

Pelvic Power For Men And Women Mind Body Exercises For Strength Flexibility Posture And Balance

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The PelviPower[] Training helps men in case of erectile dysfunction and weak potency. It stimulates blood flow in the genital area and leads to the normalisation of muscle tone in the pelvic floor. Also after prostate operations with incontinence complaints, the PelviPower[] can achieve a significant improvement of the symptoms.

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Pelvic Power: Mind/Body Exercises for Strength, Flexibility, Posture, and Balance for Men and Women. Combining scientific principles with movement and imagery exercises that are both effective and fun, this book demonstrates how to create a stronger body by toning the pelvic floor.

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Pelvic Power: MindBody Exercises for Strength, Flexibility, Posture, and Balance for Men and Women. Combining scientific principles with movement and imagery exercises that are both effective and fun, this book demonstrates how to create a stronger body by toning the pelvic floor. Focusing on the biomechanics of the pelvic floor, which acts as a support for the inner organs and contains a passage for the urethra, the sex organs, and the rectum, this guide shows how the pelvic floor plays an ...

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Discover and awaken the power of your pelvic floor - for more elasticity, suppleness, vitality and sexual enjoyment! Say goodbye to a weak bladder, incontinence, orgasm problems, back complaints etc. Tigerfeeling gives men and women natural power and grace to last a lifetime.

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Tone the pelvic floor with scientific principles, movement and imagery exercises. This book addresses the importance of the pelvic floor on posture, vitality, sexual function and preventing incontinence for both men and women. Many back, knee and foot disorders can be relieved through conscious training of the pelvic floor. Written by Eric Franklin.

[Pelvic Power | Eric Franklin | OPTP](#)

After only three weeks, you will see measurable changes. Discover and awaken the power of your pelvic floor - for more elasticity, suppleness, vitality and sexual enjoyment! Say goodbye to a weak bladder, incontinence, orgasm problems, back complaints etc. Tigerfeeling gives men and women natural power and grace to last a lifetime.

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Pelvic floor muscles are important for sexual function in both men and women; in men they support erectile function and ejaculation, in women they contribute to sexual sensation and arousal. Pelvic floor muscles work in harmony with your abdominal muscles and your back muscles to support the spine.