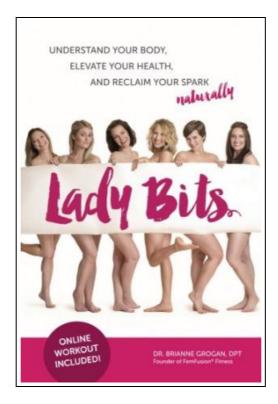
# Lady Bits: Understand Your Body, Elevate Your Health, and Reclaim Your Spark Naturally



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# Reviews

It is an incredible ebook that we actually have ever study. This is certainly for all those who statte that there had not been a worthy of looking at. I am just pleased to inform you that this is the very best publication i have got go through during my individual daily life and can be he best ebook for possibly.

(Clarabelle Marvin)

# LADY BITS: UNDERSTAND YOUR BODY, ELEVATE YOUR HEALTH, AND RECLAIM YOUR SPARK NATURALLY



Shine Press. Paperback. Condition: New. 382 pages. Dimensions: 9.0in. x 6.0in. x 0.9in.Approachable and highly readable, Lady Bits offers empowering health information and simple tools to elevate your well-being and tap into your sensuality. Part womens 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 womans intimate life improves she must learn to love...



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