

DISCOVER Shocking Signs of Impending Vagina Failure and Reclaim Your Healthy, Lovely and Sexy Va-jay-jay. In her groundbreaking new book, Legs Up! The Ultimate Troubleshooting Guide for Your Vagina, leading gynecologist Dr. Gail King presents a vivid description of the shocking breakdown that may be occurring in the muscle and tissue inside your vagina. Until now, there has been no professional troubleshooting guide for these embarrassing Vagina Dilemmas, no other single source of information that goes into this level of detail. **LEARN** Whats Happening inside Your Vagina and Available Treatment Options Legs Up contains a wealth of actions women of all ages can take before its too late: See for Yourself What to Watch For: Your Young Vagina-Vivid descriptions of real-life prolapse symptoms, common after childbearing, when your pelvic organs come falling down and begin to push into your vagina. Discover Definitive Treatment: Now What Happens?-Crucial advice on prevention and non-surgical treatments. Overview of vaginal surgery from a patients point of view-from nip and tuck and tighten to more difficult repair procedures if you wait until you have a prolapsed uterus and OMG! Somethings hanging out! Plan for Every Stage in Your Life: Forever Feminine-Be prepared as vaginal dryness, atrophy, and other changes arise while hormones decline during menopause years, when Mother Nature runs off and leaves you behind. Take Action Before You Go Viral: The Savvy Woman-Take the mystery out of HPV virus, cervical cancer, Pap tests, and annual exams. Solve the secret of Why didnt anyone ever tell me my vagina was headed for major disaster? AND...BONUS! Boo-Yah for Your Hoo-Hah: The HUSH-HUSH Section-Sexual health topics women talk about in whispers: vaginal surgery for raggedy vaginas; labia reduction for ugly, aesthetically challenged vulvas; elusive hymens; and Toying with Sex,-red hot options for your own sexual satisfaction. Guaranteed Non-Boring (Check Out Yo Thang Be Raggedy) Who says a book has to be boring, laden with medical jargon, to describe some of womanhoods most pressing pelvic floor problems? Youll enjoy this light-hearted, easy-to-read personal health reference. With unapologetic honesty, Legs Up! tackles real-life Vagina Dilemmas. Writing in the same friendly language she uses to explain these problems to her gynecology patients, Dr. King describes the function and possible shocking failure of your lady-parts. Explore vital womens health issues common to OB-GYN: vaginal prolapse, urinary incontinence and bladder prolapse. Learn about cutting-edge laser surgery techniques. See how a pessary can hold a fallen pelvic organ prolapse in place. And did you know that Kegel exercises are ineffective for strengthening badly damaged vaginal muscles? Dont take your va-jay-jay troubles for granted. Have you noticed signs that something might not be quite right down there in the vicinity of your va-jay-jay, but you find the subject too intimidating to bring up, even with your gynecologist? Are you worried what your sex partner thinks of your saggy, baggy vagina? Or are you afraid youll piddle out a puddle when you laugh? Dont take such problems for granted-theyre not just something you have to live with because thats what happens to women.

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