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PELVIC TONERS



For the freedom you deserve



A Hand Book
On
Pelvic Floor Toners for You

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Benefits of Pelvic Floor Exercises

A lot of women suffer from pelvic problems such as lack of bladder control, incontinence, frequent urination and many other problems and are unable to lead normal lives because of the same.

Due to these problems, they suffer from emotional stress and trauma. Though there are many causes for this, the basic reason is a gradual weakening of the pelvic nerves, organs and smooth muscles that are meant to work together to control the urge to urinate.

A large number of women suffer from some form of stress incontinence at some point or another. Routine activities such as laughing or sneezing, exercising, or hearing the noise of running water can trigger stress incontinence in women.

However, there is a solution for all of those suffering from one or the other form of pelvic incontinence – they can perform different pelvic exercises by using **pelvic floor exerciser** available in the market. Using them regularly helps in strengthening the pelvic muscles. Though there are many companies providing these pelvic toners, one must be very careful while selecting a pelvic toner and buy one that is of good quality and also provides effective exercises to the users. One of the companies providing great quality pelvic toners all across the UK is www.pelvic-toners.co.uk.

The company provides different kinds of **pelvic toners** – Kegel Pelvic Toner Exerciser, NeuroTrac Pelvi Tone and Athena Fem Cordless Toner.

These exercisers are simple to use and when used daily, provide a lot benefit to women suffering from incontinence.

One of these pelvic toners is a cylindrical-shaped object with a rounded top, and is divided through the middle with springs to provide resistance.

Pelvic Toners are inserted into the vagina and then used to help isolate the pelvic-floor muscles. These provide excellent benefits to people having pelvic floor pain, urge incontinence (the case when one has overactive bladder that contracts causing urine leakage without warning), stress incontinence (where a urine leak happens when there is some kind of stress on the abdomen, such as coughing, sneezing, laughing, or even walking),

mixed incontinence (a mix of both stress and urge incontinence) as well as post childbirth stress incontinence.

By using these pelvic toners for **pelvic floor exercises**, you are able to build up endurance and relax and strengthen the pelvic muscles. These pelvic toners can help you to stay away from expensive surgeries and costly incontinence products.

So visit www.pelvic-toners.co.uk for more details on the functionality of these pelvic toners and also see how they have worked wonders for many women who now enjoy a healthy sex life and also lead normal lives after using these easy to use pelvic toners.

Pelvic Exercise Equipment - Try It Now

According to a study, as many as 20 percent women suffer from some type of incontinence in their lives.

However, they often restrain themselves from going to a medical practitioner due to hesitation or the fear of surgery or some other problem. This results in the disease becoming chronic.

There are three different types of incontinence

- **Urge Incontinence** (which results when an overactive bladder contracts without any signal)
- **Stress Incontinence** (which is induced by routine activities such as laughing, sneezing or coughing, exercising, orgasm, and hearing running water. This results in urine leakage)
- **Mixed Incontinence** (a mix of both stress and urge incontinence).

However, what they do not know is that all these types of incontinence are curable and usually without any surgery or medication.

This can be achieved through the use of **pelvic exercisers** or pelvic toners.

A manual pelvic toner is a cylindrical shaped device with a rounded top that is divided through the middle. It is inserted into the vagina to help isolate the pelvic-floor muscles, using resistance to provide a mini-workout.

As the user's pelvic floor muscles get stronger, they should increase the resistance.

However, since they are to be used in the most delicate and private part of the body, you must consider some factors while selecting the correct toner for you.

- Firstly, the toner should be of good quality so that it does not break down while exercising which can result in harm or injury.
- Secondly, the **pelvic exercise equipment** should be designed such that it is very effective in firming up your vaginal muscles.
- Thirdly, it should not be very expensive.

A company that manufactures and sells pelvic toners and fit into these criteria, is Pelvic Toners. The company is renowned all across the UK in providing state-of-the-art and good quality pelvic toners for women.

The company has four different **pelvic toners** which are:

- Kegel Toners
- Neuro Trac Pelvi-Tone
- Femetone
- AthenaFem Cordless Toner.

The last 3 of these pelvic toners offer the provision of letting you set the specific amount of time you need to exercise. These pelvic exercisers also have pre recorded exercises that you can perform. So, the whole process of pelvic exercising becomes easy and comfortable with these toners. Besides, you will notice how strong your pelvic muscles have become in just a few weeks time. In this easy manner, you can get rid of incontinence and also enjoy a healthy life. For more details on pelvic toners, visit the website www.pelvic-toners.co.uk.

Benefits of Using Pelvic Toners

Pelvic exercises are a must for every woman who wants to stay physically, mentally and sexually healthy through their lives. However, many of us are either ignorant or simply disinterested in the whole idea. Pelvic exercises are a solution to all forms of pelvic problems – different types of pelvic incontinence such as urge incontinence, stress incontinence, sexual displeasure, bladder control and frequent urination. These pelvic exercises help in strengthening the pelvic muscles and thus putting an end to all your pelvic problems.

By now, many of you must be thinking that performing these exercises must be a very tedious and time taking task. However, such is just not the case. By using pelvic toners available in the market, you can perform simple **pelvic floor exercises** and that too for a few minutes. So, you will not have to take out too much time from your schedule – as little as ten minutes will be fine. Though there are a large number of pelvic toners available in the market, you should go for good quality ones that do not break down suddenly and are also effective in helping you perform these exercises.

One company that can be trusted upon for providing great quality pelvic toners is www.pelvic-toners.co.uk. The company provides four different pelvic toners – Kegel Toners, NeuroTrac Pelvi-Tone, Femetone and AthenaFem Cordless Toner. These modern gadgets provide you with the facility to time your exercises for a specific number of minutes and also have pre-recorded exercises that you can perform. So, the whole process of exercising becomes easy with these toners.

These **pelvic toners** are the best ways to beat stress incontinence which almost every woman suffers from at some point of time in her life. While performing normal activities such as laughing, sneezing or jumping, they lose small amounts of urine and they end up wearing pads. However, they can completely get rid of these problems if they perform exercises using pelvic toners. Also, these pelvic toners help in improving sexual pleasure. By using these toners, the pelvic muscle gets tighter and this leads to having a much better sex life for you as well as your partner. Apart from this, the regular use of pelvic floor toners help a woman in easier and less painful labor and also aids better recovery after childbirth.

So, go ahead and get yourself a **pelvic floor toner** to strengthen your overall health and also prevent yourself from pelvic problems for the rest of your life!

Kegel Exercises

Named after Dr. Arnold Kegel, the Kegel exercises help in strengthening the muscles of the pelvic floor. They help women suffering from urge, stress or mixed incontinence, that are not able to hold urine for long and end up wearing pads for the rest of their lives. These **Kegel exercises** have been in practice since the 1940s and essentially, help in strengthening the pelvic muscles.

There are many problems that occur because of weak pelvic muscles such as low sexual pleasure, urge incontinence, stress incontinence (where a urine leak happens when there is any kind of stress on the abdomen due to coughing, sneezing, laughing, or even walking), mixed incontinence (a mix of both stress and urge incontinence) and post childbirth stress incontinence, a prolapsed uterus and many other problems that prevent women from leading healthy and normal lives.

So, if one suffers from any of these, they can safely try Kegel exercises and stay away from expensive surgeries.

It has been observed that women performing these simple exercises on a regular basis have been able to attain orgasms more frequently, which they are not able to achieve otherwise. Besides, if they keep practicing Kegel exercises regularly, this can increase vaginal wall thickness and lubrication. Performing these exercises prevents all forms of incontinence, post childbirth as well as all through your life.

So, now you must be wondering as to how these Kegel exercises are performed. Well, the answer is simple. All you need to do is purchase **Kegel Floor Toners** that helps you carry out exercises designed by Arnold Kegel to build up the pelvic floor muscles.

The Pelvic Toner is a vaginal resistance exerciser that has been designed for performing Kegel exercises. It has been shown that by using a Pelvic Toner regularly you can experience a **much quicker recovery** from any weakness as well as enjoy a quicker strengthening of the muscles.

For more details on purchasing a pelvic toner, please log on to www.pelvic-toner.co.uk. Order a pelvic toner for yourself right away and boost up your sex life so that you can have a healthy life.

Pelvic Floor Stimulator - Know How It Works

A large number of women suffer from pelvic dysfunction at some point in their lives. A study reveals that as much as 20 percent of the women in the age group of 40 to 70 years experience stress induced incontinence and urine leaks at some point of time in their lives. Most of them do not seek medical help for years together and quietly suffer from this problem.

However there is good news for those suffering from pelvic problems – they can use **pelvic floor stimulator** to do away with all kinds of pelvic muscle dysfunction and strengthen the vaginal muscle naturally. These pelvic exercisers are available in abundance in the market, but one needs to be very conscious of the quality before buying one. A company that is renowned in selling great quality pelvic toners all across the UK at affordable prices is www.pelvic-toners.co.uk. Let's look at some of the different types of pelvic exercisers available with them:

- Kegel Toner Exerciser – The **Kegel exerciser** is a device used to perform the pelvic exercises created by Dr. Arnold Kegel. It is a progressive resistance vaginal exerciser designed for use in conjunction with Kegel exercises. However, it is recommended that you stop using the Pelvic Toner if you are pregnant or post partum. The different options in this category are the Kegel Pelvic Toner Exerciser, The Sparkly Red Pelvic Toner and Spring Set for Pelvic Toner.
- Femetone Pelvic Toner - The **Femetone** Pelvic Toner is a dedicated pelvic floor stimulator. It helps in building up the pelvic floor and strengthening the vaginal muscles. This modern gadget is a blessing for anyone suffering from incontinence. The Femetone Pelvic Toner cures all types of chronic incontinence with its inbuilt program. Using the Femflex electrode, the toner does the squeeze and release exercises for the users. These toners are very easy to use, light and can be inserted as easily as a tampon.
- Athena Fem - The Athena Pelvic Muscle Trainer is the most advanced version of the pelvic floor exerciser available in the market. It is cordless and convenient unlike other devices and provides mobility to the user while exercising. Besides, it is very easy to use and you do not have to worry about exercising the right muscles. All you need to do is insert the toner and let it do the Kegels for you. The toner comes with two pulse frequency settings and is the easiest solution for curing stress, urge, and mixed incontinence.

So, log on to the website www.pelvic-toners.co.uk and restore your pelvic muscle tone and get rid of all your pelvic problems with these excellent and easy to use pelvic toners. For more details on Pelvic floor stimulator, Pelvic floor trainer and Pelvic floor weights, please visit the website.

Tips to Strengthen Your Pelvic Floor Muscles

A large number of women suffer from chronic pelvic problems such as incontinence because the structure of female urinary tract undergoes change during pregnancy, childbirth, and menopause. This is mainly due to weak pelvic muscles. These problems prevent women from carrying out their normal chores at home or at their workplaces and are therefore unable to lead normal lives for years together. However there is a simple, easy and effective solution to the problem of incontinence and that is performing Kegel exercises using pelvic toners.

Let's first of all understand what we mean by **Kegel exercises**. These exercises take their name from their inventor Dr. Arnold Kegel, a gynecologist, who in the 1940s recommended these exercises for his patients to avoid stress incontinence after childbirth. Though these Kegel exercises were done manually in those days, but with the advancement of technology, inventors have come up with handy solutions for them in the form of pelvic toners. Pelvic toners provide great benefits to women having pelvic floor pain, urge incontinence, stress incontinence, mixed incontinence (a mix of both stress and urge incontinence) as well as post childbirth stress incontinence.

By making use of these **pelvic toners** on a regular basis, you are able to build up endurance and strengthen the pelvic muscles. These toners can cure even chronic incontinence and thus save you from undergoing expensive and scary surgeries and costly incontinence products. As these pelvic toners help in strengthening the **pelvic floor muscles**, they help women in getting better orgasms as well.

There are a large number of pelvic toners available in the market. However, since they are to be used in the most delicate part of the body, you have to be very cautious of their quality before actually purchasing them. A good toner should stay in working condition for a long time and not break down suddenly and also be effective in helping the user perform her exercises properly. A company which provide great quality toners at affordable prices is www.pelvic-toners.co.uk. They have four different types of toners namely the Kegel Toner, Athena Pelvic Muscle Exerciser, The PelviToners and FemeTone Pelvic Exerciser. These gadgets, if used regularly are bound to bring you loads of comfort.