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Myths and Facts about Premature Ejaculation

Myth: Ejaculation is something that you cannot control. Fact: False. Ejaculation is something that you can control. Any man can learn to control his ejaculation in the same way that he has learned to control the bladder (Toilet Training) when he was younger. You are unlikely to forget to control your ejaculation once you've learned it.

Exercises There are some exercises that you can do called Kegels. These work the pubococcygeus muscle and will allow you to inhibit your ejaculation when you feel that it is about to happen.

Myth: *Premature ejaculation* will not affect your self confidence. Fact: Every man wants to be a good performer in bed. Lack of control of ejaculation and impossibility for lasting longer often become a reason for loosing self confidence and avoiding social relations.

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.

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.

Myth: Premature ejaculation will not eventually cause erectile problems. Fact: The ejaculation cannot occur if penis isn't in erection. Without any medical help and treatment for long time, premature ejaculation may eventually develop erection problems as a secondary disease.

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.

If you want a cream that works then use one that has a medical anesthetic as an ingredient. I recommend that you only use a little of it at a time. If you use too much then you will temporarily lose too much sensitivity and you may even lose your erection!

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.

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.

You can start Kegels today but it takes about 4 weeks of exercises to start seeing any significant effects. Antidepressants I personally don't recommend this way to prevent **premature ejaculation**. It does definitely work for many men however although I personally think that it is like using a sledgehammer to crack a nut.

Some modern antidepressants can help deal with the root cause of your *premature ejaculation* and help you to last longer. They're not for everyone though and remember that these are mood altering pharmaceutical drugs. In my opinion, this is going too far to cure your premature ejaculation.

We never want to talk about it, but premature ejaculation (PE) is one of the most altering dysfunctions found in men. It is one that has the ability to cause low self-image, decrease in self-confidence, increase in depression, and even friction in a relationship or marriage. There are too many "remedies" out there, and not enough science to back them up. It seems, however, that when a problem of this magnitude presents itself, one will do just about anything to fix it, and everything that is connected to it. The makers of Maxoderm Vivaxa will have you accomplish this without putting yourself in unnecessary risk. This topical cream was specially designed to enhance, not only sexual stamina, but to do it quicker, without compromising your partner's sexual experience.

Myth: Premature Ejaculation will not ruin your sex life. Fact: As while you are making love, you have a permanent fear that ejaculation may occur, it is difficult to relax and enjoy sex. Also, your partner may not be getting the most out of the sex life and she may decide to avoid lovemaking for this very reason.

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.

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.

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.

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.

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.

Myth: **Premature ejaculation** affects only people in older age. Fact: Erectile dysfunction usually affects older age group of male population. By contrast, **premature ejaculation** affects all age groups. Many cases are related to the debut of sexual life due of pressure caused by the desire to 'get it right'!

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.

I've tried all the different ways to prevent premature ejaculation - the good, the bad and the ugly. Get my own personal premature ejaculation tips at <http://www.PE-Tips.com>

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Erectile Enhancing Exercises Most men are not too keen about erectile enhancing exercises that go along with many pills. Not only does it take much longer for these exercises to produce results, but they are simply embarrassing to do. Maxoderm Vivaxa eliminates the need to engage in any awkward workout sessions, it starts to work from the very first application and it produces the desired result in far less time. This cream is much more effective and potent than exercises and pills. Let's admit it, we want things now, and we want them fast. You could wait days, or even weeks, for some pill to work, or you could enjoy the benefits of sexual gratification, and begin to reverse the effects of PE right now.

Distraction The first method is distraction. This is definitely a cheap method. When you are being aroused, just concentrate on something else. A good way is to prepare ahead some mental exercises such as counting or mental arithmetic.

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.

Male Enhancement Pills The most commonly found remedies for PE are in pill form. Today we better understand the risk of taking too many "unnecessary" pills, and the kind of effects they can have on our bodies. There are some pills with ingredients (e.g. drugs) that can affect the central nervous system and lead to panic attacks. Maxoderm Vivaxa, on the other hand, is a topical cream, not a pill. Not only does it make for a safer alternative, but the carefully selected ingredients are meant to make the cream work considerably faster than pills. Pills have to travel through our digestive tract and wait for absorption, and may sometimes take days, from first ingestion, to work. This cream does not have to travel through such complex systems, and is designed to work right away. In a world where time is scarce, this is an incredible benefit.

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.

Typical Topical Erection Enhancers A common problem found in most topical erection enhancers, is the quality of the erection that is produced, mainly for the partner. They generally contain numbing agents that are meant to prolong the act of sexual intercourse. This would not be such a bad thing if those same agents were not as effective on the female in the numbing process. This results in an undesirable experience for the female partner, and completely defeats the purpose for which the enhancer was used in the first place. With this in mind, Maxoderm Vivaxa was created with a combination of erection enhancers and a fast-absorbing skin soothing ingredient, to accomplish the prolonged sexual activity, without desensitizing your partner.

There is no reason why you must continue to be distressed with premature ejaculation and poor sexual performance. Go to <http://maxodermvivaxareport.com/> to learn how to use Maxoderm Vivaxa to last longer in bed and much more. Join the other men whom we have helped and visit us now to find out all you need to know before you buy Maxoderm Vivaxa.

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.

The less you focus on your own pleasures, the more slowly you will be aroused and you will also last longer. Topical Creams I've tried many different creams. Beware because some work and some don't.

There are many ways to prevent premature ejaculation so you need not worry if you ejaculate earlier than you want to. In this article, discover 4 ways you can use today to help improve your sex life.

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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