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Sex with Jaiya
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June 18th 2010: Sexual Healing for Women-Ending Pelvic Pain

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Do you suffer from Pelvic Pain? Painful Intercourse? Our guests Isa Herrera and Ellen Heed share ways to end pelvic pain for women through yoga, pilates, scar tissue rehabilitation, self-care, diet and more. And guys, D. Love will be there to speak from the male perspective since I went through intense pain after the birth of our child. Both Isa and Ellen have helped countless women get their sexual lives back through their groundbreaking work. If you have experience pain or trauma surrounding your sexuality then be sure to listen in for solutions. There is HOPE!



Featured Guest



Isa Herrera

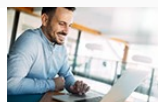
Isa Herrera, MSPT, CSCS, women's health physiotherapist, has written the quintessential self-help book for women suffering from chronic pelvic and sexual pain.

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