

POP or Pelvic Organ Prolapse Tonya Judd, M.H.

The organs in the pelvic region are held in place by pelvic muscles, tissue and ligaments. Pelvic Organ Prolapse occurs when pelvic floor muscles and ligaments stretch, are weakened and no longer provide adequate support for the uterus and/or bladder. Mild stages of Pelvic Organ Prolapse may not have any symptoms. However, with severe stages the uterus or bladder may begin to slip into the vaginal canal and out of the vagina. The muscles, tissues and ligaments are stretched and become unsupported from pregnancy and childbirth, especially if an epidural has been administered. Heavy lifting, constipation and decreased estrogen loss can also add to the stretching.

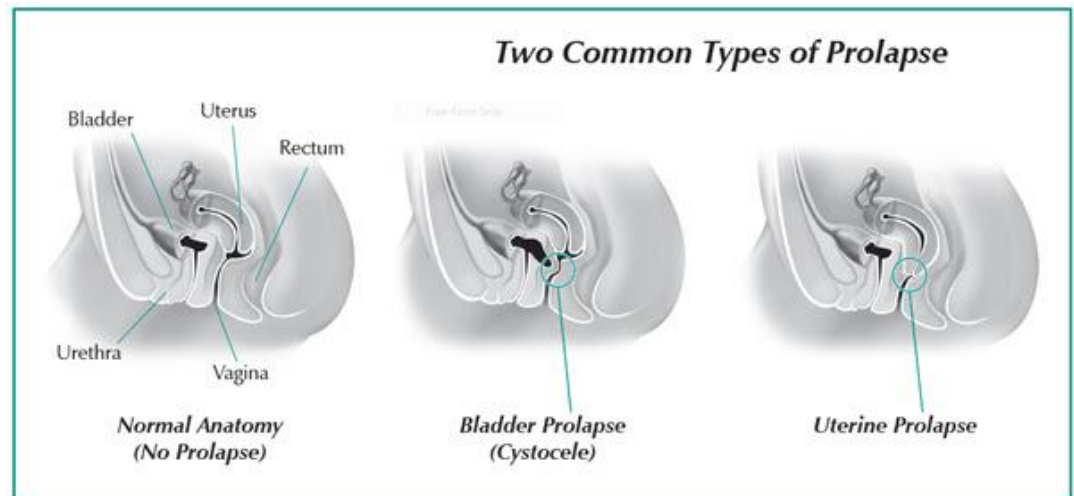
When the uterus or bladder slips, begins to fold or tilt this prohibits these amazing organs from functioning as they should. These are organs that are meant to release urine (bladder) and the lining of the uterus. If the uterus

is prolapsed, severe menstrual cramps and heavy menstrual bleeding occur because all of the uterine lining that is being released cannot exit this organ. Frequent urinary tract infections occur with a prolapsed bladder because urine becomes trapped and infected. Other symptoms of Pelvic Organ Prolapse include:

- Pressure in the abdominal area
- Low back pain
- Painful urination
- Tissue protruding from the vagina
- Leakage of urine when sneezing, coughing, jumping, lifting
- Frequent urination or an urgent need to urinate
- Abdominal or pelvic pain

The body is capable of healing from Pelvic Organ Prolapse without surgery or prescription drugs. Most medical doctors prescribe bladder repair surgery, hysterectomy, vaginal vault suspension and/or vaginal obliteration. They often prescribe hormone therapy, estrogen therapy drugs or suggest you be fitted for a pessary to help hold the organs in place. Our bodies were created to heal when given the proper nutrients. Feeding the body with proper nutrients in the form of herbs and foods to help support and strengthen these organs will bring them back to their proper place. Below are several alternatives to surgery and prescription medications.

- Lying on a slant board or inversion table for at least 15 minutes 2 times per day. While doing this, push in just above the pubic bone and while pushing in, pull up towards your right shoulder. This will help to pull the uterus or bladder back into its natural position.
- Work on strengthening your core and pelvic floor with exercises – walking, walking uphill, hiking and yoga are all great for strengthening the core and pelvic area.



- Dr. Christopher's Complete Tissue and Bone Formula will strengthen and rebuild the muscles, tissues and ligaments. This can be taken internally as well as massaged over the area on the abdomen where the bladder and uterus are located.
- Dr. Christopher's Female Reproductive Formula was made to tone and strengthen female organs.
- Red Raspberry leaf is an amazing tonic for the female reproductive organs and helps to tone the female reproductive organs.
- Dr. Christopher's Bladder Formula.
- Dr. Christopher's Vaginal Bolus and Yellow Dock Combination Routine are great for both bladder and uterine prolapse.
- Clean up the diet. Eat plenty of fresh fruits and vegetables, whole grains, nuts and seeds.

***Tonya Judd** is a Master Herbalist graduate of the School of Natural Healing.*