

WHOLEISTIC
PT

Hello Ladies

A LITTLE SOMETHING WE ALL
SHOULD KNOW + BEGIN TO
LEARN MORE ABOUT

OUR CYCLE

Your lady bits
will thank you

LOVE
YOURSELF

LET'S LOVE OUR CYCLE

part 1

First Things First

LET'S GET TO KNOW YOUR BEAUTIFUL, FEMALE BODY
(ALL YOUR LADY LUMPS, CURVES & THE DEEP DEEP)

**EVERYTHING IS CONNECTED
YES, E-V-E-R-Y-T-H-I-N-G**

YOUR MOOD, DIGESTION, HORMONES,
ENERGY LEVELS, MOTIVATION,
IRRITABILITY, PATIENCE, SLEEP, CRAVINGS,
EMOTIONS, THOUGHTS, PAIN... YOU NAME IT,
IT'S CONNECTED TO WHAT'S GOING ON IN
YOUR BODY + YOUR DAILY HABITS

REC #1: START TAKING NOTES ON HOW YOU
FEEL **DAILY** & FIND CONNECTIONS

REC #2: DO YOUR OWN RESEARCH



RECOMMENDED BOOKS: *TOP 5 FOR A WOMEN'S CYCLE*

PERIOD REPAIR MANUAL BY LARA BRIDEN

BEYOND THE PILL BY JOLENE BRIGHTEN

FLO LIVING BY ALISA VITTI

WOMAN CODE BY ALISA VITTI

**THE FIFTH VITAL SIGN BY LISA HENDRICKSON-
JACK, LARA BRIDEN**

Anatomy Lesson

We typically have these anatomical parts, however sometimes they look different, & sometimes we have missing parts due to our genetics

Inside Lady Bits

2 Ovaries: stores our egg follicles

2 Fallopian Tubes: the highway from our ovaries to our uterus

1 Uterus: our baby-making haven a.k.a. the *womb* (gets super plush during a part of our cycle so a fertilized egg can make a happy home, grow & then get pushed out via contractions)

1 Cervix: end of the uterus, which dilates with childbirth, & normally protects the uterus, prevents tampons from going into the uterus, etc.

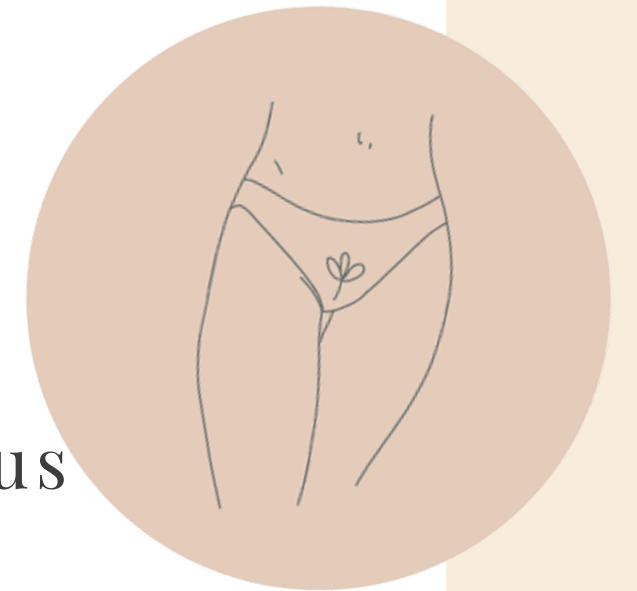
VERY Important to listen to doctor recommendations to get Pap-Smears to detect/prevent cervical cancer

1 Vagina: the canal connecting the uterus to the outside world. Also, a perfect little hole for the penis to enter during sexy-time & in order to create a baby (yes, you have a cute lady V, feel the love)

2 Kidneys: Creates the urine

1 Bladder: Holds your urine until it's "time to pee"

1 Urethra: Highway from the bladder to the urethral opening



Fallopian tube

Lumen (cavity) of uterus

Ovary

Cervix

Vagina

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Anatomy Lesson

Pelvic Diaphragm a.k.a Pelvic Floor Muscles:

(I know, some of them sound like Pokemon)

Consists of 4 main muscles: act as a hammock to hold up your organs

- 1. **Coccygeus**
 - 2. **Iliococcygeus**
 - 3. **Puborectalis**: helps stop your Wee + Poo
 - 4. **Pubococcygeus**: controls the flow of urine
- } **Levator Ani Muscles**

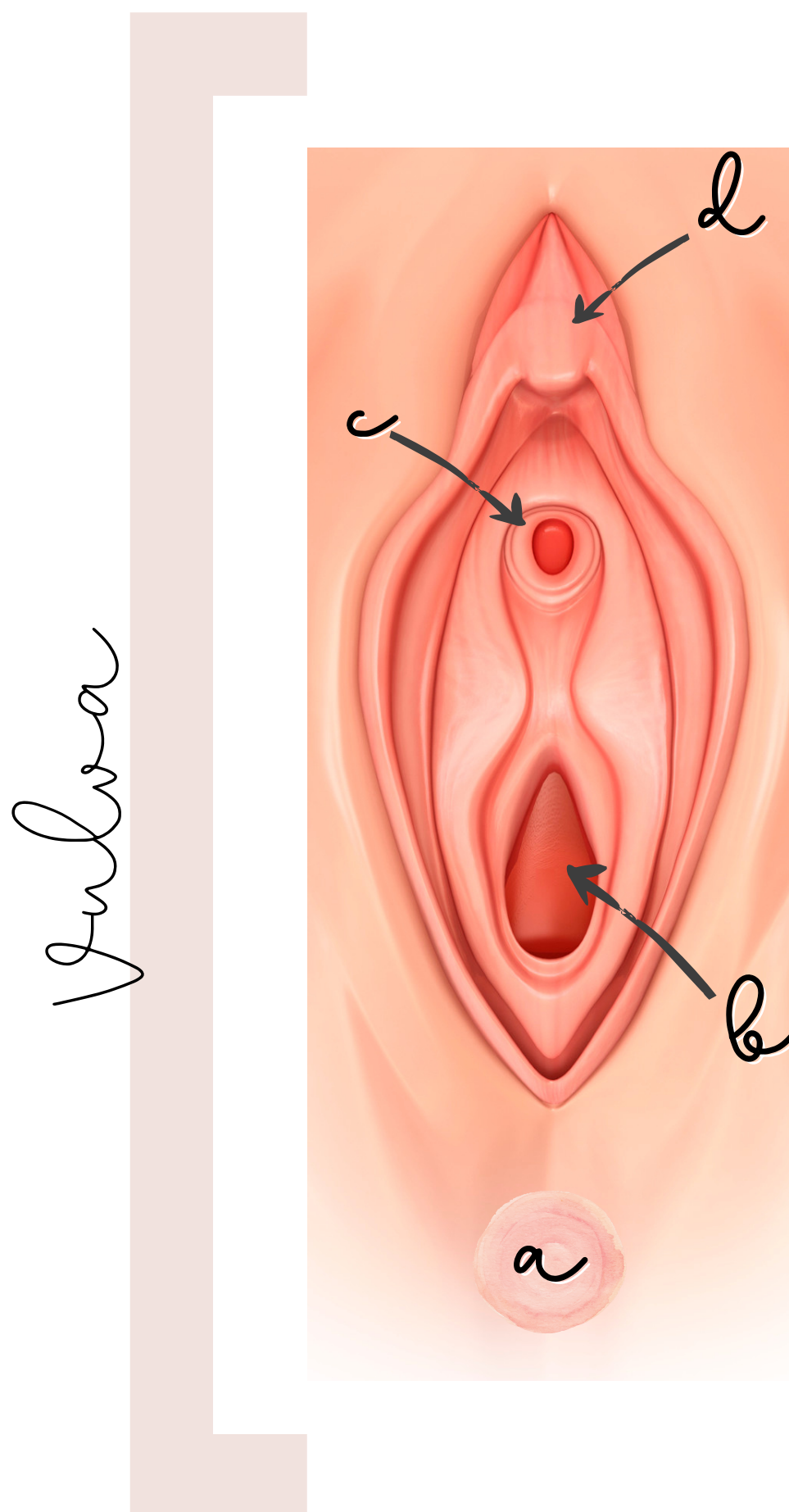
Find your pelvic floor.

Next time you pee, stop your urine. Also, try to hold in a toot.

Voila. You found your Pelvic Floor.

Lift those muscles up towards your belly button.

Outside Lady Bits



a. 1 Anus: Poop shoot

Vulva:

b. 1 Vaginal Opening: the door to your reproductive organs

c. 1 Urethral Opening: pee hole

d. 1 Clitoris & Clitoral Hood: the pleasure center

e. 2 Labia: lady lips, come in all shapes and sizes. The main purpose is for the protection of the urethra & vagina, also has tons of nerve endings, and produces secretions (“Do I make you horny baby” - Austin Powers) Cue an inappropriate joke: You know what they say, the best kind of kiss is an Australian Kiss, “down-unda” Sorry not sorry.

Did you know?

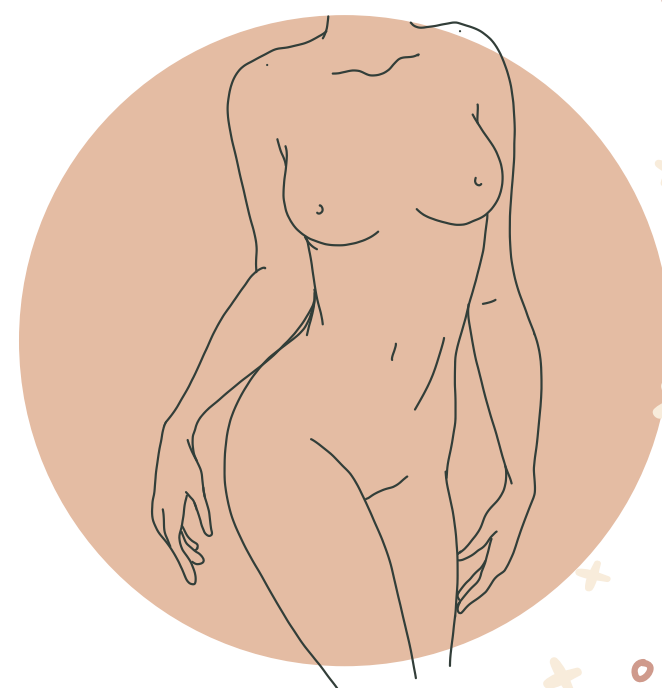
Men only have a 24-hour hormonal cycle

Women have a ~**28-35 day cycle**, + guess what?
EVERY LADY IS DIFFERENT

If our cycle falls further outside 28-35 days, we should maybe work with a professional to understand why our cycle is *short/long*, because there **are** reasons for this.



HELLO
hormonal
imbalances

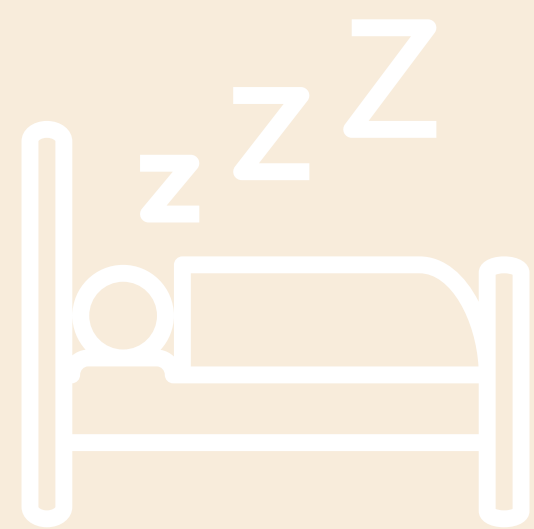


NOT having a cycle means something is **FUNKY**, something is OFF, out of WHACK, and we need to pursue **WHY** !?

Empower, Encourage REPEAT.

Listen, I have been chatting with a ton
of ladies, ALL AGES

We have a lot of things in **common**
(besides our anatomy)



We all have Gastrointestinal issues
constipation or diarrhea, gas/bloating, etc

Many of us have sleep, skin & stress issues.

We are not getting enough **magnesium**, &
that goes for most of the general population

We are always comparing ourselves to others

We are obsessed with how we look in a mirror
because society has created us this way

We can get depressed & feel ashamed,
hiding our struggles from our friends &
family when we need their support the
most. AND it's mostly due to our **hormonal**
health, our **mental** health + our **gut** health.



Empower, Encourage REPEAT.

Guess what?

With education, awareness, guidance from professionals & hard work, you too can heal. Like REALLY heal, not just your manage symptoms

We often have poor relationships with food, are scared of carbs, scared of fats, not eating enough, eating too much crap/processed foods, drinking too much alcohol + caffeine

We don't put our health first, we tend to put others first, which is AMAZING & great until your health plummets because of it.

STOP THAT.

You are #1, everyone else is a close 2nd.

If you're not "good to go", you cannot help others.



My main advice is to NOT JUST rely on someone else to figure out what is going on with YOUR BODY. It's great to ask for guidance & professional assistance, but..

It is literally yours, for the rest of your life. You are the one living in it, YOU are the one in charge & need to be calling the shots.
Don't like how you feel?

LEARN HOW TO CHANGE IT

Empower

YOU should be doing everything in your power to make it right.

Asking for professional help is oftentimes *necessary*, however, you should also become **informed &** ask questions :)

You do not have to be a medical doctor to learn about your own anatomy & physiology



SO, we just learned a bit about the
ANATOMY of our female parts

A little bit about the **pelvic floor**



We still need to discuss OUR actual cycle, which will be included in the coming sections along with more pelvic floor, hormonal, nutrition, exercise + further women's health education

I personally work with clients to improve digestion & facilitate optimal hormonal health through

Gut healing protocols & Lab testing via the
GI MAP & MRT (food sensitivity test).

Hormone healing protocols & Lab testing via saliva & Dried urine testing from **DiagnosTechs & the DUTCH test**

LET'S WORK TOGETHER

SPREAD THE LOVE,

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