

## Penis Enlargement: Does it Work?

Information on jelqing, a dash of proof for penis enlargement, and more.

Who Says Penis Enlargement Doesn't Work? . . .

Just because something hasn't been "clinically proven" doesn't mean that it doesn't exist. There was a clinical trial done on natural enlargement methods back in the 1960's as far as the clinical trials go. It was called the Chartham Study.

This study performed by Dr. Robert Chartham of England proved that penis enlargement through natural methods is indeed possible! According to Dr. Chartham, the most effective methods of enlargement involved intense stretching.

**Stretching** An example of a ligament stretch can be seen in the women of the Padaungtribe of Myanmar. These "Giraffe Women" (as they are known) are famous for their extremely elongated necks. Starting as young as two years old, the Giraffe Women wrap metal coils around their necks.

In time, more coils are added... and by a combination of pushing down the collarbones and stretching the entire structure of the neck, **THEIR NECKS CAN REACH TEN INCHES** or more in length! If a complex structure such as the neck can be elongated, surely the same applies to the penis- whose is designed to expand to many times its usual size by its very pliable nature!

Natural Penis Enlargement

Many penis enlargement websites on the Internet claim that jelqing originated from ancient Arabic penile exercise techniques that young men used throughout their adolescence until manhood.

Natural penis enlargement is largely based around penile massage techniques that force more blood into the penis and eventually cause the corpora cavernosa tissue to expand, thus enlarging the penis both in girth and length. The most common natural penis enlargement method is the jelq.

The Truth About The Jelq Detractors say that jelqing is in fact an elaborate practical joke launched onto a gullible public several years ago. Some of these websites claim that practicing these jelqing, or penis milking, exercises for 30 minutes a day resulted in penises up to 18 inches in length and 8 inches in circumference!

Whatever the truth, jelqing is the most widely accepted method of natural penis enlargement in general use. And while it is highly doubtful that jelqing could ever deliver an 18 inch penis, it can deliver more modest penis size gains - both in the flaccid and erect states. Whether jelqing achieves this success by enlarging the corpora cavernosa or by stretching the suspensory ligament is unknown.

**Jelqing** The format of jelqing varies but tend to be based around a daily workout of around 15 to 30 minutes. The jelqing workout usually starts with a warm-up. Typically the warm-up involves either a warm bath or a hot wrap (towel soaked in warm water) applied to the penis. The purpose of the warm-up is to stimulate blood flow to the penis and prepare it for the jelqing exercises.

Lubricant should be applied. Once the warm-up is completed, the jelq techniques can be started. Remember that jelqing should only be done on a semi-tumescent penis, never on a fully erect penis. The hand-grip should completely encircle the base of the penis thus ensuring that no blood escapes from the penis. The hand then gently "milks" the penis, moving towards the head and forcing the blood toward the end of the penis.

The Jelqing Workout Around 200 rhythmic jelq strokes per session is the average workout. Ejaculation should not occur and if the urge becomes apparent then a pause from exercising is recommended. The jelqing exercises should be stopped immediately if any pain or discomfort becomes apparent or the penis becomes erect.

Several months after, penis size gains, both in penis girth and penis length should become apparent. Before commencing the exercises, men wishing to undertake the jelqing method of enlargement should review as much detailed information as possible. You can find more information about jelqing, including step by step instructions, in the free penis enlargement guide.