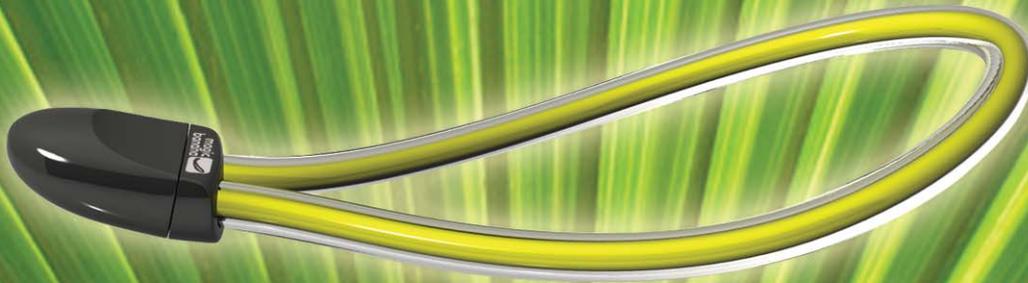




# The 'Squeeze' on Kegel Exercise & the Magic Banana®



Written by Sexy Living.

Almost all women, young, old, sedentary, active and all shapes and sizes can benefit from doing Kegel exercises. The muscles of the pelvic floor tend to weaken with age and other factors such as pregnancy, childbirth and being overweight to name but a few. Kegel exercises are quite simple to do. Simply contract the muscles that control the urine flow and hold for several seconds, release and repeat. Kegel exercises can be dramatically enhanced with the use of a device that increases the resistance of the “squeeze”. Unfortunately the current devices in the market place are awkward, uncomfortable and generally do not lead to a consistent Kegel exercise regime which is vital to the success of the program. Enter the Magic Banana®. The Magic Banana® is designed to fit every woman. It is incredibly comfortable due to the flexible tubing that harmonizes with the contours of the vagina perfectly. Unlike other products which use gravity, springs and other mechanical methods of resistance, the Magic Banana® is incredibly light weight, smooth and natural feeling compared to other Kegel exercisers. In addition, the Magic Banana® has the ability to cross the gap from therapeutic to highly pleasurable. Nothing could be better to finish off a Kegel exercise session than with an incredible G spot orgasm to reward yourself. There simply is no other product that does this.

## **Blood Flow**

One of the main benefits of Kegel exercises is the increase in blood flow and circulation to the vaginal and rectal areas. This increase in blood flow helps to promote muscle size and strength which leads to increase in muscle tone in the vaginal and rectal area. Increased circulation also increases immune responses so that your body can defend against yeast infections, increase healing and even help to prevent against hemorrhoids during pregnancy. Increased vaginal lubrication is also a direct benefit of an increase in blood flow to the vaginal area.

## **Preventing Pelvic Floor Prolapse**

When the pelvic floor muscles weaken, they cannot support the weight of the pelvic organs and they begin to bulge and descend causing pelvic floor prolapse. This can cause uncomfortable pressure in the pelvic area and can also lead to involuntary urine and fecal discharge. Regular Kegel exercises can lessen the severity and may also prevent this conditioning from occurring.

## Improved Urinary Control

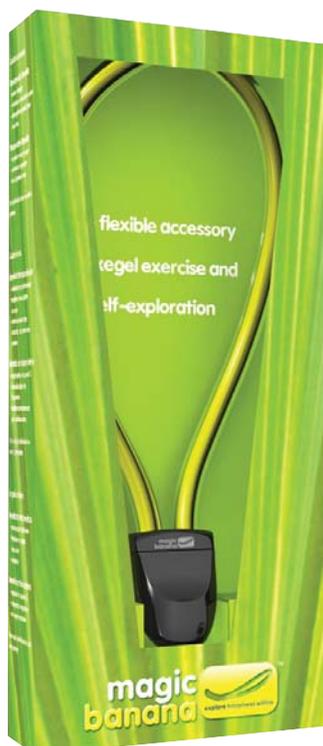
Many women experience loss of urinary control either during or after pregnancy or generally as they age. Loss of urinary muscle control experienced during coughing, laughing, lifting or during exercise is a sign of weak pelvic floor muscles. Regular Kegel exercises will increase pelvic floor muscles and increase bladder control. By maintaining strong and toned pelvic floor muscles, the risk of developing incontinence as you get older is reduced significantly.

## Giving Birth

Performing Kegel exercises during pregnancy has long been a recommended practice. The improved muscle tone and flexibility makes giving birth easier, less stressful on the body and allows your body to recover faster. The improved muscle tone also improves urinary control during and after pregnancy.

## Increased Sexual Arousal and Performance

With the increase in muscle tone comes not only the increase in surface area contact but also the increase in pressure with the penis or sex toy to trigger more pleasurable neural receptors. The increase in muscle tone also has a direct pleasurable effect on your partner as the vagina is able to squeeze and contract much more effectively on the penis. The increase in vaginal lubrication further heightens the pleasurable sensations during sex. Kegel exercises are beneficial for women who have difficulty achieving an orgasm and generally lead to an increase in the number and intensity of orgasms in all women. The Magic Banana® takes the guess work out and puts the enjoyment into a Kegel exercise program. It allows women to stay motivated and keep up with their Kegel exercise routine because it is extremely pleasurable. In addition, the Magic Banana® is a self exploration tool that can unlock incredibly pleasurable areas that have yet to be discovered.



[www.magicbanana.ca](http://www.magicbanana.ca)

