



The Bathroom Key: Put an End to Incontinence

Kathryn Kassai PT CES

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Urinary incontinence is an underdiagnosed and underreported condition with major economic and psychosocial effects on society. Women are more likely to experience it due to issues with the pelvic floor brought on by pregnancy and menopause. *The Bathroom Key* is a treatment plan for women to cure their own incontinence issues. It also allows women to identify with other women through the anecdotal stories that echo their feelings of isolation and embarrassment. Written in easy-to-understand language, the book is a genuine teaching tool, guiding the reader to a better understanding of her body and effective remedies.

Whereas in recent years some mention of the Kegel muscles and exercises have become common knowledge, this book is much more than just Kegels. By incorporating key elements of the physical therapy approach in this book, the reader will be encouraged to self-assess, modify behaviors, re-train her bladder, alter dietary habits, and practice a variety of exercises to self-treat and cure her incontinence. In most cases urinary incontinence is completely treatable with physical therapy. Women can regain bladder control, not have to take medications, throw away pads and regain their dignity.

The Bathroom Key Is:

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From reader reviews:

Nellie Nelson:Information is provisions for people to get better life, information currently can get by anyone with everywhere. The information can be a information or any news even a problem. What people must be consider if those information which is in the former life are hard to be find than now could be taking seriously which one is suitable to believe or which one often the resource are convinced. If you have the unstable resource then you get it as your main information we will see huge disadvantage for you. All of those possibilities will not happen throughout you if you take The Bathroom Key: Put an End to Incontinence as your daily resource information.

Robert Nichols:A lot of people always spent their very own free time to vacation or go to the outside with them family members or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. In order to try to find a new activity this is look different you can read any book. It is really fun in your case. If you enjoy the book which you read you can spent all day every day to reading a guide. The book The Bathroom Key: Put an End to Incontinence it is extremely good to read. There are a lot of people that recommended this book. These were enjoying reading this book. When you did not have enough space to develop this book you can buy often the e-book. You can m0ore easily to read this book through your smart phone. The price is not to cover but this book features high quality.

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