Award Winning Inventor Creates Revolutionary Gadget For Healthy Bowel Movements

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OJAI, Calif., Feb. 11, 2013 /PRNewswire/ -- According to the US Department of Health and Human Services, 63 million people in the US are chronically constipated, 75% of people over the age of 45 suffer from hemorrhoids and about $725 million dollars is spent on over the counter laxative products each year. R&D 100 award winning inventor, Reno Rolle has a healthy and affordable answer. First it was his fat reducing Spin fryer that was licensed to the George Foreman folks and now it's an amazing new device that helps evacuate the bowel with swift efficiency. The aptly branded TurDle is patent pending and promises to change the way people defecate forever. "From a wellness perspective, the common toilet is arguably one of the worst inventions in history," said Rolle. "It's convenient and sanitary, but places the human body in the anatomically incorrect position for ease and healthfulness during bowel movements."

According to Rolle's medical advisor Dr. BJ Adrezin, humans are naturally designed to squat when evacuating the bowel, not sit upright. While squatting, the thighs come in contact with the lower abdomen placing beneficial pressure on the colon, which helps to gently squeeze waste through and out of the body. Sitting upright on a toilet is unnatural and does not provide the benefit of this support and pressure from the thighs. In this case, we are left to push and strain, which can lead to countless health related complications.

The TurDle is a simple, yet ingenious rounded massage block, made of precision foam and designed to fit people of all ages, shapes and sizes. While on the toilet, the user simply places the TurDle against the lower abdomen and leans forward. The TurDle replicates the support and pressure that would be applied by the thighs in the squatting position.

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