

Groundbreaking Women's Health Book "The Second Mouth" Reaches #1 Bestseller Status

THE SECOND MOUTH

One Woman's Journey to Decode a Hidden Language for a New Era of Women's Health



Nicole Fleischmann, M.D.

White Plains, New York Apr 1, 2025 ([IssueWire.com](https://www.issuewire.com)) - Dr. Nicole Fleischmann's revolutionary book "The Second Mouth: One Woman's Journey to Decode a Hidden Language for a New Era of Women's Health" has achieved #1 bestseller status, marking a watershed moment in women's health literature. This achievement underscores the critical need for open dialogue and education about pelvic health issues affecting millions of women worldwide.

Drawing from over 25 years of clinical experience as a board-certified urogynecologist and urologist at White Plains Hospital, Dr. Fleischmann introduces groundbreaking concepts that challenge traditional approaches to women's pelvic health. Her innovative perspective on the connection between breath work and pelvic wellness has already begun transforming patient care and medical understanding of just how important this connection is.

"Women have been seeking answers about pelvic health issues for generations, often in silence," says Dr. Fleischmann. "This book provides the knowledge and tools they need to understand their bodies and take control of their well-being."

"The Second Mouth" addresses crucial topics including:

- Revolutionary techniques for improving pelvic floor function
- The vital connection between upper and lower body health
- Common misconceptions about urologic health and toilet training
- Practical solutions for incontinence, pelvic pain, and related conditions

As a respected authority in urogynecology since 2013 and urology since 2005, Dr. Fleischmann's work represents a paradigm shift in women's healthcare. Her approach emphasizes conservative management and patient empowerment, enabling women to address functional problems before they develop into structural issues.

The book's success highlights a growing demand for comprehensive, accessible information about women's pelvic health. Through compelling patient stories and evidence-based insights, "The Second Mouth" is breaking the silence surrounding these vital health concerns and providing hope to countless women.

"The Second Mouth" is available on Amazon

(<https://www.amazon.com/Second-Mouth-Womans-Journey-Language/dp/B0DJT5FKN4/>) and at www.thesecondmouthbook.com.

About Dr. Nicole Fleischmann

Dr. Nicole Fleischmann is a board-certified urogynecologist and surgeon at White Plains Hospital, where she has practiced for over two decades. She specializes in treating women of all ages with pelvic floor disorders and is committed to revolutionizing women's health education and treatment through innovative, patient-centered approaches.



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