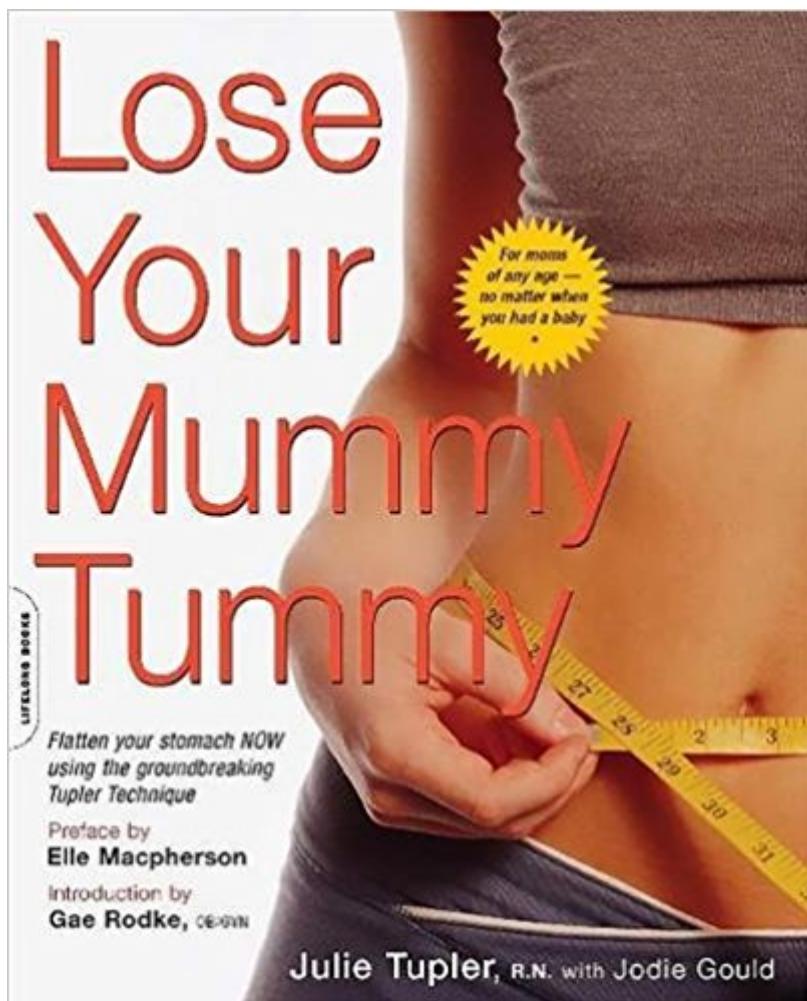


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# Lose Your Mummy Tummy



## 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

A mummy tummy is the "unsightly bulge," also known as diastasis, caused by the separation of the outermost abdominal muscles during pregnancy. But it isn't permanent, says R.N., personal trainer, fitness instructor and childbirth educator Tupler. By following her technique, she says, the post-childbirth mom can eliminate her mummy tummy and have a tighter, flatter stomach; a smaller waistline; a reduction or elimination of back pain; the ability to safely lift her baby and heavy objects;

more energy and better posture. Tupler backs up her advice with anatomical explanations and then details her technique. Throughout, she debunks myths about pregnant women and physical activity, and retains a cheery attitude. The exercises are accompanied by helpful drawings and photos (and if that isn't enough, readers can spring for Tupler's companion video and DVD). This helpful, realistic book would be the perfect gift for any fitness-conscious new mom. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"A great resource for any woman seeking to flatten her stomach after childbirth." -- Curled Up With a Good Book 1/26/05"Plenty of photos and an easy to follow text." -- Bookviews.com"These exercises offer a gentle beginning to your road back to your pre-pregnancy figure." -- Babyzone.com" Tupler has helped thousands of moms...[Her] exercise program...works if you've just given birth or had your baby decades ago." -- ePregnancy July/August 2005"[Tupler is] one of the city's top exercise gurus." -- New York Magazine

I have a prolapse as well as diastasis and called her to ask if I needed to modify. I was impressed that she called me back and tried to be helpful even though I can't afford a private consultation, and I will probably purchase her DVD and try it with some modifications. However, she told me that she 'no longer stands behind' her book, b/c she has learned a lot since 2004. She said she'd offered to update the book for free but her publishers said no. Some of the exercises (hands and knees for one) she no longer recommends. Thought other mammas should know! Her website sells the DVD, so if you want her current program, that is a better way.

I bought this book after the birth of baby #2. It really is a great resource. I'm shocked that it has negative reviews. After reading through some negative remarks, it seems like they are largely from people who don't really understand (or who don't really want to know) what Diastasis recti is and how to appropriately repair it. This is great for DR recovery, but it is not the end-all-be-all, final word for abs. It's about getting a good basis from which then to incorporate pilates, planks, etcetera.

not super impressed by the layout, content and overall language of the book. However, I've heard great things about the Tuppler Method, and the before/after pics on the website were pretty convincing! The book seemed to provide a lot of filler at the end regarding breastfeeding, etc, but the info was so superficial that it came off as just filler. A smaller book, with more detailed discussion of the actual method would have been better. Maybe a little more of a Q&A regarding

what to do after the first two weeks postpartum, and maybe a little more regarding how to actually incorporate the excercises. I believe I got more info from the video than the book.

This book is written for people with split stomach muscles from pregnancy. It has some exercises (with photos and descriptions) and advice. I liked it okay, but it makes it sound like you can work for months to repair your muscles and then one wrong move (like sitting straight up from sitting position) will split them back to smithereens. She makes it sound like you have to baby yourself for the rest of your life. I thought that was a little overboard. Also the pictures are all just black and white which is okay, but not as nice. Okay book. But I'm not sure that there are very many books out there specifically aimed at helping people with this problem, so it might be one of your only choices.

Excellent book. Wish I heard of her work before I even got pregnant. Mother of 5yr and 7month old boys. I started the exercises and haven't even finished the book but am already feeling and looking different.

I love this book because so many of my problems are in my tummy. I like that it gives you simple routines that you can do without spending money at a gym or even changing your clothes. If you want to tone your abs and you don't have a clue what's going on with your flabby tummy---you need this book. She gives details about the anatomy of the stomach and what muscles you are working and how it should feel. She gives you information on the proper way to sit, stand, roll out of bed, and many other positions that affect your abs. I would highly recommend this for a teenager because it is a perfect startup routine to get them in shape and knowledgeable about their body.

I was hoping to learn great tummy exercises. This book is a bit hard to understand. I am referring to the explanations of the techniques. I know there is a dvd, but the reviews were not that good. I will read again and hope that I get the technique right as I have heard that the exercises really do work. I will check online and youtube to see if there are better demonstrations.

It worked for me. From 3 fingers to less than one sz dyastisis. So happy not to have mesh or surgery.

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