

# *The Eight Weeks To Empowerment Program*

*Your Choice For Freedom.  
Control. Confidence.*

*Finally! A Simple, Natural Solution For Incontinence.*

Do you remember what it's like to go anywhere and do anything without worrying about bladder control? Frustrated by an apparent lack of choices in treatments for incontinence? Tired of suffering from pharmaceutical side effects or afraid to have invasive surgery? Sick of spending money and time on expensive incontinence products that don't work or just hide the problem without improving your quality of life? FINALLY. You've found the solution. The revolutionary Eight Weeks To Empowerment program is the answer! In just eight short weeks you could be free from the embarrassing symptoms incontinence inflicts. Get control and become Empowered!!

Eight Weeks To Empowerment offers you step-by-step instructions for a progression of exercises you can perform in the privacy of your own home without costly medications, invasive surgery or painful devices. The Eight Weeks To Empowerment program provides you visual instruction on how to perform each stage of exercises and provides guidance on how to recognize when you are ready to move on to each new stage. The answer to your embarrassing incontinence problem is contained in this single DVD, developed by Dr. Jennifer Gabelsberg, women's health Physical Therapist and endorsed by Dr. Jennifer Berman, Urologist and Director of the Female Sexual Medicine Center at UCLA.

Upon completion of the eight-week program demonstrated in this video, women can expect an 85-100% improvement in their condition, depending on the type of incontinence they are experiencing. These improvements will continue as they follow the maintenance program included in the video package. The exercises and behavioral techniques are specifically designed to help you attain your goal of control. Don't you feel that it is time to make a change and take control?

Please rush me my DVD of Empowerment in Eight Weeks for the reduced price of \$79.99 (+\$8.95 S/H) for a total of \$88.90.

Please send your name, address and phone to:

Jenni Gabelsberg

20911 Earl Street, Suite 300

Torrance, Ca 90503

Please make your check out to Jenni Gabelsberg DPT