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Tue May 22, 2018

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## Premature Ejaculation - Is There a Cure?

Premature Ejaculation (*premature climax* or early ejaculation) is the most common sexual problem in men and is described as a lack of voluntary control over ejaculation. Studies on the condition differ, with varying results of between 25% and 70% of men cited as suffering from it. Although a minimum duration is not quantified before ejaculation is considered premature, it could be said to occur when a lack of ejaculatory control affects the sexual or emotional well-being of one or both partners.

I discovered some unique techniques that allowed me to plateau and maintain a steady pace for as long as I wanted to. When I first figured this out, I couldn't believe it. I even looked down towards my penis to make sure that I was still hard!

Men that suffer from the frustration of premature ejaculation most frequently read information that tells them that it's all in their head and that it is simply a matter of mind over situation, so to speak. Some believe that it is psychological and is therefore easily treated. Since this is seldom true, many men in frustration turn to over-the-counter herbs and vitamins for treatment only to be disappointed once again. The truth is that more often than doctors would have men believe there really is an underlying medical problem that causes this disability.

<http://www.ControlYourEjaculation.info>

This step-by-step program is 100% GUARANTEED to give you the stamina you need to satisfy her!

All of these methods slow down your arousal so that you are able to last a long time. Now, let's take a look at the other methods. Plateau Methods

Your partner can be involved in the process by helping with the squeeze or stop-start technique. In this technique, she will administer a firm compression of the penis, just behind the glans. This should be uncomfortable but not painful and aids in calming down the urge to ejaculate.

Exercises to strengthen the PC (pubococcygeus) muscle can help to regain control of the ejaculatory reflex. Breathing exercises can also be beneficial.

While it is rare that premature ejaculation is caused by a disease, it is still very important to rule out the possibility of an inflammation of the prostate gland, or a nervous system disorder, multiple sclerosis, or injury to the nerves and other possible neurological problems.

If your staying power is not what it should be and your partner usually leaves your bed unfulfilled, it is probably time for you to look into some exercises to prevent premature ejaculation.

There are lots of exercises out there that are very effective. For beginners who want to test the waters and start out slowly, here are the two that I usually recommend:

The Cause PE is not caused by genetics or being "over sensitive". It is caused by anxiety, specifically anxiety about your performance. Now, this does not mean that you are depressed or lacking confidence. You can take the most confident man in the world, even a president, but if he worries too much about how long he will last in bed then he will have performance anxiety and get premature ejaculation. Now that we know this, let's move on to the 2 different ways to cure premature ejaculation.

It may be necessary to find the cause of the premature ejaculation, before effective treatment can be commenced.

Click Here for more information on how *premature ejaculation* can be treated with various exercises and breathing techniques. We did a review of an online program which gives personalized treatment, and classifies the type of premature ejaculation before giving advice on what you can do to help the problem.

You are cured.

Want to discover all the secret techniques I learned during my journey so you too can be cured of premature ejaculation? Let me show you how to cure yourself at <http://www.EjaculationSupremacy.com>

I used to have premature ejaculation many years ago. And what I learned is that there are actually 2 main ways to do it. I would not say that one is good and one is bad. I prefer to say that one is good and the other one is better! But before you use them to cure yourself, you must first understand the cause of premature ejaculation.

If you are tired of leaving your lover unsatisfied and frustrated in bed and you need an all-natural way to end your *premature ejaculation*, here is a link to the method that turned me from a "MINUTE MAN" into a "MARATHON MAN":

2. Start and stop. This exercises is best done with a partner, but if you are too shy to talk about your problem with her then it can be done alone while masturbating. When you are having sex or masturbating, and you are about to reach the point of no return, suddenly and completely stop and let your body calm down, then start again. Do this three to five times per session. This will train your body to withhold the urge to ejaculate for much longer than it does now.

Reduce Arousal The first way is to reduce the arousal. There are many ways to do this. For instance, using some positions in bed which minimise friction. Or using a thicker condom. Or using anesthetic sprays. Even having a few beers first can really help.

You can cure *premature ejaculation* in many different ways. But when it boils down to it, there are really only 2 ways to do it. Find out how in this article.

1. Kegels. This is the easiest exercise to control premature ejaculation and it can be done anywhere: at home, at work, while driving, eating dinner, etc. Just squeeze your pubic muscle as if you were urinating and trying to stop your flow mid-stream. Hold tightly for three seconds and then release. Start with two sets of ten of these per day and work your way up to three sets of fifty.

This is actually a name I created myself after discovering these techniques. The difference with these techniques is that they are not about slowing down your arousal. You see, you can slow it down but ultimately, you still have the anxiety.

To begin with, you need to become familiar with the different levels of your sexual arousal and recognize when it's too late to stop. When you recognize this, and train yourself to make adjustments before you get to that point, success can be achieved.

Premature ejaculation may be primary - someone who has had the condition since they became sexually active, or secondary - where the condition began later in life. With secondary premature ejaculation, psychological factors are suggested in most cases.

Do these exercises to prevent premature ejaculation correctly and regularly and you should notice a modest improvement in your stamina in a matter of weeks. Remember, if your sex life is lacking and your lack of stamina is the reason, it is on you to do something about it.

Premature ejaculation may have a medical cause. It is important to discover this early on in any treatment of this disability. Experiencing ejaculation almost immediately at the onset of sexual excitement or very early in foreplay is a serious problem which may require treatment for other underlying medical conditions first. Since premature ejaculation can have its source in many causes your health professional may order a laboratory test to rule out one of several possible underlying medical conditions.

It is true that premature ejaculation is one of the most commonly experienced male sexual dysfunctions. This disability is frequently described as being uncontrolled ejaculation either before or shortly after sexual penetration and with minimal sexual stimulation. It is a widespread problem plaguing up to 36 million men.

The prevalence rate of premature ejaculation in American males is estimated to range from 30-70%. Is There a Cure? Should you suffer from premature ejaculation, there are definitely steps that can be taken to help yourself.

So how do these techniques, these plateau methods work? They work in 2 ways: first of all, you discover more about sex. If your primary focus on nothing but your penis, the stimulation and the ejaculation then you will get premature ejaculation. Secondly, as these methods start to work, then your confidence slowly gets higher and your anxiety slowly gets smaller. Over time, you gain incredible confidence and you have no anxiety - and the best part is that this effect is 100% permanent.

You can arrange for private testing online. Men suffering from premature ejaculation seldom feel comfortable discussing this with their doctors then delay receiving proper medical tests that could lead to treatment that has as a side benefit providing a cure premature ejaculation. Many men now deal with this uncomfortable situation by arranging for their own medical testing for premature ejaculation in private to see if there are underlying medical problems to bring to the attention of their doctor.

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