

[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



Read what our hosts are writing about.

