



Conscious Life presents

Healing with Breath and Pelvic Floor Education

Guest: Jana Danielson

Disclaimer: The contents of this interview are for informational purposes only and are not intended to be a substitute for professional medical or psychological advice, diagnosis, or treatment. This interview does not provide medical or psychological advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical or psychological condition.

[00:00:09] Meagen Gibson

Welcome to this interview. I'm Meagen Gibson, co-host of the Trauma Super Conference. Today I'm speaking with Jana Danielson, an award-winning wellness entrepreneur who, through her own experience with physical pain, turned her mess into her message which has now become her mission. She's an Amazon international best-selling author, founder of Lead Pilates and Lead Integrated Health Therapies and the Metta District, her online wellness community.

Jana is a member of the Holistic Leadership Council and she also created the Cooch Ball, the world's first patented pelvic floor fitness tool for women. Jana has coached and consulted with tens of thousands of women from all over the world to help improve their quality of life, their confidence, and their impact in this world. Jana Danielson, thank you so much for being with us today.

Jana Danielson

Meagen, thanks for having me. I'm excited for this conversation.

Meagen Gibson

First, since this is a trauma conference, before we even begin, I want to acknowledge that many people might not understand why we're talking about the pelvic floor. For those who don't know, what is the pelvic floor and how can it be connected to trauma?

Jana Danielson

The pelvic floor is very much an understood part of our body, and simply because I think it is located up inside of us, we don't see these muscles like we do other parts of our body, but yet the function of the pelvic floor is so critical. Let's just call a spade a spade. Those organs or that group of muscles hold up our organs. It gives us pleasure. It gives us pain.

How does it relate to trauma? We can hold stress, tension, anxiety and trauma in the pelvic floor unconsciously. There are a lot of us that hold that stress and tension in through our head, neck and

shoulders. We might get chronic headaches or jaw TMJ. We might carry our stress intention here in the heart and get the heart palpitation type people when they get a little bit anxious.

[00:02:12]

But so many women and men on this planet, unbeknownst to them, are holding stress and tension, anxiety and trauma in through the pelvis and the pelvic floor. We're going to talk about how it shows itself physically, emotionally, and energetically. And how without understanding the conversation we're going to have today, you might just completely dismiss a root cause of many physical, emotional and energetic symptoms because you just don't know. So that's why I'm excited to chat.

[00:02:49] Meagen Gibson

Yeah, absolutely. I was thinking about this interview earlier today and remembering how many times I've either been in a yoga class or been in a yoga class with someone who, the minute we get to hip exercises, just bursts into tears. Because our muscles and our entire musculature that's holding our skeleton up and all of our organs in and up, holds tension and keeps memories in ways that we're not aware of until we move it and loosen it or engage it in ways that we're not accustomed to.

Jana Danielson

Absolutely. There's a link. I know we're talking about the pelvic floor here and we'll get into the hip stuff and back stuff, but the psoas muscle, it's spelled P-S-O-A-S. Psoas is the neighbor to the pelvic floor. The psoas in our body, it attaches on the inside of our leg bone, goes up through our pelvis, attaches to our spine.

When we are still little embryos, the psoas is one of the first muscles developed. It is like a sponge and it is absorbing any emotions that our mother is actually going through. If she's anxious about the pregnancy or if there's a relationship where there's a lot of tension, that little baby is starting to absorb that before he or she is even born. And it can directly relate into pelvic floor dysfunction later on in life.

Meagen Gibson

Wow, that's incredible. I had no idea. I knew about the psoas, but I didn't know it was one of the first muscles developed. I remember just a few weeks ago, I'm no young 'un, but just a few weeks ago, I looked at my husband and I said, have your legs ever hurt from crossing them? I was really talking about the psoas. I had this tightness right in my pelvis. I realized it was because I had been clenching my legs shut all day, which sounds weird.

He was like, no, that's literally never happened to me. I was like, welcome to being a woman. I had never felt that tension in that spot for that reason before. I just basically manspread the rest of the day, to try to equal it out. I was consciously manspreading.

Okay, we're going to bring it back in. So turning back to the pelvic floor and you were holding up a mug earlier about pilates. I know that, more than just pelvic floor, you understand the entire

musculature of the body. I'd love it if you told us just a little bit about that and how you came to this knowledge base.

[00:05:32] Jana Danielson

Sure. So I had my own pain journey. Now where I am in my life, almost 50 years old, I look back and I would say, yeah, it was trauma, but back then I wouldn't have ever used trauma at all. It was digestive in nature. So my pain and those of you that have lived with any kind of pain, you know that pain is not just localized to a knee or an ear or a hip. The entire body is impacted.

And so for me, I went on a four-year journey. Two of those really dialing in to try and get answers and went from doctor to specialist. At the end of that second two-year experience was on eleven different medications just to be told that my medical team believed the pain was in my head, I was seeking attention, and they wished me a nice life.

After a little bout of depression, I realized that what if I was looking for healing in the wrong place? What if the healing was within me? What would that look like? And just as I was having those thoughts, I was at the grocery store, and I saw Madonna on the cover of a fitness magazine, and the word 'Pilates' was smattered across it. I bought the magazine, and I couldn't put it down because what I was reading about posture and breathing and something called the parasympathetic nervous system, none of it made sense to me. But yet there were pictures of people that looked joyful and fit.

And so I went to my first Pilates class. Couldn't do a damn thing. Not even a proper diaphragmatic breath. Left the class in tears to my instructor hugging me, telling me to come back two days later to the second class. And I did. Sixteen weeks after that first class, I was off all my medication and literally had a new body and a new mind. I had no idea how or why. I just knew I needed to learn more.

That's where my career shifted from the world of corporate leadership development into wellness entrepreneurship. And just as I got more and more training and certified in Pilates, I started realizing that the pelvic floor, from an anatomy perspective, is a part of our core. I want to share that because a lot of people don't realize. We think our core is our abs, the six-pack.

That we plank and we do crunches, and that's our core. Sometimes we'll go to our doctor with back pain, and he or she will say, you got to get a stronger core. So you go and you do these poorly executed planks and sit ups, which exacerbate the back pain and doesn't do anything for your core strength. And then you're off to the pharmacy for the over-the-counter medication.

If we were to build the core, we have this cylinder around our rib cage inside of our body that is made up of four sets of abdominals. The six-pack, or the rectus abs, live closest to the skin. That's why people have a low enough body fat percent, you can see those muscles. A lot of us chase it never to be caught.

I need to tell everyone that those muscles are the least functional out of all the cores. Deeper to the six-pack are two muscles that make an X shape, the internal and external obliques. When you're shoulder checking, you throw a ball to your dog, you bring your seatbelt across you. Those

are obliques. The deepest set of abdominals are called our transverse abs. They start in our low back and they wrap to the front.

[00:08:59]

This is what diaphragmatic breathing, a lot of the Pilates work dials into getting that deep, deep set of abs working to support the spine, support the organs, give you shape, give you posture. So now we've built the cylinder of the core, the ceiling is our diaphragm. It's the main muscle of respiration. It sits in our rib cage like an open umbrella or a mushroom cap.

When we breathe in our nose and out of our mouth, the diaphragm moves like a jellyfish. When we breathe shallowly, when we have stress and anxiety, we breathe into our collarbones. We use these little tiny neck muscles as main breathing muscles. Their job is to hold this head up. So we're giving them two big jobs, hold the bowling ball and then breathe.

That's not their job, but they'll do it. We end up with these chronic neck, upper back tension. We can't wait for our next massage. All we've really done is we've misassigned the breathing function to the wrong group of muscles. So now we have the roof, now we have the cylinder. We complete the core with the floor.

The floor is literally the muscles of the pelvic floor. The geographical location to the ceiling, they live right above each other. They are best friends. So when we do not breathe properly, it's not if there will be pelvic floor dysfunction, it's when. So when we live with trauma, usually our breathing is one of the first physiological parts of our being that gets compromised. We breathe very shallow, we breathe very erratic. We hold our breath.

The pelvic floor, it's looking above it saying, well, that muscle is not doing anything. I'm going to go on a vacation too. And then we're on the hamster wheel. We're not breathing properly, so the pelvic floor is not responding. The pelvic floor is getting more and more dysfunctional and our posture starts to change and we cough a bit and we pee our pants, or we have this pelvic floor pain and we don't know why. That's as simple as for many of us, what the root cause is. It starts with the breath.

Meagen Gibson

That was such a fantastic auditory explanation of the core. I could visualize it. I know where all those things are, and demonstrations of this is what it does and here's how you can feel it. That was fantastic. I don't feel like I have a lack of an education of my musculature, but that was just great. So I just need to validate that. Thank you. Also, as you were talking, I was like, you mean like how my kids are always like, why do you have to stop walking when you sneeze?

Jana Danielson

Yes, that.

[00:11:56] Meagen Gibson

I was actually taking notes as you were talking and you mentioned the parasympathetic nervous system earlier, just in passing, but I just finished a book. It's not next to me or I would hold it. Oh yeah, actually it is. Dr. Lori Desautels' book, *Intentional Neuroplasticity*, which is for educators, but she talks a ton about the nervous system.

One of the things that she mentions is that when the sympathetic nervous system is activated, which is fight or flight, that it immobilizes your head, that those muscles get super rigid and there's no flexibility. You're expressionless because you're in fight or flight and you're completely shut down. Somebody's going to email me and say that I'm saying this wrong, but that's my paraphrasing version.

And so when you were talking about how if the diaphragm isn't doing its job in breathing, it's going to recruit these muscles. If you think about tension and stress and not breathing properly, all of that as your vagus nerve gets activated and recruits all these muscles to help you breathe and also signify to other people through your stiffness that you're not integrated.

My husband can always tell when I'm stressed because he'll imitate me. He calls my name and I'll go, yeah, there's no mobility. I will just turn like a statue. He's like oh boy, you need to move and release some of that tension. Thank you for that fantastic explanation.

What are some of the reasons that we begin to build dysfunction? Because it doesn't all happen in one day, these are patterns of behavior that we lose our ability to connect with these parts of our existence because so much of it is automatic that we maybe overlook the cumulative effects.

Jana Danielson

Well, this doesn't necessarily start - I think a lot of people think that pelvic floor dysfunction starts when someone has a baby or when someone is in menopause. Because we've been told as women these are milestone moments in our lives where we should just expect it. It actually can start much earlier than that.

I've worked with moms of kids that are ten and eleven years old who are chronically wetting the bed and, through all chiropractic or different types of therapies, not able to figure out the reason. These young kids want to go on their sleepovers with their best buddies and have these moments, but yet are so traumatized by the thought of if I go to Meagen's house and I pee my pants.

Meagen Gibson

The risk of humiliation is way stronger.

Jana Danielson

So we're seeing more and more young children actually with these pelvic floor issues and why? Maybe it could be because they're more sedentary. These fancy tech things that drive our lives may have something to do with it as well. I just think a lot of our younger people these days are absorbing the stress from their parents or from their friends in a different way. Like I said, the

pelvic floor area is just like a receptor, a sponge for all these emotions. My goodness. Our root chakra, which is like the safety and the groundedness of who we are on this planet, lives there.

[00:15:46]

So how could there not be an energetic impact to that part of our body even as young as nine and ten and eleven years old? That's sometimes where it starts. Or you have a child that is an elite athlete and they may not notice through their training that they're guarding and they're holding and they think it's strength, but it's actually tightness. Tight muscles do not equal strong muscles. A strong muscle has the ability to move in different planes of motion and be strong, bear weight, lift a load.

A tight muscle cannot do that. A tight muscle is just short and tight. It's like a slinky that can't go down the stairs. How fun is that wonderful toy if it doesn't go down the stairs. Kids that might get exam anxiety or kids that have been bullied online, there's all these reasons now why there's guarding and holding that then leads into this adulthood of pain and disassociation from that part of our body because we just don't really want anything to do with it. I do think that those are some of the main whys behind what's going on in our bodies today, which would be totally different than 50 years ago.

Meagen Gibson

I related to so much of what you said and actually my last question was about how this starts at different developmental milestones. I'm so glad that you brought up kids because that was what I was going to ask. I had a child who, when they were around six or seven, developed a bunch of travel anxiety and that manifested as having to go to the bathroom every six steps. Oh, here we go again.

I knew it was just nervous system dysregulation and anxiety and all of these things, but we had to work with him on that stuff. Also I was thinking about the fact that I distinctly remember the moment I started showing during my first pregnancy because it was the first time I just let my belly hang and wasn't like sucking in and trying to be smaller even though I didn't need to be and it wasn't necessary. I just allowed myself to breathe and have a soft stomach.

I think a lot of people can probably relate to that. So all these different stages of our lives where we've got some dysfunction or detachment or dissociation from our bodies for different reasons because of different milestones and growth and what we're carrying at different stages of our life.

Jana Danielson

Agreed. Sometimes it's just fashion. My gosh, I was a teen during the late eighties and early nineties, so I would lay on my bed with my acid wash jeans, with my coat hanger trying to do the damn zipper up because they had to be as tight as possible. Where's that tissue going? When you are held in, now we see the waist trainers that were very trendy. The organs, the tissues, the blood have to go either up or they have to go down. There's going to be some additional pressure that your pelvic floor is going to have to deal with. All of that right, that we don't really think about.

[00:19:08] Meagen Gibson

What's the cost of a snatched waist? There's going to be a repercussion somewhere. Let's blatantly, because I've danced around it, but you're the expert, so I want to hear it from your words and perspective. The connection between trauma and feeling safe and feeling heard and the pelvic floor.

Jana Danielson

I believe it's like this trifecta. Trauma lives in the pelvic floor. I truly do believe that. Like I had just alluded to earlier, it does manifest itself in the physicality, the emotionality and the energetics of that part of our body. Here's the thing. It's one of those situations where it's not like a broken arm, where you can actually see my cast. If I had a broken arm, you would know that there was something there.

It's internal and it can be rooted in some pretty deep emotions that we don't connect the dots between what's going on up here and what's going on down there. Many women can't even - sexual trauma, yes, 100 percent, that is like a flashing neon light. How do we move past in a safe, beautiful way, something like that. From a physicality perspective, there is a lot of emotion that is imprinted into that part of our body.

It never really hit home for me until I started working with one of my clients and she was sexually abused by a teacher, and he would put his hand on her shoulder. I did not know this at all. Don't you think in one of her private sessions, I was queuing her with my hands and I put my hand on her shoulder. So what do you think? There was an immediate crumbling emotionally, physically. She just wept and wept and wept, and I just let her. And then she shared the information with me.

I guess in that moment, it gave me a brand new perspective on the layers of healing that go on in a body that has been through that kind of trauma. Trauma may have shown itself by being in a motor vehicle accident. My mom and I were in a fender bender when she was pregnant with my sister. So the lap belt. She was showing already at the lap belt. We rear-ended this vehicle. Of course, we all went forward. So imagine the trauma of wondering how your unborn baby is when there is that going on.

It could be something as simple as slipping and falling on the ice. That can create physical trauma, pregnant or not. I'm highlighting a few of these examples because I think sometimes, depending on where we are in our own healing or our own experiences, we might be in a lane. To understand that there's these different perspectives of trauma and there are some ways, there are some tools that we can start - I believe the physicality is the first piece that can be worked on.

Then once that healing journey has started, then, in the case of my client, her emotional part of the healing started to occur and then the energetic part follows. It can take a while for that. But that's how I believe the continuum of healing happens through the pelvic floor.

Meagen Gibson

It's like the acknowledgment, education and validation of the physical experience has to happen before you can get to the emotion because that's how you're going to establish safety in a lot of

ways as well. We can't get to the emotion until we know we're actually safe in the practice and in our physical body. That completely resonates.

[00:24:01] Jana Danielson

Well, and here's the tricky thing though. What's the cart and what's the horse? The root is that emotionality, but we come at it from the physical so it's like we have to be patient. I guess that's one of my key messages here too, is that patience and being humbled by the body as we heal through pelvic floor physical therapy or Pilates or yoga or whatever your vehicle is for healing is really important because I think we can very quickly become discouraged and frustrated by our body, which will then do what you talked about.

The sympathetic nervous system flips on, cortisol starts pumping, and here we go. So it's how do we become a disruptor in that patterning so that we can start to heal the physicality, so that we can get to the real stuff, which is usually in the emotional body.

Meagen Gibson

Let me know if this is true, but that experience with your client that you talked about before, where she disclosed the emotional release around having the hand on her shoulder, was that your gateway into exploring not just the pelvic floor and Pilates and the physicality, but oh, now I need to integrate trauma-informed into my practice?

Jana Danielson

100 percent. Even in a group, I taught a lot of group classes, so it even changed the way we would do our breathing at the beginning. I would get everyone to close their eyes and we would just talk through and I would queue them through. I would say, give me a little wave, really setting the boundaries.

And so then it was a safe place, I could identify who needed their own space. I didn't come into their space. You know what? Through the years, there were more of those little waves than not. Like I said, that trauma piece can come in lots of different shapes and sizes and creating that safe space is really key.

Meagen Gibson

Absolutely. I think it's through so many of these practices and rooms where people can hold multiple things happening that you develop the capacity to experience discomfort and teach yourself that you can withstand it without being unsafe. It's like that fine line of learning I am uncomfortable, but I am safe and I am protected by the people in the room that I trust and myself. As that grows, you can get into the deeper underlying emotional stuff that comes up.

Jana Danielson

Let your body amaze you. I remember feeling my first very deep diaphragmatic breath where my belly did rise. I was like, wow, that's amazing to feel that. Whereas sometimes you could just gloss

over those celebratory moments. That's another really important piece. I think we need to do this a little bit more when we are in the moments of healing.

[00:27:29] Meagen Gibson

Absolutely. When we're talking about mindset, what are some simple strategies that we can do to start to shift our mindset and understanding of this part of our body so that we can live the life that we've been describing and integration?

Jana Danielson

You know what? I feel like there is, and you've probably heard it in lots of your interviews for this event, but gratitude and appreciation. The body doesn't discern between gratitude and success. It doesn't. So when I end my day when I'm laying in bed saying my prayers and then who am I grateful for? What am I grateful for? How am I grateful for that? And then setting my intention for the next day and then waking up first thing in the morning like, I am so grateful that I can see the blue sky outside my curtains.

I'm so grateful. Some days it's like, I'm so grateful for this man sleeping beside me who woke me up three times from snoring. But I'm grateful that I have someone beside me who can wake me up. Sometimes it's like that. It's all about the reframe. It might sound really pollyannaish, but that's really the simplicity of where it starts from.

You might be a journaler. You might like to just say your affirmations. Say your affirmations or listen to your 528 Hz healing frequency music, whatever it is for you. I call them Mayan rituals. Mayan rituals are my habits that enrich my day that really start to shift my mindset. Even something like I take my glass of water to bed with me. So in the morning, before I even walk out of the doorway of my bedroom, I've started hydrating my body.

Well, guess what? Your brain is the first part of your body to be hydrated. So a hydrated brain is not one that has a lot of brain fog or that low-grade headache in the morning where your eyes feel sunk in. Even though those are physical things you can be doing, they all play into your mindset because it's how you're viewing the world around you that mindset is rooted in that. So those little nutritious movements, those little rituals that take sometimes seconds in a day to do, can completely shift the energy and the frequency of your day.

They will, over time, start to connect you at a deeper level with your body. Our body's brilliant. We didn't come with a user's manual or an owner's manual. We got to figure it out as we go. The more connected we can become, the more we can hear our body when it's in its whisper stages versus when it's in an all-out temper tantrum.

That's an amazing concept to wrap your head around, because it doesn't have to be complicated, it doesn't have to be tedious, it doesn't have to take you hours a day. Getting these little rituals on your radar over time will just start to happen organically and you'll notice and the people around you will notice.

[00:30:45] Meagen Gibson

I want to bring it back to gratitude for a second because I've had a gratitude practice off and on throughout my life. I had somebody disclose to me this weekend that they were very frustrated with themselves because they couldn't connect to gratitude. I felt that so deeply because there have been times where I've had a gratitude practice and I could feel it literally. It felt very resonant, felt like it was just emanating from my body, that I really meant it.

There were times where I've had a gratitude practice and it was begrudging and just going through the motions and didn't really mean it, but I was going to say it anyway because I knew I should feel grateful for that thing. You said something earlier about over time, the way things build and shift. I would love it for anybody that's struggling - they know how to be grateful and they know what they should be grateful for, but they're struggling to make the connection with the actual to really genuinely feel grateful. What kind of wisdom do you have to share about that disconnect?

Jana Danielson

My wisdom for this comes from Winnie-the-Pooh, the characters of Winnie-the-Pooh. There's Kanga, Roo and Tigger and then there's Eeyore. Eeyore is that beautiful little purple donkey with the bow on his tail, and he's just sad. There's Eeyore. And then if anybody who watched The Flintstones knows that there was a character named Schleprock, and Schleprock literally had the cloud over his head and it would be sunny everywhere else, but it would be raining over Schleprock.

This is what I do, and this is how I coach people in my community, too, is that not every day is going to be like, oh, my gosh, look at the millions of blades of grass. It's not going to be like the Jim Carrey Truman Show movie day after day after day. I can recognize and acknowledge and I call it. I'll tell my family, boys, I'm having a bit of an Eeyore day today. I'm just stating it. I say, you know what, I'll probably move out of it today or tomorrow or the next day.

I know it's not going to be perpetual, but I just feel like acknowledging it and I name it something. Instead of being like, I'm having a shit day or I'm having a bad day. When I call it my Eeyore day, it's like when I'm driving and I'm getting a little mad at someone, I give them the Care Bear stare. That's what I call it, instead of flipping the bird.

Meagen Gibson

My inner 80s child is so resonating with everything that you've said in the last five minutes.

Jana Danielson

So I feel like the naming of these feelings in and of itself gives you a boost to know that it's temporary. Gosh you might be in Eeyore mode for a month or once a month during your period, you might be in Eeyore mode. So what? That's the beautiful acknowledgment of true self. Just like we have day and just like we have night to create the balance, we need the waves of I'm feeling really awesome or you know what, I'm kind of in my dark today, and I feel like I do want to retreat.

Those are the days where my husband throws dark chocolate squares at me. As long as everyone understands and gives me space on those days, then we move through it very fluidly and beautiful.

That's what I would like to share, just a little bit of insight into the framing around those ebbs and flows. Don't try and hide from them. It's not perpetually summer. Even if you're in Orlando, Florida, there are going to be somewhat seasonal rains and things like that. We have to be kind to our body and not expect it to be the new moon every single day, because it just can't be.

[00:34:55] Meagen Gibson

I love that. TV shows have given us examples, and I think about the movie *Inside Out* and things like that of characters that embody specific traits. I think our child brain assigns that to people as actual personalities. But my adult brain now sees these character ensembles as all parts of myself, just like you said. I have a lot of Tigger days and I have a lot of Eeyore days and I have a lot of Pooh days. They all live within me.

It was so funny that you mentioned weather because just this past Saturday, it rained for six hours. Not sprinkling, poured for six hours. My older son could not have been more delighted. He was so excited, which is such Florida privilege. He was just like, I'm going to sit inside all day and read books and play video games and no one's going to make me go outside. I was like, you do you, man. He was so excited, where lots of people in other parts of the world would be like, are you kidding? How could you celebrate rain?

I'm like, because this is actually the rare thing for us. I totally get that. We just celebrated his celebration of what everybody else found frustrating. We had other plans that day. He was like, this is so great. You're like, yeah, you're right. Let's make this great.

We talked about mindset and then what is one practice that people can start today to start to familiarize themselves with this ever-present and important part that we've named the pelvic floor in their own bodies? How can they start to connect with it right now?

Jana Danielson

It's breathing. I wish it was something more spectacular like ta-da, but it actually is breathing. Joseph Pilates, who is the creator of the movement of Pilates, he has a really famous quote and he said, breath is the first and the last act of life. Somewhere in the middle, we disconnect and forget how to do it. So it really, truly is coming back to the breath.

Hands on. This is the sternum, your flat bone, one hand on your belly button. When you inhale through your nose, feeling that cool air hit the back of the throat, visualize it going down into the belly button. The belly gets to puff out. Like you said, you don't have to suck in all the time. And so when you're inhaling, it's like your torso is filling your waistband as much as you can in that 360 degree cylinder. And then as you exhale out of your mouth, that feeling of the air coming from the belly button up and out.

If your torso was a soft bark tree, imagine the entire tree just coming inward away from the waistband. In that moment is when the pelvic floor is actually doing its lift. If it was an elevator, the pelvic floor lifts on that exhale. So the one thing is start to breathe with your diaphragm. It's going to gently wake up that sleeping pelvic floor beneath it. It actually is almost like CPR for your pelvic floor.

[00:38:16] Jana Danielson

I've used that analogy a few times, but without the breath, you can do all the kegels in the world, you can do all the pelvic floor physiotherapy in the world, you can do all the Pilates, yoga, whatever in the world, and it's only going to move the needle so far. Breath really is like the keystone in the Roman arch that starts to bring life back to that part of our body.

Meagen Gibson

Fantastic. Awesome. Jana, how can people find out more about you and your work? Make sure you flash the ball.

Jana Danielson

In this whole realm of pelvic floor wellness, I just got, first of all, really frustrated that there wasn't a way - first of all, no one was talking about it. The stat used to be one in three women were dealing with pelvic floor dysfunction. The newest stat is now one in two women are dealing with some sort of pelvic floor dysfunction. I decided to do something about it that someone could use a fitness tool in conjunction to pelvic floor physiotherapy.

I created this simple little tool. It's called the Cooch Ball for women. It's also co-branded for guys in the back as the Gooch Ball. It's a patented design, which means that what you don't see inside this ball is this really cool nylon thread that we wrap around the bladder of the ball in a really cool way.

All you're going to simply do is sit on this ball. It's a little squishy. Don't fill it all the way, and then you breathe. Everything I just said in this interview today, that is what brings the missing piece to the puzzle that I believe is the missing piece, which is blood flow. Blood flow that is nutrient-rich and oxygen-rich is our body's way of healing.

When a part of our body or a muscle or an organ is lacking muscle or lacking blood flow, it is not going to function optimally. If you go to @thecoochball on [Instagram](#) or [TikTok](#) or [Facebook](#). [Jana.Danielson](#) is my Instagram. We have a [YouTube channel](#), The Cooch Ball, which shows you lots of different ways to care for your pelvic floor and lots of those a-ha moments, I didn't realize that. I always say shoot me a DM or info@coochball.com.

I'm always happy to read emails. I get emails sometimes that are scroll and scroll and scroll because there's a lot of history and a lot of pain and discomfort that comes with pelvic floor health and anything I can do to shed a little bit of light on a situation for someone. I'm not a doctor, so I don't diagnose. I'm not a urogynecologist, nothing like that. I'm just a farm girl that learned about movement and helped her own pain and turned that into a way to help others. That's how you can connect with me.

Meagen Gibson

Fantastic. Thank you so much for being with us today.

Jana Danielson

Thank you.