



*I tend to sneeze, a lot.*

Your results may vary, based on individual health conditions and consistency of use.

## INTRODUCING

### The Myself® Trainer

The Myself® Trainer is a personal, guided muscle strengthener that can actually help you restore your pelvic floor muscles — yourself. It doesn't just pad the problem of leaks and frequent bladder urges, it corrects the most common cause of the problem.

The Myself® Trainer is FDA-cleared and over-the-counter. It helps you strengthen your pelvic floor muscles, the muscles that support the uterus, bladder and other pelvic organs; the muscles that, when strong, can help you maintain bladder control, ease menopause symptoms, speed pregnancy recovery and enhance sexual response.

So you can avoid leaks and accidents and sudden and frequent urges (commonly referred to as overactive bladder) without side effects in just 5 minutes a day, when used as directed.

The Myself® Trainer is designed by a urologist and is recommended by OB/GYNs.

*Go ahead, make me laugh!*

Visit [JumpForMyself.com](http://JumpForMyself.com)

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### Doesn't Pad The Problem



### Corrects The Cause



### Why The Myself® Trainer

Keeping your pelvic floor muscles strong is important for women of all ages. Like any muscle, they need to be exercised, or they'll lose tone. And weakened pelvic muscles can compromise bladder control — and may eventually lead to prolapse, which is the sagging of your pelvic organs.

Clearly, using pads, or even diapers does nothing to deal with this gradual loss of control or to improve the underlying issue of muscle weakness. The Myself® Trainer does.

*It's not just you. The truth is, 24 million American women — young and older — have weakened pelvic floor muscles. There are many possible reasons, some of the most common being pregnancy and childbirth, menopause, weight gain, physically stressful activities or high impact exercise, and chronic cough. Using The Myself® Trainer for just 5 minutes a day, as directed, can help you gain the benefits of strong pelvic muscles.*

*Why?*

### Research Support

In a clinical\*\* study of women 25 – 81 with bladder control problems using The Myself® Trainer

- 100% of the women reported improved symptoms
- 79% said they were either symptom-free or had more than a 50% reduction in symptoms

In addition, women who have used The Myself® Trainer have seen a dramatic improvement in their quality of life and self-confidence.

If you are pregnant, recently given birth or had pelvic surgery, consult a physician before using The Myself® Trainer. Use of The Myself® Trainer during active symptoms of pelvic disease may be uncomfortable and aggravate symptoms. Do not use The Myself® Trainer at the same time with a barrier contraceptive device or a pessary. See instructions at [www.jumpformyself.com](http://www.jumpformyself.com) for details.

The Myself® Trainer can also help ease menopause symptoms, speed pregnancy recovery and enhance sexual health. Needless to say, The Myself® Trainer is recommended by OB/GYNs.

\*\* Smith et al Journal of Wound Ostomy and Continence Nursing, 2000



### The Myself® Trainer

*Come on, jump!*

Visit [JumpForMyself.com](http://JumpForMyself.com)

for the real solution that can help you laugh, sneeze, cough even jump – for joy. The Myself® Trainer.

Only available at [JumpForMyself.com](http://JumpForMyself.com)



*Not one little .. drizzle. And I had 3 children ... in 4 years.*

**NOW** you can effectively reduce the cause of leaks and accidents.