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# Two Effective Techniques to Help You Learn How to Control Your Ejaculation

Premature ejaculation is a problem experienced by thousands of men all over the world, and it is one of the most uncomfortable things in the entire universe to talk about. Though it silently wrecks their sex lives, relationships, and even marriages, most men are unwilling to come forward with their problem and do something about it. Some use the Internet as a private way to search for help, but all they usually find are hundreds of ads for worthless pills and creams. "Snake oil," as my grandfather calls it. For those of you who face this problem and want to get serious and do something about it, here are two good beginner techniques to help you learn how to control your ejaculation.

 Two Effective Techniques to Help You Learn How to Control Your Ejaculation

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!

There are a number of natural cures for premature ejaculation but do they work and, if so, which ones are the best? Find out in this article. Manipulation Methods

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.

1. Do your kegels daily. Kegel exercises are not just for pregnant women anymore! Strengthening your pubic muscles can help prevent involuntary contractions during intercourse which can trigger ejaculation. Just tighten up your PC muscles like you are trying to stop your urine flow and hold for three seconds. Work your way up to three sets of fifty every day.

1. Kegels. You may have heard pregnant women talk about doing these, but believe me, they can help you as well. The most effective way to do them is to wet a washcloth with warm water and hang it on your erect penis while standing. Contract your pubic muscles as if you were trying to stop your urine flow mid-stream, and hold for three seconds. Perform fifty repetitions of this daily.

Herbal Remedies There are many different all natural herbal remedies that are sold. Have you ever heard of anyone using one successfully? Neither have I, if you do then please let me know!

For some reason, it just doesn't work well on your own and you really need a partner to do this for you. Does it work? I've tried it and it didn't work for me but it might work for you, if you don't mind having to get someone to repeatedly use the technique.

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.

<http://www.ControlYourEjaculation.info>

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

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.

2. Do not think about sex when masturbating. When you are fantasizing about sex while masturbating, you reach orgasm much more quickly. This programs a message in your body that the norm is to ejaculate after just a minute or two of direct penile stimulation, and this learned response carries over into the bedroom.

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Different Positions This is a great way to help you extend the time in the bedroom. Work with your partner and try out different positions. For instance, apparently the woman on top is the best position to help delay. This is because you are not actively thrusting as much as you would in positions where you are dominant.

Like many herbal diet products out there, herbs masquerading as natural cures for premature ejaculation simply don't work! I defy you to show me one that does.

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!

Remember, you don't have to let premature ejaculation devastate your sex life or your relationship. Learn how to control your ejaculation and you and your partner will both be more satisfied than ever!

The best thing is to try many different positions because no two people are the same and have the same reaction. Distraction Maybe you've already tried this technique - thinking of a really ugly person or something similar while you are getting pleasure such as oral sex.

From now on when you masturbate, do not think about anything sexual. Train your body to withstand intense stimulation for long periods of time without having an orgasm or ejaculating.

Going crazy about your bedroom problem? I have road tested all the different ways to prevent premature ejaculation and want to tell you about them. Visit my site to cure your premature ejaculation for good, at <http://www.PE-Tips.com>

By doing these exercises with regularity, you should be able to see at least a modest improvement in your staying power within a few weeks. Kegels will strengthen the muscles which control ejaculation, and start-stops will train your body to endure more direct penile stimulation before going over the edge.

Remember, if your lack of stamina is leaving you and your partner disappointed and unfulfilled, you have the ability to do something about it. 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":

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The first type of cure is manual manipulation, the most commonly known one is the "Squeeze Method". To do this, you need to be aroused almost to the point where ejaculation is definitely going to happen. Quickly, withdraw your penis and apply two fingers to the top of the head and one below then squeeze firmly. Within a few seconds your penis will drain of blood and you will lose arousal and your erection.

A better technique is to think ahead of a mental exercise to do. For instance, try counting up the numbers on a clock from 1 through to 12. What do they add up to?

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.

By putting these two tips into practice, you should be able to see at least a modest gain in your staying power within a few weeks. Like any other type of self-improvement, bettering your stamina in bed takes time and dedication, and there are no "miracle pills" that do the job for you, despite what the unscrupulous salesmen would have you believe.

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.

2. Start-and-stops. These can be done solo while masturbating or during sexual activity with a partner. Masturbate or have sexual intercourse until you are about to reach the point of no return, then abruptly stop and let your body calm down for about thirty seconds. When you have yourself under control, start again and go until you are about to ejaculate. Repeat the start-stop process three to four times per session.

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Premature ejaculation is a devastating problem for men all over the world. Did you know that it takes the average woman twenty minutes of active sexual intercourse to reach orgasm? If you are the type of guy that is lucky to break the three-minute barrier, check out these two free tips on stopping [premature ejaculation](#).

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