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# Topical Creams That Prevent Premature Ejaculation - Creams, Sprays & Gels

Topical creams that prevent premature ejaculation are extremely popular and rightly so, because they can extend a man's time in the bedroom by up to 20 minutes if used correctly. But some work and some don't so let's investigate, in this article.

The problem is that this stuff is much stronger than the benzocaine condoms so you can also potentially use too much and lose the feeling in your penis temporarily!

You can read by yourself more tips on Stop premature ejaculation info page. Vlad Mercori wrote many different articles which are read daily by the users which are searching the best advices to solve their sexual problem. You can read one of the most visited websites which was made by him to make an idea and maybe to find what you need to be more happy: Overcome *premature ejaculation* info page.

In men, this muscle has three main functions. Firstly, it ensures that you have full control over your bladder. Secondly, it helps you to achieve an erection by pumping blood into the penis. And third, it acts to pump semen out of the penis when you ejaculate.

Due to the success I found from these exercises, I decided to write a little more about how the program worked for me, you can read some more by clicking the link: Ways To Prevent Premature Ejaculation

Also around the internet there are many treatments which can prevent premature ejaculation. Natural or not most of them are working and some websites which are promoting these kind of pills are offering great tips about how you can overcome this problem.

You'll be glad to learn however, that there's one very simple technique you can apply to overcome the problem. And by consistently performing this technique, not only will you never suffer from premature ejaculation again, but you'll also vastly improve the quality of your erections and even improve your overall reproductive health.

If you're a 30 second wonder in the sack and you really want help, you need to realize that it doesn't happen over night but with the right attitude and training you can be cured.

By performing Kegel exercises you can develop and strengthen this little muscle and gain complete control over its function. And once you've achieved this, you'll experience rock hard erections, gain total control over when you ejaculate and will experience enhanced orgasm intensity. Put simply, you'll be the master of your own sexual function.

At first you may find that Kegels take quite a lot of conscious effort. When starting out, many people find it quite difficult to isolate their efforts just on the PC muscle and tend to find that they tense their abdominal muscles or their buttocks as well. But with a little practice you'll be able to overcome this; and as your PC muscle gradually strengthens, you'll find that they get much easier to perform.

**Benzocaine Condoms** These are quite common and made by both Durex and Trojan. They contain a small amount of anesthetic in the tip and can extend your session by about 5 minutes.

To perform them all you need to do is clench your PC muscle tightly for around five seconds and then relax for a moment. You then continue this clenching and relaxing process for the desired number of repetitions.

But the fact that it's an extremely common condition isn't likely to make you feel any better. There's nothing more likely to erode your confidence than feeling that you can't last long enough to fully sexually satisfy your partner. But what's worse, if it happens once, just the thought that it might happen again can cause your sex life to crash and burn. Nobody likes to feel inadequate and unfortunately, that's exactly what premature ejaculation tends to do.

If you're brand new to Kegel exercises, you should try to aim for about fifty repetitions per session daily for the first couple of weeks. Once you feel comfortable with what you are doing, you can gradually build up the repetitions to around two hundred a day over the following month.

**The PC Muscle** One simple little exercise can help you to achieve all of the above. It's known as the Kegel exercise and it helps you to strengthen and develop a little known muscle called the 'PC' muscle.

If you've ever experienced the embarrassment caused by *premature ejaculation*, then you'll be glad to learn that you're not alone. In fact, recent estimates suggest that 25 - 40 percent of men experience the problem, which makes it the number one form of male sexual dysfunction.

**How to Perform Kegels** Kegel exercises are extremely easy to perform and can be done almost anywhere without anyone even knowing what you're doing.

The sprays tend to work better than the creams. You can get a spray which you can use as much or as little of as you want, within the specified safety limits, of course.

Get more tips, advice, information, techniques and reviews on everything to do with [premature ejaculation](http://www.PE-Tips.com) at <http://www.PE-Tips.com>

One of the easiest ways to feel the muscle working in action is to simply stop yourself from urinating when you're still in mid flow. The muscle you consciously squeezed to achieve this feat was your PC.

Premature ejaculation is a common problem but there are people in the world who will actually avoid sexual encounters to avoid their problem being discovered. Don't worry; there are ways to prevent premature ejaculation and they are completely painless. Men are easily embarrassed when it comes to any kind of defect which occurs below the waist, but now you don't have to discuss it with anyone and it's absolutely confidential.

There are obviously worse things in the world than not being able to perform to the extent that your partner wants, but when you suffer from this it really doesn't seem like it. After a few tries at impressing women in the bedroom, I really wished the ground would open up and swallow me whole.

There are occasions in every man's life when he climaxes before he wishes to but when it starts happening repeatedly you need to realize that you have a problem. I don't know what I expected to find when I was looking for ways to prevent **premature ejaculation**, I suppose in the back of my mind I was hoping for a magic pill, it's not that simple but it is easy.

If you are tired or stressed your muscles are harder to be controlled. That is why if you are making sex in a position which is not simple you'll be more excited than usual. In those moments you are exposed to finish. You can solve this problem, the premature ejaculation by making some exercises which are designed to cure this problem.

At least, there is no scientific explanation for herbal creams. **Anesthetics** These are the better class of creams. Always look for an active ingredient ending in "-caine". This indicates that a medical grade anesthetic is in use.

As you put the condom on, the gel in the end of it will melt into your penis and you will be ready to go in about 5 minutes afterwards. **Lidocaine Spray**

Premature ejaculation can be cured with exercise which you can do at home, out walking or even sat in an office. No! Not all of these exercises need you to expose your penis, they exercise the muscles around it which in turn builds your control. Think of when you urinate, if you stop urinating in mid flow and do this 3 or 4 times every time you go to the bathroom it actually starts to build up some of the muscles which are used during sex.

The PC muscle is a hammock shaped muscle that forms part of the pelvic floor. In other words it is located between your legs, just behind your scrotum.

The small amount of effort it takes to perform Kegel exercises on a daily basis is far outweighed by the positive effects you'll experience to your sexual function. Give them a go for a couple of months and you'll be amazed at the effects. They'll become almost second nature and you'll find yourself exercising your PC muscle at every opportunity: in the car, standing in the post office queue or even while you're slumped on the couch. And the great thing is everyone around you will be blissfully unaware of what you're up to.

You'll also be aware of the PC muscle at work during sexual activity. When you've got an erection, it's by flexing the PC muscle that you can make your penis stand up even higher. And you can also feel it involuntarily pulsating when you reach orgasm.

**Herbal Creams** I want to warn you about these first because, in general, these are useless. Who knows what the mix of herbs in these concoctions are because you rarely get a full list of ingredients. Typically, it is some kind of plant or bark matter but, in general, you might only be able to buy an extra 3 or 4 minutes at best, and who knows if that is just a placebo effect or if the herbs are actually doing something.

First of all you can try to think at something else. Of course don't try to think about your naked grandmother because this can kill your erection. If your mind is not concentrating about "how should I last longer?" I am pretty sure that you'll be fine. Also try to find the most relaxed positions as I told you. Another way to delay the crucial moment is to satisfy yourself before that relation. In this way you'll be less excited.

Premature ejaculation is a well-known sexual problem in our days. Because of stress many men are not capable to offer sexual pleasure to their partner because they finish too early. This could harm not only your sexual relation but also the relation with your partner. Sex is an important thing for all the people in our days. That is why it is important to know the reasons why you suffer and how you can solve your problem.

**What Are The Alternatives?** There are many other alternatives to preventing your premature ejaculation including many different natural methods and even drugs that you can take.

There are a range of exercises which can be done to increase muscle control, this is of course only part of the cure. The second part of the cure is in your head, you need to think back to when the problem started and start to fix it from there. All of the techniques which are used (by me too) work due to the combination, you can't just do half of the exercises.

It's only that special someone who'll notice the difference, and I can guarantee they'll want to know that you've been doing.

Gary Marshall is a freelance writer who focuses on men's sexual health issues. His website <http://www.penis-enlargement.org> offers a variety of advice on all aspects of male sexual health from penile problems to enlargement techniques. This article is provided by Gary Marshall. It may be used only in its entirety with links and bio left intact.

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