

Stop Premature Ejaculation

While grandpa is busy experiencing ED (erectile dysfunction), younger men often experience another problem: PE (premature ejaculation).

Premature Ejaculation

EO, or erectile over-function, is commonly known as premature ejaculation. It's a penis that is over-charged, over-loaded, and ready to blow. Kegels for Premature Ejaculation

For many men, doing Kegel exercises have not only stopped premature ejaculation, but have also lead to male multiple orgasms.

Kegels are the most essential exercise for any man wanting to improve his penis and his sex life. They are essential for both healthy penis enlargement and stopping premature ejaculation. Stop Premature Ejaculation

Other ways to stop premature ejaculation include:

- Relaxing. Most men dwell on the premature ejaculation problem, and this only begets more problems. The key is to focus on calming your mind. Take deep breaths, avoid getting too excited and enjoy the moment.
- Using a condom. According to the Durex Condom's Global Sex Survey, guys who wear condoms during sex last three minutes longer in the bedroom than the men who don't.
- Taking your time during foreplay. The benefits here are two-fold. Not only do longer bouts of foreplay help a man last longer in the sack, but it also helps a woman go even quicker once intercourse starts.
- Ballooning and edging. The idea behind "ballooning" and "edging" techniques is to continually build up to the point of right before you're about to ejaculate, and then stop. Once your arousal subsides, start all over again. By continually stopping and starting, you'll become more in tune with your arousal AND teach your body to last longer.

By Aaron Kemmer