



Life after Prostatectomy and Other Urological Surgeries: 10 Weeks from Incontinence to Continence

Vanita Gaglani

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Vanita Gaglani has been a Registered Physical Therapist for 30 years and has helped hundreds of people regain control of their bladders and their lives. Specializing in treating urinary incontinence, overactive bladder and constipation, in both males and females, she runs a successful practice in Melbourne, Florida, called VANITA'S REHAB. Using the easy-to-follow instructions in this book, you can work confidently through the weekly step-by-step plan that has been perfected through continuous feedback from hundreds of Vanita's patients over the last decade. You will regain continence through proven, yet conservative measures, including special exercises, proper nutrition and behavior modification. Get back your normal life in 10 weeks! What makes VANITA'S WAY so unique is that it WORKS! There are a number of programs that may promote what seems to make sense on the surface, but they don't always provide 100% relief from the symptoms of incontinence. VANITA'S WAY is unique, and it WORKS!

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