



"Urinary incontinence is a silent epidemic among women. *The Bathroom Key* is the solution—pure and simple. I highly recommend this book and the program within!"

—CHRISTIANE NORTHRUP, MD, OB/GYN, physician, and author of *The New York Times* bestsellers: *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*

THE BATH ROOM KEY

PUT AN
END TO
INCONTINENCE

Kathryn Kassai, Physical Therapist and Kim Perelli

FOREWORD BY JILL G. BYERS, MD