

Keep Your Perineum Intact: Epi-No

For centuries, women have given birth without the use of modern day assistance. Different cultures have used creative methods to help lessen the pain or to ease delivery. In Africa for instance, women use gourds of increasing size to help stretch the perineum in preparation for birth in order to reduce the likelihood of tearing. This seemingly archaic practice was actually the inspiration for a modern day device women can use to prepare for the physical demands of giving birth. The EPI-NO is a revolutionary product to help train and prepare the pelvic floor muscles and perineum for childbirth.

During pregnancy and childbirth your pelvic floor muscles will be extensively stretched and may become weak.

Without proper preparation, the perineum can also tear as a result of childbirth. Weakened pelvic floor muscles and perineal tearing can lead to problems such as incontinence, decreased sexual sensation and even pelvic organ prolapse. Fortunately, the perineum can be protected and the pelvic floor muscles can become strong again with a commitment to a pre and post natal training program with the EPI-NO.

Kim Vopni, National Distributor for EPI-NO and former Personal Trainer, knew the importance of training and muscle conditioning in preparation for physical activity. Childbirth is certainly a physical activity and when she first heard of the EPI-NO she knew it was the ideal training method for her to prepare her pelvic floor for the birth of her first child. Little did she know it would also lead to a booming business!

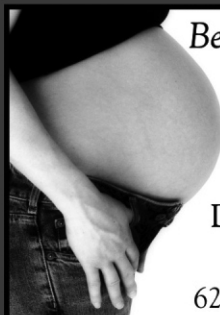
Now, with two healthy sons and her perineum intact, Kim is a true ambassador for this wonderful product.

*For more information on this product or to order call Toll Free:
1-888-488-0884 or visit www.epi-no.ca.*



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