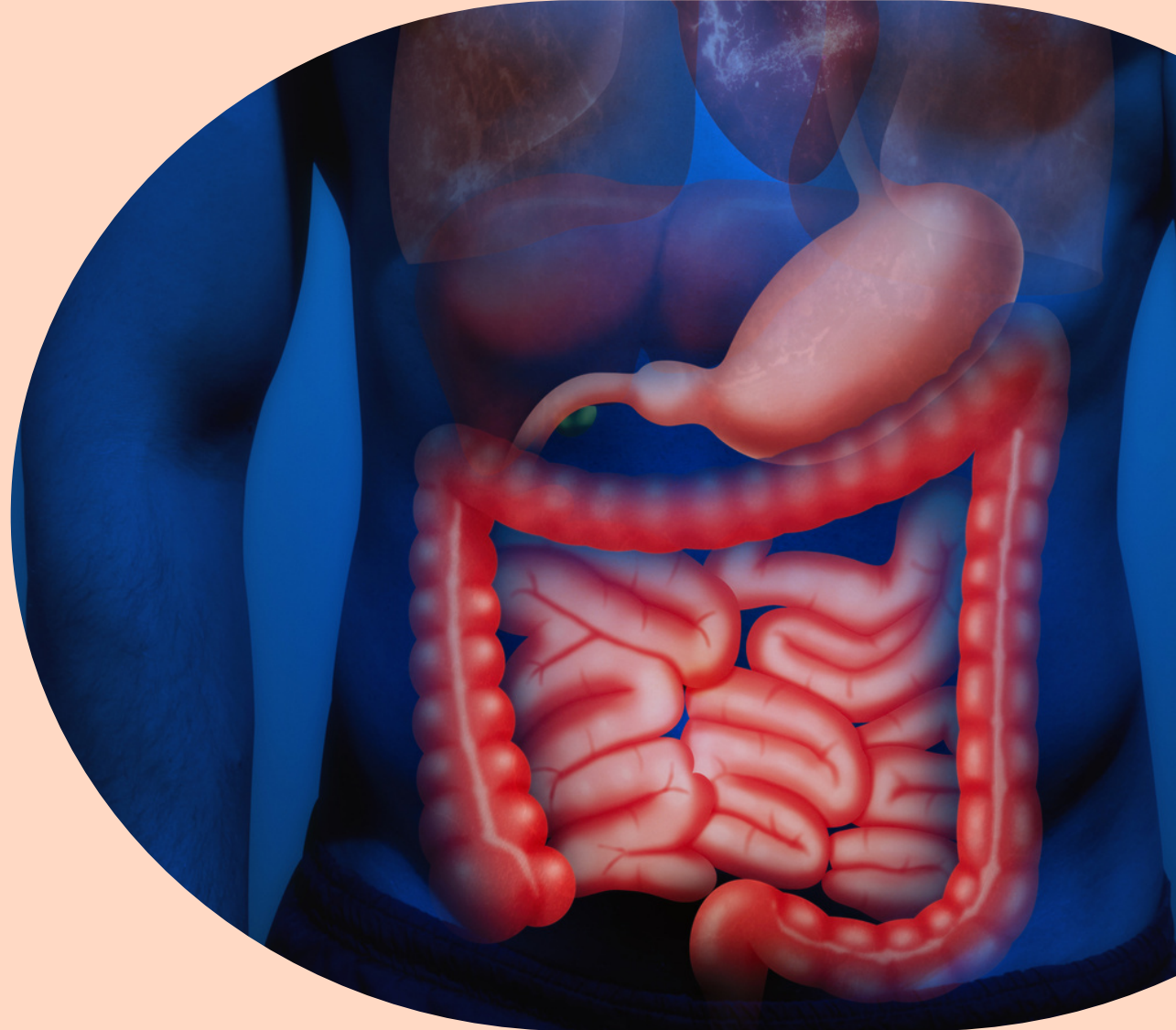




Resources on Bowel Health

- Urinary Continence – Be Pelvic Health Aware
- Urinary Tract Infections- Be Pelvic Health Aware



Resources on Bowel Dysfunction

- [Bowel Dysfunction – Pelvic Health Solutions](#)
- [Are Your Bowel Movements Normal?](#)
- [Your Pelvic Floor and Bowel Leaking – Be Pelvic Health Aware](#)
- [How to poop without straining](#)
- [Constipation – Pelvic Health Solutions](#)
- [Exercises for Relieving Constipation, IBS and Abdominal Pain](#)

