

10 things they said were just '*part of being a woman*'

A guide to the symptoms you were told to live with, and why you don't have to anymore.

MUTU



**You've been told it's "just part of being a woman."
You've been told to do Kegels. Or go to the gym. Or just
wait it out. Maybe you were never told anything at all.**

But if you're dealing with leaks, pain, discomfort during sex, or a core and pelvic floor that just doesn't feel right, whether it started last year or a decade or more ago, this guide is for you. Whether you're preparing for birth, healing after, raising kids, approaching midlife, or managing menopause, these are symptoms that deserve better answers.

MUTU is for every stage of life: preparing for birth, recovering after, navigating the messy middle years, or facing the shifts of perimenopause and menopause. You don't have to fit a timeline or tick a box to deserve support.

At MUTU, we talk to women every day who say:

"I didn't know this wasn't normal."

"I wish someone had explained this sooner."

"No one ever told me I could fix this."

That's why we made this guide: to give you clarity, confidence, and a starting point. This is not about snapping back. It's about feeling connected, supported, and strong again, no matter your age or stage.



1 **Leaking when you laugh, sneeze, or run isn't *'just how it is now.'***

It's incredibly common, but that doesn't mean you're stuck with it. Leaks usually happen when your pelvic floor muscles aren't strong, flexible and working in sync with your breath and deep core. It's a coordination issue, you've done nothing wrong, and you're definitely not a lost cause. Whether it's a few drops or daily underwear disruption, you don't have to just "pad up and carry on." With the right kind of movement and breath-based rehab, most people see meaningful improvement at any age.

2 **Your core is more than just your abs.**

The word "core" is often used, but misunderstood. It includes your deep abdominal muscles, pelvic floor, diaphragm, and spinal stabilisers, not just the surface six-pack. Core function is about pressure, breath, alignment, and strength working together. If you've been doing ab workouts and getting nowhere, or worse, feeling worse, it's not your fault. You're not broken. You've just been sold the wrong starting point.

3 **Painful sex isn't in your head.**

Discomfort during sex, whether it's sharp, deep, burning, or just "not right", is not something you have to put up with. It may be a sign of pelvic floor tension, trauma, or muscle dysfunction. These things can be addressed. Whole-body pelvic rehab, with the right kind of gentle, evidence-based movement, improves circulation, soft tissue function, and confidence. You deserve comfort and connection.

4 **Feeling disconnected from your body is common and reversible.**

Many women say, "I don't feel like myself" after pregnancy, birth, menopause, or injury. It's not vanity. It's not in your head. That sense of disconnection from your core, balance, or body's cues comes from deep systemic instability, and you can rebuild it. Restoring physical connection leads to emotional connection, too. You'll move differently. Breathe differently. Feel different.



5 **Diastasis recti can be addressed safely and effectively.**

If your belly domes, bulges, or feels weak, you might have abdominal separation. It's not a tear. It's a fascial and pressure system that needs retraining, not flattening. Crunches and planks often make it worse. Breath-based, low-pressure movement is proven to restore function and improve appearance. No surgery, no shame. Just a smarter way to move.

6 **Kegels aren't always the answer.**

You've been told to "do your squeezes," but what if your pelvic floor is already tense or holding on? Over-tight pelvic floors are just as dysfunctional as weak ones, and need release, not more reps. Function means your pelvic floor responds to your body, your breath, and your needs, not that you can clench it on cue. If you're leaking or in pain despite doing your Kegels, this could be why.

7 **Prolapse symptoms that feel like heaviness and pressure aren't the end of the road.**

You might feel like your insides are falling out. You might have been told to "just live with it." But pelvic organ prolapse is a signal. Rehab can reduce symptoms dramatically. You can still lift, run, and move confidently. With the right program and strategies, women report relief, strength, and a return to the activities they love. Don't wait, and don't be fearful - you have options.



8 You don't have to wait until you're 'done having kids' to get help.

Pelvic health rehab isn't just for after you're "done." You don't need to earn support by ticking some imaginary box. If you're pregnant, postpartum, parenting teens, or in menopause, you deserve help right now. The earlier you start, the better you feel. But it's never too late either, studies show rehab works even decades later. This is your moment.

9 Back, hip, or pelvic pain might stem from your core.

Chronic aches in your lower back, hips, or pelvis aren't inevitable for women as they mother, parent and age. These areas are deeply connected to your core and pelvic floor. If your foundation isn't stable, everything else has to compensate, and that's where pain starts. Fixing the real problem can finally bring the relief you've been chasing.

10 You're not broken. And you're not alone.

You've been told to put up with it. To wait. To fix everything yourself. However, healing is possible, and you're not alone in your struggles. Thousands of women have transformed their confidence, comfort, and control with MUTU. This isn't about bouncing back. It's about moving forward, with support that meets you where you are.



Ready to feel stronger, steadier, and back in control?

MUTU is the medically recommended, expert-backed program trusted by women around the world to:

- ✓ Stop bladder leaks, even "sneeze pee"
- ✓ Ease back pain and core weakness
- ✓ Improve sex, comfort, and pelvic function

**Just 12 minutes a day. No shame.
No pressure. Your pace, your plan.**

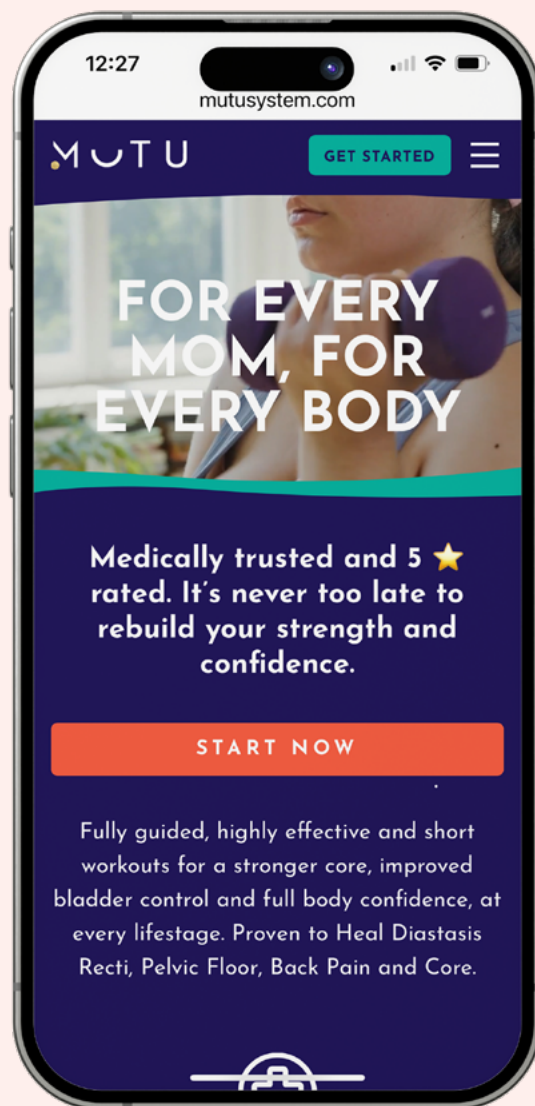
Whether you're months, years, or decades postpartum, or never had a baby at all, this is your sign.

Start your free 10-day trial now.

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All claims have been aligned to the following (links checked and valid as of June 2025): [NICE Guidelines: Urinary Incontinence and Pelvic Organ Prolapse \(2021\)](#) | [NHS UK: Postnatal Health and Recovery](#) | [Cochrane Review: Pelvic floor muscle training for urinary incontinence in women \(2020\)](#) | [AWHONN Journal: Managing Diastasis Recti and Core Dysfunction](#) | [British Journal of Sports Medicine: Exercise-based rehab for postpartum pain and function \(2019\)](#)



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