



Press Release

## **Time for Mum**

### **Kegel8 Mother Nurture – The smart way for mums to do kegels!**

**Around 50% of new women do not know how to do an effective pelvic floor muscle contraction, and many do them wrong, causing uneven and potentially damaging pressure on their abdomen. Yet pelvic floor exercise is vital for mums – whether you are preparing to get pregnant, in labour or have given birth. British company Kegel8 makes time for mums so they can do their kegels the smart way!**

A strong pelvic floor is the solution to many common problems! Have you ever leaked when you laughed? Did you know new mums are twice as likely to develop a pelvic prolapse? Or that many don't enjoy sex as much after children? Toning up with a Kegel8 electronic pelvic toner like Mother Nurture will help you get back your pre-natal body – even the flat tummy!

It is important to have a strong pelvic floor before pregnancy, as it makes the birth go smoother. To help keep you stress free and for natural pain relief, the Kegel8 Mother Nurture is a TENS machine with boost button too - perfect for those contractions. And once you are home with baby, Kegel8 Mother Nurture is looking after you again, with specially developed programs to rehabilitate your pelvic floor.

Stephanie Taylor, founder of Kegel8, said: “Your pelvic floor muscles work in conjunction with your abdominals and your diaphragm and help to support your spine. If your muscles are weak there is a lack of support and you could also suffer with back problems.

“Regular pelvic floor exercise will not only protect you from those mild stress incontinence leaks they'll add a zing to your love-life too. If you do have light adult incontinence, ignore it at your peril - it is a warning of worse weakness to come that could result in pelvic organ prolapse.”

A strong pelvic floor lowers the risk of prolapse, supports the stomach muscles and spine, giving you both a flatter tummy and no more lower back or hip pain, helps to stop laughter leaks and can increase intimate stimulation. What are you waiting for – do your prepare, relieve and recover the smart way with Kegel8 Mother Nurture! Available at [www.kegel8.co.uk](http://www.kegel8.co.uk) for £79.99.

**– ENDS –**

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#### **Information for editors**

##### ***About Savantini***

Savantini Limited is the provider of the UK's number one pelvic floor exercise machines - The Kegel8 Range. StressNoMore is dedicated to quality healthcare and wellbeing products for women. With over 20 years' experience, Savantini Limited is the UK's leading health provider for women.

##### ***About Kegel 8***

Kegel8 was born from the desire to offer support and an alternative home solution to pelvic floor weakness for those who want to avoid surgery, recovery affectively from surgery or are simply too embarrassed to even seek medical support. With a passion for not only our range of medically approved products but for excellent



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service, support and advice, we work hard to be at the heart of pelvic health and teach all we know to those who suffer the effects of weakened pelvic floor muscles. Find out more on [www.kegel8.co.uk](http://www.kegel8.co.uk)