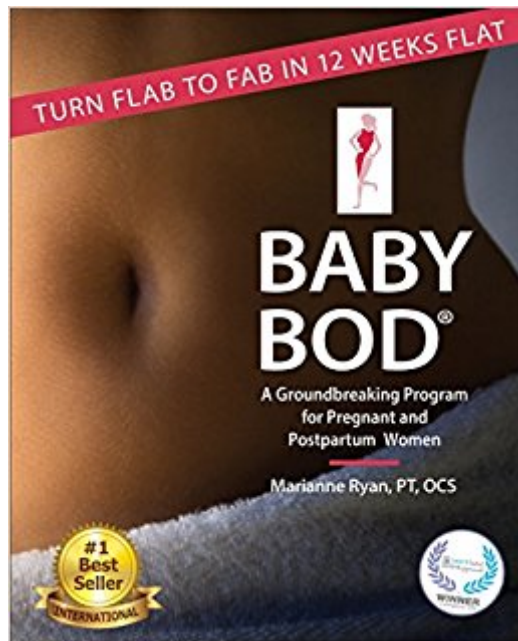




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# Baby Bod: Turn Flab To Fab In 12 Weeks Flat!



## Synopsis

A groundbreaking self-care program for pregnant and postpartum women, no matter how long it has been since you had your baby. Let BabyBod® get you into the best shape for delivery and then get your sexy back on as a mom! Learn self-care advice for diastasis recti, mommy tummy, urinary leakage (incontinence), pubic symphysis dysfunction, constipation, pelvic pain, pelvic organ prolapse and many other issues preventing you from feeling and looking your best. This revolutionary program will give you phenomenal results, even if it's been years since you had your last child. It's the first DIY program to bridge the gap between medical care and the special fitness needs of women like you and was written by leading Women's Health Physical Therapist, Marianne Ryan, PT, OCS, who has over 30 years experience. As a mother of two, Marianne is passionate about helping women prepare for childbirth and reclaim their bodies afterwards.

## Book Information

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## Customer Reviews

"Baby Bod® explains the musculoskeletal effects of pregnancy and postpartum in away that all patients will understand. Whether you are pregnant for the first time or have had multiple children, it's an important read for all." - Jaclyn H. Bonder, MD Medical Director, Women's Health Rehabilitation and Assistant Professor, Weill Cornell Medical College. "Marianne goes where no woman has gone before. She answers questions that have not been answered for generations for first time (and many time) moms. Baby Bod® has the formula you need to get your body

back, perhaps even better than before your pregnancy.Â Baby BodÂ® is the &apos;Dr. Spock&apos; book for moms that we have all been waiting for." - Mark Alyn, Host, Late Night Health Radio."I loved reading Baby BodÂ®.Â Ryan draws together the complexities of a woman&apos;s body after childbirth in a way that explains, reassures, and provides sensible, evidence-informed advice based on her long experience in women&apos;s health physical therapy.... The Baby BodÂ® exercise programme is excellent.Â I tried all the exercises and found the explanations and illustrations very reader-friendly... The phrase, "once postpartum, always postpartum will resonate for many women.Â This is a perfect gift for friends, sisters, daughters, mothers and grandmothers."Â - Emma Stokes, Physiotherapist, Vice President, World Confederation for Physical Therapy. "Baby BodÂ® is a must-read not just for moms, but for all women suffering the real effects of improper use of muscles...Â The author uses solid research to back up her teaching.Â Reading the book with an open mind can result in, well... results!"Â - Dr. LaKeisha Webb McMillan, OB-GYN and mother of two. "I am thrilled to have this resource to share with mothers and birth professionals that finally bridges the gap between medical care and fitness advice... This is a sound and safe guide to start building the pelvic floor and core muscles right after birth.Â Getting back in shape after childbirth is about more than just looking our best...Â Best yet, this book is brilliantly designed to guide you through chapters depending on where you are - because none of us have precious time to waste...Â I highly recommend all women read Baby BodÂ®, even before they give birth, so that they are well informed and ready to celebrate their own Baby BodÂ® when the time comes."Â - Tara Brooke CD (DTI), Co-founder, Doula Trainings International Doula and New Parent Consultant and mother of three.

MARIANNE RYAN PT, OCS is an award-winning author, physical therapist and board-certified orthopedic clinical specialist with more than 30 years&apos; experience treating prenatal and postpartum women. She is the owner and Clinical Director of Marianne Ryan Physical Therapy in New York City and the creator of the groundbreaking DIY Baby BodÂ® program, which is the first of its kind to bridge the gap between medical care and fitness advice. As a leading women&apos;s health expert (and a mom), Marianne is passionate about helping women reclaim their changed bodies, whether they are pregnant, recently took part in the joy of birth or are experiencing the "joy" of menopause. A much sought-after media guest and speaker, Marianne has appeared on dozens of national TV and radio shows, and has also been featured in Red Book, Fitness Magazine, USA Today, Shape Magazine and the Wall Street Journal. As an educator Ryan taught at Columbia University School of Midwifery Program and the NYU TMJ Dental Clinic. Watch her TEDX video,

"What Your Momma Never Told You About Childbirth" at

[youtube.com/watch?v=7Zyv5Inj\\_I&Connect with Marianne at mrptny.com, 212-661-2933, or Marianne Ryan Physical Therapy, LLC; 6 East 45th Street, Suite 1205, New York, NY 10017](https://www.youtube.com/watch?v=7Zyv5Inj_I&Connect with Marianne at mrptny.com, 212-661-2933, or Marianne Ryan Physical Therapy, LLC; 6 East 45th Street, Suite 1205, New York, NY 10017)

I bought this for my partner as the amount of time it took for her to back to her usual shape really bothered her after our first son was born. The book is excellent and provided a lot of exercises and information on what to do before giving birth to make things easier afterwards. Unlike a lot of the others she was reading this one is not full of impossible exercise routines and eat basically nothing diets. Overall a great book for anyone who is looking to get back to their usual size after giving birth. We recommend picking it up while you are still pregnant as there is plenty inside that you can do before giving birth that will make life much easier after.

I am beyond impressed with this book. As a mother I know the mental anguish and even pressure from people expecting new moms to be "body beautiful" in a certain amount of time. Reality check people, is just does not happen to all women. Not only did you push a watermelon out of a needle eye, but your whole life changes. I would not trade the joys of my pregnancy, birth or taking care of my amazing son, for anything. This book gave such wonderful tips, advice and exercises for all stages. It also focus's on doing them safely. It is laid out in a great way and really easy to follow and understand. The worksheets, illustrations, references are outstanding and very helpful. The clear dedication of Dr. Marianne Ryan is refreshing, inspiring and motivating. She put a lot of effort, time and heart into this book and for me it was a god send. I recommend it highly, to all moms and women wanting to have the body they need and desire. Well done Marianne and Thank You so much!

As a physical therapist, I highly recommend this "how to" manual for moms of all ages! "Baby Bod" teaches women to help repair physical changes from pregnancy, labor and delivery, postpartum recovery and beyond. Physical therapist Marianne Ryan, has condensed years of experience and evidence-based information to share directly to women. The descriptions about anatomy, alignment and exercises could really help improve symptoms and prevent new problems. This collection of tips is like a full menu of what to do, from soup to dessert. Readers and clinicians can jump in to any section for clear instructions. It even includes clear self-help check lists and the digital format has direct links to other wonderful resources. I may toss my assortment of clinical postpartum handouts and recommend this resource instead!

**Baby Bod: Turn Flab to Fab in 12 Weeks Flat!** By Marianne Ryan, PT, OCS This is a well written and researched book on how to improve your body after the rigors of pregnancy. **Baby Bod: Turn Flab to Fab in 12 Weeks Flat!** By Marianne Ryan, PT, OCS The book is meant for the ladies wishing to regain their bodies after pregnancy. Marianne explains in clear, easy to understand reasons why your body ends up the way it does from all the hormonal changes and stretching from growing that baby inside you for 9 months. We do not just "spring back" after a birth and it is all explained clearly, in plain language and diagrams making it easy to understand. The author has included many references she used in preparing this informative book as well as her own experiences in her work in Physical Therapy and as a mother to help those in need of regaining their pre-pregnancy shapes and even improving on them! She goes through exercises that you can do during pregnancy to help with support during the time your body is changing, and then afterward to help you get the body you once had to return. She goes through it all step by step, including some of the "after affects" we end up with, like a leaky bladder, stomach muscle separation from the expanding stomach, aches, and pains from your back and pelvis and much more. This book is needed by all women of all ages as everyone can benefit from the exercises she has so carefully researched and organized in a plan that most can follow. Even women who have had children years ago can benefit from the tricks she shows in the book for minor aches and pains, incontinence issues and even the stomach muscle separation you may still have even many years since your last child was born! This informative book is a must-have for your reading list! You will learn how to increase your core strength and help your stomach get back to its normal pre-pregnancy form, and the best part is you can do most of the actions while you are pregnant, there are modifications built into the program for you. I highly recommend this book for all women, there is something in here for everyone to use to help you even if you haven't had a baby, or you are looking for some help long after baby has made his or her arrival! If you only get one book for self-improvement THIS is the book you want in your well-read library!

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