**How to Use Jade Eggs to Strengthen the Pelvic Floor**

JADE eggs are an ancient and effective way to strengthen the muscles of the pelvic floor. When the pelvic floor is supple and strong, these muscles improve urethra /rectal sphincter function and abdominal-pelvic health. Your success depends on proper technique and adhering to a regular exercise program.

Women who have used jade eggs have markedly improved the quality of everyday life; the egg-cercises provide a valuable tool to retain the “OJAS” or youthful qualities of a vibrant inner vaginal canal and functioning pelvic floor. After menopause the vaginal canal may lose its health with lack of tone, dryness, or a feeling of shrinking. These exercises are also recommended for women with USI, post childbirth accompanied by acute trauma, tearing, and lack of tone, men who have urinary incontinence after prostate surgery and people who have fecal incontinence.

The JADE egg is a therapeutic tool to assist in locating and isolating the muscles of the pelvic floor. It's important to learn how to contract, release and engage the correct three layers of the pelvic floor. Most people contract the abdominal or thigh muscles, and don't work these important layers. Incorrect contractions can worsen pelvic floor tone and incontinence. The jade eggs allow you to "feel" or embody these muscles with direct feedback.

Jade is a natural stone reflecting health and vitality. The Chinese have used jade for centuries for its beauty, QI energy and healing properties. They believe their own personal jade becomes a part of them. One’s life QI is transferred into the jade and reflects body health and wellness. When a jade egg has an inner glow and luminosity, it is a direct reflection on the person’s health. When jade that is worn all the time looks dull, it indicates the person may be or become ill.

The jade eggs come as a set of 3 graduating sizes to easily progress and finesse the pelvic floor muscles from level 1 to level 2 and level 3.

Shaped to work well in the vagina, these eggs will re-awaken the inner core of your pelvic floor increasing natural body fluids, tonicity and lubrication as well as strength and suppleness.

Lets start:

The large size jade egg is a good choice to start with. As the perineal and abdominal muscles improve, you can change to the middle size egg, then finally the smallest jade egg. These egg-cersizes will improve the muscles that make your posture aligned, your pelvis healthy and sexual activity more pleasurable.

Clean your Jade egg thoroughly with warm soapy water before and after each use. Place the eggs in the silky soft golden pouch as they are fragile and may break if dropped. Always use over a rug in case the egg falls out (this is an indication of a weak pelvic floor that you CAN heal!)

To perform:

1 - Empty your bladder. Lubricate if needed (coconut/sesame oil).

2 - Insert the jade egg; squeeze it snuggly and release. Observe which muscles you feel working with each contraction and relaxation. Observation and attention will stimulate and activate the beginning stages of a healthy pelvic floor. Hold for a count of ten, relax, and remove.

Repeat 3 times per day for 2 weeks. Breathe deeply with each use.

3-When ready, gently pull on the plastic loop as you RESIST the downward pull and the egg from leaving its happy home. This may feel like it’s the opposite of kegel’s (gross motor movement and not effective). This is the correct way to perform your exercise or as we call them “diamonds” like the chevron shaped muscle pattern your Pelvic Floor.

Do 10 sets, twice per day for 3 months for optimum results.

When your pelvic floor improves do the exercise at least once per day. Over time you can work your way to the smallest egg for finesse.

If your pelvic floor is healthy and you have good muscle tone, use as maintenance 3-4 times each week and retain your jade egg while you go about your regular activities for 20 minutes or so.

If there is any discomfort or difficulty inserting or keeping within please discontinue use and see your physician.

Thanks for reading and I wish you a healthy Pelvic Floor.