

FOR IMMEDIATE RELEASE

6th October 2009

It's a Miracle.
Natural pelvic floor control for women of all ages.



The new Miracle Box for Women from The Miracle Box offers effective advice and a series of exercises to help control the problems that can be associated with the pelvic floor muscles such as stress incontinence.

For most women stress incontinence is caused by weak pelvic floor muscles, something that can be brought on by childbirth, menopause, obesity, heavy lifting or ageing, however in most cases it can be prevented or cured by performing regular pelvic floor exercises.

The pelvic floor muscles are some of the most important muscles in the female body, but they very rarely get the attention they deserve, but the Miracle Box for Women teaches you the simplest and most natural way to rectify the situation, without needing invasive cones and stimulators.

The Miracle Box for Women DVD helps you to discover the easy way to locate, isolate and exercise your pelvic floor core muscles, putting you back in control and reducing the risk of prolapse, stress incontinence, sexual problems and other unpleasant symptoms of pelvic floor dysfunction.

The Miracle Box for Women can offer no further concerns about embarrassing social situations, greater control when coughing, sneezing and laughing, more self confidence and enjoyment when making love and stronger pushing muscles for childbirth.

ENDS:

Note to Editors: The Miracle Box for Women is available from The Miracle Box. RRP £9.99.

The Miracle Box can be contacted on 07977 471919, by email sales@themiraclebox.co.uk or on the web at www.themiraclebox.co.uk

For more information or to arrange an interview with Martin Beckley, Managing Director, please contact Nick Butler at Practical Media Services on 01892 667314.

Practical Media Services Ltd
68 Rochester Way
Crowborough
East Sussex TN6 2DU. UK
Tel 44(0) 1892 667314
nickbutler@practicalmediaservices.com
www.practicalmediaservices.com