

THE PELVIC RELEASE BLUEPRINT

3 Hidden Bladder Mistakes *Stopping You From A Leak-Free Life*



AN EXCLUSIVE GUIDE BY

@WhatTheKegel



THE 3 DAILY

RELEASE STRATEGIES



To break the cycle of tissue rigidity and restore true pelvic control, implement these three simple daily habits starting tomorrow morning:



1. Diaphragmatic Expansion:

When we are stressed or rushed, we shallow-breathe into our chests. This creates downward pressure on an already sensitive bladder. Spend 2 minutes a day inhaling deeply into your lower belly and hips. This physically **drops, relaxes, and softens** your pelvic floor tissue.



2. The 90-Degree Sitting Shift:

Slouching back on your tailbone puts direct, unnatural pressure on your bladder neck. Sit all the way back in your chair so your weight rests directly on your "sit bones." This alignment instantly **unloads the chronic strain** on your pelvic muscles.



3. Fascia Hydration:

Connective tissue (fascia) hardens and locks up when it lacks movement and blood flow. Gently moving your hips in slow, wide circles while seated on a soft surface signals your nervous system to pump **fresh, nutrient-rich blood** back into the restricted pelvic basin.





THE ESTROGEN DROP

NOBODY WARNED YOU ABOUT



If you are a woman over 40 dealing with sudden bladder leaks when you laugh, sneeze, cough, or exercise, you have undoubtedly been given the exact same advice a thousand times:

"Just do your Kegels."



WE ARE HERE TO TELL YOU TO STOP



During perimenopause and menopause, a natural decline in estrogen causes the delicate, supportive tissues around your bladder to **lose their natural cushion, collagen, and elasticity.**



Your body responds to this vulnerability by tightening up defensively, creating **hypertonic—or permanently clenched—muscles.**



Telling a woman with a tight, menopausal pelvic floor to do more traditional squeezing exercises is like telling someone with a severely cramped calf muscle to keep **clenching it harder.**



You aren't strengthening the muscle; you are exhausting it. Forcing these thinning, tired tissues to squeeze even more **cuts off vital blood circulation**, increases irritation, and guarantees worse sudden urgency and leaks over time.



To stop the accidents, you don't need more tension.

You need deep, intentional release



WHY PHYSICAL DENSITY MATTERS



While the simple stretches and breathing habits on **Page 3** will help lower daily pelvic tension, **years of deeply locked fascia require direct, physical feedback to fully release.**



However, using random hard exercise equipment, lacrosse balls, or generic foam rollers can **actually backfire**. If a tool is **too hard or painful**, your body perceives it as **a threat**. Your nervous system triggers a fight-or-flight response, causing your pelvic floor to **clench even harder defensively**.



To safely bypass the body's defensive reflexes, you need a **specialized tool** engineered with the **exact density, shape, and resistance** required to cradle sensitive anatomy, melt away deep structural blockages smoothly, and work with your **shifting hormones**.





YOUR JOURNEY TO TOTAL PELVIC FREEDOM



You cannot force an exhausted muscle to work through raw willpower or endless squeezing. **True bladder confidence returns only when you unlock the tissue, restore deep blood flow, and let your body heal naturally.**



To fast-track your progress and completely eliminate accidental leaks at the root, we highly recommend integrating the official **Cooch Ball Method** into your daily wellness routine.



This simple, 3-minute seated technique is specifically designed to target restricted pelvic fascia, activate deep blood circulation, and restore structural balance during menopause—**without pills, pads, or useless exercises.**



**SEE THE 3-MINUTE
MENOPAUSE PROTOCOL**

