

Better sex for a happier life.....



**STOP PREMATURE
EJACULATION NOW!!**



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A WORD FROM US...

When the primitive man had sex, he always aimed to ejaculate as fast as he could. After all, he wanted to climax before a predator walked in, a rival male invaded or even just as an attempt to make sure procreation happens.

Unfortunately, from being an interesting fact about the evolutionary man, premature ejaculation is now the modern man's curse, a cause for embarrassment and sheer guilt.....or as it's believed by the sufferers!!

Read on for an answer to all these and much more as we unravel the truth behind premature ejaculation and all else you could want to know to deal with this dreaded disorder.

WHAT WILL YOU LEARN HERE....

YOU WILL LEARN TO ADDRESS YOUR...

- ... *anxiety*
- ... *repetitive learned behavior*
- ... *excessive or insufficient arousal*
- ... *muscular tension*

FACTS YOU WILL KNOW...

- ... *it's perfectly natural*
- ... *can happen with anyone*
- ... *it's not a statement on your masculinity*
- ... *and.....it's perfectly curable.*

YOU WILL FINALLY BE ABLE TO...

- ... *burst the myths you've been holding on to.*
- ... *have a happier sex life*
- ... *gets loads of confidence*



PREMATURE EJACULATION – THE BASICS

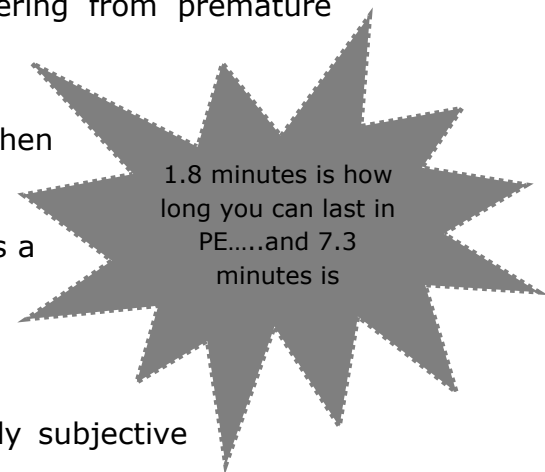
You've read volumes on it. Perhaps you are too self-conscious to seek help on it. But, it's a fact that unless you know what exactly premature ejaculation is; you won't be able to do a thing to help yourself.

Call it premature ejaculation (PE), rapid ejaculation or whatever you else you might want to; it is a fairly common sexual dysfunction in men across the world. After all, random studies show that almost 70% of men would have suffered from spells of premature ejaculation in their lives.

☞ Yes, it's true! One out of every 3 men could be suffering from PE....in silence!!

As a basic definition, premature ejaculation or PE implies a lack of control on the ejaculatory system. A person who mostly ejaculates before penetration or even within a few minutes after penetration is generally said to be suffering from premature ejaculation.

To explain it better, premature ejaculation is what happens when you climax or reach an orgasm before your partner does, or before you would yourself like to. Some also like to define it as a state when the man reaches orgasm and ejaculates within a maximum of 2 minutes after vaginal penetration.



As you can see the entire concept centers around the highly subjective sense of how satisfactory your sex life is. Experts vouch for the fact that it might be actually unfair to define premature ejaculation in concrete, scientific terms. Having said all, you can safely assume that you suffer from PE if you or your partner feels that you reach orgasm a bit too early, too often.

And whatever the state of your relationship might be, but eventually....

It does matter!!



WHY DOES IT HAPPEN?

Is it really that bad? Is premature ejaculation actually a disease or merely a state of mind? Is it because of a physical problem or are there deeper, underlying psychological problems causing it? Is it a rare occurrence or is it more common than you even know?

Let's have a quick look at how science views premature ejaculation. Facts accumulated from men suffering from premature ejaculation across the world give the following possible explanations:

- ☞ Physical reasons such as the male sexual organs being hyper sensitive or glans i.e. the head of your penis becoming over-sensitive.
- ☞ Psychological reasons arising from masturbating wrongly since childhood or overall anxiety, stress or depression. In fact, masturbating wrongly actually grooves PE into your system!
- ☞ Biological causes such as a hormonal abnormality, chemical imbalance or inheritance.
- ☞ Other reasons such as sexual artlessness, vaginal tightness, or alcoholism

Interestingly enough, there is no scientific evidence whatsoever that your P E is due to an oversensitive penis. That it is entirely a response you subconsciously develop over time is something that is rather more evident and acceptable to science!

CURE YOUR PE!

Its time you emerge out of the shadow!! Left untreated, PE can eventually turn into erectile dysfunction as well!

So you've to spend scores of your hard-earned money on futile pills, desensitizing creams and oils only to aggravate your problem all the more? Before you go on to the next lot of internet fraudsters and pill peddlers, here's your definitive guide to all the possible methods of cure you can use. In fact, we call it a multiple approach since most of these can and should be done in combination.



A. SEXUAL THERAPY

1) THE MASTERS AND JOHNSONS SQUEEZE METHOD

This is quite a common method and is used by the majority of men worldwide, done with the aim to remove the desire to climax with the firm finger grip.

MASTURBATE RIGHT!!

One of the first things you can do is to learn and practice masturbating in the right manner. Yes, there is a right technique for that and it helps cure P E!

In fact, some experts suggest that you should even masturbate before you set together with your partner if you want to handle your P E right!

Follow the steps below:

- Have your partner seated comfortably by the side, as she begins to stroke you, relaxed and at ease.
- Have your partner place her hand on your erect penis in such a manner that her thumb is on one side and the index and middle fingers on the other side.
- Place the index finger above the ridge of the glans and the middle finger below the ridge.
- Tell your partner the moment you feel you are going to climax.
- She should then squeeze your shaft firmly between her thumb and the other two fingers.

☞ Our tip: Make sure you have an understanding partner with you, for that is mandatory. Also, make sure you get expert guidance, or rather learn it from and perform as a part of an organized program. Trying to learn this from the web or a book can be quite futile.

2) THE STOP AND START METHOD

You can easily practice this technique yourself. To do this, stimulate yourself sexually or stroke yourself till you feel you are about to reach an orgasm. At this point, stop the stimulation for around 30 seconds. Now, start again and repeat till the time you would actually like to ejaculate. After your last pause, repeat till you actually reach orgasm.



3) KEGEL EXERCISES

This exercise is to be done in a slightly different setting, when you are in the washroom to pee. When you are peeing, try to stop the flow intentionally. Repeat this until you can actually feel the muscle that you are using to interrupt the flow.

B. MEDICATIONS AND APPLICATIONS

To take an antidepressant just a few hours before the intercourse is a route advised quite often. The anti-depressants, SSRIs (selective serotonin re-uptake inhibitors) are known to have a very strong side-effect of delaying the male climax. Some of the most commonly prescribed and used drugs in this category include:

- Clomipramine (Anafranil)
- Fluoxetine (Prozac)
- Sertraline (Lustral)

Anti-depressants usually stay in your system for a very long time and hence, can be quite harmful!!

Apart from the typical anti-depressants, you can also go in for the numerous herbal or natural remedies available off-the-shelf, claimed to be highly useful. A few examples are the herbal supplement, Ejacutrol, Gambir Sarawak, considered as the modern alternative to the ancient cure Jamaican Stone and varied forms of Unani medicine.

However, before you go in for any of them, make sure you try to cross-check with others who might have used such options.

Meanwhile, the local applications mostly comprise of anesthetic gels, creams, oils and sprays that you can apply to the shaft of the penis just before you begin intercourse. These are mainly meant to 'tone' down your sexual sensation and reduce your overall penile sensitivity.



When you sit down to surf the web or hesitantly ask someone for help, desensitizing creams are the most common solution you are offered. To be applied shortly before you indulge, these creams can help you delay the climax and slower the pace of your arousal and excitement.

☞ Our tip: Can be avoided, unless you are really keen to try them. The benefit you might receive is surely liable to be much more than the potential, long-term side effects. Also, be careful since it might dampen your partner's sexual spirit as well and might even trigger a skin allergy in either of you. In fact, the likes of the desensitizing sprays can actually make it even harder for you to maintain an erection.

C. COUNSELLING

If you are a strong thinker and believe that your mind has a control over your body, this is the therapy for you. Commonly referred to as the Cognitive behavioral therapy (CBT) or the talk therapy, this will require you to seek the help of a counselor. You will be made to talk about your relationships, sexual encounters and your lifestyle on the whole. Your counselor might be able to see through the flaws in your life like you can't. This will help you to understand the issues you face and also ease the stress and hype around your problem of P E.

☞ Our tip: Use it. It has mostly proven to be quite effective, especially when used with a planned drug therapy and an understanding partner.

D. CONDOMS

Though you would mostly want to use condoms to avoid a pregnancy or STDs and HIV, yet condoms can also help your P E. Condoms, especially the ribbed ones, can actually help by decreasing the amount of stimulation during the intercourse.

Interestingly, the German scientists have come with up with what they call the 'long love' condoms. Carrying a local anesthetic inside, these will not cause any vaginal irritation and are likely to make the entire episode last much longer.

☞ Our tip: You can use if you wish to. Just be aware of a possible allergic reaction or mild irritation.



YOUR QUICK CURE GUIDE

You can try one of these, in combinations or in a step-by-step manner:

- ☞ Sexual therapy – Masters-Johnsons Squeeze Method, Start and Stop Method, Kegel Exercises
- ☞ Medications, oral applications, creams, oils and sprays
- ☞ Counseling or the talk therapy
- ☞ Condoms, especially the ribbed ones

WATCH WHAT YOU EAT!

Sexual energy comes from staying fit and healthy!!

Yes, you always knew the old dictum! You are what you eat, sure! But did you also know that what you eat could also actually effect how you perform in bed?

After all, we all know about chocolate being a famous aphrodisiac! However, what we didn't know is that something as repelling as onion juice could actually cure your P E. Read on for the most practical and handy guide you will ever get to cure your P E using the foods you eat or for that matter should avoid.

THE POINTERS!

- ☞ Take lots of nuts, especially such as dried dates and almonds since they are rich in vitamins and minerals and can strengthen your entire system. Almonds soaked overnight and had in the morning are especially helpful.

THE WONDER RECIPES!

- ☞ Mix together dried dates, almonds, pistachios and quince seeds in an equal quantity. Grind them into a powder and have around 100 gm of this mixture every day.
- ☞ Boil around 30 grams of raisins in around 200 ml of milk and have it just before you go to bed.



FACE IT TO CURE IT....

- ☞ Take foods rich in serotonin, such as seafood and bananas. Serotonin is that component in the nervous system which is responsible for neurotransmission .i.e. transfer of signals from brain. Your P E could be a possible outcome of a deficiency in this nutrient.
- ☞ Have loads of fruits such as pears, blueberries, apples and strawberries.
- ☞ Take a lot of fresh vegetables and specific spices. The more beneficial ones include asparagus, raw garlic cloves and ladyfinger.



- ☞ Avoid foods with high cholesterol content, typically the likes of animal products. Also stay away from alcohol, sugar, caffeine and processed foods.
- ☞ Try natural cures in form of ingredients such as velvet beans, Indian Ginseng, astragalus, cowage, ashwagandha, salab mishri, tribulus terrestris and ginkgo biloba.
- ☞ Have boiled eggs regularly for breakfast.
- ☞ Have a concoction made from warm milk, honey and nuts shortly before you go to bed or are heading for a sexual experience.



- ☞ Cut out on the unhealthy lot, such as beers, burgers, pizzas, soda, candies and the likes.

Detoxify. It can help cleanse your system and you can start afresh with healthier eating habits.

If you think that you've reached the end of all the possible cures, just go on to our next section for the most breath-taking revelations of all!

SEX....ARE YOU DOING IT RIGHT??

Be it medicines, sprays, lotions, or even to some extent exercises, each of the solutions we discussed somewhere appear to have some flaws!

SO, ARE YOU DOOMED FOR LIFE? IS THERE NO SURE CURE FOR YOUR DISMAL P E?

Not really. If you actually give a thought to how actually do you see sex as! Let's quickly go through the three stages you step into when in the sack with your partner. While stage one is when you begin to get aroused or excited, stage two will be the plateau stage when you are at the peak of your arousal. As it might be obvious, stage 3 will be then the point when you climax or that of 'cumming' as you would say.

Any guesses on when you will face premature ejaculation? At the plateau stage, of course. You are at the peak of your arousal, pleasure and excitement. That's a blissful feeling, for sure. But the agony comes when you are not able to hold on any longer, till you wish to. And then you give away, much to your dismay and more so, your partner's!

That's where we say...

Retrain your body to have sex!

Controlling P E is all about the power you have or you think you have over your body. You need to retrain your body and mind to respond to sexual stimulation and all the exciting



kissing, necking and petting, the foreplay, much slower and with a much lesser intensity.

All you have to do is to learn how your ejaculatory system works. You need to rework at how you think and handle yourself during the intercourse. The eventual aim is to learn to delay your entire ejaculatory response.

Once you do that, your stage 2 will be longer, as long as you would want to, before you actually let out at your own will and pace!

And here's the final scoop!

Apart from everything else, you can even try different sex positions to help you out of the tangle. Here, we've listed three different postures for you to try out the next time!

- ☞ The cow girl way – Have your partner on the top! Her being on the top will mean that she controls the pace, movements and all the action. You can simply control her movements when you feel the climax approaching when you don't want it to.

- ☞ The reverse cow girl style – Similar to above, just have her on the top, riding in reverse. She will simply love the stimulation she will get when your balls rub her clit. Let the excitement build on and control the pace when it gets more than you can take.

- ☞ Doggy Style – Now this one's famous already! Once both of you've had enough of the above 2 positions, take on to this one. Get her down on all fours and enter. This is sure to prevent P E as well as give both of you a big high!



5 GOLDEN RULES TO FOLLOW

1. Confess and communicate

Communication is the key here. It is important to be honest with yourself and more importantly with your partner. Don't feign excuses when you know something is wrong. An understanding sexual partner is the biggest boon you can ask for.

2. Educate yourself

Gather information on what the condition actually is, why it happens and how to cure it. Knowledge is power after all! Do not hesitate to seek professional help and talk to a friend who you think might help.

3. Relax and enjoy sex

Relax yourself as much you can. Take a glass of wine to soothe your senses. Though alcohol might not be good for a healthy sex life, but it will surely help you to stay calm. Just before you get together with your partner, put yourself in the right zone for sex.

4. Love yourself

Make sure you don't develop any complexes. Identify that P E is perfectly natural and more so, very common. It can happen to anyone and it doesn't make you any inferior as a man.

5. Live healthy

It is very important for you to eat healthy and sleep well. Live a healthy lifestyle. The section above on healthy foods will give you more insight into how foods can actually help cure your P E.

THE END