

## Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, and I.B.S, and Other Symptoms without Surgery

A Proven Stretching, Strengthening,  
and Nutrition Program for Relieving  
Pain, Incontinence, IBS, and Other  
Symptoms *Without Surgery*

### Heal Pelvic Pain

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FOREWORD BY ANDREW GOLDSTEIN, M.D.



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### Book Review

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(Cale Hansen Sr.)

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