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Premature Ejaculation: Learn How To Cure It Now!

PE or premature ejaculation is a problem with a large segment of sexually active males. Many men want cures for premature ejaculation and once you know why it occurs you can take steps to cure it.

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' The Chinese Method. After penetration, and a few moments of trusting, withdraw and go back to foreplay, or make an excuse and let the cat out of the dog in. This starting and stopping will let you achieve easily up to an hour of erection and towards the end of your session, you partner may be aroused enough to orgasm as well.

If pills and creams won't fix my problem, what will? Study up on natural methods for how to avoid premature ejaculation. That is the only thing that will give you permanent, lasting results and will put the fun back in your bedroom.

Until recently, guys with **premature ejaculation problems** had to wait at least a few weeks to see results from natural solutions. However, new research has finally revealed why some guys last and others simply can't. Based on the training principles of body building, it is now possible to teach your body how to have sex correctly through a series of specially designed exercises.

If you are tired of leaving your lover unsatisfied and frustrated in bed and you need an all-natural way to end your premature ejaculation, here is a link to the method that turned me from a "MINUTE MAN" into a "MARATHON MAN":

You can not only slow down your excitement, but also halt any premature ejaculation from occurring by two methods: 1. Starting and stopping. Try going for as long as possible, and then when early excitement seems to be unbearable, pull out and stop, yet continue the passion in other ways, so you are maintaining a relatively steady level of pleasure for your partner while you "re-gain your composure" and are able to start again.

Obviously, I did not understand the root of my problem. I was not asking the right questions, so I was not getting the answers I needed. I simply knew that I had a problem that was wreaking havoc on my bedroom life, and I was looking for the easy way out.

' The Perfumed Garden, an Arab classical textbook on sex mentions the smoking of hashish as a solution for PE. We do not recommend this, but state it only for informational purposes. Also, in today's literature and films, it is more than implied that smoking marijuana enhances and lengthens the sexual experience.

If it works for you, you have gained a great deal if it doesn't go and see your doctor. You will be advised, as also the Category 3 man (see below) some new treatments that really work.

These taken into account, there are some tried and tested solutions, and some new pharmaceutical ones, that can be used to treat premature ejaculation.

If **premature ejaculation** is keeping you and your partner unfulfilled in bed, there is hope. Find a natural method that works for you and stick with it and you - as well as your partner - will be certain to notice results.

2. If it does get to code red and excitement levels are really becoming over the top, then after stopping simply pinch relatively lightly yet firmly, and hold, the head of your Johnson. This can sort of act as a trigger button, that will cut off ejaculating from occurring. You can see it as your "kill switch"; used only in emergency's where things need to be shut down immediately. Give it a few moments and you can then start the engines and continue.

Using traditional methods such as the "Squeeze Method", the "Masters and Johnson Method" and the "Stop Start Method" usually takes a few weeks to see results. These methods are designed for you and your partner to simply get used to sex and that is often the biggest part of early ejaculation problems anyway. Fixing Premature Ejaculation with the help of your partner only makes it even more embarrassing and awkward for you and it's no wonder these techniques take so long to see results!

Category 1. The Minute Man. For the man that can have a successful foreplay session with his partner, and achieve penetration, but finishes in less than 5 minutes, we can relate that you may not need medical assistance, only some careful training.

If we change our approach to having longer sex by focusing on the actual love making muscles rather than just waiting to get used to coming slower, then results can be seen inside a week. In the sporting world, different training methods are used to build the two types of muscle fibres know as "fast twitch" and "slow twitch". Generally weight lifters have denser slow twitch fibres for more power, and sprinters have denser fast twitch fibres for speed. If we apply their training methods to the muscles of sex, then we are able to develop total control much faster.

Which sexual positions are more conducive to avoiding early ejaculation? Woman-on-top is a great position to utilize until you get your **premature ejaculation** under control. It does not provide as much direct stimulation to the penis so it is easier to control yourself. Once you start using natural techniques to beat your problem, however, you can thrust away in any position!

These are some of the questions I should have been asking about premature ejaculation. How long can the average man really last in bed? Most experts agree that the average amount of time a typical man can maintain active thrusting before ejaculation is around three or four minutes. That is a lot longer than I used to be able to last, but a far cry from what the adult film industry would have you believe is average.

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Ideally you'll want to learn more permanent and easy procedures that will have you lasting as long as you want without much thought about the matter. This does require learning certain physical and mental exercises that will work great if you put in the time and practice. Until then you can start and stop, and employ your kill switch technique to get through intimate encounters.

' Have a drink of red wine shortly before your sexual encounter. Do not become drunk, only a glass drunk with your partner slowly and sensually will act to relax you and relaxed, you will last longer.

Is it possible to control this problem by thinking about baseball or something else non-sexual? This is usually the first "remedy" that people try, so obviously if it worked, this problem would not be as prevalent as it is. Plus, there is only one thing I want to be thinking about when I am naked with my partner, and it certainly is not baseball!

Done several hundred times a day, after a few weeks, you will see you have a great more control that you imagined over your ejaculatory situation. *Premature ejaculation* is a major problem for many men don't be embarrassed you're not alone and you can take positive action to help your condition and we hope this article points you in the right direction.

Ejaculating prematurely during sex is a common problem which can have permanent solutions if one takes the time to practice and learn both mental and physical exercises. But in the meantime, what's one to do? While learning how to permanently control premature ejaculation, you can still use certain techniques to get you through sex and minimize getting excited too quickly.

If you suffer from premature or early ejaculation, you know what a devastating effect it can have on your sex life and your relationships. You have probably searched for information on how to avoid premature ejaculation, or maybe you have even bought some of the creams and potions that are touted as miracle cures. Don't feel bad; I have probably wasted more money on that garbage than you have. Before I figured out which natural methods could fix my problem, I threw my money at any pill or cream I could get my hands on.

In fact, studies reveal that an average man usually completes (ejaculates) within 5 minutes of penetration. This makes PE a highly relative term. So, we will consider here 3 basic categories and what each can do to help.

Also, anxiety is also a major contributor to fast ejaculation, and as a result your body tenses up and can't perform correctly. By learning correct breathing techniques you can relax your body, and coupled with the confidence of controlling your PC muscle, you can be well on your way to stopping this embarrassing problem for ever!

So how do you stop it I hear you ask? Fortunately, the ability to last a long time is a learned behaviour. Almost every man over fifty will tell you that he can delay ejaculation much longer today than when he was younger. Sexually inexperienced men have not yet learned to recognize the feeling of being about to come inside a woman. Recognizing and dealing with that feeling comes with experience. However, don't be fooled into thinking that just having more sex will cure this kind of inexperience - it won't! It's not the amount of sex you've had - it's the amount of learning and training. Learning to control the penis and taking charge of your own ejaculation are the keys to success.

Outlining a full program to cure PE would take more than this article allows, however a basic program involves holding your PC for 10 seconds, then relaxing for a few seconds and repeating this cycle for 10 repetitions. You can also do short fast holds, for 20 reps each time. This will let you to begin to gain control over your PC muscle, and over time your PC worries will become a thing of the past!

Premature ejaculation an exercise You can develop your Kagel muscles (the ones you use to restrict urination). You just constrict and relax these muscles wherever you are and almost whatever you are doing.

There are also physical devices like desensitizing rings or the tried and tested Masters and Johnson 'grip'. This grip has to be seen to understand and applied properly, as it is administered by your partner and not yourself.

Premature Ejaculation - Treatments From the pharmaceutical point of view, your doctor can prescribe some form of relaxant (antidepressants). There is a new specific PE drug called 'dapoxetine' similar to the anti-depressants, but very short lasting. This is meant to give even Category 1 guys all the extra time they need.

Here we will look at the causes and some solutions to this frustrating condition What is premature ejaculation? The definition of PE differs greatly on who you consult. It can mean orgasm before penetration, shortly after penetration, or simply, orgasm too soon to suit the situation.

<http://www.net-planet.org/sexhealth.html>

Doctors will sometimes prescribe medications that have ejaculatory retardation as a side effect. Even if those medications work (they don't always), this doesn't cure anything. You can't stay on the drugs for a lifetime, and in relying on the external aid, you'll never learn to control your orgasm for yourself. Also, most of these sprays and drugs simply numb the penis so you don't feel the excitement. What's the point of sex if you can't enjoy it?

<http://www.ControlYourEjaculation.info>

This step-by-step program is 100% GUARANTEED to give you the stamina you need to satisfy her!

Category 3. Finished Before He Starts Man In this form of premature ejaculation, no penetration is possible. You have a problem, and it may be a whole host of things, so see your doctor at once.

Believe me, everyone is capable of lasting as long as they want to, and it has nothing to do with you thinking that you are in some way different to all the other "normal" guys. You simply need to build new habits for sex and to understand how to control the correct muscles to last as long as you should be!

' Wear a Thick Condom. This will act to desensitize your penis, especially the 'trigger' area under the crown or head. It may be less pleasurable to you, but your partner will not notice the difference, only will notice you are lasting longer.

So what is premature ejaculation, and how long is really enough? Well premature ejaculation, or PE, is commonly defined as the inability to delay ejaculation to a point where both partners are satisfied; and this can be anywhere from 10 seconds to 10 minutes. It all depends on what you and your partner define as "too fast". Research shows that the average man will ejaculate within 1-3 minutes of penetration, while the average woman will orgasm after 12-15 minutes! With such a large gap it is no surprise that more than 30% of guys suffer from the anxiety of premature ejaculation!

You must remember that most doctors and researchers agree that ejaculation is a neuro-physical combined psychological response. There is no argument that modulation of the man's nervous system can delay ejaculation.

' Use an Analgesic Gel. This may also make your (and your partner) feel less sensations (unless you wear a condom and some condoms already come with such gel included). It will buy you some time, and as you get used to more time, you will gain confidence and begin to less nervous and last longer naturally.

Category 2. The Finished in Seconds Man This form of premature ejaculation is very frustrating for both the sufferer and the partner. We recommend seeing a doctor if this is your condition, or a licensed sexual therapist (trained in the Masters and Johnson techniques), but before you do, you might try some of the advice for the guys in Category 1.

Gaining control during sex is as simple as taking control over your breathing, and control over the PC muscle. The PC muscle is located between the scrotum and the anus, and contracts both quickly and slowly during sex. By training it correctly, **premature ejaculation** can be controlled far quicker than by simply waiting for it to happen with traditional methods.

Then there are trained sexual therapists who somehow take you directly into the sexual experience. This is often a radical solution, but from those men who have undergone direct therapy (this means having sex with the therapist), the results are often astounding.

For online exercises that can permanently cure **premature ejaculation** both easily and effectively, see <http://www.having-sex-longer.info> Here you'll find the best online resource to become a long lasting lover. <http://www.having-sex-longer.info>

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