



Premature Ejaculation

**How to Last Longer in Bed,
Increase Sex Drive, Pleasure your Partner
and Have Rock Star Sex!**

Premature Ejaculation

How to last longer in bed, Increase Sex

Pleasure your Partner, and have Rock Star

Drive,

Sex

David Armstrong

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Introduction

So you want to be a sexual stallion in bed and last longer right? You might over hear crazy stories how Joe banged his girlfriend all night long. You're thinking to yourself. Hmmm if I could only last 5 minutes I would be happy! Unfortunately that premature ejaculation thing gets in the way ! It's a topic that many don't discuss , but there are millions of men who suffer from premature ejaculation . It' s estimated that approximately one-third of sexually active males—one-third!—deal with premature ejaculation. That means when six guys are sitting around telling sex stori es, on average two of them launched too e arly! Prevalent as it may be, premature ejaculation takes a major t oll on relationships and your self-esteem.

Many are just too embarrassed to talk about it . Chances are you're one of the many men who want complete control of your sexual performance and to have more sexual pleasure for yourself and your partner. We men pride ourselves on how long we can last in bed as if it's a sexual marathon. Well what better sport than sex to be great at!

Not only do you want to last longer during sex, but w hat does it really take to increase your sexual stamina? Remember your high school years with your crazy sex drive want ing to bang every hot girl in school? Or w aking

up with morning wood as hard as steel. Once we get to a certain age it seems like libido and sex control start to diminish. Your car just seems to be losing the raw horse power it used to have. That doesn't have to be the case for you. It's a matter of learning the right things you can do to be a beast in bed.

Surprisingly there are men who can easily hold massively hard erections even past the age of 50. Hopefully that's the case with Hugh Hefner with his selection of fine women at the Playboy Mansion ! But what would it really take to increase your sex drive and control ejaculation without prescription drugs. It's perfectly possible and I'll show you how. You'll learn all about the secret foods , herbs, and techniques that you could be doing.

What does it take to have rock star sex? Okay , so even if you have the sexual strength, it 's important to know the techniques that will make your women crazy for you . It's no use having a powerful jack hammer and not know how control it. There are certain techniques that you can be using in your sexual arsenal to get ready for the main event. Your girl won't even know what's coming! You'll soon be making her head spin, as she has a silly grin on her face after being so sexually satisfied with you. You 'll know what works to pleasure your woman silly with ecstasy.

Yes your about to learn what it takes to be the sex master in bed . She won't be able to get enough of you with your sexual strength , lasting power and crazy skills. It's now time to learn the methods to be the sexual stallion that you are! Let the beast out!

Defining Premature Ejaculation

What defines "Premature Ejaculation "? A recent test looked to gain consensus on male lasting power by having couples use a stopwatch. Results showed that men average between four and ten minutes once they're actually having intercourse. A time of 3.1 minutes or less was deemed premature.

But what if your woman takes 15 minutes to please, and you're done in six? Wouldn't she say you were too quick to release? Realistically, only you and your partner know. In any case, if an endurance issue leaves you and your partner unsatisfied, if there's never enough time to relax and enjoy the sex.

The cause of PE has not determined, but there are two reasonable thoughts

- **Behavioral/psychological:** Your early sexual experiences went too fast, perhaps out of fear of being caught or being overly eager to orgasm. Your behavior was never corrected so that pleasure could be extended. The psychological factor is primarily sexual anxiety, which is related to your premature ejaculation.
- **Physiological:** It can be a medical condition. Premature Ejaculation is most likely hormonal, organ, and brain-based.

Your Sexual Mind

One of the biggest misconceptions sex therapists hear is that men think they can distract themselves with sports games or dumb images during sex. Your treatment can be exactly the opposite by paying close attention to your level of sexual arousal.

You should pay close attention as you approach ejaculation, then stop and slow down. Start up again, then stop again. The start/stop method can help you unlearn the habit of rushing. The idea is to teach your body to enjoy and linger in the arousal stage rather than making sex a race toward orgasm.

It's important for you to know that you're going to increase your own pleasure as well as your woman's. You don't have to continue the start/stop process once you mastered it. You actually start to learn to last longer. You can start to learn how to satisfy your partner by other sexual techniques. It takes the pressure off of your sexual performance.

Physical Causes of Premature Ejaculation

Through the years, many physical causes have been linked to premature ejaculation. Research has shown that the pelvic muscles, the muscles that surround the erectile bodies in the penis, are in a hyperactive state in men with premature ejaculation.

It's known that during the ejaculation process there's an increased activity of these same muscle groups. It's likely that men who have premature ejaculation have hyperactive muscles that are creating premature ejaculations. Most men with premature ejaculation have high sensitivity to pressure in the penis when compared to men without premature ejaculation.

There is also a biochemical theory for premature ejaculation. This came with the use of several anti-depressive medications called selective serotonin reuptake inhibitors (SSRIs), the best known being Prozac. One common side effect of the drug is delayed ejaculation or even inability to ejaculate. Since serotonin in the brain is one of the molecules involved in ejaculation, this led to the idea that low serotonin levels might cause premature ejaculation.

Another physical reason for premature ejaculation could be adrenal function and efficiency according to Eastern Medicine. The adrenal glands are located above each kidney. They are comprised of an outer adrenal cortex and an inner adrenal medulla. The adrenal cortex secretes glucocorticoids. Glucocorticoids, together with other hormones, promote normal metabolism, provide resistance to stress and participate in anti-inflammatory responses. It also helps keep blood sugar levels adequate to meet your body's demand for energy. Certain health lifestyle habits lead to low adrenal function among them are bad diet, stress, exercise, and proper rest. We will later cover how to increase your adrenal function.

As to treating premature ejaculation, here is a list of things that DON'T work:

- * long-term psychoanalysis
- * getting drunk
- * using one or more condoms
- * concentrating on something other than sex while having sex
- * biting one's cheek as a distraction

- * testosterone injections
- * tranquilizers
- * sleeping with an ugly girl

Exercise s to Last Longer

The PC Flex exercises the muscle that controls urination. The PC muscle also controls the ejaculation from the penis. If you can control your PC muscle you can prevent premature ejaculation. If you have soft erections, then the PC flex exercise can help. The great thing about this exercise is that you can practice it any time you want. While driving or sitting at your desk and nobody will know. Just don't get caught! "Hey John is that a pencil in your pocket or are you happy to see me?" See how many reps you can get up to and make it into a game to be more interesting. PC flexes may also give you a longer lasting orgasm. Typically guys will have about 3 to 7 contractions during orgasm. The first contraction is usually the most powerful. By tightening your pc muscle during your orgasm you can prolong the pleasure. Many men can even double their contractions with practice.

You can start by sitting at your back and stimulate your penis to achieve an erection. You can tighten up your PC muscle, as if you were stopping to urinate, so that your penis jumps up and then comes back to rest again in

few seconds. As you do this work-out, you will notice that your erection disappears quickly when you tensed up your PC muscle, you don't have to be discouraged by this, and you should perform manual stimulation again only when your erection is below 50%.

Here are the types of PC flexes you can do:

Slow Squeezers – Squeeze down on your PC muscle as if trying to stop urine flow. Hold for a slow 3 count.

Fast Ball – Squeeze and relax your PC as quickly as you can.

Push Force – Bear down on your PC as if to force out the last drips of urine. You should feel your abdominal muscles clench as well.

You need to perform around 500 repetition of these types of exercises everyday to ensure that your PC muscle becomes strengthened for maximum erection, and controlled ejaculation. You can start by doing 100-200 repetitions of PC muscle strengthening a day and gradually increase it to 500 to achieve the best possible result.

As you get better with the PC Flex, you can add a towel to go over your penis. This will be a bit tough at first. See how many reps you can take with it. As you build up strength, add more towels for more weight.

Your attitude towards these exercises will definitely determine how far and well you will go with it. After you followed regular routine of doing these exercises you will have better awareness of your orgasms. You'll have more power to decide if you want the river to flow or back off. When you do finally explode, you'll have a heightened orgasm due to newly toned muscle. I imagine how great it will be for long lasting stallion sex and have complete control to ejaculate whenever you want to.

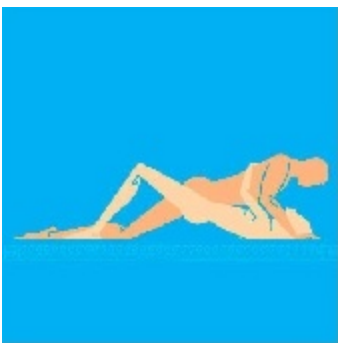
The Top Sex Positions to Help You Last Longer

Are you looking for sex positions that will help you with premature ejaculation and last longer in bed? Well, your search ends here. These are

sex positions that will not only maximize her sexual pleasure, but will also add minutes to your sex without any additional effort!

Take a variety of positions to keep the sex interesting and more of a guessing game for her. Not only will you last longer with these positions, it gives you a mini break before going to the next position. Variety is key to a good sexual experience! Changing position can also make you appear more dominant. Most women like guys to take charge in bed. So you when change your position with her during sex you're subconsciously increasing your attraction of dominance as well! During sex, you don't want to do anything that will annoy her. Subtly changing positions is a great way to manage your arousal levels, without making it too noticeable. You can use a number of sex positions to both vary your pleasure and to last longer in bed. Try testing out these positions and see what works best for you. What might work great for you might not be the best for others. Keep on testing until you see what works. A fun experiment to be having!!

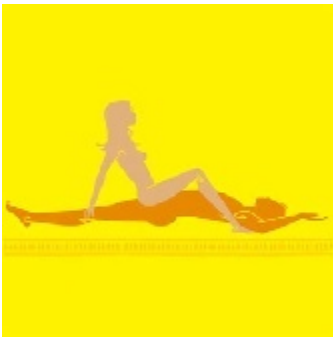
The Missionary Position :



This position might be very common, but it is helpful for guys who want to prolong sex. During this position, if she starts to lift her legs in the air, or you lift your body, you might start feeling your about to ejaculate. Try

doing a body to body missionary position which gives you more control. Remember to breathe deeply in this position and relax the pelvic muscles. Then when you're comfortable try alternating the position.

Cowgirl Facing You Position



Although some guys lose control, because you don't have any power when the woman on top does all the maneuvering, many men find a woman's back-and-forth [thrusting](#) (rather than up and down) very soothing. Allowing her to take control of the situation can help you concentrate on keeping your orgasm at bay. As well, you get to watch your girl bounce around while she does her thing.

You are essentially going to be sitting inside of each other. You will have your legs crossed on your back while she sits on top of you and controls the rhythm. While in this position you are able to rub her back, and suck on her nipples easily. She is also able to nibble on your neck and get a good sexual rhythm going. When you get used to this position you can tell her new things to do such as having her squat on your cock while she places her hands on your knees for better balance. However, that could lead you to cum quicker because her vagina will grip your penis tighter, and your penis and her vagina are the only two body parts touching.

There are two advantages to her being on top of you. One is the great control you can have. You're able to control your arousal more completely because your body can just relax. You're just able to lie on your back and enjoy the sexual stimulation coursing through your body. When you're in this state of relaxing you can control the intensity better to when you want. The second advantage is that you're able to put her in charge of the stimulation. Her up and down rhythms might arouse you, but you're able to

tighten and loosen your pelvic muscles with complete ease. Ride'm cowgirl!

Reverse Cowgirl on Top



See how the guy above is turning completely red from enjoyment? This is another great position you can try out. This is the reverse of the face you cowgirl . This is where your partner mounts on top of you with a view of her ass . You can t ry this variation after getting used to the face you cowgirl . This position can help var y your stimulation, without losing the fun and pleasure . Var y between the two positions during sex . This is the best way to enjoy the pleasure that these different positions offer, while maintaining your arousal and erection for a longer time.

Spoon Sex



This position is great for m orning sex. Since you're already probably spooning her, it makes for a good transition. Just be sure she doesn't mind some early morning poking while she's sound asleep! While her back is

facing you, lift up one of her legs and insert your hard cock inside her warm pussy . Although the initial feeling may be tightness (hopefully that's the case), brace yourself and the feeling will become more comfortable. You're able to control yourself and last longer in this position. Move slowly and don't rush things. Getting overly excited won't do you any good so just keep yourself calm with a steady tempo. She'll be impressed with your ability to control yourself as you ram her from behind. Obviously, these positions won't work wonders for everyone, but they will definitely feel great for many. Keep her satisfied and get some pleasure of your own at the same time.

The Benefits of Masturbation

It's good to know the piece of equipment that you're working with. As a good mechanic would know all the parts to a car you need to know what you're working to have the best optimal performance in bed. Practice makes perfect as they say. By masturbating and finding out your ejaculation points, you'll be more familiar with the point of no return to control it. Don't feel any guilt masturbating. It's perfectly normal and you'll be surprised to know how many males actually do it. Many just don't admit to it for the sake of being embarrassed.

During your stroking session , keep going until you feel like your about to come, stop then let the feeling go away. Practice controlling deep breathes into your belly. Your belly should expand as your breath in. Deep breathes will help you maintain control and relax your muscles. Keep doing this until a sufficient amount of time has passed, then let your plumbing explode freely! Don't get blue balls by keeping the little guys in forever! Keep a journal to see how long you can last for and see if you can beat your record each time. Notice what time of day it is and what you ate and drank before your session. This can make a dramatic difference in your staying power.

Simple Ways to Last Longer in Bed

Lasting longer in bed takes more than just making use of penis enlargement products. Lasting longer in bed can be achieved by making use of several techniques which can create the right atmosphere and frame of mind for both partners, and will also help you achieve a more steady sex life. So let's dive in to see how you can pleasure your partner longer.

Tip 1: Don't stop breathing while having sex

If you want to last longer in bed, you need to learn how to breathe deeply and relax during sex. You will be able to make an impact on your sex period if you are able to learn how to breathe before, during and after sex. It is believed that over 90% of men who do not enjoy a long period of sex in bed have not yet learned how to control their breathing, thus they get tired easily. Deep breathes into your stomach help delay ejaculation to pleasure your partner longer. Practice this the next time you are having sex.

Tip 2: Learning to pace yourself during sex

Most men often have their sex pace decreased drastically after the first 2-3 minutes of intercourse, for this reason, it will be ideal for you to go at a slower pace at the beginning of each round of sex, the first 2 minutes of intercourse. You need to take it easy in the first few minutes so that you can get used to the sexual sensation, you can then increase your pace and maintain such pace at a steady rate for the period of time it will last.

Tip 3: Avoid tensions on your pelvic and ejaculator muscles

This tip may be quite hard for most men. Most men usually find themselves stiffening the pelvic muscles knowingly or unknowingly during sexual intercourse in bed. It is practically impossible for you to ejaculate while your pelvic muscles are in a relaxed state. Thus you must learn not to create unnecessary pressure on your pelvic muscle if you really want to last in bed and ejaculate at the right time. Learn the ability to control these muscles for longer pleasure.

Tip 4: Stop putting unnecessary pressure on yourself

The worst thing you can do to yourself in bed is to keep remembering the worries that had weighed you down in previous days. Always lay off

whatever thoughts you've been carrying all along and just enjoy the moment you are having with your partner. A worry-free life will lead to a sexually rewarding life.

Tip 5: Go tip deep when penetrating

Since it often becomes quite difficult to locate the angle that will feel good to your partner, it will be ideal if you can go tip deep into her and experiment a number of penetration styles. Try different positions to be able to give her the maximum pleasure she wants. This is one of the ways by which you can last longer and give maximum pleasure to your partner.

Tip 6: Take frequent breaks by changing sex positions

Having sex in the same position all the time will not only make your sex life dull, but can lead to your partner not getting the best penetration she wants. To last longer in bed, you need to take occasional breaks and switch positions. In between positions you can give her oral sex to give your penis a rest before the next position. Regular breaks will allow you to penetrate your partner at different angles, and the ecstasy of such a pleasurable experience will make her want you more.

Tip 7: Stop and squeeze your penis.

One of the best possible ways of avoiding premature ejaculation and last longer is to occasionally stop and squeeze your penis. You can do this by withdrawing quickly and then squeeze just below the head of the penis to interrupt blood flow.

Tip 8: Oral Sex

Women love oral sex and usually don't get enough of it. This can be used in your favor. One of the best possible ways to help your partner enjoy sex without concern for ejaculating quickly, is performing oral sex on her. Having oral sex on your partner for around 10-20 minutes will make her enjoy sex and more intimately. With oral sex, you can actually discover more about the kind of sensitive touches that make women enjoy more sex. During sex, if you feel the urge to cum, pull out and starting performing oral sex on her vagina. This will break up the pace, and give your penis

some to time rest up before penetrating her again. Oral sex will help you and your partner become more innovative with your sexual life aside making you last longer in bed.

Tip 9: Build your tolerance by engaging in more sex often.

Increasing the number of times you have sex in a week can actually help you last longer in bed. You can start practicing these tips more frequently on a regular basis. Such adventure will create a stronger bond between you and your partner and you can control your ejaculation much better.

Tip 10: Fantasies and role-playing

Try and teach each other some new ideas about fantasizing before having penetration, this can help you last longer than usual, and can also help you achieve intense orgasms together.

Tip 11: Get a healthy life

You need to live a general healthy life if you really want to last longer in bed and get a sexually fulfilling life. Keep in mind to be a well oiled sex machine to you to feed the machine high quality fuel. Garbage in, garbage out as my dad used to say. Abuse of alcohol, drugs and cigarettes can actually slow your sex life down. Too much ingestion of these substances and you become too weak to perform more than one round of sex. In order to avoid abuse of alcohol and some other drugs limit your exposure to it. If you drink, make sure you do so moderately. Smoking should be stopped completely because it leads to several health conditions that negatively affect your sex drive. People who abuse alcohol and smoke excessively, also suffer from low sperm count and weak erections.

Tip 12: Practice mutual masturbation

Mutual masturbation is one of the sexual fantasies that can actually help you take absolute control of your sex pattern. You can allow your partner to help you masturbate or you help her masturbate at different times. This will allow your partner gain control over the time you spend in bed. Mutual masturbation can be practiced with a wide range of sex toys to make it more exciting.

Tip 13: Focus more on pleasure rather than the outcome of your sex routine

Great sex doesn't have to be the kind that has an ultimate climax end. Good sex can be where you explore and pleasure your partner; it will help you last longer because you don't have to think about how the whole performance will end. Focus on creating a long lasting sexual experience, and don't worry about when you will ejaculate. The more pleasurable sex becomes, the longer and more enjoyable it becomes.

Tip 14: Educate yourself more on your partner's body.

One of the best possible ways of staying longer in bed is to learn more about the body of your partner. Learning more about her body will help you satisfy her the more. Find where her sensitive spots are such as the neck, nipples, stomach, ankles, ears, and inner thighs. Each time you engage in sex with your partner is another opportunity to broaden your knowledge about her hot spots.

Tip 15: Always focus on your partner's body.

One of the rules of achieving a healthy sex life while staying longer in bed is to shift the consciousness of your being to your center and not your head. You don't have to worry about anything while having sex with your partner. The secrets of lasting longer in bed will work for you if you have a positive attitude towards yourself and your sex life.

The Best Foods for Increasing Sex Drive

Men naturally have a high libido when young. Remember wanting to bang every hot girl within a foot of you in school? However as you know you can start to lose your rocket fuel as you age. Those rock hard erections in the morning can start to fade. A lot of factors will naturally interfere with your sex drive and cause a drastic reduction in such sexual prowess. Some of the factors that may prevent you from achieving sexual libido and hard erections include; poor health, aging, alcohol abuse, smoking, drug abuse,

erectile dysfunction, low or too high hormonal imbalances, and mental health challenges such as anxiety, stress, depression and among several others.

A libido boosting solution that is formulated from the best natural ingredients, which contain essential amino and protein derivatives, protein supplements and multi vitamins can also offer a solution to your low libido.

Eating healthy meals which include high protein, vitamins and minerals will also help build the already damaged cells in your system and include damaged tissues and cells in your penis. When you consume healthy food, the success rate of higher sex drive gets better . It's good to take a multivitamin each day along with your herbal supplements.

The use of 'Nature's Viagra' is one sure way you can use to get a permanent penis enhancement and achieve regular full erection anytime and any day. Nature's Viagra is simply **pomegranate juice** which is great for prostate health and contains 70% Ellagic acid.

Your diet perhaps is one of the main areas you should focus on if you want to achieve higher sex drive and fuller penis in the natural way. Some of the foods which can help you maintain longer and fuller penis erections are listed below. Remember to eat all in moderation.

- Oysters
- Salmon
- Banana
- Chilies
- Salmon
- Coffee in moderation
- Cherries
- Red Wine in moderation
- Onions (watch out for bad breath!)
- Oatmeal
- Figs
- Celery
- Almonds

- Chocolate
- Mangos
- Chilies

Onions - can actually help you achieve harder erections . You will have to include them in your daily diet to achieve the best possible results. Onions are believed to contain phyto-chemicals such as alicin, which enhances blood circulation, making it thinner and avoiding their clogging. The mouth odor resulting from chewing raw onions can be overcome by taking some sweet peppermints, or apple cider vinegar with water. Be sure to rinse your mouth afterwards.

Coffee - You need to drink coffee in moderation because it works more like a stimulant. Coffee can boost metabolism in the body through the release of stored fats in the body, with your metabolism boosted, you can enjoy a relatively high blood pump within your system, which could increase flow of blood to your penis. Again only drink in moderation.

Oysters - If you like to have multiple orgasms and still stay erect for a longer period of time, you should consume raw oysters. Oysters are known to contain essential vitamins including Vitamin B6 alongside essential minerals such as Zinc, these two components are believed to cause a significant boost in your testosterone levels which is the hormone that increase sex drives in the body. Some nuts and seeds may also serve as good replacements if you do not like the taste of oysters.

Celery - While celery may not be the first food that comes to mind when you're thinking sex, it can be a fantastic source food for sexual stimulation. This is because it contains androsterone, an odorless hormone released through male perspiration and turns women on.

Avocado

The Aztecs called the avocado tree "ahuacatl," or "testicle tree." While avocados can indeed look like that body part, they contain high levels of folic acid, which helps metabolize proteins, thus giving you more energy. They also contain vitamin B6 (a nutrient that increases male hormone

production) and potassium (which helps regulate a woman's thyroid gland), two elements that help increase libido in both men and women.

Almonds (or nuts in general)

Almonds are a prime source of [essential fatty acids](#). These are vital as they provide the raw material for a man's healthy production of hormones. Additionally, the smell of almonds is purported to arouse passion in females. Try lighting some almond-scented candles to encourage her mood and snack on some (but not too many) yourself to store up energy for your performance.

Mangoes, peaches and strawberries

What can be more fun than sinking your teeth into a drippy, sticky-sweet fruit? Probably doing that as a prelude to (or during) sex. All of the above fruits and their shapes, textures and succulence are erotically suggestive and can be fun to use amid foreplay. Try dribbling the juices over your bodies and licking up the residue as an erotic [game](#). It makes for a great (and tasty) way to discover each other's bodies.

Eggs

Although not the most sensual of foods, eggs are [high in vitamins](#) B6 and B5. These help balance hormone levels and fight stress, two things that are crucial to a [healthy](#) libido. Eggs are also a symbol of fertility and rebirth. Some people will eat raw chicken eggs just prior to sex to increase libido and maximize energy levels. But all bird and fish eggs contain B6 and B5.

Chocolate

Aside from the fact that it is the surest way to get into her panties, chocolate also contains theobromine -- an alkaloid -- that is very similar to caffeine. It also contains phenylethylamine, a [chemical](#) believed to produce the feeling of "being in love." So, when your woman talks about how good chocolate makes her feel, there is some [science](#) behind it. In addition, dark chocolate

has a massive amount of anti-oxidants, which are great for the body in general, as they help maintain the immune system.

Figs

These are high in amino [acids](#), which are believed to increase libido. They can also improve sexual stamina. Furthermore, the shape of a fresh fig and the sweet, juicy taste are two tangible aspects that are highly pleasurable to the human senses.

Chilies - are not only good for weight-loss, they are also effective erection generating components that work on your body by simply expanding your blood vessels. When little blood is being forced through the thin blood vessels in your penis, you will not achieve the maximum penis erection until you have expanded blood vessels, which can accommodate more blood. The effect of chilies on your libido works like simple hydraulics, to apply more pressure and expand the pathway to pump in more fluids.

Bananas - are very good for the heart. A healthy heart will continue to pump blood at the optimum rate. Bananas contain lots of Potassium, and the increase in potassium levels in your body will help you put the concentration of sodium levels under control. A regulated blood pressure keeps you away from heart related complications.

Salmon fish - is ideally good for your libido because of the abundance of Omega 3 fatty acids in them. They will enhance blood flow within your body, including your penis by making the blood become less sticky. Aside Salmon, other fish species such as mackerel, tuna and trout can be consumed to ensure that your arteries remain very healthy.

Vitamin B1- You need a healthy nervous system to help you achieve a rock solid erection any time. Vitamin B1 which is also referred to as Thiamine, is

an important component that will strengthen your nervous system, and achieve proper functioning to of all your body organs. You can find Vitamin B1 in beans, or a good supplement.

Cherries - are particularly helpful in achieving good penis health because they contain anthocyanins, which are chemicals that prevent fat build up in parts of the body. The fact is, fat deposits around your sexual organs may prevent adequate blood flow, when you consume foods that naturally prevent such fats from being stored up, you will naturally create more spaces for blood in-flow.

Wine - Replacing alcoholic beer with wine is another way you can boost your natural libido. Wines are known to contain essential phyto-chemicals known as resveratrol that enhances the production of more nitric oxide, which in turn will increase blood flow in the body by expanding the blood vessels. Make sure you do not consume more than a glass or 2 of wine in order to avoid some negative side effects of alcohol. Your partner might start even looking better!

Good Foods for Adrenal Fatigue

As mentioned before, keeping your adrenals in good health can help you avoid premature ejaculation. Foods high in magnesium such as kelp, almonds, cashews and other nuts, brown seeds, whole wheat, peas and beans.

Useful Foods for Low Adrenal Function to Boost Energy

- rice
- sweet brown rice
- oats
- spelt
- quinoa
- corn
- buckwheat and rye
- sunflower seeds
- sesame seeds
- peanuts,

- chestnuts
- pine nuts
- yellow onions
- chinese yam
- chinese cabbage
- parsnip
- winter squash
- sweet potato
- kal e leek
- scallion
- mustard greens
- carrots
- l ychee,
- pumpkin
- cherry
- citrus peel
- dates and raisins
- hot peppers
- black pepper
- cayenne pepper (use hot peppers and ca yenne in small pinches)
- walnuts
- c hicken
- goat's milk
- beef
- lamb
- shrimp
- mussels
- fish (e.g., anchovy and trout).
- In general, use warming f oods and methods of preparation.

Foods to Avoid

- Avoid sugar, white flour.
- Avoid hydrogenated and partially hydrogenated oils. These oils use up the enzymes that would normally be utilized by the good oils,

and they prevent your body from creating quality cell membranes and nerve sheaths.

- ☐ Avoid continuous use of caffeine containing foods and beverages.
- ☐ Avoid fruit juices in the morning, do not have them by themselves and drink only small quantities of them.
- ☐ Avoid excessive alcohol , and soft drinks.
- ☐ Eat fried foods only once a month or less.

Vitamins for Good Adrenal Health

Vitamin C is used all along the adrenal hormone cascade and acts as an antioxidant within the adrenal cortex itself.

Magnesium is essential for the production of enzymes and the energy necessary for the adrenal hormone cascade.

Pantothenic acid is an essential co-factor in the adrenal cascade.

Niacin is essential for the adrenal cascade.

Vitamin E is essential indirectly in at least 6 different enzymatic reactions in the adrenal cascade.

Vitamin B6 is a co-factor in several of the enzymatic pathways in the adrenal cascade.

B Complex is needed in small quantities throughout the adrenal cascade.

Natural Herbs and Supplements to Increase your Sex Drive

The following are a list of Natural Herbs and supplements for Increasing you sex drive:

The Catuaba herb - The Catuaba is one of the most potent libido herbs. This herb is found at the Northern Amazon region of Brazil but has been widely circulated worldwide. Catuaba is found in many penis enlargement creams and ointments. Catuaba is regarded as a sex booster, it is extracted from the bark of the Catuaba plant and you can consume a drink made from such to boost significantly your libido. Catuaba comes with several flavonoids and phyto-chemicals which will boost your immune system and enlarge you penis by boosting blood circulation. This herb does not come with any side effects and it offers enhanced sexual performances.

The Horny Goat Weed (epimedium) - Good little goat! Horny goat weed is another common libido booster. This herb was discovered in some Asian countries of China and India and has been used form hundreds of years. You can achieve a boost in libido through horny goat weed with its ability to increase your body's level of testosterone. The herb was named- Horny goat weed by those who first discovered the herb because of the sexual aggressiveness exhibited by goats that weed fed with the herb some centuries ago. Man what a scary thought be around that humping goat! Horny goat weed now comes in capsules, and supplements for home usage. Horny goat weed is a sexual enhancer that can boost your libido a few minutes after ingesting it.

Muira Puama . – Also known as potency bark is another top sexual enhancing herb around. Found in brazil, Muira puama comes with an abundance of fatty acids, sterols and alkaloids which provide the potency much desired by sexual organs to attain full performances. You can consume half a cup of Muira Puama a day by diluting 1 teaspoon of the root in warm water. Muira Puama has a tonic effect on the body and can help you deal with any form of sexual dysfunction especially erectile problems. Muira Puama is anxiogenic in nature- it contains stimulants which have positive stimulating effect on the libido.

Yohimbe - If you are suffering from sexual impotence, the yohimbe can be one of the most ideal herbs for you. The FDA as well as several other health agencies all around the world, has approved Yohimbe for the treatment of sexual complications. Yohimbe is a dietary supplement which enhances male sexual performances through its numerous potent ingredients including icariin, magnesium stearate, gelatin and alkaloids. Yohimbe is extracted from the bark of Yohimbe trees of Africa. If you use Yohimbe to increase libido, you must stick with the recommended dosages to avoid complications.

Ginkgo Biloba - Ginkgo Biloba is one of the most extensively researched herbs in the world today. The herb not only enhance sexual desires and increase the blood flow to the penis, it is also capable of dealing with complications such as fatigue, asthma, memory enhancement, and skin problems. The Ginkgo Biloba tree is one of the oldest species of trees in the world today. Its extract can be used in dealing with sexual dysfunction and will enhance your libido by improving blood circulation all around your body.

Damiana - The Damiana herbs are essential good for sexual enhancements because of the numerous vitamins which they provide the body. The herbs grow in the wild region of the Gulf of Mexico, and the leaves are the main part used in making extracts that are ideal for sexual enhancement. Aside from the vitamins, other nutrients can be found in Damiana leaves include; Sulphur, Copper, sodium chloride and potassium. If you need a very fast and safe sexual stimulant, try and consume the recommended dosage of Damiana herb extract, it can work fast on your libido. Aside its usage as a sexual enhancement herb, Damiana is diuretic in nature and can also act as a laxative, and a tonic.

White Ginseng – The White Ginseng is the perfect sex booster for both males and females. You can simply get the powder root, and consume in a mixture with hot or cold water. The white Ginseng is one of the numerous species of the Ginseng Plant which is grown in China. The plant itself has existed for centuries and has been discovered to possess the ability to provide raw energy when needed. It is also regarded as anti-senility herb because it improves quality of sperm in males while enhancing sexual

performances. If you are suffering from impotency from natural causes, you can consume an appreciable amount of white Ginseng to get your sexual life back in order. Ginseng white will also boost your overall immune system and can also help fight against some cancerous and inflammatory growths in the body.

Ashwaganda – The Ashwaganda herbs are quite popular in the market today for their ability to boost libido in both males and females. It is also referred to as the “ Indian Winter Cherry”, it is a sex enhancer which has been backed up by several laboratory researches that reveal some of the major bio-chemical agents that allow Ashwaganda boost blood supply and circulation all around the body and improve the overall strength during sexual activities. If you are looking for a herb that will increase your libido while providing a general boost in your immune system, then you have to consider the Ashwaganda.

L-arginine – Is an amino acid that is a precursor to nitric oxide, the substance that facilitates good erections.

All these herbs are available in several extract formulations and they work in similar ways to help you achieve a natural libido and harder erections. Over-dosage of some natural herbs may result in some common side effects such as recurrent headaches, nausea, stomach cramping or constipation, digestive disorders, and sleep apnea. So don't go overboard! Take a small dosage and monitor how your body reacts to it. All these side effects will occur when your body reacts to the over concentration of the herbal elements in the blood, never-the-less, herbal supplements help improve your sexual stamina.

Ways to Boost Testosterone Level

A high testosterone level can boost your sex drive! There are several options you can use in place of testosterone boosting supplements. Maca and Zinc citrate are just few of such natural body building supplements. Maca contains sterols which can actually boost the level of testosterone in the body. Consuming 3-6 table spoons of Maca powder a day can actually block estrogen significantly while boosting testosterone levels. Zinc citrate is also effective in decreasing estrogen levels in the body. It is important to find Vitamin E substances that have its estrogen levels decreased if not removed, since most Vitamin E components are made from soy, they must be refined to reduce their estrogen contents.

Another testosterone booster is the trans-dermal magnesium. This should be used twice in a day- early in the morning and shortly before going to bed. 20 sprays for men who weigh 200 grams and above.

The Importance of Exercising

Exercises overall is an excellent way to improve your sex life. You have to be in top shape to last long in bed. Exercising will make your blood vessels expand and allow blood to flow more rapidly and steadily. Your mood and overall confidence will improve as well. Cardio work-outs should be a regular routine for you. Run or bike at least 20 minutes a day in the morning or evening. Don't go for long marathon runs, which is actually bad for the body. High intensity spurts of exercise with rest is optimal. Of course you ' r e probably thinking of Sexercising as well. High intensity explosive sex wi th periods of rest after orgasm !

Weight lifting one of the best way to boost your sex drive and testosterone level. Although the steroid hormone [testosterone](#) , present in both men and women, can [affect your libido](#) , so do many other factors. Studies show that regular exercise creates a higher sex drive. This may be because of surges of testosterone that can occur immediately lifting weights, or right after [endurance training like running](#) or biking .

T estostero ne levels can change fo r many reasons. T he hormone seems to fluctuate throughout the day , depending on your circadian rhythms. In men, levels are highest in the morning and concentrations are minimal in the evening. Women generally have lower levels compared to men, but

levels can vary tremendously in both men and women. Older men, for example, have lower levels and may get a lower boost from a tough weight-lifting session younger men.

Plus, it's not only levels of the actual hormone that may affect a person, but the amount of receptors present on cells that can interact with the testosterone. Testosterone helps stimulate muscle growth, but different types of muscle fibers are more (or less) receptive to the hormone. This means that the effects of testosterone may also depend upon the proportion of muscle fibers a person may have (which is mostly genetically determined), and what kind of exercise they do to train the muscles.

Like everything else going on in the body, especially with hormones, the response of testosterone is highly complex. It's not like a magical button and spurts of testosterone liven up your libido! Plus, a revved up sex drive may also occur from other sympathetic hormones like epinephrine (adrenalin) that make a person more energized, or even opioids like beta-endorphins that can produce a "feel-good" effect. Or it may be that the psychological self-confidence that you get from being physically fit, accomplishing fitness goals (exercising on a regular basis, for example) or simply [losing weight](#) boosts your self-esteem and helps you to feel sexier.

No matter what, all types of exercise are good for you, and by keeping your body in good working order, everything should keep functioning the way it should! That's right, diet and exercise. In case you missed the memo—or didn't catch the underlying message in every health article you've ever read—here it is again: A healthy diet and regular exercise can change your life for the better in countless ways, including a boost to your sex drive. However, there are a few surprises.

Body fat is an opponent of libido in two ways: It inhibits testosterone production, and it breaks down testosterone already in the system. The male hormone and all its characteristics, including libido, disappear into fat cells. If you were worried that your extra poundage was going to turn her off, it's turning you off, too.

This is especially true of fat around the abdomen, because belly fat absorbs testosterone more efficiently than any other fat cells in the body. To raise libido, the challenge is not so much to reduce weight as to reduce waist size. It's a pretty safe bet that a man with a beer belly has lower testosterone levels and therefore lower libido.

Ways your body gets lower estrogen levels

Lower estrogen levels are good for men with high sex drive. High fat levels in the body are one of the reasons why estrogen levels are high especially in males. High estrogen levels particularly raise fat deposits in the upper chest region as well as lower abdominal regions, and can also result in a number of health problems.

Your first step is to avoid unwholesome processed foods, especially canned, and bagged foods- most of these foods come with chemical preservatives that cause serious hormonal imbalances in the body. Oats, brown rice and legumes should be better alternatives. Drinking from new plastic containers has also been linked with increase in estrogen levels.

You need to consume only organically made crops which are devoid of farm chemicals like herbicides, and pesticides, chemicals like this increase estrogen levels. Your meat and other dairy products should be 100% free of drugs. You need to understand that all drugs which are given to animals may automatically pass unto humans and cause estrogen levels to increase; they may cause heart diseases as well as other health problems.

Fish is a good source of saturated fats that are good for your body, but you must limit its consumption especially when you are not sure of their water sources. PCBs and dioxin are common chemicals found in fishes that are harvested from large streams and other unhealthy waters.

Consume as much fresh water as possible. Unhealthy water are filled with toxins and estrogenic materials, you have to be careful of such. Along with clean water, you must consume citrus fruits more because they lower estrogen levels effectively. Cruciferous vegetables such as cauliflower and broccoli are very good for your health, they have anti estrogenic properties. Alcoholic drinks like beer are more estrogenic in nature. Red wine is anti-estrogenic and can serve as a better alternative to beer.

Organic nuts and seeds can decrease estrogen in men, likewise increase virility. High intensity workouts will not decrease estrogen levels but will definitely boost your testosterone levels.

Secrets to Pleasure your Partner

There are several secrets that your woman may not tell you. These are secrets that you must be aware of in order to learn how to create more pleasure for her as well as yourself. Your woman wants a man who knows the female anatomy and more than one way to pleasure her. She also wants a guy who knows how to keep from ejaculating too fast. Pay attention to see what makes her happy. Different positions and different thrusts, speeds and angles can spice up the sex and make it more pleasurable.

Secret 1: Your woman doesn't want you to have sex for hours at a stretch.

One of the mistakes many men make is that they believe that having sex for hours will show that they have the stamina and strength to go for as long as their women wishes. The truth is, women will get tired and sore when you go for several hours of sex within a short period of time. They may also lose interest in the pleasure of sex. Your woman will appreciate if you drive her through pleasures for half an hour, rather than several hours of sore and boring sex. This is the first tip you should keep in mind.

Secret 2: More romance not sex.

One difficult thing you may not easily know in your woman, is that sometimes she may want romance and not sex. Acting very romantic sometimes may make a woman more happy than just straight sex. Try to be romantic with your woman and see how it makes her feel.

Secret 3: Your woman may want to take control of sex sometimes.

Most women want their men to be in charge during a session. However she may want to take control of the pace at times. You don't have to be timid when a woman is giving you signals to be in charge. She wants to try something different and be in the dominant position. Just relax and enjoy the ride.

Secret 4: Your woman will always have private fantasies.

Try as much as possible to discover some of the private fantasies your partner is having, and do everything possible to help her fulfill such fantasies. Your job is to find out those fantasies she has been having for some time. Let her trust you that her secrets will be safe with you. Maybe it's having sex in a new exotic place, or dressing up as a fireman. It will be something fun to play out. If you can act out some of these fantasies, it will lead to a more exciting sex life.

Secret 5: Be original

Many women are interested in original men. Unless you're acting out a sexual fantasy, try not to pretend to be someone else. Imitations will only put you in trouble. Nobody is perfect even in bed, thus your woman expects you to bring your own uniqueness into creating pleasurable moments for her. You can take her to a number of places where you can talk about your sexual fantasies together. Always remain original in your own way.

Secret 6: Always have eyes for her.

Nothing works better than taking interest in everything your wife or partner does. Let her see that you only think about her and nothing else. She will definitely confide in you, and that will boost your confidence in getting more romantic and creating lasting pleasure on her. If you can build trust in her, you will definitely find it easier to create more pleasure through romance and sex.

Secret 7: Make yourself clean.

Women want their men to remain clean and healthy all the time. Your partner may not feel comfortable to perform oral sex with you if you are

dirty. Make sure you smell fresh and take a shower before going to bed. Ensure that places like your armpits, feet, nose and mouth are clean and fresh; this will allow her feel safe and more willing to explore different sexual styles and ideas.

Secret 8: Be open minded.

You can get information on pleasing your partner better in so many ways, go online and visit websites and blogs dedicated to creating more sexual pleasures, go to seminars, read more books and other related lecture venues where sex is discussed . You will gain knowledge about different tips and techniques in more depth. Make sure you practice what you learn, and discover which tricks she enjoys most. Tell her what you want. Ask her what she likes. Shoot for trust and openness. Get to know yourself and your partner, you'll have better erotic and explosive sex. She will definitely commend your creativity.

Secret 9: Change up the pace and thrust

Next time you're having sex. Try changing up the tempo and deepness of your thrusts. Start by penetrating her little by little at the tip of your penis. Go very slowly. Little by little you go deeper into her. Mix it up by going 3 light thrusts then 1 deep thrust into her vagina. 1 light thrust and 2 deep thrusts. Get a good rhythm going and get her guessing what you going to do next. Once you find that she's enjoying a certain tempo, try to stick with it. After you go slow for some time and she's used to the tempo start going faster to pleasure her.

Secret 10: Comparing your sex life with porn

Many men know what they know about sex from pornography. And that can lead to problems . Many of the porn stars are chiseled in form, with muscles, abs and huge cocks. The women usually have large breast and big butts. It usually shows the idea that women are always primed and ready for sex at any given moment, the same sex moves work on every partner, that satisfying sex always leads to an orgasm. It makes many guys wonder what they are doing wrong, or what's wrong with themselves. They forget that pornography is selective in their characters. Porn actors are not average men. They're the extreme end of the scale. It's okay to be original in your sex life.

Secret 11: Keep focused

Sexual performance and stress is an enemy of great sex. Minimizing both helps maximize your enjoyment of your partner. Put a stop to the endless inner-chatter, you can open yourself up to better sex . There are techniques ranging from eye-gazing to massage and synchronized breathing that help keep you in the moment. Great sex happens in the present moment . It doesn't happen in the future, like worrying about how quickly you're going to orgasm.

Rock Star Sex Tricks to Get Her Rocking!

The following are some moves you can do on your women to get her engine purring! These techniques are actually from woman who secretly told what they like! Experiment with your woman and see what hit's her hot spot !

The Sensual Touch

Before having sex, stand in front of your woman after she undresses. (help her undress as it builds anticipation) Hold your fingertips just above her skin. Lightly brush her hair back. The fat part of your fingers should be hovering above her skin. You can switch it up every now and then with your nails slightly touching here. Move your hand slowly and sensually up and down her body. The sensation will drive her wild. Anticipation is a big turn on for women. By lightly brushing your fingers above her skin so that they lightly touch her body hairs, you can send shivers up her spine and caress her body.

The Teasing Lick

Instead of going straight for the sucking on the nipples, take your time and build the tension. Make a circle round her breast with your tongue or finger before going for the nipples. This works because of the sensitivity radiates out from a woman's hot spots. The surrounding tissue around the nipples is very sensitive to a woman. Start where her breast starts to rise from the chest . Slowly circle your way up with your finger or tongue to the nipple. Once you make contact with her nipple, sensually bite or suck it good. To tease her more, just as you brush up against her nipple spiraling up, pull out again for another sensual licking spin.

The Lick Blow

Lightly lick her neck, genital area , nipples, or sensitive areas on her body. You can get these areas wet with water or alcohol. Simply swish some in your mouth and lick the area you like. Then lightly blow on the wet patch followed by a slow sensual lick. Repeat to drive her crazy. This can send shivers down her spine! It works because of the contrast you are creating between hot and cold, hard and soft. The further apart the sensation is on contrast , the more intensity she will feel.

The Oral Flick

When she's about to climax through oral sex, quickly give her flick on the clitoris with your tongue. You must make sure the clitoral hood is out of the way for better pleasure. Be gentle and pull the hood out of the way if you need to, and make quick motions with your tongue up and down the clit. Most men make the mistake thinking the clit is just tiny nerve ending in a small area, but it actually extends deep inside her body. By doing the oral flick you cover more area and create vibrations that carry the sensation beyond your tongue's reach.

The One Two Combo

While nibbling and sucking on her erect nipples, you play with her clitoris with your fingers . The sensory combination will get her juiced up. Don't be surprised if she starts to put her leg over your side, she may be signaling for you to go deeper. There's a direct sensory connection between her clit and nipples. Lightly biting and teasing her nipples can create tingling in her clit.

The Suck and Seal

While licking her nipples, change it up and suction your lips around her nipples. Create a good seal with your lips and inhale and exhale to create a vacuum and put pressure on her breast. Take the air in through your nose and breathe through the mouth, then suck in with the mouth. It can create a pleasurable feeling for her. You are using the sensation of contrast for her. Like hot and cold, you are now using the push and pull effect, which can double her pleasure.

The Oral Finger Combo

While licking her clitoris and you get her stimulated, insert your finger in her vagina and give her some good firm strokes. As she is about to orgasm, try inserting more fingers to give her more to pulse against. This combination can feel great for her. The vagina and clit are on different nerve networks, so they can trigger separate sensations. By doing a separate combo on the vagina and clit, you can double her pleasure! Some women like the pleasure of being filled up during an orgasm, so inserting more fingers while she climaxes can give her the sensation she wants.

The Slow Thrust

While humping her during sex, pick your thrust and stop. You can be halfway out or having the tip of your penis touching her vagina lips. Kiss her neck or lips, pause a couple of seconds and enter her slowly bit by bit. Resume your thrusting in a slow motion and build the speed gradually for intensity. This works because you are adding variety to your thrusts and it keeps her guessing. Stopping and starting builds on a former sensation, and it lets you jump and skip to the different pleasure levels.

The Missionary Dive

While having sex in the missionary position, push yourself forward on the balls of your feet and toes so you are humping her high. Your hipbone should be close above hers. Then thrust into her at a downward angle very slowly. You can give her explosive orgasms this way. This works because during sex her clit will normally get neglected. By changing up the angle, your penis shaft can get direct contact with her clit and give it the stimulation it needs.

The Pillow Boost

When you're about to penetrate her in the missionary position; put a pillow behind her back where her lower back and butt meet. Let her adjust until she's comfortable. This will tilt her in a way that your thrusting will give her a different sensation. Don't be surprised if your thrusting gives her deep pleasure and she reaches orgasm faster. Angle makes a big difference in your penis thrusting into her. At the right angle, you could be making

contact with her G-spot. The changed angle of her pelvis makes contact with sensitive spots like her clit more reliable.

The G-spot Push

As you having sex and thrusting away put your hand below her belly button. This can give her an intense orgasm because it helps expose the G-spot. The exact location of the G-spot is different from woman to woman so you'll have to explore. You can start by pressing the heel of your hand into her belly button as you're thrusting into her. When she screams with ecstasy, you know you're in the right spot. On the belly-side wall of her vaginal canal is a small area of pleasure known as the G-spot. Many women don't think they have this because it only lights up during firm pressure; which most women don't get during sex. However by doing the G-spot Push, you are putting pressure on the outside as you thrust into her, and it puts her in fuller contact with your penis to explode orgasms for her!

The Head Rush

Position your woman so that her head and shoulders are dangling over the bed. You can turn her sideways on the bed if you have to. Then thrust into her as her head dangles and blood pours in and oxygen is depleted. For some women the intensity of the head rush with the physical thrusting can increase the pleasure of orgasm. Stop if you see her get too light headed. The last thing you want is your woman to pass out during sex! Penetrate her slowly as she dangles and see her squirm with pleasure.

The Rocking Chair Thrust

Use a rocking chair or recliner as you penetrate her. Have her lie on her back and you kneel below her and thrust. Use the rocking motion of the chair to get her going with more pleasure. The rocking motion adds to the flavor of your thrusts. Since you are at a slightly lower angle than her from the chair you can be hitting her G-spot with your penis as you rock along. You might surprise her with your creativity using this move.

Conclusion

Okay so by now you've learned a lot of good tips on how to control your premature ejaculation, how to increase your sex drive, and pleasure your partner for great sex! Keep in mind that with these new set of skills you've learned what it takes for awesome sex, but it will take some time to practice to get the engine running smoothly. Be patient and practice the basics. Many times we get caught up in doing too many things at once and don't take the time to practice the fundamentals and keep it simple. Try little adjustments to your penis exercises, sex tips, and diet gradually. Keep to a regular schedule of exercise and diet. Journal your progress and track what changes you are implementing and what effect it has on your sex.

You will start to see progress in your sex life as long as you take ACTION! Review the advice in this book on a regular basis. Retain the information, and know that it's time to be a sexual beast in bed and last as long as you want to. Give your woman the mind blowing sex she wants while you enjoy yourself. Make it fun, and have the long lasting Rock Star Sex you Deserve!