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'[Julie Tupler RN WebMD Better information Better health](#)

May 7th, 2018 - Julie Tupler RN was asked to [Tupler is a registered nurse certified trainer certified childbirth educator author of Lose Your Mummy Tummy Maternal Fitness](#)'

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April 10th, 2018 - My splint has arrived at long last And I really wish it had been hand delivered by Julie Tupler so she could show me how to put the damned thing on"**The Well Mom**

May 1st, 2018 - Whether you're expecting and are thinking about your post-baby belly have recently given birth or are a seasoned mom whose uterus was long ago stretched to the max maternal fitness expert Julie Tupler RN offers these tips for losing that leftover pooch'

'[Diastasis recti Official Site](#)

*May 6th, 2018 - Introduction to Julie Tupler the [Tupler Technique®](#) and [Diastasis Recti Understand Diastasis Recti Start the Tupler Technique® Teach the Tupler Technique® Buy products Contact the Licensees](#)"**Julie Tupler YouTube***

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September 10th, 2017 - The Tupler Method for Ab Exercises Are you looking for a way to lose your Mummy Tummy The Tupler Technique was developed by Julie Tupler'

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August 18th, 2016 - I read a book over the weekend that I absolutely loved Lose Your Mummy Tummy by Julie Tupler and Jodie Gould Thanks to readers Christina Howe and Sara I m so glad you both recommended this book in the comments'

'C Section Recovery Books

May 8th, 2018 - Books about c sections in general Lose Your Mummy Tummy Written by R N personal fitness instructor and childbirth educator Julie Tupler it details how to'

'Tana Jimenez PT Part I Lose Your Mummy Tummy DVD

April 18th, 2018 - As a result I will begin my Tupler Technique post partum exercise program I will be watching the Lose Your Mummy Tummy DVD and using Julie Tupler s technique to help correct my diastasis recti and get back into shape"**How To Lose Your Mummy Tummy By Julie Tupler**

April 20th, 2018 - How To Lose Your Mummy Tummy By Julie Tupler The Lean Tummy Prescription Exactly What It Is The Lean Tummy Prescription is a collection of suggestions food ideas as well as motivation to enlighten people regarding nutrient rich foods hidden calories as well as ways to make small modifications that promote weight loss as well as end up'

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*April 28th, 2018 - The Diastasis Rehab Lose Your Mummy Tummy® exercise program is for all women wanting to close a diastasis? not just for new moms Many women hear the phrase Lose Your Mummy Tummy and think the Tupler Technique® Program is only for women who have just had a baby"***Workout of the week Lose Your Mummy Tummy the Tupler**

December 7th, 2010 - Workout of the week Lose Your Mummy Tummy the Tupler Technique Julie Tupler Kurtz says she brought it to Boulder because she saw a need'

'Tupler Technique® Ab Rehab? tummy tribe

March 31st, 2018 - By continuing to do the Tupler Technique® exercises every day your Mummy Tummy goes away and that aching back will disappear as well Elle Macpherson actress model businesswoman'

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