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Herbal Sex Pills Are Natural Cures For Premature Ejaculation

A quick natural ending for *premature ejaculation* can be as easy as swallowing an herbal sex pill. Natural herbal remedies have been used successfully throughout time. The right combination of herbs and root extracts produces a powerful sexual enhancer that has the capability to destroy premature ejaculation, cure erectile dysfunction or impotence, re-ignite sexual relationships, and restore sexual confidence.

Herbal Sex Pills Are Natural Cures For Premature Ejaculation

The above tips are all designed to relax you and at the same time maintain control over your body. If you follow them, you will be on the way to lasting longer in bed and banishing premature ejaculation forever!

There is nothing more humiliating than premature ejaculation for a man to endure. Imagine the ego bruising when ejaculation comes prior intercourse. Imagine the disappointment experienced by the unsatisfied partner. It is no fun for anyone.

Some of the most powerful herbs that fuse together to create a potent remedy for premature ejaculation include She Chuang Zi, a powerful Chinese aphrodisiac that relaxes the muscles around the penis enabling blood to flow into the penis so that a man suffering from sexual dysfunction is able to achieve and sustain a strong and full erection. She Chuang Zi encourages sexual desire, increases sexual energy, effectively treats erectile dysfunction, and puts an abrupt end to **premature ejaculation**.

You need to fool your body that it's not ready to come so do this: Breathe through your nose NOT your mouth (your nasal passage is smaller and you will have to breathe more slowly) take at least 3 seconds to inhale and exhale slowly. Do this slowly and rhythmically when having sex.

Kegel exercises, also known and PC exercises are used to strengthen the pubococcygennus muscle (PC muscle). The first step in exercising this muscle is to identify where it is and how you can control it. Next time you have to urinate try to stop the flow. It may take several attempts, but if you can do this then you have successfully located the PC muscle. Now whenever you pee try to practice stopping the flow. This is a great way to gain control of the PC muscle.

Natural cures for premature ejaculation are now revealed. It is as simple as using herbal sex pills, created with a combination of appropriate natural ingredients that have been proven to quickly destroy embarrassing erectile dysfunction, and humiliating premature ejaculation.

In actual fact, there is a better way - Kegel exercises are a series of workouts that allow you to develop total ejaculatory control. They won't work in one day - it takes about 3 weeks to develop - but the effect is permanent and sex becomes even better. Can you imagine being able to choose for yourself when you want to ejaculate?

Great all round body tonics are the Chinese ones of Ginseng and Gingko Bilbo and finally, L tyrosine ALL will help you de-stress. Before sex take a cleansing bath before sex, and while you are there, clear your mind. You should take 5 deep breaths, counting to 8 on each incoming breath, holding each breath for a count of 8, and then slowly exhaling to a count of 8. Do this over and over again until you feel totally relaxed.

I suggest something like: what is the answer to 1 multiplied by 2 multiplied by 3 etc. all the way up to 9. This works very well to calm your nerves down and then you will be able to enjoy sex better afterwards.

Ginkgo Biloba is a herb that is known to increase the flow of oxygen to the brain. It improves the performance of the genital organs, dramatically improves sexual endurance, vitality, alertness, clarity, and memory, and promotes strong blood flow into the penis, resulting in a much larger and harder erection.

For example, let the woman lead - a good position is to have her on top but facing away from you. This is a great view and rarely leads to **premature ejaculation!**

If money is tight and you are looking for some free exercises for premature ejaculation then you have come to the right place. There are exercises you can start today in the privacy of your own home that will help to correct your premature ejaculation. What am I talking about? Kegel exercises. Below I will explain what a kegel exercise is and how you can start using these free exercises for premature ejaculation.

Tonic #1 Drink before going to bed a shot glassful of very thick honey and eat twenty almonds and one hundred grains of the pine tree. Do this regime for three days. If you are prone to pre-mature ejaculation, pound onion seed, sift it and mix it afterwards with the honey, stirring the mixture well. You will not be troubled by premature ejaculation and perform with a new vigour.

Premature ejaculation affects 30% of men at some time in their life so you're not alone. In this article, learn how to avoid **premature ejaculation** with my 3 tips that you can start to use tonight.

When performing the sexual act breathing (which we have used above to get relaxed) is one thing you can control. As you get excited your breathing quickens you become aroused more and then ejaculate.

Premature ejaculation frustrates and embarrasses the man, frustrates the woman, and generally leaves both feeling uncomfortable and certainly unsatisfied. Now you can banish premature ejaculation with the simple steps below which all come together to help you last longer in bed and banish premature ejaculation.

Using these free exercises for premature ejaculation can make a big difference. The best part is you can do them literally any time during the day and it only takes about five minutes of your time. You can be as aggressive as you like. Do them all the time or just a few times daily. Just remember if it starts to hurt or become sore you need to take a break.

Follow these easy steps, and you will remember our article and good advice for all your life. Causes of Pre-Mature Ejaculation Believe it or not, pre-mature ejaculation is most often caused by stress and an inability to control the sexual act - you must be unstressed and learn to control the act lets look at how.

Xanthoparmelia Scabrosa seeds have been used for more than a thousand years to prolong the duration of an erection. The seeds effectively boost libido, cure erectile dysfunction, and encourage blood to flow into the penis to achieve a powerful erection, and to keep the penis hard and fully erect, longer.

Different Positions Did you know that the 2 most popular positions of missionary and from behind can be the worst for this condition? You should really take a leaf out of the kama sutra and try some other positions.

Distraction Maybe you have already tried this to some degree but let me tell you of a method that is even better. Instead of trying to imagine a very ugly woman or something very mundane, you should try a mental exercise. This will totally take your mind off how long you might have left before ejaculating.

Epimedium Sagittatum is a potent natural herbal aphrodisiac that has been used for centuries to treat erectile dysfunction, and premature ejaculation. It greatly improves sexual endurance, cures impotence, dramatically increases sexual desire, boosts libido, and pushes testosterone to much higher levels.

Eurycoma Longifolia, commonly known as Tongkat Ali or Pasak Bumi in Indonesia, is the most powerful herbal aphrodisiac known to man. It has the natural ability to dramatically heighten sexual arousal, lift testosterone levels to great new heights, encourage more frequent sexual activity, increase virility, boost energy, improve strength, and noticeably increase the size of the penis and testicles.

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If you feel the crisis coming, STOP. Wait for a moment and then begin again. Do this a few times if you must, but only if you feel the crisis is upon you and make sure you keep your breathing slow and rhythmic in this period -it will help calm you down quicker.

Tonic #2 Mix together some green peas, boiled carefully with onions, and powdered with cinnamon, ginger and cardamoms, well pounded. Eat this elixir on an empty stomach, and refrain from other food for at least 3 hours afterwards. Know that this mixture will give you an excess of passion, incredible staying power and strength in the sexual act.

Before sex and as often as possible, take the tonic as described below which is a time tested ancient technique used in the East for thousands of years to delay ejaculation. Don't dismiss them! Try either and you will surprised how much they will help.

Masturbate First Have you tried masturbating before sex? I know this can be difficult to schedule but it definitely works. Ideally, you should masturbate about 15 minutes before sex but even if this is not possible, any time earlier in the day is better than none at all. Even doing it in the shower in the morning will help you later in the evening.

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First sex is both a physical and mental act and a big cause is stress. Make sure that you have a good diet this cannot be under estimated. If you eat a balanced diet you can of course still be stressed and its time to take some time tested herbs to reduce stress.

Want to become the master loving stallion that your woman wants? Discover the secret easy and 100% natural way to do kegels and develop ultimate ejaculatory control at <http://www.Ejac-Cure.com>

The good news is premature ejaculation can be easily and simply treated with natural herbal supplements that not only put an abrupt ending to premature ejaculation but also boost libido, increase testosterone levels, improve sexual energy, promote more frequent sexual activity, and most importantly build sexual confidence. With a natural solution, it is hard to put a good man down.

Tribulus Terristris is a powerful herbal aphrodisiac that has been used throughout time as a natural nutritional additive. It greatly improves vitality, sexual energy, desire and endurance, and allows blood to flow freely into the penis resulting in a longer, firmer, and bigger erection.

By slowing your breathing you are simply telling your body your not ready to ejaculate and this will prolong the sexual act. Breathing is a simple way to control your body during sex - so use it correctly!

Bonus Tip Here's some extra advice on how to avoid **premature ejaculation**. Most tips out there are only a temporary fix and often have side effects that make sex less enjoyable.

In the beginning try to practice holding the contractions for several seconds several times a day. Then over the coming weeks and months increase the time for which you are holding these contractions between 10 and 20 seconds. You may also want to incorporate a series of short, quick contractions. After a month or so it is recommended that you be doing 100 or more quick contractions (they don't have to be all at once) and 5 to 10 holds per day.

Now you are ready to do Kegel exercises. Kegel exercises are basically just the contraction of the PC muscle. You can do these no matter where you are or what you are doing and no one will even know you are doing them.

John Robert has suffered from premature ejaculation since the time he was 19 years old. Just recently on his 27th birthday he discovered a revolutionary new method that not only helped him to build self confidence, but save his doomed marriage. You too can try this breakthrough treatment risk-free by visiting ejaculation-master.info.

Laura C. Martinez

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