



Lady Bits: Understand Your Body, Elevate Your Health, and Reclaim Your Spark Naturally

Dr. Brianne Grogan DPT

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Approachable and highly readable, Lady Bits offers empowering health information and simple tools to elevate your well-being and tap into your sensuality. Part women's health text, part sex manual, and part chatting over a glass of wine with your best friend, Lady Bits is a comprehensive guide that will help you understand, care for, and LOVE your unique female body. With two free digital workouts and a 14-Day Action Guide, the information found in this program is practical and eye-opening – ideal for women of all ages. You will learn: -Why your mojo has left the building...and how to get it back! -Rarely discussed information about your unique female anatomy and physiology -Kegel exercises: are they good, bad, or indifferent? -Changes to expect as you age, including lessons and stories from real women like you -How to assess for diastasis recti, and precautions to take if you have it -How to find and properly strengthen your "inner core" -What "clean eating" means, and simple steps you can take to improve your diet -How to accept and embrace your body, including a "Body Image Bootcamp" with solutions for improving body confidence and self-love -Three steps to better sex, including specific instructions for using your inner core muscles to enhance intimacy -Realistic ways to incorporate healthy lifestyle changes into your daily life Benefits include: -A strong, toned body -A strong, pain free back -Improved posture and balance -Improved bladder control -An amped up sex drive -Longer, more intense orgasms -Confidence, energy, and radiance that others will notice Lady Bits is written for women, by a woman who understands the unique needs of females: mind, body, and spirit. Before a woman's intimate life improves she must learn to love herself, get to know her body, and feel relaxed and secure in her own skin. Lady Bits helps readers to do just that, with the voice of a friendly, practical guide leading the way. Tune into your body and reclaim your spark! You don't have to be an expert, but every woman should know a bit.

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