

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



Sex with Jaiya Archives Available

March 9th 2012: Improving Pelvic Floor Strength and Health

Having issues with Urinary Incontinence? Feeling loose after childbirth? Wanting longer and stronger orgasms? Well, on Today's show we are going to talk with Ann, a registered nurse, about ways we can improve pelvic floor health and strength. I have to admit that after the birth of my son I started having really bad issues with stress incontinence, meaning that when I jumped, sneezed, coughed or laughed, I'd pee a little. (I know TMI). But with help from a new product called the Intensity I was able to improve my pelvic floor strength. Ann is going to share more information about natural

[Read more](#)



Tune in

Archives Available on
VoiceAmerica Variety Channel

EPISODE ON DEMAND

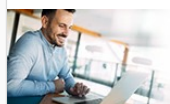
VIEW HOST PAGE

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

