



kegel queen

The Kegel Queen Program

What's in it for Patients?

Relief from Pelvic Organ Prolapse

- Prolapse reversed, partially or entirely
- Discomfort reduced or absent
- Able to exercise and enjoy being active again
- Increased comfort with sex

Relief from Urinary Incontinence

- Improvement in as little as one week
- Effective for stress UI, urge UI, and mixed UI

No Painful Surgery

- No risk, no recovery, no complications

No Negative Side Effects

- No health risks, when performed correctly
- Can relieve urge incontinence without medication

One Positive Side Effect... Better Sex

- Increased desire and arousal
- Improved sensation and orgasm
- Increased lubrication, even after menopause

Easy

- Home-based program — no PT visits
- Just minutes a day
- No messy, inconvenient kegel devices

Effective

- Proven results since 2009

Surprising Benefits

- Nocturia decreased or absent
- Reduced anxiety; new sense of freedom
- Renewed confidence and feeling of control

Improvement with prolapse is typical.
Jill did even better...

“I still do, always will do your system, kegel session one to two times per day, no big deal.

*Vaginal prolapse — gone!
Sex with husband, OMG!
Wonderful!*

Hold my pee, easy!”

—JILL, OREGON

“I had begun feeling like I couldn't go out in public anymore (I always had to be within sight of a bathroom). I was miserable and depressed. You really gave me back my life and freedom.”

—CAMILLE, CALIFORNIA



“Dear Alyce,

I had a big win today! I tried an activity that I had to stop doing a couple years ago when I started having prolapse. My daughter and I went to this big condominium complex here in San Jose that people flock to for workouts even if they don't live there, because it has this awesome, gigantic cement staircase of 223 steps up this huge hill. Anyhow, I made it up the stairs... twice! I didn't leak and I'm not in any pain this evening... and I can't wait to go again tomorrow!

ALSO... My hubby and I had only had sex once since I started the program in February and it didn't go well. I knew something was changing last week when I actually started thinking about sex and wanted it! So, hubby and I made love two nights ago and it was wonderful!!! No pain whatsoever and very pleasurable!

I'm thankful every day that I came across Your Highness that day online. My life was completely changed by your program!!

Thank you!!”

— GEORGIA, CALIFORNIA

“Good news! When I went to the urogynecologist a few months ago, she said that my prolapse was much improved, that I didn't need to follow up with her anymore unless things got worse again (and I'm not going to let that happen!). So, from being on the verge of surgery, to ‘See ya later!’ just due to doing kegels the RIGHT way!”

— HEATHER, MICHIGAN

Some names have been changed to protect privacy.