The New Kegels
The Effective Way to Manage Pelvic Organ Prolapse

Any woman with long-standing prolapse knows that Kegels do nothing to improve the symptoms of rectocele, cystocele, or uterine prolapse.

The only logical reason for Kegels improving symptoms of stress urinary incontinence (losing urine when sneezing, coughing, etc) is that they pull the bladder toward the vagina, thereby increasing the symptoms of cystocele.
Women with significant cystocele rarely experience severe urinary incontinence because the bladder bulge kinks off the urethra, much like a garden hose.

So if Kegels do nothing to improve prolapse, why are they still touted year after year, decade after decade, since gynecologist Arnold Kegel and his perineometer made such a sensation in the 1950s?

The answer is because Dr. Kegel, and all of gynecology for that matter, have omitted and denied essential aspects of female anatomy that are crucial to understanding the dynamics of pelvic organ support. Why have they done this? Because gynecology has always been a surgical specialty that views the pelvis in a very limited way. Their conceptual framework of female pelvic anatomy does not include much beyond what they can see from the supine, lithotomy position (lying on your back with feet in stirrups).

To the gynecologist, you have a pelvic “floor” above which the pelvic organs are perched. From this perspective, the vagina acts like a tree trunk, holding the organs over a hole in a soft-tissue “floor” at the base of the torso. Because the vagina is holding the organs up, it must be “strong” and “tight” to prevent prolapse. The gynecologic point of view gives the pelvic surgeon license to perform operations based on faulty anatomic understanding.

In reality, your pelvic “floor” is more like a wall at the back of your body. Human pelvic orientation is not different than that of four-legged animals, a fact pointed out in the gynecologic literature in 1954 by J.W. Davies, M.D. Your pelvic organs are positioned over a truly strong pelvic floor, which are your pubic bones that come together underneath you like straps of a saddle.
Dr. Davies pointed out that if the human pelvis was really rotated backward 90° into a “bowl” shape with a “floor”, the pubic bones would dislocate with every step we took. Not only would it be excruciatingly painful to walk with the pelvis in this position, it would be impossible.

Davies’ research was completely ignored in the gynecologic literature until Dr. Linda Brubaker used his original illustrations to make the same point in her 1996 textbook, *The Female Pelvic Floor*. Unfortunately, the information had little impact and urogynecology has continued on under an antiquated and erroneous conception of female pelvic anatomy. To do otherwise would render all surgeries for prolapse and incontinence faulty and unsound.

Since the time man-midwifery took over the business of women’s health, knowledge about the female body has been placed solely in the hands of the medical profession. Our own bodies have become so mysterious, and the only major sources of information available to us come from practices based in anatomical misunderstanding.

This is why Whole Woman® has sourced knowledge from orthopedics, pediatrics, physics, the biological sciences, and even traditional dance. There is no understanding pelvic organ support outside the context of the whole body. When was the last time a gynecologist talked to you about the importance of natural breathing in preventing pelvic organ prolapse? You will not find this information anywhere else but at Whole Woman®. Yet, women intuitively know the Whole Woman® work is true, because they live it every day.

When a newborn baby girl comes into the world, her spine and funnel-shaped torso are completely straight. Her three pelvic organs and their channels: urethra/bladder, vagina/uterus, anorectum/sigmoid colon form three long lines, or axes, through this little abdominopelvic space. From the beginning she is raising internal pressures whenever she cries, poops, or is held upright. Yet, she is not in danger or her pelvic organs prolapsing because her respiratory diaphragm (the muscle layer underneath her lungs) and her pelvic diaphragm are made up of the same type and the same amount of muscle tissue, so the
pressures simply bounce back and forth between the two sets of muscles.

Once she begins to stand and walk and run, her respiratory diaphragm grows very thick and strong and begins to send powerful bursts of pressure through her torso. These pressures don’t go down willy-nilly, but in a very specific pathway. With every in-breath, intra-abdominal pressure strikes against the inside of the lower abdominal wall. You can test this yourself by placing your hand a couple of inches below your navel and taking little coughs. You can feel the exact place intra-abdominal pressure strikes first before rebounding against the pelvic diaphragm.

Over the course of sixteen or seventeen years, the female pelvis becomes positioned at right angles to the abdominal wall so that the pelvic “floor” has now become a wall at the back of the body. This is only made possible by profound curvature in the lumbar spine, which is genetically more pronounced in females. Astonishingly, the three pelvic organs have also formed strong right angles away from their channels to become positioned right behind the lower belly. In this way, the pelvic organs are supported by the true bony pelvic floor and the lower belly, just as they are in four-legged animals. It is a profound truth that we are horizontal creatures from the hips down and vertical from the waist up.

Now it is easy to understand that contracting the vagina has nothing to do with pelvic organ support. The organs are carried behind the lower belly, and away from the pelvic outlet at the back of the body. Kegels merely draw the bladder and rectum toward
the vagina, in other words, toward the direction of prolapse!

Please don’t think that it’s “bad” to contract those muscles. Strong vaginal contractions lead to orgasm and are wonderful to do in that setting, especially if a penis is supporting the vaginal walls to keep the pelvic organs in their proper positions. It’s just that laying on your back doing sets of Kegels can worsen prolapse symptoms.

Now that you understand more about your anatomy, you can see that any exercise aimed at reversing prolapse must be based in the dynamics of pelvic organ support. This means gravity, the breath, the natural shape of the spine, and the weight of the organs themselves.

So in the video below, I offer The New Kegel, which can be done in a chair, on all-fours, or standing. We are simply increasing the natural dynamics of intraabdominal pressure, and by way of the in-breath and lumbar curvature, moving the organs forward. Optimize the process with Whole Woman® posture by keeping your shoulders down (not back), chest lifted, upper back flat and broad, head pulled up through the back of the neck, and slightly tucking your chin.

Traditionally, women spent hours sitting while doing their work, and female anatomy is designed to move the organs forward even while sitting. However, you must keep a strong lumbar curvature and a relaxed lower belly during the process. Go ahead and sit for hours in front of your computer. Every now and then, throw a few New Kegels in to push your organs further forward.

If we lived in a perfect world, regaining pelvic organ support would be the easiest thing on earth. And you know what? It is.

Click here for The New Kegels video.
About Christine Kent

After suffering a profound uterine prolapse resulting from a bladder suspension surgery, Christine refused the recommended hysterectomy and struggled with her prolapse for almost ten years. Reaching a crossroads in her life, she vowed to find a solution to the problem. After two years of full time research in the University of New Mexico medical school library, drawing from books and scientific papers in gynecology, orthopedics, physical anthropology, and 19th century medical texts, and experimenting with her own condition, she had put the puzzle pieces together.

Christine published her book, *Saving the Whole Woman, Natural alternatives to surgery for pelvic organ prolapse and urinary incontinence* in 2003, which has sold tens of thousands of copies around the world. She launched her website the same year and began teaching women what she had learned on her forum. Within weeks, women began writing back that they were seeing dramatic improvement in their symptoms.

She did a major revision of the book in 2007, produced her first video, *First Aid for Prolapse* in 2005. It was completely redone in 2009 in DVD format and she has subsequently produced *First Aid for Prolapse for Elders*, and a series of *Whole Woman Yoga*® DVDs.

Christine holds Bachelor of Science degrees in both Anthropology from Northern Arizona University and in Nursing from the University of New Mexico. She lives and runs Whole Woman Inc and the Whole Woman Center in Albuquerque, NM USA and has four children and five grandchildren.
Crucial Information from Whole Woman

When you need unbiased answers to women’s health questions that aren’t provided by drug companies or surgeons, Whole Woman is your goto resource. We provide tested, science-based answers and programs that work and that have transformed the lives of thousands of women around the world. Knowledge is your best defense against inaccurate and incomplete information from the medical system. Find all these products and more at the [Whole Woman Store](http://www.wholewoman.com/store).

**Saving the Whole Woman, Natural Alternatives to Surgery for Pelvic Organ Prolapse and Urinary Incontinence (2nd edition)** by Christine Kent, RN

This groundbreaking book debunks the traditional medical views of the causes of prolapse, reveals one of the greatest scientific blunders the medical system has ignored for more than 500 years and conclusively demonstrates that prolapse is a postural problem and readily manageable for a lifetime without notoriously risky surgery. With an exercise music CD.

**First Aid for Prolapse DVD**

Christine Kent’s flagship video describes the true nature of prolapse, demonstrates the ineffectiveness of traditional surgical approaches, and the Whole Woman postural method for successfully managing prolapse for a lifetime.

Included is a comprehensive exercise program, both beginning and advanced, and a dictionary of the exercise movements so viewers can learn the program step-by-step.

**First Aid for Prolapse for Elders DVD**

Over time women become less physically capable. For the older or less capable women, Christine Kent has developed a gentle but effective postural and exercise program.

Maintaining mobility is essential to remaining able to care for oneself. The same postural work that helps prolapse also helps maintain upper body mobility, essential for reaching and lifting.

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The Whole Woman Yoga® Series

Women love yoga! But what most women don’t know is that yoga was developed by men for male bodies. As good as yoga is, no lineage has effectively addressed the unique physiological needs of women. We get many calls from long time yoga practitioners and teachers who can’t understand how they could have developed prolapse. As a result, many yoga postures are not healthy for women, particularly women with prolapse.

Christine Kent developed Whole Woman Yoga® to provide women with a yoga by and for women. Each DVD in what will be a series of seven emphasizes one of the seven chakras from the root to the crown. Each DVD includes two chapters, an expression of the Whole Woman philosophy and explanation of the chakra and the Whole Woman Yoga® program.

**Whole Woman Yoga® - The First Wheel DVD**

The First Wheel focuses on first chakra development, safety, security, elimination and adrenal health.

Post-hysterectomy women have found this DVD particularly helpful.

**Whole Woman Yoga® - The Second Wheel DVD**

The second chakra work in this DVD focuses on sexuality, hormone balancing, relational and sexual health. Filmed by the Pacific ocean, this workout has been particularly helpful for postpartum women.

**Whole Woman Yoga® - The Third Wheel DVD**

The third chakra is the center of power, fire and energy. The Third Wheel DVD focuses on abdominal work, but not in the traditional ways that put the pelvic organ support system at risk.

A short but intensive program of firebreathing, nauli and female-protective abdominal work is particularly helpful for women with prolapse.

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Whole Woman® Value Bundles
Attractive savings on product bundles

The Whole Woman® Bundle

Includes

- Saving the Whole Woman book
- First Aid for Prolapse DVD
- The Whole Woman® Exercise Baton, turned for us in Maine from Eastern Rock Maple. Christine uses the baton in most of her exercise programs to help with balance and upper body mobility.

The Whole Woman® All-Inclusive Bundle

- Saving the Whole Woman book
- First Aid for Prolapse DVD
- The Whole Woman® Exercise Baton
- Whole Woman Yoga® - The First Wheel DVD
- Whole Woman Yoga® - The Second Wheel DVD
- Whole Woman Yoga® - The Third Wheel DVD

The Whole Woman Yoga® Book Bundle

- Saving the Whole Woman book
- The Whole Woman® Exercise Baton
- Whole Woman Yoga® - The First Wheel DVD
- Whole Woman Yoga® - The Second Wheel DVD
- Whole Woman Yoga® - The Third Wheel DVD

The Whole Woman® Elders Bundle

This bundle for elders or the woman with diminished physical capabilities includes:

- Saving the Whole Woman book
- First Aid for Prolapse for Elders DVD

Christine does not use the Whole Woman® Exercise Baton in the Elders workout.

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Whole Woman® Services

Phone Consultation with Christine Kent

Pelvic organ prolapse is emotionally devastating for many reasons. Few women even know the condition exists until they become symptomatic. The shock, surprise, embarrassment and the social taboo of discussing prolapse, even with one’s husband or with other women, makes prolapse profoundly isolating.

Sometimes you just need to talk to an expert who can empathize, understand and convey the information you need to regain your confidence and hope. A phone consultation with Whole Woman founder and author Christine Kent may be just what you need.

Christine can also help with hip joint issues and lichen sclerosis.

Whole Woman Introductory Class for Prolapse or Osteoarthritis of the Hip

If you need one-on-one help with learning the Whole Woman posture, and an exercise program tailored to your preferences and abilities, then an Introductory Class is your best bet. Held at the Whole Woman Center in Albuquerque, NM USA, the class begins at 10 AM on Tuesday for two and a half hours, with a follow-up hour on Wednesday to insure you have internalized your program and to answer any questions you have.

Introductory classes can be for prolapse or hip joint osteoarthritis. Please call to schedule an appointment for your class.

Saving Your Hips Intensive

Hip joint problems are exploding as the baby boom population is reaching their sixties. Like prolapse surgery, hip replacement surgeries are fraught with risk. And, like prolapse surgery, are generally unnecessary. Christine Kent’s five day Saving Your Hips Intensive program can help you develop a path toward reducing or eliminating chronic hip pain. After a two-hour personal assessment and introduction on Monday, each subsequent day participants work with Christine for an hour and a half in groups of no more than four. Each afternoon, every participant has a myofascial massage to insure the soft tissues will support the new alignment and configuration of the hips.

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