

Ejaculation Control Methods



**10 Powerful Tricks For
Delaying Male Orgasm**

bignaturaltesticles.com

Table of Contents

Copyright	3
Medical Disclaimer	3
Introduction	4
Technique 1: Optimizing Ejaculation Frequency	5
Technique 2: Training Ejaculation Resistance	6
Technique 3: Breathing For Control	8
Technique 4: Moving Your Centre Of Energy.....	10
Technique 5: Concentrating On Your Heart.....	12
Technique 6: Strengthening Kegel Muscles	14
Technique 7: Positions To Last Longer	15
Technique 8: Visualizing To Last Longer	16
Technique 9: Taking Your Time To Last Longer.....	18
Technique 10: Using Condoms.....	19
Summary.....	20

Copyright

This publication is protected under the US Copyright Act of 1976 and all other applicable international, federal, state and local laws, and all rights are reserved, including resale rights: you are not allowed to give or sell this Guide to anyone else.

Although the author and publisher have made every reasonable attempt to achieve complete accuracy of the content in this Guide, they assume no responsibility for errors or omissions. Also, you should use this information at your own risk. Your particular situation may not be exactly suited to the examples illustrated here; you should adjust your use of the information and recommendations accordingly.

Medical Disclaimer

Without prejudice to the generality of the foregoing paragraph, bignaturaltesticles.com does not warrant that: the medical information in this document will be constantly available or available at all; or the medical information on this website is complete, true, accurate, up to date or non-misleading.

Professional assistance:

You must not rely on the information in this document as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical matter you should consult your doctor or other professional healthcare provider. If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in this document, or on the bignaturaltestes.com website.

Liability:

Nothing in this medical disclaimer will limit any of our liabilities in any way that is not permitted under applicable law, or exclude any of our liabilities that may not be excluded under applicable law.

End Medical Disclaimer Notice.

Introduction

It comes as a surprise to many men that premature ejaculation is often experienced at the same time as other problems such as impotence, testicular atrophy and low libido.

The good news is that by treating premature ejaculation, male libido and erection strength can be improved as a side effect of the training methods used to conquer PE.

A lack of control of the ejaculatory reflex is a complex condition with both psychological and physical causes and needs to be treated as a priority. Men and their partners should also know that improving endurance can take some effort and some time.

For those men capable of controlling ejaculation, the following techniques will still prove to be highly beneficial for maintaining sexual health.

Technique 1: Optimizing Ejaculation Frequency

Why and how is ejaculation frequency important and why should it matter?

There are 2 points that you should be considering in relation to ejaculation frequency and controlling ejaculation:

1. Masturbating too often can result in a depletion of sexual energy or sexual exhaustion, the consequences of which can be impotence and a lack of ejaculation control.
2. When a man rarely ejaculates or rarely experiences sexual stimulation, his ability to resist early ejaculation can be poor due to the fact that the ejaculation control mechanism is not being trained regularly.

How To Optimize Ejaculation Frequency

You should take into consideration your age when deciding how often to ejaculate. The below table is a recommendation to provide guidelines of the frequency you could adopt:

AGE	FREQUENCY
15-25 years	4-6 times per week
25-35 years	3-5 times per week
35-50 years	3-4 times per week
50-60 years	2-3 times per week
60-80 years	2 times per week

Technique 2: Training Ejaculation Resistance

Training your resistance is the cornerstone of your endurance improvement program. It consists of learning how to effectively resist and control ejaculation through masturbating either on your own or with a partner.

This training technique can help you to:

1. Understand and feel your PTNR (point of no return)
2. Train your body's nervous system to resist PE
3. Strengthen your PC muscles (muscles that hold ejaculation back)

How To Train For The Act

1. This involves masturbation: find a quiet spot where you can relax.
2. Create sexual images in your imagination and use your hand for stimulation (do not use adult films).
3. Each time you feel yourself nearing ejaculation, stop stimulating yourself and breathe deeply with your back straight. Then continue when you feel the urge subside.
4. Do this exercise around 5 times per week without ejaculating for over 20 minutes or over 30 minutes if possible.

You may ejaculate several times per week as long as you do not ejaculate too fast.

Ejaculating Too Fast

You may end your training session by ejaculating or not. **Always** avoid climaxing too fast as this will disrupt your resistance training.

Technique 3: Breathing For Control

Breathing correctly during sex is very important for optimal ejaculation control. As a young man I would ejaculate too fast quite regularly.

Discovering that being conscious of deep breathing helps enormously to control climax and can be an important breakthrough.

Some men who ejaculate too fast are simply not controlling their breathing correctly during sex.

Slow and deep breathing can reduce anxiety, helps you to stay firmly in control and even helps your penis to remain harder for longer.

- Make every effort to breathe deeply and using your stomach to expand your diaphragm rather than your chest to breathe.
- After 2 or 3 minutes of breathing this way, you should feel your breathing start to become natural – stay conscious and do not allow your breathing to become rapid or shallow and do not stop breathing.
- Keep your spine as straight as possible to allow air into your lungs.

- If you feel yourself approaching climax against your will then slow down, breathe deeply and straighten your back
- If you still have control problems then focus your attention on both breathing and the very base of your spine: you should feel your sexual tension move from your penis to the base of your spine
- When breathing, be conscious of reducing tension in the chest area – relaxing your chest through breathing can help sexual excitement or anxiety to dissolve

Technique 4: Moving Your Centre Of Energy

During the sexual act, you can observe the build-up of energy and sexual tension that comes from one or several of the following areas:

1. Your prostate and seminal vesicle – located just above your public bone, you can feel sexual tension building in this spot where the seminal fluid is produced and released.
2. Your testicles – when nearing climax your testicles will tighten and tense up, preparing to add sperm to the semen.
3. Your perineum – your PC muscle is located between the base of your penis and your perineum (between the testicles and anus). You can often feel high sexual tension in this spot as your muscles prepare to contract and ejaculate semen.
4. Your penis itself – naturally, you are likely to feel sensitive sexual tension on certain parts of your penis. This is notably different to the tension elsewhere and is more of a pleasurable feeling.

Moving or reducing this centre of energy is central to avoiding early ejaculation.

How do you move your tension away from your perineum, prostate and testicular area?

The technique is to first of all identify it. During sexual activity, you'll notice this energy building in these specific areas as you approach climax, before the point of no return.

Once you identify and acknowledge this energy, continue to breathe deeply with your lower diaphragm and concentrate instead on your tailbone.

Your tailbone is at the very base of your back, at the bottom of your spine. Concentrating on it you can attempt to shift your tension from your perineum and prostate to your tailbone instead.

This technique takes some practice but is effective. You'll eventually learn how to shift your focus and build up out of the areas where they may result in premature ejaculation. Remember that breathing deeply and evenly will be very helpful to succeeding in this.

Technique 5: Concentrating On Your Heart

During the sexual act, a common reason for ejaculating before the desired moment is tension in the chest and heart.

This may come as a surprise to many men, but the next time you have sex, take care to observe what happens in your chest area.

You will feel some fluttering and tension mount at various points, especially as you approach climax. This is the kind of tension we associate with excitement and anxiety.

In fact, this degree of chest fluttering can translate as a barometer of pure sexual excitement during the act: the more butterflies you feel in the chest, the more excited and the more likely to climax you become.

Controlling this excitement that you feel is like turning down the dial on your sexual excitement and physical urges to ejaculate. But how do you do this?

Next time you have sex, observe your heart and chest and watch out for that fluttering that you'll feel. When you do feel it, move the energy elsewhere by simply breathing deeply with your lower diaphragm. Relax your arms, straighten your spine and keep those regular breaths.

With a little practice you'll learn how to master this "sexual control tower" and to turn it on and off, up and down as you like. Focus your energy on your breathing and consciously displace the excitement into your lower diaphragm instead.

The benefit of this will not only be to have greater control over your orgasm but also to be able to stay harder for longer, permitting more oxygenated blood to enter your corpus cavernous.

Technique 6: Strengthening Kegel Muscles

Another key technique proving to be very useful for men all over the world is Kegel exercises. This method of improving ejaculation control is also known as strengthening the PC muscles and consists of performing exercises to develop greater ejaculation resistance.

When the muscles are stronger, you should find it far easier to resist ejaculating. Furthermore, your erections should also become stronger and longer-lasting. Flexing the PC muscles regularly helps to improve erection strength and has been scientifically tested to prove the theory.

- PC muscles can be strengthened by using the same mechanism you use for controlling urination
- Contract these muscles 10 times in a row and hold them for 10 seconds at a time. Do those 5 times per day to begin with and increase to 10 sets per day when you feel capable.
- Take rest days twice per week in order to allow muscles to recover and strengthen.

Technique 7: Positions To Last Longer

Another breakthrough to help me to last longer in bed was discovering that certain positions are far better than others for lasting for longer.

These specific positions are those which reduce tension in the chest area, allow you to fill your lungs easily through deep breathing and do not over-stimulate the part of the penis which may lead to early ejaculation.

There are 2 sexual positions which help to reduce over-stimulation while allowing you to remain calm and in control of your ejaculation.

Starting off sex using these positions can help to boost confidence and endurance.

1. **Her On Top:** With her on top you can relax more easily, think about your breathing with less stress and avoid over-stimulation of your glands

2. **From Behind:** You find yourself with your back straight able to draw in deep breaths and avoiding excessive visual stimulation. If your partner's body excites you too much, you can easily look away. Keeping your spine straight is also effective for preventing early climax.

You may like to avoid the missionary position for lasting longer in bed. This can create tension and a lack of ejaculatory control.

Technique 8: Visualizing To Last Longer

For most men, ejaculating too fast is about sexual anxiety or a lack of confidence in their ability to last the distance.

Positive mental visualization, when combined with other physical training techniques, can help you to improve your sexual confidence and reduce anxiety.

This technique is a kind of self-hypnosis which helps you to feel more at ease during sexual intercourse and to gain confidence in your endurance.

How To Visualize

- Find a quiet spot, lie back and relax then close your eyes and take a few deep breaths.
- Create an image in your mind of you in a pleasurable sexual encounter.
- Take your time to relax and imagine yourself becoming a high-performing lover, capable of lasting for over 60 minutes in bed.
- Imagine details, feelings, sites and smells to strengthen the image in your mind.
- You can combine this technique with masturbating and self-training to train your body and mind together.

- This should be done a few times per week and even every day if possible.
- Remain positive and optimistic at all times and never allow your thoughts to discourage you or your performance.

Technique 9: Taking Your Time To Last Longer

This may seem obvious to some, but learning how to take your time can help to relax you and to avoid excessive sexual excitement at early stages.

Relaxing during sex can mean taking longer than usual during foreplay. This can result in greater pleasure for your partner, which boosts your confidence and reduces the pressure on you to satisfy your partner's needs immediately.

The longer foreplay lasts, the more confident and capable you should feel of providing satisfaction. Extending foreplay and avoiding penetration can help to relax you as time goes on.

When it eventually comes to penetration, you may still feel the urge to ejaculate too fast. If this is your case, simply use the stop/start method continuously until you feel that you can keep going for longer.

Remember at all times (including before penetration) to breathe and to be conscious of your breathing patterns. This will help you to remain calm.

Technique 10: Using Condoms

Using condoms is really a means to an end or a way of improving your endurance and performance in order to gain in confidence.

If you are the kind of man that experiences occasional problems to control ejaculation and last for longer in bed then condoms can help you to reduce sensitivity and yet stay hard and still feel pleasure.

Recommending brands of condoms is not easy as every man has different levels of sensitivity. Furthermore, opting for a brand that reduces sensitivity too much may well result in reducing pleasure from sex.

Avoid choosing ultra-thick models of condom as you may not feel enough pleasure. Avoid choosing condoms which promise that you'll be able to feel everything. Try some standard models with a decent

Summary

Forget pills and creams that are meant to help you last longer. Herbal supplements can balance your body and boost hormones but they are no guarantee to lasting for longer in bed.

Creams and sprays may only work for some men but fail to control sexual excitement or anxiety and may lead to you depending on them.

By combining the physical and mental training techniques described here you can improve your sexual endurance and provide far greater pleasure in bed to your partner.

Lasting longer in bed helps to boost your confidence and to strengthen your relationship with your partner. You should treat sexual endurance as a priority and use these methods as a way of improving your life.