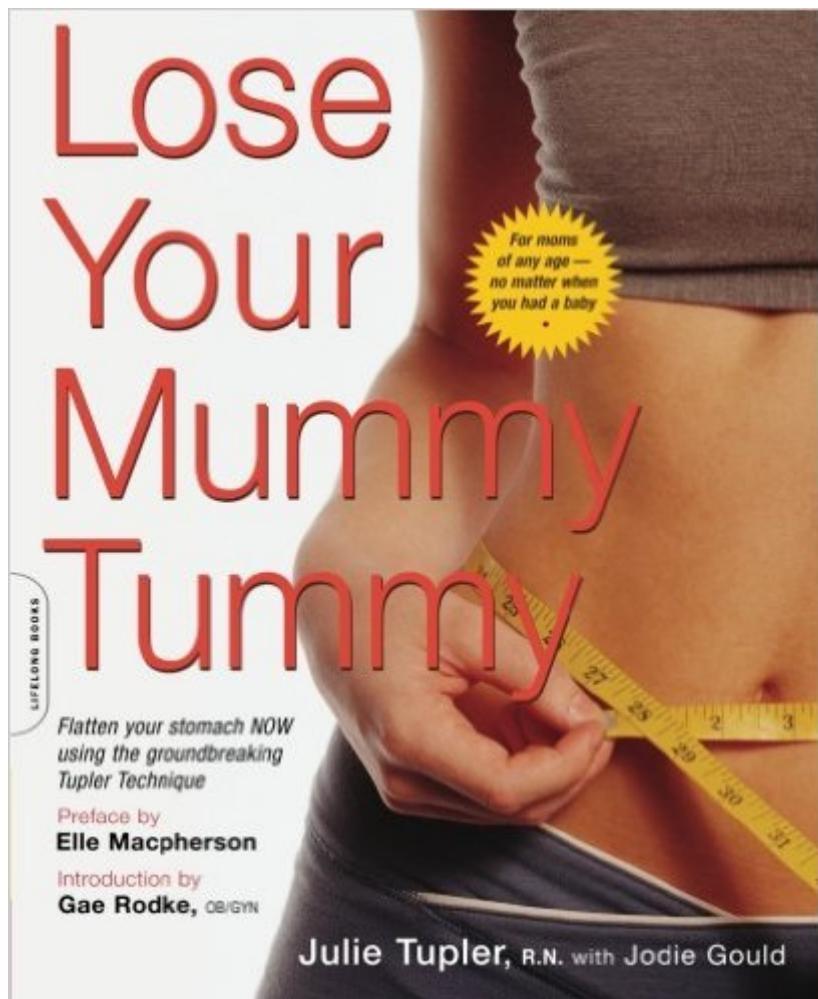


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# Lose Your Mummy Tummy



## Synopsis

Pregnancy naturally separates a mother's outermost abdominal muscles to make room for her growing uterus. Called a diastasis, this separation doesn't fully close up in 98 percent of new moms. The larger the diastasis, the weaker the muscles and the greater chance for mom to develop back problems down the road. Of perhaps greater concern for moms, new and veteran alike, the larger the diastasis, the bigger the belly that just won't seem to go away after baby's delivery! *Lose Your Mummy Tummy* introduces the Tupler Technique, a set of deceptively simple abdominal and breathing exercises that decrease the diastasis and result in a firmer, flatter, and stronger belly. Like Kegels-those all-important and privately-practiced pregnancy exercises-the Tupler Technique can be practiced almost anywhere and at anytime. Including illustrations for a 15 or a 30-minute at-home exercise routine, *Lose Your Mummy Tummy* ensures: A tighter, flatter stomach A smaller waistline A reduction or elimination of back pain The ability to safely lift your baby and heavy objects More energy Better posture The perfect preparation for your next pregnancy

## Book Information

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## Customer Reviews

I am a mother in my 30's with three children (within 3 1/2 yrs of each other). My 'baby' is now 4 yrs old and I am SICK of looking pregnant! I have not read the book, but am posting about the video and splint here because I wish I had this information when I was reading the book reviews--please forgive the switch up-I hope it's helpful. I read reviews on the "Lose Your Mummy Tummy" book a few different times in trying to find an answer for my diastasis. Each time I was turned off by the

negative reviews and the people saying the program was no more than sucking your tummy in several times a day. I did that (sucked my tummy in, a lot) didn't work. And for new mothers, which I am not. Everywhere else I turned it seemed it was absolute that there was no way to correct separated stomach muscles other than surgery, period, end of the line. I went for two tummy tuck consultations over 2yrs and though I was really tempted I ended up deciding it wasn't worth the huge cost, the unsure outcome (may not be able to wear a bikini anyhow--scar could be high or belly button unattractive), and the huge scar...plus the stigma that goes with having a tummy tuck and plastic surgery in general. I also found out that I do also in fact have an umbilical hernia. I thought that I just got stuck with an outie belly button from pregnancy. So...I decided to have that surgically repaired because there are risks that come with leaving an umbilical hernia untreated and the scar was small. While waiting for my upcoming surgery I decided to throw caution to the wind and spend the \$100 on the dvd, splint, guidebook and resistance band. Even though that is still a lot of money to me with young little girls to take care of, it's a whole lot less than a \$7-8k tummy tuck.

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