

December 2011 (New York, NY)

Treat Incontinence without Surgery or Medication

Naturally Cure Incontinence through Physical Therapy

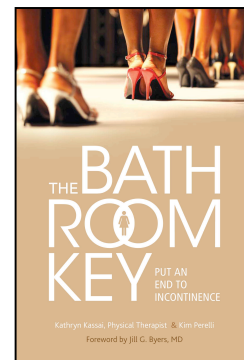
The Bathroom Key presents a program to treat—and in most cases, cure—incontinence. For women who suffer from urinary leakage, frequent urination, vaginal prolapse, pelvic pain, urinary tract infections, or a combination of these, this book is their salvation. The authors offer a surgery-free, pharmaceutical-free program that involves biofeedback, exercises, bladder retraining, behavioral modification, and dietary advice.

"Authors Kassai and Perelli instill confidence that control over the bladder is achievable and resides within each of us. Hooray to both authors for putting into context the essential role played by physical therapy. They have assembled a no-nonsense, unbeatable set of guidelines and instructions for achieving not only continence but reclaiming one's entire pelvic health."

—**Nancy Muller, PhD, Executive Director, National Association for Continence**

"It is an amazing truth that most incontinent woman can become dry without surgery and without medicines. Pelvic floor muscle therapy and biofeedback, as described in this book, has become a powerfully effective standard tool in the fight against bladder dysfunction. This fabulous book reveals the physical therapy methods that can give people their lives back. Read this book and it might just change your life."

—**Fredrick N. Wolk, MD, Diplomate of the American Board of Urology**



Author Credentials: Kathryn Kassai is a Physical Therapist and Founder and Director of Praxis Physical Therapy in San Pedro, California. Since 1996, Kathryn has specialized in pelvic floor rehabilitation, a highly effective specialty within physical therapy for urinary incontinence, organ prolapse, and pelvic pain. Kim Perelli is married with two young children and used the program outlined in *The Bathroom Key* to successfully treat her own urinary incontinence. Kim is a member of the Authors Guild and is currently working on her first children's book.

Availability: Nationwide by arrangement and via telephone. Please contact Thomas Hastings.

Media copies available upon request.

BOOK INFORMATION

THE BATHROOM KEY: Put an End to Incontinence

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