the flower as part of an incantation that will open the bridge to Alfheim the First City Blood prophecy But opening the bridge will unleash a menagerie of monstrous creatures upon Earth that will consume everything in their path Knowing she may lose Pan Soriano the love of her life Ulla nevertheless gathers an army of Trylle to stand with her and defend humanity as well as her own kind And it is Ulla's very heritage that holds the key to victory *All the Dangerous Things* Stacy Willingham,2023-01-10 Following up her instant New York Times bestseller A Flicker in the Dark Stacy Willingham delivers a totally gripping thriller about a desperate mother with a troubled past in All the Dangerous Things One year ago Isabelle Drake's life changed forever her toddler son Mason was taken out of his crib in the middle of the night while she and her husband were asleep in the next room With little evidence and few leads for the police to chase the case quickly went cold However Isabelle cannot rest until Mason is returned to her literally Except for the occasional catnap or small blackout where she loses track of time she hasn't slept in a year Isabelle's entire existence now revolves around finding him but she knows she can't go on this way forever In hopes of jarring loose a new witness or buried clue she agrees to be interviewed by a true crime podcaster but his interest in Isabelle's past makes her nervous His incessant questioning paired with her severe insomnia has brought up uncomfortable memories from her own childhood making Isabelle start to doubt her recollection of the night of Mason's disappearance as well as second guess who she can trust including herself But she is determined to figure out the truth no matter where it leads *The Walk Home from a Broken Road* Rebecca Crawford,2012-02-21 Rebecca Crawford had always viewed herself as strong and independent She never would have imagined that she'd find herself trapped in an abusive situation In The Walk Home from a Broken Road Crawford shares details from her five year relationship with her abusive boyfriend Blake In this memoir she narrates her story from the

time she met Blake while working at a pizza restaurant when she was seventeen years old to the day she found the courage to leave the relationship and to the present where she has found the fortitude to heal to learn and to grow Crawford tells how slowly and deliberately Blake cut her off from her friends family school and activities in order to control her every movement and how that control escalated to a torrent of abuse *The Walk Home from a Broken Road* provides a firsthand account of an emotionally dysfunctional relationship It shares Crawfords intensely personal feelings that give great insight into the mindset of a woman trapped in an abusive situation But more than that it provides hope for others who face similar circumstances

Names We Call Home Becky Thompson, Sangeeta Tyagi, 2013-05-13 *Names We Call Home* is a ground breaking collection of essays which articulate the dynamics of racial identity in contemporary society The first volume of its kind *Names We Call Home* offers autobiographical essays poetry and interviews to highlight the historical social and cultural influences that inform racial identity and make possible resistance to myriad forms of injustice MINDSQUILL Co Authors, STALLIONS PUB PVT LTD , 2020-09-15 This is not just an anthology This is the affection of every writer abridged into a place This is our mind Immured out in the form of quill Scribing our tale This is you and me Versing one tale altogether And called it MINDSQUILL Verse a tale Ritika Thakur The Empire of Dirt: A Novel Francesca Manfredi, 2022-07-12 In this captivating English language debut three generations of women must face their secrets and regrets when an old family curse awakens There has always been tension in the blind house where Valentina lives with her mother and grandmother in the Italian countryside Valentina s pious grandmother often hints at a family curse while Valentina s mother scoffs at superstition it s one of the battlegrounds on which they fight to control Valentina s upbringing But in the summer of 1996 when Valentina is twelve she gets her period for the first time and the curse suddenly becomes frighteningly real Blood leaks from the walls the house and farm are overrun with frogs the kitchen crawls with flies Valentina is certain that she has brought catastrophe to her house and its inhabitants In this propulsive coming of age novel of mother daughter relationships and painful family legacies Valentina is forever changed by the events of one terrifying summer **POSTI** Larry Nichols, George Mather, 2023-10-25 Paul Posti was a war hero During WWII he was the only person in history to shoot down a German Focke Wolfe fighter plane with his father s Smith and Wesson 38 cal Service Revolver He later became a executive chef and a close friend to celebrities including Clark Gable Elvis Presley Pavarotti Frank Sinatra and the world renown Rat Pack Frank Sinatra was introduced to Paul s cooking when Paul would give him free meals to help him out Posti s thoughtfulness and help was appreciated by Frank Sinatra so what began as a kind gesture turned into a life long friendship Posti became Sinatra s personal chef for over 24 years Along with his employer and owner of The Brown Derby Bob Cobb Paul created the now famous Cobb Salad which he literally concocted on the spot to please a demanding Cecil B DeMille He even had occasion to kick a hungry young kid named Elvis Presley out of his kitchen at the Knickerbocker Hotel Later Posti and The King became good friends His dearest friend was probably the legendary Mel Blanc the man who brought Bugs Bunny Elmer

Fudd and a host of other voices to life Most of the stars every American knew from the 40 s 50 s 60 s and 70 s knew Paul Posti From the Brown Derby to the Villa Capri he was the chef to Hollywood s royalty Posti made his mark as a chef during a time when fine dining was highly esteemed For him cooking was not just a job but rather an art form He would sometimes say with a smirk Cooking is the soul of partying at all times and all ages The Diary of Helecia Choyce Helecia Choyce,2010-08-28 The Diary Of Helecia Choyce The hustle within Part 1 embarks on her journey of growing up in the mean streets of Los Angeles dealing with gangs abuse celebrities drugs alcohol mental illness bipolar depression life death self pity serenity love selfrespect and forgiveness This book takes readers on the journey of change A journey one should embark on while dealing with the everyday struggles of life This book has an important message for the youth of today Using her knowledge and experience from trials and tribulations this young author helps give young people a new meaning to change This book helps teach people how to turn a negative situation into a positive solution and to believe that anything is possible

Dinners & Nightmares Diane Di Prima,1998 Dinners and Nightmares is a highly experimental collage of genres including plays conversations interior monologues free verse and lists a postmodern text long before that term become mainstreamed It remains a powerful testament to the complications and triumphs of Beat bohemia for women Publisher

Changed (Marked Duology 2) Jennifer Snyder, Would you risk your life to stand with the one you love Eighteen year old Tessa Morganton s life has been flipped upside down Secrets have been exposed Her reality has been forever altered and a startling revelation leaves her grappling between the life she knew and the one she was destined to have As the Wolf Moon nears she s forced to face her mind boggling transformation into a wolf and what Pack Law means to her unfathomable predicament and the relationships around her Werewolves Mystery Romance Fall into the world of The Marked Duology a captivating Young Adult series Age Of Innocence , Zhenyinfang,2020-02-17 The Love status and difference of several young people can t hinder the development of love Xie Xiaomeng and Guodong Letian and I all of you have been very good friends In fact the heart of a simple man is very thin The topic between a woman and a woman is always a man and the topic between a man and a man is not necessarily a woman A few years later my home Xie Xiaomeng and Zijing s home were very close The appearance of four children increased the fun I always thought that the happy day of not liking the wedding ended with a grand wedding The appearance of my son Huatong and little guy also increased the fun of the wedding which was no longer a form Deep in Our Hearts Joan C. Browning,Dorothy Dawson Burlage,2002-03-01 Deep in Our Hearts is an eloquent and powerful book that takes us into the lives of nine young women who came of age in the 1960s while committing themselves actively and passionately to the struggle for racial equality and justice These compelling first person accounts take us back to one of the most tumultuous periods in our nation s history to the early days of the Student Nonviolent Coordinating Committee SNCC and Students for a Democratic Society SDS the Albany Freedom Ride voter registration drives and lunch counter sit ins Freedom Summer the 1964 Democratic Convention and the rise of Black Power and the

women's movement The book delves into the hearts of the women to ask searching questions Why did they of all the white women growing up in their hometowns cross the color line in the days of segregation and join the Southern Freedom Movement What did they see do think and feel in those uncertain but hopeful days And how did their experiences shape the rest of their lives

The silence of Nyamata , 10 April 1994 Ludovica Iaccino, 2015-01-12 The dawn arrived quietly The sun just risen shone uncertainly on the hill A dull grey light impregnated with mist and silence greeted Caritas when she opened her eyes A gloomy atmosphere had brought a strange sense of foreboding throughout the village There were no chants at the spring that morning and Caritas did not dance on her way to collect the water Fearful children held on to their mothers pagnes while the women filled the canisters in silence and returned to their homes straightaway On her return home Caritas was surprised not to find her mother and grandmother outside preparing lunch Instead she saw her father who was waving to her to hurry up What's happening she asked in alarm Shh said her mother and then looked at the radio waiting for the broadcast to start We confirm this morning's news Our Hutu president Habyarimana and Burundi's President Cyprien Ntaryamira are dead a voice said That bitter surprise hurt more than a cold grip around Caritas heart Through the story of Caritas a beautiful Tutsi girl and her life in the village of Nyamata the author leads the readers through the events that culminated in the 1994 Rwandan genocide Ludovica Iaccino conducted extensive research in order to collect facts and shed light on one of the worst massacres of modern history

Body Stories Jill Andrews, May Friedman, 2020-11-01 Body stories capture a nuanced interconnected interactive and complex telling of our understanding perception and experience of and through our bodies Plenty has been published on body image but image suggests a static fixed body unmitigated through our social interactions and varying times and spaces This book is not a how to guide for fat confidence It's not a compendium of fat suffering It's simply a collection of narratives about what it's like to survive in a weight hating world It resists the ways that marginalized bodies are being written and researched and put into other people's ideas about our existence The stories in this book are celebratory and are painful They look at intersections of race and queerness they destabilize womanhood by presenting a range of possible female embodiments They explore issues of disability and madness The full range of possibilities that are collected here give a picture of what it means to live in a society with strong and powerful messages about size about normalcy about what a moral and healthy life and body look like This book is a snapshot of its place and time but these stories remind us that we're here to stay The body stories will change but we will keep owning our own narratives While story especially written by women is often seen as outside the academic canon these stories these creative offerings are theory are research and are activism They are nothing less than the blueprint for liberation Writing about fat and about bodies outside of medicalized narratives without ignoring the impact of race sexuality class ability gender fashion appearance and beyond is radical and rigorous It is impossible to think about the future without wishing for liberation Liberation can come in many forms It can mean an awareness the ability to confront The stories in this book display the ways

that liberation isn't a finish line or a thing we can complete rather it is a million small actio

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