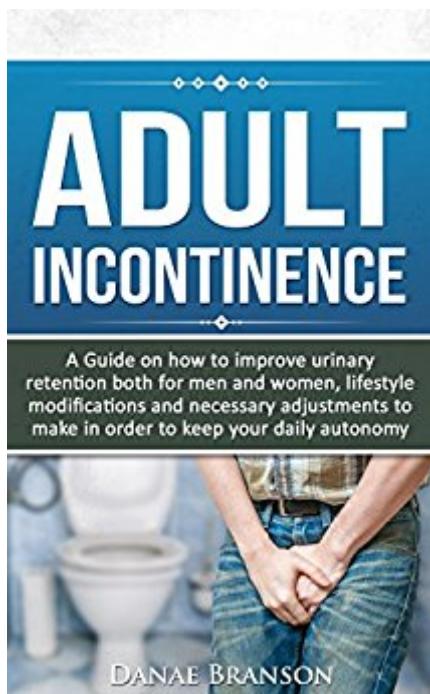


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Synopsis

This book contains proven steps and strategies on how to postpone the onset of incontinence as well as manage the symptoms associated with the condition with the help of natural and practical remedies you can do at home. You might feel your incontinent issues are difficult and embarrassing, preventing you from talking about it with your family and friends, especially if they have no experience of incontinence themselves. This book aims to help you avoid feeling alone as you manage your condition. Plenty of tips and advice are provided in this book â€“ from bladder training exercises and nourishment essentials (diet/vitamins/supplements) to medications, medical devices, incontinence products, and lifestyle changes â€“ to help you live and cope with incontinence with dignity and privacy. Thanks again for downloading this book, I hope you enjoy it!

Book Information

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