



Free Yourself From Incontinence: Your Bladder Guide

Susan L Jackson

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Free Yourself From Incontinence: Your Bladder Guide provides women with the information they need to understand and treat their urinary incontinence. A review of the types of incontinence, causes of bladder issues, urge control, dietary considerations, and exercises to correct bladder leakage are covered. It is an easy to read and understand practical guide that assists women in taking control over a very personal problem in the privacy of their homes. The book is endorsed by Rosemary D.Laird, MD, co-author of Take Your Oxygen First, and other health professionals who are familiar with this problem that affects the lives of so many women.

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