

Leah:

Hey ladies welcome back to another episode of the Balancing Hormones Naturally Podcast I think you win the award ange like I think this is you've been on the most you and no i think yeah this is your third time so you would be our most popular guest

Angie Mueller:

Yeah, my honor

Leah:

but it just covers so many aspects we have to talk about pelvic floor so i did my um i did killian's birth story who's baby number two and i talked in there about my labor a little bit and i was saying that i noticed such a difference between baby number one and baby number two in terms of my labor and my recovery with just everything like we'll get into it more and i got so many messages of people are like so what did you do because like i went to my pallet for a therapist during pregnancy and they just now had me do kegels or they had me do they told me to get into a squat when i wanted to give birth or they just told me to you know you know do kegels while i was doing lunges all sorts of weird things

Angie Mueller:

right

Leah:

And I'm like well I didn't do any kegels. I hate those.

Angie Mueller:

yeah

Leah:

um so I wanted to do kind of like a recap so I wanted to share a little bit about the differences between my two labors and I would love if you can kind of come in with the science of why that was the way it was and then we can talk about what I specific did during my pregnancy um for such an awesome labor.

Angie Mueller:

Yeah excellent yeah i'd love to dive into that

Leah:

Okay, um so some things I feel like you know just were completely out of like my control like with baby number one I had an episiotomy you know you look back in twenty vision

Angie Mueller:

sure

Leah:

would have not chosen to have that and I didn't with killian so I know that probably paid played part of a role in it but with Landon i did i feel like the typical things people tell you to do like um get into a squat while you're in labor do lunges do all those things and during that pregnancy i had done like the typical pelvic floor therapy route like i had done some core guides um where it was you know not bad advice but it was um a lot of things here

Angie Mueller:

yeah

Leah:

engage your t a i don't even know what that stands

Angie Mueller:
yeah

Leah:
where i just know that's what they call it

Angie Mueller:
yeah transverse of dominos m yeah so you're describing the typical kind of like standard of care text book
p t um

Leah:
yeah

Angie Mueller:
there are positive things to doing those those exercises however they don't address everything that truly
needs to be addressed they're just vary they're very superficial and often don't result in true like big
changes so

Leah:
Yeah that's what I definitely because i feel like i got half way through my pregnancy and i was still lifting
pretty heavy and i started to every time I sneezed i would having leaking and i was just like okay maybe
that's because baby is like sitting on my bladder or something i just kept writing it off as like it's pregnancy

Angie Mueller:
Right, yeah. Yeah let's talk about that real quick that specifically

Leah:
okay

Angie Mueller:
because that's an important topic um

Leah:
yeah

Angie Mueller:
and so many women think like oh i'm pregnant and i'm like so this is part of pregnancy it's a normal thing
go on

Leah:
yeah

Angie Mueller:
with life

Leah:
right

Angie Mueller:
if you are leaking that is an indication that your pelvic floor is in an extremely vulnerable position is getting
injured so

Leah:
yeah

Angie Mueller:
something needs to change so when if you're experiencing incontinence you do need to take a really deep dive into your daily posture and breathing mechanics you're

Leah:
yeah

Angie Mueller:
your lifting techniques, how much you're lifting and then you also need to look at how much like what is your exercise and what's your daily activity like so you might need to take a step back during pregnancy which is difficult for active mom's a lot of times

Leah:
Yeah, I mean he was my first kid too so it wasn't like i had anything to kind of compare it to i was just like you hear stories this is pregnancy like it's just it is what it is and i even now that i know the difference like back then when i was lifting to i would definitely do the breathe into your belly before you know you do the squat which now i know

Angie Mueller:
right

Leah:
that like is putting my pelvic floor in a weakened state um so i just unknowingly i was doing like everything wrong but it's so tricky because when i learned better and i would do any type of like youtube work out i would have to reverse everything they said about breathing when i would do an exercise because that's just like a thing that seems to be in pre natal videos which again none of these instructors are even pelvic floor therapists some of them are but

Angie Mueller:
right

Leah:
they're always like breathe into your stomach and then breathe out as you do your squat and i'm like well i know that's not a good idea to do so

Angie Mueller:
right

Leah:
um could we talk about that really quick just in terms of like working out

Angie Mueller:
Yeah. Absolutely yeah that's another really important point so even okay whether the information is coming from a pre natal exercise instructor or a pelvic floor physical therapist it still should be questioned because pelvic floor therapist actually say that too who are not necessarily trained in the most up to date methods so

Leah:
Yeah

Angie Mueller:

when you are, well let me just defend this position a little bit, it does have some truth to it, the reason they tell you to breathe into your belly is

Leah:

oh

Angie Mueller:

To relax your pelvic floor and their idea is to get it to a point where you know go all the way down and then re engaged during the exercise so they're thinking of more along the lines of the voluntary activation of your pelvic floor muscles unfortunately this doesn't necessarily work because your your pelvic floor muscles are primarily involuntary and so

Leah:

hm

Angie Mueller:

the way the best way to activate them to support your uterus during pregnancy and really to support your body during an exercise is to elicit reflex that triggers their activation um number two point that's very important besides triggering a reflex for pelvic floor activation is that the best pelvic floor activation occurs when the pelvic floor muscle is unloaded okay so that means the organs above it uterus, bowel, bladder are lifted up when the pelvic floor has like a little extra space it's reflected activation is going to be so much better because all the nerve flow and blood flow it will literally have more room to receive the nerve in points and the blood flow it needs for a full range of motion attraction so during exercise during pregnancy and this is this is true post part of two this

Leah:

yeah

Angie Mueller:

is true pre part i talk about this too um elite male athlete

Leah:

yeah

Angie Mueller:

so it's not even like just a female pregnancy thing but it is extremely important in female pregnancy because that's when our bodies are the most vulnerable to injury and then also in the postpartum phase so exert thing with exercise during pregnancy you want to direct your inhales into your rib cage and not your belly and a lot of times when i talk about rib breathing i get i pushed back from people saying um no that's shallow breathing like no that would elicit hyperventilation

Leah:

yeah

Angie Mueller:

you know and there's a lot of push back because belly breathing is so trendy, so often it's like over used

Leah:

yeah

Angie Mueller:

and it's over used by people who don't understand the mechanics and relationship between the diaphragm and the pelvic floor and people who don't understand the pressure system of the core so when

you breathe into your belly your diaphragm moves down your diaphragm will then moving down because air is coming into your rib cage diaphragm moves down all your organs move down as well and pressurized your pelvic floor so now if you're trying to do a voluntary contraction after a belly breath you're going against a lot of resistance and you're only activating the voluntary muscle fibers which is twenty percent of that whole muscle so

Leah:
yeah

Angie Mueller:

so what that leads to is increased pressure in the abdomen and the pelvis and the spine increased pressure compression which you're already getting in like extensive increasing amounts in pregnancy and then in addition to that because of the increased pressure you're loading the face instead of the muscle and the muscle is actually more prone to getting into a spasm which means it gets locked in a contraction and then the load continues to just be absorbed by the fascia instead of the muscle so that's what happens when you breathe during exercise during pregnancy if you bring your inhales into your rib cage and when i mean that i don't mean you know the shoulder breathing the breathing into the upper lung actually

Leah:
yeah

Angie Mueller:

breathing into your lower ribs first and then filling the rib cage from the bottom to the top and filling it in like a three dimensional three sixty fashion lateral and front to back bottom to top results in a lifting and opening of the diaphragm a big expansion of the rib cage

Leah:
oh

Angie Mueller:

when those two things happen the pelvic organs lift it's all connected through fascia so if like the diaphragm lifts and opens because all the pelvic organs are connected to that fascia they're going to lift off the pelvic floor during that inhale and the pressure will decrease

Leah:
yeah

Angie Mueller:
and then

Leah:
yeah

Angie Mueller:

you exhale as you elongate your spine or grow through the crown of the head to get a fur r pressure release and then a involuntary pelvic floor muscle activation which typically occurs on the exhale

Leah:

and i and this is where i think people are like oh i do like a hundred kegels a day and it never worked and that's because they're probably getting locked in that pelvic spasm and it's like trying to tighten it voluntarily isn't fixing it right

Angie Mueller:
exactly exactly so

Leah:
okay

Angie Mueller:
Kegels are isolating one piece of the whole picture. If you isolate any part of the body you're not going to get it a functional response and rehab and in no part of our life do we only use one single muscle. We use our muscles in conjunction so you have to in the pelvic floor with other muscles simultaneously and ninety nine percent of people with pelvic floor dysfunction symptoms um have pelvic floor muscle spasm which means that

Leah:
yeah

Angie Mueller:
pelvic floor is locked in a contraction it stuck in a kegel and so

Leah:
yeah

Angie Mueller:
we need to unkegel it in order to

Leah:
yeah

Angie Mueller:
get it to move through its full range motion again so often times kegels are are not helpful and as you know i don't even teach clients to do them

Leah:
yeah

Angie Mueller:
unless you know the situation calls for it which would be like indications of like a very lax pelvic floor which is actually extremely rare and the cool thing

Leah:
yeah

Angie Mueller:
is is because the pelvic floor is primarily in voluntary muscle fibers

Leah:
oh

Angie Mueller:
if you just unload it and trigger

Leah:
yeah

Angie Mueller:

reflexes you're going to get a complete rehabilitation and full strengthening of the pelvic floor without even thinking about it it will just happen automatically

Leah:

yeah i never did a plank or a crunch or

Angie Mueller:

yeah

Leah:

I didn't do any of those things um so I don't know if this just could be my personal theory but because i didn't do any of during my first pregnancy and i got i don't know probably to my third trimester and i was having leaking issues when i would sneeze or when i would do certain exercises and i remember i like just reached the stage where i would stand up and i just felt like someone punched me in my pubic bone like i just had to stand and eth i was like i cannot even walk it would take like

Angie Mueller:

yeah

Leah:

at least thirty seconds and then like hobble and then i would be able to walk and that was happening like way too often um and um thankfully um Seb had given me some like good exercises that made it bearable at that point um

Angie Mueller:

yeah

Leah:

not anything that fixed it and so in my personal theory brain i'm like okay so i wonder if like i was stuck in that spasm and i wasn't able to relax enough like i didn't have enough cushion and i wonder if that probably could have led me towards having to get an episiotomy opposed to like baby two i did have like that control and able to relax the pelvic floor so i didn't have an episiotomy i don't know what do you think

Angie Mueller:

Yes I absolutely agree with that theory absolutely in your in your specific case i get a little nervous about making huge generalizations because

Leah:

yeah

Angie Mueller:

we know that every labor is so different

Leah:

yeah

Angie Mueller:

position of the baby comes in to play the environment

Leah:

Yeah

Angie Mueller:

the mom is in how relaxed she is like other factors of stress or you know there's so many things that comes into play that leads to the pelvic floor muscles not being able to relax and then tearing or episiotomy you know is the intervention

Leah:

yeah

Angie Mueller:

that's necessary um it can also just simply be like you have a really big baby and you have a smaller

Leah:

oh

Angie Mueller:

pelvic floor like

Leah:

yeah

Angie Mueller:

you know so it's not like a broad generalization we have to keep in mind this is like a complex situation we're looking at with so many

Leah:

yeah

Angie Mueller:

different factors but yeah i agree with you in your

Leah:

yeah

Angie Mueller:

particular case the fact that during your first pregnancy you're you didn't have a tool to relieve the chronic increasing pressure your pelvic floor over the course of ten months

Leah:

oh

Angie Mueller:

and so it got really really tight

Leah:

yeah

Angie Mueller:

and then during labor and delivery you know that muscle just didn't have its range of motion and it was unable to relax. Second pregnancy and delivery you were you were very regular and super consistent with your exercises that unloaded your pelvic floor and lifted your uterus and you were

Leah:

yeah

Angie Mueller:
also simultaneously doing belly breathing and relaxation

Leah:
fine

Angie Mueller:
exercises as well and i'll just make an important note about this belly breathing belly breathing is extremely important in pregnancy you just don't do it while you exercise okay so

Leah:
yeah

Angie Mueller:
you lay down on your side you belly breathe on your side and then as you get into you know mid to late

Leah:
yes

Angie Mueller:
third trimester then you start belly breathing against gravity in like a sitting position or or a standing position or a squatting position to prepare

Leah:
oh

Angie Mueller:
to bring baby down and prepare for delivery but to belly breathe during exercise is is going against the mechanics that the muscle via mechanics we want to occur during during exercise so um yeah so the combination of doing active unloading of the pelvic floor and reflexive activation through exercise coupled with now separate lay down on your side and really relax your whole body and focus on relaxing your pelvic floor like absolutely set you up for incredible smooth delivery with no

Leah:
yeah

Angie Mueller:
you know no complications for your pelvic floor

Leah:
yeah

Angie Mueller:
which is like so amazing

Leah:
i know

Angie Mueller:
and a lot of women who've had an episiotomy first know first delivery typically have another maybe a tear or like need another intervention on their second delivery because the you know that scar tissue isn't quite as strong so the fact that like

Leah:
yeah

Angie Mueller:
you even overcame that is really exciting and just a testament to how consistent you were with your is your you know your your self care and your your exercises

Leah:
yeah i even thought like my first labor i thought it wasn't bad and it wasn't like for a first labor like i had a great first labor and he i didn't

Angie Mueller:
yeah

Leah:
think that he took super long to come but then when i had my second labor i was just like whoa so different and i didn't even think number one was bad um but just the most massive difference ever like i mean heading into this the second one i was emotionally ready to have baby i was like i am so done but i was still what i was walking like the day i had him that morning i walked over two miles

Angie Mueller:
it's awesome

Leah:
and i've been doing that that whole whole week i didn't have you know any pain in my pelvic floor um anything like that and i remember telling you it was really hard like halfway my pregnancy i had to stop like lifting heavy but that just

Angie Mueller:
yes

Leah:
like you're like it's okay and it was so hard like i don't want to lose all my muscles

Angie Mueller:
yeah

Leah:
but i could tell i was losing control over my pelvic floor because we had only been working together i think maybe four weeks before i got pregnant so i didn't have you know a ton of time till i get really really strong before i got pregnant um so i'm hoping you know maybe in the future i could continue longer but i had to get off my ego and i went to really just like five ten pounds are even like body weight and walking and i just did my breathing exercises and i did the glute workouts from your program

Angie Mueller:
yes

Leah:
which were amazing because i if i'm doing anything that's not weight lifting i like to watch a video and i like to hear the correct cues

Angie Mueller:
right

Leah:

and i was telling you i was so frustrated because every time i did a workout video on youtube they were giving incorrect cues and so then i'm like this is dumb to mute you anyway because i want to make sure i'm breathing correctly

Angie Mueller:

right

Leah:

so i would do those three times per week so i did three per week and then would do my breathing exercises and like i said i was walking right up to my labor i didn't have any pubic bone pain like no nothing like feeling like i was getting punched in the gut or anything like that and then um when we got to the hospital and and by the time it was so short it was just so short and i was just doing my exercises that i knew i was supposed to do help bring baby down which i think was huge because by the time i was ten centimeters he was there like literally i went from eight to baby being out in five minutes because

Angie Mueller:

yeah

Leah:

by the time i was ten centimeters he was down and ready thank heavens for like all of that breathing and

Angie Mueller:

right

Leah:

core work to get down there which was awesome

Angie Mueller:

yes so yeah a couple of things on that

Leah:

yeah

Angie Mueller:

just thinking of like the science like what was happening at the muscular level

Leah:

yeah

Angie Mueller:

during your experience leading up to delivery and being able to walk two miles and not having pubic bone pain and all of that you're you're so i'm thinking of okay your rib cage muscles your intercostal muscles your diaphragm your abdominal

Leah:

yeah

Angie Mueller:

muscles your spinal muscles and your pelvic floor those muscles those important core muscles were all sunk up and with every inhale and exhale you took throughout your day they would depress your pelvic floor and lift your uterus a little bit so you're that became like automatic for you and that's why you didn't have pubic bone pain and then you listened to your body when it was given you some nods that it was getting too pressurized and it didn't have the strength to unpressureize you and so then you you know

you took a step back you modified a little bit and you continued with the with the protocol and so that set you up with a core system that worked in a way that would reflexively without you having to think about it lift your growing uterus off of you pelvic floor with each inhale and each exhale then another interesting thing to just kind of note is uterine contractions right the uterus is a muscle as we know that and the uterus is a muscle that is one hundred percent involuntary muscle fibers just like our heart is you know involuntary muscle fibers so uterine contractions are coupled with the lifting of the uterus so hypopressive training which we did during pregnant, during your pregnancy um when you do that training your uterus lifts and strengthening the lifting action of the uterus also strengthens her contraction action

Leah:
oh okay

Angie Mueller:
and so now you're going into labor with a stronger uterus muscle

Leah:
that makes sense

Angie Mueller:
the other thing that made your uterus

Leah:
yeah

Angie Mueller:
as a muscle stronger

Leah:
yeah

Angie Mueller:
is the position of her

Leah:
oh yeah yeah yeah

Angie Mueller:
so you know if you go into pregnancy with a uterus that is tilted to the left and maybe this is associated

Leah:
hm

Angie Mueller:
with left si joint and left hip pain or maybe you have your left knee and ankle or it's so many manifestations um then and you don't really do much for that then she's going to stay over on that left side your whole pregnancy

Leah:
yeah

Angie Mueller:
and your delivery

Leah:

yeah

Angie Mueller:

and then if she's kind of tilted a little bit and compressed her contractions won't be as strong during delivery

Leah:

yeah

Angie Mueller:

and so if you have if you're if you're implementing a practice

Leah:

yeah

Angie Mueller:

throughout your pregnancy that is centering to your uterus and lifting or you're strengthening her contractions for delivery and then

Leah:

okay

Angie Mueller:

simultaneously you're training your ability to relax your pelvic floor and open um and you know so that coupled with allowing your uterus to do all the work is the key. A lot of a lot of people ask me like how do i

Leah:

yeah

Angie Mueller:

breathe during labor or like how do i push you know and

Leah:

yeah

Angie Mueller:

i think that there's a misconception

Leah:

oh

Angie Mueller:

that that there's this like kind of maybe complex magical way to like breathe and contract your ab so that

Leah:

yeah

Angie Mueller:

like during delivery right like i think there's a little bit of a misconception there um and i just want to clear that up that it's like actually so simple

Leah:

yeah

Angie Mueller:

actually so simple all you have to do is implement the protocol that you did through your pregnancy

Leah:

yeah

Angie Mueller:

which is just getting your pelvic floor and your core to reflexively function how it should and lift your uterus then simultaneously practice relaxing your pelvic floor and it's game time and you're you're in labor all you got to do is belly breathe and relax let the uterus do her thing just

Leah:

yeah

Angie Mueller:

relax as much as you can i mean i'm saying this is simple it's it's not like simple when you're doing it but it's not this complex thing that like you have to remember

Leah:

yeah

Angie Mueller:

this specific breath path and and this like certain way to contract

Leah:

no

Angie Mueller:

all you're really doing is relaxing your body so that your uterus can be fully oxygenated and there's no energy going to any other muscle in your body so that your uterus gets all

Leah:

yeah

Angie Mueller:

of the energy and then you're just surrendering into that and belly breathing

Leah:

yeah

Angie Mueller:

and letting your body take over

Leah:

Yeah, i ain't even so there was one part i remember where i was like okay i'm having si joint pain and it's not staying in even if i would get it popped in and that's when you were like oh you had me do some exercise to help balance something something

Angie Mueller:

okay

Leah:

it wasn't my glutes i don't even remember i just remember every morning how to do it five sets of this like stepping kick thing but like i mean no more si joint pain um because we were talking about it we were

thinking he was sitting that on one part of my hip like i was slightly tilted so we just kind of like moved him back over

Angie Mueller:
right yeah

Leah:
so that was really helpful

Angie Mueller:
that was like focused glute work and what we needed to do was fire up your gludius medius muscle which are lateral glutes on the side of your hips that stabilize your pelvis and often those get

Leah:
yeah

Angie Mueller:
those get weakened due to over use actually during the end stages of pregnancy those muscles can develop a lot of trigger points in them which which then kind of like weakens them and yeah especially even if you know you're doing your hypos and your uterus is like you're constantly trying to send to her i mean at that end point if the

Leah:
yeah

Angie Mueller:
baby is like i like my head over here and my feet up here it's just you're going to have a little bit of this like tour going on so incorporating

Leah:
yeah

Angie Mueller:
that specific glute training is is really important and that's yeah that lateral glute work which you can get through like

Leah:
yeah

Angie Mueller:
yeah the sideways like and kind of like specific like marching exercises combined with

Leah:
yeah

Angie Mueller:
squatting and some lunges can be can be helpful for correct the si joint problems yeah

Leah:
yeah and i know some women like have the labor that i just subscribed for their like their babies and they're like i didn't do anything but i know space cifically that the core work that i did was the difference because i have had a different pregnancy in labor like you would think like your first pregnancy would be best pregnancy in terms of like physical strength but mine was not like it was definitely my second one and i i mean my husband will even test to this so after my first baby

Angie Mueller:
yeah

Leah:
hey i was i had been awake for forty hours by the time i had so i was just wiped like physically

Angie Mueller:
yeah

Leah:
wiped but my whole body felt like it had ran twenty five thousand marathons like my neck muscles hurt my shoulders hurt everything hurt and every time i stood up i felt like you would involuntarily put your hand to your stomach because you're like i think my organs are going to fall out you know you just feel like everything is floating very weird i couldn't sit up by myself like i couldn't even pull myself up like Seb would have to help me and this i think could have been just really long labor i mean the labor wasn't that long it was just the timing of when i went into labor i was up for so long and then i remember that you know they would do the classic like okay here comes your contraction push all of that and i mean i didn't push very long it was under ten fifteen minutes i think so still not a bad first labor but like i felt like i had been through battle which

Angie Mueller:
yeah

Leah:
kind of have um

Angie Mueller:
absolutely

Leah:
and that whole week i couldn't, Seb had to help me up sit up like every time i had to sit up and i was holding the baby like i couldn't do it like it wasn't just like oh this is so hard it was like this fully incapable of sitting up

Angie Mueller:
yeah

Leah:
and when i started working out which was probably eight ten twelve weeks it was very far after because it took forever for me to stop bleeding and not feel so sore and swollen i mean you like if i did any exercise you could probably blow on me and i would have fallen over i was just like i have no strength and it was just so disheartening

Angie Mueller:
yeah

Leah:
And second baby

Angie Mueller:
Yeah

Leah:
i and it pushed like mentally it was just like

Angie Mueller:
yeah

Leah:
i was just like okay he's coming and they're like no no he's not because they just checked me and i'd been eight centimeters and i was like no no no he's coming my body is pushing and they checked their like oh my gosh he

Angie Mueller:
yeah

Leah:
is coming, get the doctor and seb says that he remembers the doctor telling me one time to push but like i never voluntarily push my body was just like we know

Angie Mueller:
yep

Leah:
what we are doing and i like shorter labor but body was fine like i didn't feel like i had you know run marathons like my my neck muscles and my jaw and my arms and like none of that was sore which was very nice

Angie Mueller:
yeah

Leah:
i stood up and i was like fully ready for this feeling i was like it's going to happen it's the worst

Angie Mueller:
yeah

Leah:
feeling when you feel like your organs are going to flow out of you and i was like oh my gosh I can walk my organs are fine they're all where they're supposed to be

Angie Mueller:
yeah

Leah:
so that was amazing and literally i mean i could hold killian just fine i didn't feel like i wasn't going to be able to support him i could sit up obviously i did so safely and everything but i could sit up just fine um i stopped bleeding way sooner with killian and then i started doing my breathing exercises literally the day after i had him i was just doing them laying down i would do some

Angie Mueller:
yeah

Leah:
to help center everything and i started doing gentle workouts and i think we're at so how old killian we're at four months so killian's four months and that's about when i started started working out with landon so

like just wild i've been

Angie Mueller:
right

Leah:
working out for two months and like my strength is like here like i'm doing all of my squats, bench all of that with no issues with my pelvic floor whatsoever and um the biggest just like mind blowing thing so this is completely cosmetic guys but like baby number two everyone's like oh it's like harder to go back after baby number two or baby number three i don't know but baby number two killian my waistline at like what four weeks post partum i think looked better than it did with landon at twelve weeks post partum i have pictures like i'm not going to share those to the end but like i literally have like see the difference which is mind blowing to me

Angie Mueller:
It's so exciting

Leah:
Second baby but my weight like and smaller i mean it was awesome but

Angie Mueller:
our bodies are incredible and all they need is it's the right input that's all

Leah:
mhm yeah

Angie Mueller:
just if we if we give our bodies the right input and put function first this is key function first the aesthetics are a really awesome bonus the steps

Leah:
yeah

Angie Mueller:
actually follow function but you have to approach it from function first and then aesthetics i think that that is kind of a limiting factor of a lot postpartum work out programs mind sets and cultural mind set is like we approach it from like i want to get you know i want to shrink my waistline asap and when you think about it in this kind of like i don't know yeah like aggressive limited restricting way not like a nurturing caring like let's make let's do function first you just you don't get the results so

Leah:
yeah

Angie Mueller:
but the fact that you had those results is like it tells me that your core was functioning properly like so much quicker and also tells me that like we really access the it's called the autonomic nervous system the involuntary side of the nervous system which is it controls eighty percent of your core muscles so

Leah:
mhm

Angie Mueller:
we successfully did that through the breath practice and that's also what led you to be able to relax all your muscles during labor so you you being so incredibly sore your first labor like whole

Leah:
yeah

Angie Mueller:
body like you were

Leah:
yeah

Angie Mueller:
you were run over by a truck you couldn't stand you couldn't hold your baby like like every muscle was maximum contracted repeatedly

Leah:
hm

Angie Mueller:
for forty hours and your body was taking up all the energy like your and your uterus your uterus support body but like the rest of your body beside your uterus was taking up all of your energy and so your uterus had less energy and less oxygen to do our thing labor lasted longer you got super so it was like you were fighting yourself but you didn't know how to not

Leah:
yeah

Angie Mueller:
So then during your know your second pregnancy we used like breath training is like everything that's like our primary thing we do and when

Leah:
yeah

Angie Mueller:
you the specific breath patterns we use in hypopressive training where you inhale through your nose into your lower rib cage to expand it that's calming to the nervous system and then when you exhale twice as long three times as long four times as long as you inhale staying in exhale or is your heart rate lowers your blood pressure puts you into this like calm state and just doing that breath training will result in you being able to relax under a stressful condition whether that stress is mental emotional or physical it will transfer so

Leah:
yeah that makes sense and it's just it's just wild to me because like i didn't even think i had a bad first labor like i didn't i mean it was i was up for so long because he decided to go into labor at eleven thirty pm so like i had already been up for the entire day um and then didn't have him till two in the afternoon the next day killian decided to do the same thing i went into labor at night time so i had been up all day but i had him at six forty five morning instead of like being in labor for like an extra i don't know

Angie Mueller:
right

Leah:
eight hours

Angie Mueller:
right

Leah:
um so it's just i mean i want everybody to experience that because i after Landon it wasn't even a bad labor it was it was a good labor nothing traumatic happened you know baby mom everybody was healthy and i loved my labor and delivery team but i was just like oh my goodness that was so hard so hard

Angie Mueller:
yeah

Leah:
and i'm like i am terrified to do that again labor is really hard i'm still terrified to do it again but i felt more optimistic and so much more hopeful because i was like wow that was so much better it was so much better

Angie Mueller:
yeah

Leah:
and that was just preparing four weeks before this pregnancy and all through my next pregnancy and so now i'm like dang i've got these tools for my life now which is incredible

Angie Mueller:
yes yeah absolutely that's huge

Leah:
yeah

Angie Mueller:
and you know another thing that you know makes me think about it's mindset to um and it's it's challenging to have a positive mindset going into your second delivery if your first one was really difficult um even more important to have these tools to improve you know your confidence going into it um

Leah:
yeah

Angie Mueller:
and even even if it's not like a lot of like mental training or anything if your body is physically you know stronger in in the in the right ways and you've been consistent about that like self care and that protocol throughout your pregnancy your that's going to help your mindset that's going to help your perception like going into it which is a giant giant factor of the outcome like our perception of what it's going to be like is huge when when it comes to like your actual experience

Leah:
yeah which i mean every i know standard care i remember asking my ob from landon like oh you know should i get pelvic floor therapy just asking at my six week check then they're like well do you have any issues like otherwise just come back in six months and we'll see what's going on and i'm like okay but with killian it was like all through my pregnancy as soon as i had him because i knew better and i think that that's why i want to spread this because i'm like you guys it i mean it was just a life changing different postpartum experience like i wish i could gift that to everybody when you you know like you're just not going to fall over you don't feel so weak like i mean it's so so nice

Angie Mueller:
yeah absolutely and i agree

Leah:
yeah

Angie Mueller:
i thank you for spreading this word i want to i want to share that too that's it's so important because west like standard of care western medicine currently has not caught up to this possibility and does not i mean really our medical system as a whole does not allow for any emphasis in preventative medicine holistic medicine they don't look at the mind body connection and it's like it's so limited so they only treat you if you have a problem and they don't even know how to identify all the problem so um like they don't what's a precursor what's assigned to this problem what's a sign of pelvic floor dysfunction what's a sign that like this is your backbones getting worse than over time you know all those predicted factors are not even part of their protocol and looking at a patient so it is like we are living in a time where you have to be you have to self educate yourself

Leah:
yeah

Angie Mueller:
you have to go above and beyond what's recommended by your provider typically

Leah:
to advocate, yeah

Angie Mueller:
there's a lot of like incredible holistic providers which i think you had a really amazing ob this time

Leah:
I did, I really did

Angie Mueller:
yeah hopefully we'll change this

Leah:
It made such a difference yeah um which speaking of that so let's can we talk a little bit about like how people can access the program because i did so i did both i did one on one you and then i went through your program and i think both are invaluable but you are booked out until like kingdom come so nobody can even get in but the program is just gives access to so many more women and um

Angie Mueller:
yeah

Leah:
i am going to be completely honest like i think that it is way underpriced i mean i'm so glad it's the price it is so that people can access it but like my husband is also in health care so i see what prices are in everything and i just think it's incredible that the price it is at for all of the education and um i can't recommend it enough that that is your gift to yourself as you prepare for a pregnancy or you are pregnant um please like seriously like if you have a baby shower like get a fund me to like that will

Angie Mueller:
yeah

Leah:

give you such a better labor and i know you know people will save up and um you know have a dull to have a better labor you guys i truly think that this is just as important because um everything that i learned for labor i taught my husband i would be like write this down in print this in your mind because in labor i'm just focusing on relaxing and like creating that safe space and i need you to remember these cues to be like hey remember Angie told you to do this at this part of your labor and told you to do this and so he would like give me those cues so that i could

Angie Mueller:

yeah

Leah:

just stay you know calm and centered in that safe space and i was like you need to remember this so

Angie Mueller:

yeah

Leah:

i just think that it's so important and then as you go through the program you can take videos of your of your form and send it to dr Angie and she will let you know if you can do this better or whatever because that's important so let's let's talk a little bit like how do like how would they access this like what is it kind of in um i think people only ever think of physical therapy as i get referred by my ob so i see if my insurance covers it and then i go for like six visits because that's all my insurance covers so i think it is a little scary i'm going to come from the other side i think

Angie Mueller:

yeah

Leah:

it's a little scary to be like oh this is out of pocket like why can't i go to my pelvic floor pt that is an insurance by my doctor and i will just answer for you because you won't see the difference

Angie Mueller:

okay

Leah:

in that it makes such a big difference like you guys i went that traditional route terms of my pelvic floor therapist and i've heard it from so many women they're like well i was just told to do kegels and i was told to like do you know the belly then you know when i would work out or not work out and to get into a deep squat and i'm like okay well there's so much more you can do so even though i think it's scary to be like this isn't insurance this is out of pocket it is so worth that investment so that was really

Angie Mueller:

yeah

Leah:

off topic so let's jump into the program

Angie Mueller:

okay okay yeah yeah just a note yeah let's talk about the program a note about pelvic floor pt is kind of like we just discussed our current western insurance based medical model does not allow the practitioners get as deep into your case and be as holistic as they need to be when they're working for a corporation that accepts insurance

Leah:
yeah

Angie Mueller:
and that used to be me and that's why i got out of that is because i was unable to make a difference for my patients in that model

Leah:
yeah

Angie Mueller:
um and then i was able then when i went to you know work for myself and not accept insurance then i was able to the world opened and i was to provide this level of care that really changed and then with experience and lots of patients i was then well to create this protocol that now you can access online independently so

Leah:
yeah

Angie Mueller:
let's dive into that now so this this protocol um has really four sections and each section

Leah:
yeah

Angie Mueller:
each part of you know the whole is just as important in the other so it if if used individually it's not going to produce as much of a result each of the each of the pieces are really important used in unison so the first part is education it's absolutely critical that you understand your anatomy and how your body works why it does what it does and how to prevent injury you need to know like what happens what causes injury and if you're

Leah:
yeah

Angie Mueller:
currently experiencing symptoms why do i have these symptoms how did i get them that is key identifying the problem once you can identify the problem and be aware of why it's there and where it came from you're like half your halfway there to fixing it that's it's as simple as that you have to know what the problem is um second section is the therapy technique section so this is where i go into great detail about organ positioning how position your organs

Leah:
yeah

Angie Mueller:
through posture your daily posture through breathing how you breathe all day and through an abdominal massage

Leah:
yeah

Angie Mueller:
i also go into great detail about how to make your pelvis and your spine and your abdomen more

symmetrical to support centered organs through trigger point release and stretching

Leah:
mhm

Angie Mueller:

Then the third section is hypopressive training and so this is th this is the breath training that we've touched on quite a bit in this podcast today that creates this really incredible reflexive activation of your entire core as it lifts your organs as it tightens and strengthens your internal fascia as well as your external fascia so internal fascia is the ligaments that support your uterus the ligaments and facial planes that connect your uterus to your vowel to your bladder to your spine to your pelvic floor to your diaphragm all the way to your rib cage all the way up to your head so it works on all the facial chains in the body that connects everything and then it it tones and strengthens your pelvic floor your abdominal and your spinal muscles in and incredibly like i'm always in awe about the visible changes i see like in a single session of working with somebody and even even when i'm not one on one with people it's a patient who's currently doing the online program and we're not even doing one and one sessions um i love i love still engaging with the clients who are doing my online program i really encourage them to email me and keep me posted on progress so i often hear that just like after their first day of doing the breath and exercises are the mirror drills um they notice a visible change in their belly and it's it's because we're working within the involuntary nervous system so working in the voluntary nervous system changes actually happen a little slower and but when you're in the involuntary nervous system and you're eliciting reflexes things happen like incredibly quick because we're

Leah:
yeah

Angie Mueller:
bypassing like the

Leah:
yeah

Angie Mueller:
really the frontal cortex of our brain we're bypassing like the area that where we get stuck in thought and we're

Leah:
yeah

Angie Mueller:
just we're just like within our like kind of instinctive reflex of nature so changes like happen really quickly there um so that's the hypopressive training creates that organ lifting reflective core activation facial tightening and decompression it really opens up the spine and can be incredibly relieving for all sorts of spine tail bone pain pubic bone pain

Leah:
yeah

Angie Mueller:
um and then the the and then it's also really amazing for that stress regulation like we talked about i don't address that face on head on or anything you know that's not my specialty but it's something that i consistently observe and it's just an amazing beautiful thing that it is when you train when you train breath work and you really focus on the subconscious nervous system an incredible bonus of that is your ability to withstand all types of stress just increases so that's cool kind of like how when we improve the function

of the core your aesthetics improves it's like this nice

Leah:
yeah

Angie Mueller:
little bonus we don't we don't enter the situation from that perspective but it's like a cool bonus to observe

Leah:
helps regulate the nervous system

Angie Mueller:
yes exactly

Leah:
yeah

Angie Mueller:
um and then the final section is glute strengthening so healthy glute the glutes are a very important part of your core um and the glutes are you know responsible for stabilizing your pelvis and making sure that you have symmetrical

Leah:
yes

Angie Mueller:
pelvic and spinal alignment which of course impacts pelvic floor function organ position breath patterns all of it so so those are the four sections education therapy techniques hypopressive training and glute strengthening so those are all um instructed in like a specific order so you just watch you just go through the program like video by video and in the specific order and you implement entire protocol um there's also a calendar section which which explains um how to schedule you know all of the exercises in and how frequently often to do it and what it really comes down to if you execute the entire protocol

Leah:
yeah

Angie Mueller:
it comes down to thirty minutes a day five days a week and those thirty minutes can be broken up into like five or ten minute increments to fit your day which i actually highly recommend i don't recommend just like doing everything once in one little thing it's kind of nice to just give yourself the flexibility and freedom to have each day look slightly different and just give them in like where you can that's a really important with for mom's um so this protocol was was was created actually when maya was like i started it when maya was three months old when whole world was shifting and i was like who i have like no time so this was really

Leah:
yeah

Angie Mueller:
created with like that in mind and then there's a resources section um with just all of my favorite therapy tools that can help kind of enhance things um and also you know another note on the on the calendar section um you know thirty minutes a day five days a week broken up into whatever increments you want in each day now life happens and we're like oops i

Leah:
yeah

Angie Mueller:
didn't do it for two weeks so

Leah:
yes

Angie Mueller:
oops i just i just don't you know whatever for whatever reason you don't have the time to get something in that so hey even if you you know decrease that to ten minutes a day five

Leah:
yeah

Angie Mueller:
days a week thirty minutes a day two days a week like even if that looks different for you and is less you still are going to get amazing results so that that the calendar section it's like not hard and fast it's like these techniques are

Leah:
yes

Angie Mueller:
just they're so powerful that even if you have a couple of weeks or you decrease time or even if you choose to do a little bit less over a longer period of time as long as you're you know kind of consistently coming back to it um the changes can still occur in a really big way

Leah:
yeah and is there like a separate pregnancy section or is that in the hypopressive section

Angie Mueller:
yes so the the hypopressive training section now

Leah:
oh

Angie Mueller:
includes a pregnancy section so

Leah:
okay

Angie Mueller:
the modification during pregnancy

Leah:
yeah

Angie Mueller:
is you just eliminate one part of the breath cycle which is the breath hole that's called ana and so now i have pregnancy specific instructions where you you'll see

Leah:
yeah

Angie Mueller:
me instructing a pregnant client and you can follow along with pregnancy specific exercise flows now the protocol is

Leah:
yeah

Angie Mueller:
that same during pregnancy so it's it's the same and you know if you buy the program you can reach out to me and ask me questions about you know specific modifications for your case and and we can we can absolutely address that um but yeah it

Leah:
yeah

Angie Mueller:
it's the same during pregnancy there's just a slight modification during hypopressive training and you can follow along with that now specifically see

Leah:
yeah

Angie Mueller:
a pregnant client doing it

Leah:
which can be helpful i think because like i remember the first time this was before i went through your program i was watching one of your videos on instagram which everybody go watch your videos on instagram but you were instructing somebody on an apia and let me tell you well i had no idea what an apnia was and i'm watching this exercise going i can never make my ribs do that and i just on my own was like trying to practice this and i'm telling save like i think i'm going to pass out cannot do ana this way like watch her ribs how does she even like move them

Angie Mueller:
right

Leah:
and it was just mind blowing for me to see that end so because i know we see these videos on instagram and we're like oh my gosh i can just follow that and that's going to solve it let me tell you i tried it didn't work i had to go to like in the program it was like the start with the mirror and then do the next exercise

Angie Mueller:
yeah

Leah:
and then and then i did any like that's why it wasn't working before

Angie Mueller:
okay yes yeah great great point yeah absolutely it is the preparatory exercises

Leah:
yeah

Angie Mueller:
aphnia and hypopressive training are absolutely critical to your success in

Leah:
yeah

Angie Mueller:
and actually performing it correctly so like

Leah:
yeah

Angie Mueller:
yeah starting from the starting point you have to kind of build a certain level of awareness in your breath and in your core and your posture to then be able to get into that hollow belly position yeah and you learn all that

Leah:
yeah

Angie Mueller:
very very step by step in the in the on in program

Leah:
it's very very doable once you do that because i have so many um ladies who will reach out and are like i can't make my stomach look like that and i'm like yeah neither could i but if you start with step one you will get to step ten eventually

Angie Mueller:
Yeah absolutely exactly

Leah:
so so important so we're going to link your instagram and we're going to link your core recovery program which we have a discount code for you guys at i don't even know what it is it's either leaj or leah10

Angie Mueller:
yep

Leah:
or something along those lines

Angie Mueller:
it's leah10

Leah:
okay thank you um and you guys i don't get kicked back from this like i truly just everybody everybody needs to do this program i just think if there's one well you should also test your minerals during pregnancy but

Angie Mueller:
yeah

Leah:

if you're going to do one physical gift to yourself please let it be this and you can do this if you're not i think every woman should but i just seeing the massive massive massive difference in my pregnancy my labor and my postpartum um i truly just think that you know i don't know i mean if you if you aren't having troubles walking and sitting up and you're not in extreme you know pain it makes for a much better post partum recovery

Angie Mueller:

absolutely yeah

Leah:

so highly recommend