



# The Ultimate Sexual Enhancement Guide For Men

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## Why Your Sexual Health Suffers After 40 And What To Do About It

**E**ver wondered why your sexual health and bedroom performance take a hit after you reach 40? The reason is the onset of Andropause (the male equivalent of the female Menopause). While women always know that sometime in their mid-40s they will begin to experience changes in hormone levels that will lead to uncomfortable symptoms and culminate in the change of life, men don't seem to know or care. In fact, Andropause, or male menopause, is not even widely accepted as a legitimate medical phenomenon.

There are several reasons the idea of Male Menopause (or Andropause) has been received with skepticism. First, it's a much more gradual event than a woman's menopause. While a woman will experience a measurable and obvious drop in her estrogen levels beginning in her forties, a man's testosterone levels begin to drop very gradually as early as thirty years old. Since the shift in hormones occurs so differently in men, the accompanying symptoms are also more gradual. For example, a woman may suddenly find herself irritable or depressed, and recognize that a change has taken place. But a man's onset of symptoms takes much longer, so he may not recognize that he is changing.

Second, Andropause is not as final as women's Menopause. When a woman's estrogen levels decline sufficiently, her menstrual cycle will cease. She will be unable to bear children. Her ovaries will not produce eggs, and her uterus will not be able to sustain a pregnancy. She truly experiences a change of life: she has changed from a fertile human to one unable to procreate. This doesn't happen with a man. Men continue to produce enough testosterone into their 80s to be able to father children. Even if a man cannot have intercourse and ejaculate to impregnate his partner, semen with sperm in it can still be collected and used to fertilize an egg. Perhaps the biggest reason that scientists have discussed Andropause with skepticism is that men do not experience the change of life to the extent that women do.

Three, men are expected to be stoic about symptoms. Women have support groups, literature, and medical experts lining up to assist with the change of life. Decades-long, nationwide studies are done about the benefits and risks of hormone replacement therapy to treat menopause. Women talk about, joke about, and complain about their symptoms and discomforts. Men, meanwhile, endure their discomforts in silence. It's not manly to whine about problems such as weight gain, thinning hair, difficulty achieving or maintaining erections, sleeplessness, or depression. And what man would ever want to discuss his loss of libido? Women talk, men cope silently. The sad thing is, coping is often easier when professional intervention can be openly sought.

### So how can you deal with your declining sexual health and prowess?

Acknowledging the truth of male menopause is definitely the first step in helping you cope with the changes taking place in your bodies. What can you do about your decline in sexual prowess as a man? Well, that's what this ebook is all about - to help you address these sexual issues and find solutions for them.

In the following chapters, we talk about how you can overcome your erection and low libido problems, raise your testosterone levels, increase your ejaculation volume and even increase your shrinking penis size, etc, with herbal supplements and exercises and without having to resort to harmful prescription drugs.

But if you are in a hurry, you can head on down to [Swellmale.com](http://Swellmale.com) and get to the jist of it quickly. Happy reading...

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## What is Erectile Dysfunction And How Do You Treat It Naturally?

**D**efined as the inability to maintain or sustain an erection, Erectile Dysfunction, or ED, may be just temporary or the symptom of something greater. Either way, with so many different ways today to cure the problem there is no longer any need to ignore it, hoping it will go away. The real danger erectile dysfunction poses is to a man's quality of life, affecting his self-esteem and relationships with family, friends, co-workers, and especially sexual partners.

Erectile dysfunction affects most men at one time or another in their life and the chance of occurrence only grows with age. A 1999 survey conducted by the National Ambulatory Medical Care Survey (NAMCS) reported that 22 out of every 1000 men sought help for ED. That's 2% of the population! And almost 50% of men between the ages of 40 and 70 experience difficulties getting or maintaining an erection.

The first important factor is determining if the dysfunction is caused by physical or emotional issues. The only way to test if the problem is physical or psychological is by excluding physical diseases that may be at fault.

The majority of long-term erection difficulties are caused by some sort of physical ailment. The most common are vascular disease, which is the hardening of arteries, certain kinds of prescription drugs, and fatigue. These are just a few examples though in a long list. In these cases, blood is unable to surge or remain in the penis.

While approximately 70% of ED cases are physiological, the other 30% are caused by psychological factors. These factors include, but are not limited to, stress, depression and loss of self-worth. This sort of dysfunction starts with the brain.

The difficulty may be either long-lasting or temporary. Either way, it's an embarrassing problem that can be easily avoided in the future. There are many different methods to cure erectile dysfunction, both medical and non-medical. It's important to remember that any sort of treatment should be used in conjunction with a healthy lifestyle. Drugs, alcohol and smoking play a part in ED.

Medication prescribed by a doctor is common, either oral or injected directly into the penis. Medications like Viagra have helped thousands of men across the country, but also have adverse side effects including nausea and dizziness and are incompatible with certain medications. They must be taken about an hour before sex is possible. Surgery is another method, but is expensive with a long recuperation period. Surgery involves prosthetic implants, or a pump inserted into the genital area that the male would have to pump before sexual intercourse.

Therapy, penis pumps, and herbal supplements are three non-medical methods of curing ED. Therapy, with a registered sex therapist or other mental health professional, is quite effective in cases of psychological-caused ED, but not in physical cases. Therapy tends to be a long process, and some men are embarrassed to talk at length about their sexual problems. Penis pumps are used by inserting the penis into a tube and using a pump until erection is achieved, at which point a ring is rolled onto the base of the penis to keep the erection hard. It works, but the pump must be used each time before intercourse and doesn't address the real problem, only acting as a temporary fix.

A safe and easy method is herbal supplements, like [VigRX Plus™](#). These supplements are made from organically-produced plants chosen for their aphrodisiacal that have been used for hundreds of years in different parts of the world. Herbal supplements are completely free of side effects and deliver quick results. The user can stop the

treatment at any time with no adverse effects. Herbal supplements not only address the physical, but the psychological factors as well, as it increases libido.

It is important to talk to your doctor before undergoing any sort of treatment.

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## How To Increase Your Sex Drive And Getting Harder Erections, Naturally

**H**ave you ever wanted sex to last longer than you could go? If you answered yes, then you are probably among men who encounter the same problem in bed.

Indeed, the inability to last longer is something that many men regard as their biggest sexual problems. While most may view erection as dependent on sex drive, this is not always the case- sometimes the drive is present but the penis just does not cooperate. A decrease in sex drive and a not-so-firm erection can be caused by several factors.

First on the list and the most popular among the biological problems of a man is a low libido. Libido is considered the sex drive of the body and is primarily influenced by the brain, which, in turn, dictates what the body does. Generally speaking, the conditions of the libido are dependent on the four sexual stimuli distinguished by doctors:

- visual stimulus, which depends on the physical appearance
- tactile stimulus, which depends on touch- particularly in the sensitive areas like the nipples and penis
- auditory stimulus, which is the main reason behind the success of phone sex
- olfactory stimulus such as titillating perfume scents

When a man's libido rises, according to the aforementioned stimuli, the sex drive correspondingly follows and increases.

Another biological cause of erection problem is premature ejaculation, wherein the man comes too soon even though his partner has not reached an orgasmic state yet. This situation usually results in sexual dissatisfaction and frustration, which eventually causes break-ups among some sexually active relationships. Of course, this situation does not naturally happen without reasons. Premature ejaculation is commonly brought about by the excitement. His excitement causes him to ejaculate quickly because even before he begins penetrating his penis, his sexual fantasies stimulate his sex drive. Premature ejaculation can also be caused by sexual taboos. In some cultures, sex is prohibited so men are forced to ejaculate quickly. More commonly in North America, ejaculating too soon can be the result of frequent masturbation or anxieties.

Sex drive and erection problems can also be influenced by erectile dysfunction or what doctors call weak erection, wherein the penis is often flaccid and is always unable to attain erection. Unknown to many men, erectile dysfunction is not only manifested in not having an erection in the first stages of the sexual experience. Conditions wherein the man is able of erection but does not sustain until his partner reaches orgasm can also be counted as instances of erectile dysfunction. Because of the extent of such sexual problem, it is not surprising that this particular erection dilemma is rampant among men nowadays.

Fortunately, today, lots of supplements and methods are produced to revitalize men and improve their sexual performance. Compared to penis pumps and other penis enhancement devices, doctors recommend more supplements and pills that are helpful in any erection problem. Usually, these supplements, like [VigRX Plus™](#), are rich in natural ingredients such as Saw Palmetto Berry, Extract, Asian Red Ginseng, and others---all of which smoothen blood circulation, increase stamina, and produce more energy hormones.

Experts combine these natural ingredients in just one capsule to produce a supplement that contains the necessary

factors to help a man become stronger and long-lasting in bed, naturally. Pills like VigRX Plus™ can relieve men of their erection problems, given that they keep to their intake schedule. These supplements typically have ingredients such as Epimedium Leaf Extract, Icariin, and Cuscuta Seed, all of which help enhance the libido, promote erectile function, and treat premature ejaculation.

If the customer is lucky enough, he can also take advantage of the benefits of other contents in penis enhancement pills, including blood flow increase, revitalized performance in bed, and other aphrodisiacal effects. According to Dr. Khalid Alzwareh of VigRX Plus™, the herbs contained by such supplements have the ability to help balance the cardiovascular and the nervous systems, which are the main parts that keep the body healthy.

The results of natural sexual enhancement pills like VigRX Plus™ are not without proof. Users of such supplements and even doctors have been sending in testimonies and great reviews about these products, deeming them as the kind of solution that people were looking for. Even professional endorsers have experienced positive changes, not only in their sexual lives, but also in their relationships with other people. Luke Adams, for instance, has achieved a longer-lasting and much firmer erection with his frequent use of VigRX Plus™. His libido also increased and so did the duration and volume of his ejaculation.

With these claims, modern pills and supplements really must work to increase sex drive and get harder erections for men. By just adhering to the regular consumption of penis enhancement pills like VigRX, men do not need to experiment on tools like penis pump or undergo a surgery to increase their libido and achieve hard erections. Instead, they can simply go for the safer, less-hassle method.

**[Click here to discover how VigrxPus can help increase your sex drive, virility and erectile strength now ==>](#)**

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# How To Get Stronger Orgasms With Kegel Exercises

**T**here are guys who are not easily satisfied with their orgasmic states. Most often, what they want is a more intensified climax with more cum and stronger and lasting ejaculation. However, for some reasons, men gradually lose their orgasmic power, which in turn diminishes their sexual performance and enjoyment, their partners' satisfaction, and low self-esteem. This usually happens to maturing men, though there are a considerable number of younger men with this sexual problem. Fortunately enough, there is solution that is designed perfectly to boost men's potency in bed-Kegel exercises.

## Getting to Know Kegel

Dr. Arnold Kegel, a gynaecologist, developed Kegel exercises originally to normalize women's vaginal shape after giving birth, thus tightening the genital's muscles. But today, the exercises are practiced by both males and females to improve their sexual performance through delivering powerful orgasms. When these exercises are done, men actually are strengthening their pubococcygeus (PC) muscle or the pelvic floor muscle and as such, more blood will flow to his pelvic region. After strengthening the PC muscle, the guy will increase his potential for better and powerful orgasms.

Kegel is done whenever and wherever a man is comfortable with--in his office, before bed time, or during a phone call. But it is essential to locate his PC muscle first before proceeding. PC is the muscle used when stopping urination, so it is advised that during normal peeing, one should momentarily stop the flow of urine and feel the muscle he used. After several days of repeating the locating process, he can identify the muscle correctly and realize his power over it. Another way of locating PC is by moving the erected penis upward and downward. If one can move up his genital even to a few heights, it means he has already tightened the penis muscle.

## Performing the Exercises

After locating the PC muscle, one can start squeezing it very hard for 3 to 5 seconds and relax it for another 5 seconds. First time doers can check their baseline by counting the times they have squeezed the muscle before getting tired. This set can be done for at least two weeks. After figuring out the baseline and doing the basic exercises, one can have a more improved set by performing repetitions. He may start with 5 repetitions (reps) of squeezing, holding, and releasing. If he can tighten the muscle longer, like 6 to 7 seconds, so much the better, but if he cannot, there is no reason to get forceful. However, if along the way, one feels uncomfortable, he can reduce the reps to the most convenient number.

Ideally, practicing Kegel should be at least three to four times per day. After several weeks of continuous practice, one is advised to gradually increase his reps to 10 sets with 10 counts of squeezing. Of course, every body is different from another so it is unlikely for first timers to do this at once. Also, it is recommended to perform the exercises in varying speed and intensity. For example, he can experiment on the longevity of his squeezing along with the rapid switch from squeeze to release. But there is no point in pushing oneself, so each one is advised to perform Kegel in the most comfortable speed and manner for him.

Once comfortable with the exercises, one can perform them while masturbating or even while having sex. The exercises are ideal during foreplay, before an orgasm, and while having an orgasmic state. He should aim to move, jerk, or lift his penis without touching it and he can take notice of a pleasurable sensation.

## Tips

When practicing Kegel exercises, it is best to relax the body and focus on doing Kegel the right way. One should avoid tightening other muscles such as the sphincter, buttocks, thighs, and abdominal as these may reduce the efficiency of the whole exercise. This is why it is so necessary to correctly locate the PC muscle because there is a tendency of tightening the incorrect muscle.

The man who is entirely serious in improving his orgasm should make a deliberate effort in performing Kegel exercises regularly. However, it is actually not necessary to set up a time for the exercises because just about anywhere and anytime, one can do them effectively. Furthermore, Kegel is meant to enhance the pelvic floor muscles so there is no reason to force one's body as this can be harmful. If the exercises become painful, it might mean that improper practice has been done and in such case, it is wise to stop performing the exercises for one day. Now, if the pain becomes too unbearable, it is recommended to seek professional help.

## Other Orgasmic Solutions

Though Kegel is proven effective, there are still some men who combine this with other methods, such as undergoing surgeries and using mechanical devices. Enhancement pills are also reported to have helped a lot of men with their orgasms and other sexual irregularities. But there are others who grab male potency pills that are proven to be effective. As stated in this [excellent review of Semenax](#), the potency male pills, the herbal ingredients produce larger cum and more intensified climax, thus achieving optimum sexual satisfaction.

With the advancement of medical technology, more and more orgasmic solutions are made accessible to men. But the most important thing here is for a man to get the best solution fitted to him, after all, these methods, whether Kegel, penis devices, or potency pills, lead only to one thing-increased cum volume. To quote [Semenax reviews](#), a larger amount of cum means more powerful orgasm and more possibly, improved performance in bed.

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## Practical Tips to Maintain Your Sexual Virility

Nowadays, the popular maxim "Health is wealth" has taken on a truly genuine meaning as more and more people get to suffer from various forms of diseases that ages ago were practically unheard of. Many of these diseases are life-threatening while some pose serious dangers to one's overall well-being. Either way, this has led a lot of people to become more cautious of what they eat or drink, as many of these can very well affect their overall health.

There can be no doubt that sex plays a significant role in making a relationship work. What many people are not aware of is that sex also has a direct connection to the overall health of a person and vice versa. Research shows that when one is overweight, for example, sex drive can be severely affected, and for overweight people currently in a relationship, this can have serious impact.

Nevertheless, one need not really worry, as there are some tried and tested techniques that one can make use of to keep fit, at least from a sexual standpoint. Since sex is such a vital aspect of any relationship, being sexually healthy then is a definite necessity, not only to keep one's partner happy and satisfied, but to keep one's self contented as well. How to achieve this is not really that hard and will merely involve a change in lifestyle. Not the drastic kind of change, just basic and simple modifications that may sound too simplistic to some people, but can actually prove to be helpful in making sure that one's sex life is active but safe.

An obvious starting point is the physical body. As mentioned before, being overweight has been found to adversely affect the human sex drive. The natural recommendation is to lose weight, with ten pounds as the ideal weight to shed. Losing weight will not only make one looking and feeling good, it can also lead to a stimulation of the sex hormones.

Aspiring for a leaner and healthier body, however, should not mean being deprived of the pleasures of eating. Making a dietary plan may mean cutting down on fatty foods, but it does not mean no eating at all cost. It simply means doing away with cholesterol-rich meals and opting for foods rich in nutrition. Specifically, eating heart-friendly foods like nuts, fruits, vegetables, and grains should be regularly practiced because a healthy heart is imperative in having an enjoyable sex life.

Engaging in regular exercises is likewise a proven technique in improving one's virility as it helps develop endurance and strengthens the heart. A good option is to take up strength-training exercises as these can help build firmer muscles which are needed in various activities, which includes sex. Additionally, a regular dose of exercise makes us feel confident, sexy, and attractive, not only to ourselves but to our respective partners as well.

Keep in mind, though, that aside from regular exercises, getting enough rest, especially at night, is equally important. Not getting the right amount of sleep every night can make one moody and haggard, which is not exactly ideal in setting a romantic atmosphere.

It is also important to be an optimistic person. No matter how hard life is at times, everything is always subject to change, and keeping a positive outlook in life can only bring about positive changes sooner or later.

Being optimistic additionally means accepting who we are, not only emotionally but physically as well, which should include accepting our bodies, regardless of their sizes, and believing that we are all uniquely sensual.

Aside from all of these easy and practical tips, another option that one can take to achieve sexual health is by regularly taking a dose of multivitamins. They may initially appear to be extra costs on the daily budget, but multivitamins actually offer several beneficial effects. They can help improve one's appetite and relieve stress that can come from various fronts, including the workplace. Stress and a poor appetite need to be properly addressed as these usually have adverse effects on sexual urges.

Finally, if one regularly practices all the above-mentioned hints and is considered to be generally healthy, but still ends up experiencing a significant lowering in sexual urges or desires, it is only appropriate that professional help be sought. Sexual difficulties usually have underlying causes, which can have either a psychological or a physiological foundation, and these can best be determined more accurately by a trained professional. He or she may prescribe certain treatments, including the possible use of sex pills like [Semenax](#), depending on the results of his or her examination.

A number of sex-enhancement drugs, however, are known to be readily available at many over-the-counter drug stores even without a prescription, and these include Semenax, the sex potency capsule that is targeted mainly for the male market. It is said to be a very effective male potency drug that can be purchased even without the advice of a physician. This is mainly because its primary ingredients include herbal plant extracts that essentially makes Semenax a truly safe and effective sex pill. Herbal plants, of course, have long been known to carry healing properties aside from having sex enhancement qualities that help improve man's sexual capacity and performance.

Formulated under strict development processes, Semenax should prove to be the ideal answer to any man currently experiencing sexual difficulties. Of course, when purchasing the drug, it is usually recommended that one practice a safe and healthy lifestyle in addition to regularly taking the pills. As it is, no amount of Semenax or any other kind of sex-enhancement pills can work if one is leading an unhealthy and carefree life.

The ideal set-up is to take Semenax as a supplement while carefully observing several healthy practices like eating the right kinds of food, cutting down on smoking and on the intake of alcohol, and getting sufficient sleep.

**[Click here to discover how Semenax can help you turbo charge your sexual performance now](#)**



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## **What You Should Know About The 3 Most Common Troubles Of The Pesky Prostate Gland**

**N**ext time you see your father, your uncle, or any older gentleman over age 60 or so, ask them about their prostate. If you know the guy well enough, and he feels comfortable enough around you (some would say too comfortable), he will surely share a whole litany of the common prostate problems that are troubling him, or have troubled him, or will trouble him in the near future. That's because an enlarged prostate, benign prostatic hypertrophy, and even prostate cancer can be in the cards for every man past a certain age.

It's the scary but true fact of getting old as a man. For instance, every man should know that prostate cancer is one of the most common prostate problems out there. It tops the list of cancers that afflict men, happening in nearly as many men, roughly speaking, as breast cancer in women. Prostate cancer doesn't get the press that breast cancer does, however, probably because most men would rather not speak about what's happening down there.

The second thing most men don't, but should know is exactly what that prostate is. A prostate is actually part of a man's sexual organs. Located just below the bladder in a man, wrapped around the urethra, the prostate is about the size of a walnut. Its main job in the birds-and-bees scheme of things is to add fluid to your sperm during ejaculation.

And most of the time, men don't even realize they have a prostate because it's a hidden internal organ, but all men find out quickly what and where their prostate is when they suffer a common prostate problem.

For instance, all men should know that prostate issues aren't just for older men. Men under 50 can get prostatitis, or an extremely painful infection of their prostate. This is a swelling of the prostate that can cause fever, a burning sensation during urination, and fatigue.

And all men over 50 should be aware of their number one most common prostate problem, which is an enlarged prostate, or benign prostatic hypertrophy. This benign, or nonfatal condition, is actually far more common in older men than prostate cancer, which should give some relief to older men when they know it.

Men should all be aware of the symptoms of benign prostatic hypertrophy, such as leaking and dribbling during urination, a weak urine stream, trouble getting started with urination, and even small amounts of blood in the urine.

And though benign prostatic hypertrophy is more common than prostate cancer, men should be aware that the two can go hand in hand. It's not always the case, and many men with an enlarged prostate will never develop into cancer. But it's good to keep your eyes out for both, because they can have similar symptoms.

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## Crucial FAQs On Penis Enhancement Pills You Should Know

**P**enis pills have already been on the market for several years yet many still seem so puzzled by what they are exactly and how they work. Many ask, "What's the safest and most effective pill? How can I acquire it?" Since it is not sound to guess since this might put to danger the reproductive system, a little research into penis enhancement pills is advised.

With a lot of male enhancement pill brands in the market, one has to be extra careful in choosing the right trademark. But it is necessary to note that it is safer and more accepted to use the brand that is purely natural since it has ingredients that have been used as sexual enhancers for centuries. Every penis enhancement pill product promises not only an enlarged penis but also a extended erection, strengthened sexual stamina, intensified orgasm, better sex drive, and prevention of premature ejaculation. One of these products is the all-new [VigRX Plus™](#).

All penis enhancement pills are formulated to increase the penis size during sexual intercourse. According to VigRX Plus™, during a male's arousal the formulation causes the erectile tissues to expand, in succession creates more space for blood flow. The greater the volume of blood flow, the larger and firmer the penis becomes, allowing you to perform better during sexual intercourse.

By using a pure herbal formulation, a user is spared from experiencing side effects such as headache, blurred vision, dizziness, indigestion, and congestion. Medical experts claim that some of the pill's ingredients attends to and treats other body irregularities aside from sexual problems. For instance, VigRX Plus™' ingredient Hawthorn Berry is scientifically proven to improve the flow of blood to some body parts especially the heart, strengthen blood vessels, lessen the abnormality of heartbeats, minimize cholesterol, and decrease blood pressure. As such, there's no need for a doctor's prescription. Any man with a penis problem is liberated to purchase and take any penis enhancement pill brand of his choice.

Generally, it is advised to take 2 to 3 pills a day to guarantee optimum results. A great amount of water should be taken after the pill since it has to be melted right away for the body to quickly absorb the ingredients. After some months or even days of intake, he can expect improvements in his penis performance and other body functions. Though it is recommended to take a penis enhancement pill for some months, those who are more eager and dedicated to see the results are the most likely to get them; so it is best to use the pill regularly. However, if one has reached the results he has been wanting, he is free to stop immediately his intake of penis enhancement pill.

Testimonies of penis enhancement pill users, especially those found at [Vigrxplus.com](#), profess that as early as the first day of use, they already felt the potency of the enhancer. But the results gradually take place from the first month of use until the third and beyond. In the first few months, a user will have longer erections and can expect penis enlargement. The penis will dramatically improve in performance as it becomes stronger and firmer in the coming months. It is expected that the user's penis and sexual vigor will get better and better with regular intake. Permanent penis changes have also been reported.

For those who are seeking to have a penis enlargement medication and a sexual enhancer at the same time, there's good news: penis pills are aphrodisiacs, too. Most pill brands are formulated with aphrodisiac concentrates, which were used and tested in the ancient times. One of this aphrodisiacs ingredients found in some penis enhancement pills is Catuaba, which is believed to be the most famous male stimulants in Brazil. As professed by the users,

continuous usage leads males to having erotic dreams and then, empowered libido.

Given that most of the penis enhancers that we have today contain safe and natural ingredients, how effective then are these items? What exactly are the results to be expected? Some penis enhancement pill brands are claiming 28% to 30% increase in penis size after some months of use. Others are promising three to four inches of penis enlargement. But, in truth, the changes vary according to the men's ages, system absorption, and health. It is also advised not to have the penis bigger than what women can actually accommodate.

Penis enhancement pills may cost a lot of money. Some are offering their products at \$60 to \$80 for a one-month supply. However, if one so desires to acquire the largest penis size ever, quality should come before price.

Penis enhancement pills have become the easiest source of men to gain the desirable penis size and self-satisfaction. With their increasing presence, it is hoped that there would be less unhappy couples.

**[Click here to discover how VigRx Plus can help take your sexual performance and pleasure to the next level ==>](#)**

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## **What's Better? A Herbal Penis Enhancement Pill (like VigRX Plus) Or ED Prescription Drugs?**

**A**lbion Medical and other makers of penis enhancement products believe that treating Erectile Dysfunction only takes an organic male enhancer product-- one of which is [VigRX Plus™](#). The only side effect of all all-natural penis enhancer pills is pleasurable sex and the boost in self confidence that follows.

VigRX Plus™ uses botanical ingredients and aphrodisiacs that have been tested and used since the ancient generations of China, Europe, and South America. It is claimed that the ingredients Bioperine, Tribulus, and Damiana are only three of the components that make VigRX Plus™ a potent enhancer, with Bioperine as the only ingredient that cannot be found in any other male pills.

Still, there are several medications in the market such as Viagra that have helped a lot of males overcome ED. These medications are commonly composed of magnesium stearate, croscarmellose, calcium hydrogen phosphate (anhydrous), and microcrystalline cellulose. ED medications have varied chemical components that also affect their success. As such, it is so important for a male with ED to seek medical help before actually taking any medication. Medical studies have discovered there are certain components in ED medications that are not compatible with other medicine ingredients such as nitroglycerin and isosorbide dinitrate, which are components of heart problems and chest pain medicines. Side effects of ED medications may include dizziness, numbness, indigestion, and abrupt vision loss. If such cases occur, an ED medication user is advised to seek medical help immediately.

According to VigRXPlus Reveiws, a male enhancer pill not only treats ED but also attends to other sexual irregularities such as undersized penis during sexual intercourse, premature ejaculation, decreased sexual vigor, and lack of sexual desire.

While ED medications improve erection, increase exercise capability, and medicate pulmonary arterial hypertension, they are also taken a full hour or half an hour before the sexual intercourse while organic supplements can be had anytime of the day.

Makers of penis organic supplements claim that every male can take advantage of their products' potencies without fearing significant health hazards since their ingredients are all natural. With VigRX Plus™, a user may even be surprised that one of his body weaknesses has been improved right after gulping a VigRX Plus™ pill. It has been found that several of the penis enhancement pills' ingredients can deter irregular heartbeats, lower cholesterol, and decrease blood pressure.

ED medications come in both oral or anon-oral forms, be it suppositories, injections, vacuums, surgeries, or implants. All these methods may be relatively painful, especially since several tiny objects are inserted into the penis' tip. The results' duration and effectiveness are even feared to be short-term. For instance, pumping the penis each sexual intercourse and putting a tension ring around its base is seen as a hassle and tiresome task since it should be done over and over to ensure erection. On the other hand, it only takes two or three pills a day and a glass of water to have that lasting, satisfactory erection with no pain, no blood, and no hysterias.

**[Click here to discover how VigRx Plus can help you achieve harder, more sustainable erections](#)**

without dangerous prescription drugs==>

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## How To Improve Male Fertility: A Matter of Quality AND Quantity

**P**robably every man at some time experiences low volumes of ejaculate.

If you've just gone in for round two, for example, your "load" may not be that significant. If you've been experiencing a waning sex drive or weaker orgasms, you may notice less semen when you ejaculate.

Don't be embarrassed - you're not alone! The fact is, more than 85 percent of men want to increase the amount of semen they produce upon orgasm.

It makes you feel more manly. It makes you feel sexier. It makes your orgasm stronger.

... And it also makes you more fertile.

That's because when you increase the amount of fluid you produce upon orgasm, **you also increase the number of sperm you produce**, and the number of sperm with high motility.

### A Steady Decline in Fertility

Male fertility rates have been on the decline now for many years. Some studies show that the average sperm count has declined by as much as 42 percent in the last fifty years.

The reasons for this decline may be environmental, but some of them are certainly biological. Sperm production begins to decrease as your body ages. Other health and lifestyle factors can affect the health and quantity of your sperm production as well.

Let's look at a few of the factors that can affect your semen and sperm production - and how you can turn them around to produce greater volumes of semen and more healthy sperm.

### Change Your Lifestyle to Help Improve Your Sperm Production

There are a number of lifestyle changes you can make that will help promote greater quantities of ejaculate and larger numbers of healthy sperm.

The most commonly known ways to increase your ejaculate and sperm count are as follows:

- **Have sex LESS often.** The more you have sex (or masturbate), the more you are "using up" your resources. By abstaining from sex and masturbation for a week or more, you may find that you have a larger quantity of ejaculate.
- **Eat a healthier diet.** There are a number of semen and sperm boosting foods that can help promote the health of your swimmers. Note that burgers and French fries are not among them! Cutting out fast food, caffeine, alcohol, and other toxins is the first step.
- **Quit smoking.** Smoking has been proven to have a detrimental effect on the health of your sperm. Quitting

smoking (and for that matter, any other drugs) is vital for healthy sperm.

- **Lose weight.** When men are overweight, your estrogen levels increase. Obviously, these female hormones are not helpful for your sperm! Trim down to get your hormone levels back on track - and your sperm happier.
- **Drink more water.** Many North Americans are chronically dehydrated. Drinking more water not only improves your overall health; it also increases the volume of your ejaculate.

## The Easiest Way to Increase Your Semen by Up To 500%

The diet and lifestyle changes above are excellent home remedies, but they take time, dedication, and persistence before you will experience real changes.

The fastest, easiest way to increase the volume of your semen and promote greater quantities of healthy sperm is to find a supplement that contains all the amino acids and herbal ingredients needed to boost both sexual responsiveness and fertility.

The **#1 rated male potency enhancer** on the market today contains a combination of ingredients that are scientifically formulated to increase your ejaculate and along with it, your fertility.

The real bonus is that with increased ejaculatory fluids, you'll also experience more intense orgasms!

Semenax is a doctor-approved formula that contains 18 crucial medicinal ingredients, including:

- **L-ARGININE HCL** - Shown to double sperm and semen in recent studies; sperm health and activity also increase.
- **L-Lysine** - Used in conjunction with zinc increases sperm production, stimulates testosterone production, and improves semen quality.
- **Zinc Oxide** - Increases sperm quantity and motility by 80 percent to 200 percent.
- **Epimedium Sagittatum** - Boosts libido and testosterone level for increased sperm production; otherwise known as "horny goat weed."

It's the easiest, fastest way to increase your virility, sexual desire, and fertility. To find out more about how Semenax can increase the volume of your ejaculate by up to 500 percent, go to [Semenax reviews](#) for an unbiased review now .

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## **Discover How To Get Bigger Loads and Stronger Orgasms With The Help Of A Tiny Pill**

**I**f given the opportunity what man would not jump on the chance to improve the satisfaction they can achieve in the bedroom and to improve the overall power, strength, and sensations that come with their orgasms?

Even if you have never considered male enhancement products before and are sure that you are more than satisfied in the bedroom, there is always more to learn and a number of ways that you can truly take sexual pleasure to the next level. That is why [Volume Pills](#) are the perfect male enhancement product for anyone that is looking for a little extra oomph in the bedroom, whether they are aware of it or not.

While most male enhancement products focus on increasing size in order to improve the pleasure of sex for women, these all natural pills are about maximizing pleasure during sex for everyone involved. The natural ingredients within these pills can stimulate larger, harder and longer lasting erections while multiplying the volume of ejaculation exponentially. The increased volume of semen is incredibly attractive and satisfying for women because it is a proven sign of excellent fertility and provides the ultimate in pleasure for men as their penile muscles have to work harder and faster to push all of the ejaculate out. That extra work can even lead to multiple orgasms for men, something that we all thought women had a monopoly on for the past few years.

When you take a close look at all of the benefits that Volume Pills bring to the table, it is astonishing how so much can come out of one tiny pill. How can one small pill give you bigger, stronger erections, boost quality and size of ejaculation, and allow you to impress any sexual partner that is lucky enough to get into bed with you?

The secret to success is within the precise and proven combination of natural ingredients that goes into each and every Volume Pill. The pills themselves have been tested time and time again and the ingredients have been altered to ensure that the product itself can offer the most benefits possible.

On top of the fact that pumping out more semen undoubtedly feels and looks sexy, the increase in volume is one of the best ways to give you stronger and harder orgasms than you have ever had before. Your body will have to work harder to push out all of the semen and those extra sensations will push you over the edge and leave you and your partner screaming for more.

Even if you never realized that an impressive male enhancement product such as this was so readily available, or never considered using such a product before, the proven benefits and guarantee is more than enough to help you understand why so many men have used this product before. One tiny pill can allow you to take control of your sex life and give yourself and your love what you both crave.

**[Click here to discover how Volume Pills can help you ejaculate bigger loads and get harder erections on demand now ==>](#)**



## **How To Reverse Your Shrinking Penis Size With A Proven Traction Device**

**T**raction devices are a common sight on the Internet. They have largely replaced the unsophisticated weights as the penis enlargement device of choice for many customers who are too demanding to be satisfied by weights. Traction devices are competing against pills and exercises for the top spot on the market, which is why many companies are busy launching new products to take advantage of the trend.

But among all the stretching devices to be found on the penis enlargement market, only one stands out from the crowd. SizeGenetics is the original stretching device to hit the market a few years back and spark a trend that still goes on strong. Its success has been copied by many competitors, but it has never been equaled, nor surpassed. SizeGenetics has constantly dominated the market by offering the best quality at a reasonable price, backed by bonuses designed to help customers get the best possible results.

If you are wondering what are the benefits of choosing SizeGenetics, then keep reading and prepare to be amazed. Every customer who buys this excellent product gets more than just a spiffy brand name. SizeGenetics is a traction device bearing the CE symbol of conformity with the quality and safety standards of the European Community and also the coveted type 1 medical device certification. These certificates prove that the SizeGenetics device has been tested and inspected by professionals in order to verify compliance with the safety standards.

The tremendous success of our traction device was made possible by the hard work of a dedicated customer service team that is always ready to answer any questions asked by customers. No topic is too sensitive for our knowledgeable customer service staff, whose activity is supplemented by the customer forums. These forums allow customers to contact each other directly and share their first hand experiences with SizeGenetics.

We are so confident in the effectiveness of SizeGenetics that we allow all our customers a 6-month return window in case they are not satisfied with the results. You read that right! No puny one week to 10-day return windows, no asking you to try our product for three months and then return it in three months and one day. We know that our product is top quality and very effective, which is why we don't mind to allow the biggest return window in the industry.

Remember that SizeGenetics is more than just a traction device. It is a full system employing a three-way approach to penis enlargement that works much faster than any other. The combined effect of a traction device, penis enlargement pills and penis exercises featured on the Penis Health website is certain to turn any man into a more potent lover in a matter of weeks. This risk-free offer is simply too good to pass.

**[Click here to discover how SizeGenetics can help you attain your dreams of a bigger penis size now ==>](#)**

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