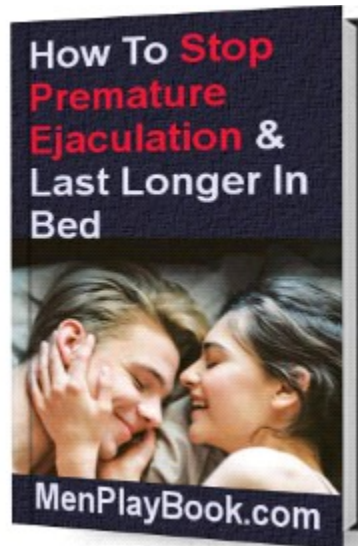


How To Stop Premature Ejaculation In Its Tracks & Last Longer In Bed



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1. Overview

Premature ejaculation is a very common sexual problem especially with younger men. It occurs when you ejaculate too early, sometimes even before actual penetration. This can be very frustrating for both partners and can be a psychological barrier to having great sex.

The causes of premature ejaculation are many. They range from medications and lifestyle factors to stress and performance anxiety. Often it has no visible cause but the more important question to ask is : are there any ways to treat or manage this "condition"?

Luckily, you don't have to live with this "condition" forever. Premature ejaculation can be treated or prevented. In the following pages, you can find 9 methods that can help you manage or treat premature ejaculation effectively.

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2. Ways to manage your premature ejaculation problem

i) Wear a condom

This may sound silly but it is effective nonetheless. Wearing a condom reduces stimulation for most men. This in turn prolongs the time before ejaculation due to decreases stimulation of the penis.

Do not get a very thin condom because that will defeat the purpose in the first place. Some condoms are coated with a slight numbing gel on the inside. This can help you put off ejaculation for longer without causing numbness to your partner.

ii) Apply strategic pressure

You can delay ejaculation while having sex by applying some strategic pressure, here's how:

a) Perineum pressure:

The perineum is a spot midway between your scrotum and your anus. Pressing on this spot will help to stop ejaculation because the Perineum reaches through to the prostate gland. It is the prostate that contracts and expands during orgasm and then expels the ejaculation fluid. You may ask your partner to apply this loving pressure for you.

b) Testes tug:

When a man nears orgasm his scrotum rises up closer to his body. You can delay ejaculation by gently pulling your testes down and away from your body. You may also get your partner to do this for you too.

iii) Slow down intercourse

Slow down your intercourse session. Take your time to make love and shift your focus away from climaxing. Instead view sex as a pleasurable time with your partner that you will enjoy regardless of ejaculation.

Relax and think nonsexual thoughts. If you notice yourself getting too excited, stop and turn your attention to something not related to sex, like football, shopping, movies, etc

But only dwell on it long enough to give yourself a short break from getting too excited, maybe 5 to 10 seconds, then refocus your attention on your partner.

iv) Stop and start

"Stop & start" is a technique that is also commonly used to prevent premature ejaculation. It is the practice of maintaining a high level of sexual arousal while delaying ejaculation. It takes practice, but it gets easier over time.

Have sex as usual until you feel yourself coming very close to orgasm. Then, immediately stop all stimulation for 30 seconds and then start again. This will slow down the momentum and stop you from ejaculating.

You may also gently squeeze your thumb and forefinger around the part of the penis where the glans meets the shaft (or your partner could do this). After squeezing for a few seconds, pause all stimulation for another 30 seconds before resuming intercourse.

Repeat this pattern until you're ready to ejaculate. This will not only delay your ejaculation but also make your ejaculation (when it finally comes) much more powerful.

v) Change love making positions

Change sex positions so that there is less pressure and friction on your penis. This will delay ejaculation.

Adopt the more passive positions - eg, lie beneath your female partner, or

try a side-by-side (or spooning) position.

Try to avoid more aggressive or active positions. Missionary and doggie-style positions place the most stimulation and friction on the glans, so consider taking them off the menu for now.

vi) Do Kegel exercises (PC exercises)

The PC muscles control your urine flow as well as ejaculation. Flexing and strengthening your pubococcygeus (PC) muscle can help have more control over your ejaculation.

Here is how to find your PC muscle. Put one or two fingers right behind your testicles. Pretend that you are urinating, then try to stop the flow with a quick muscle contraction. That muscle you just used to stop your urine flow is your PC muscle.

Flex the PC muscle regularly. Try to do 10 to 20 squeezes in a set, 2 or 3 times a day. Do a set whenever you're bored or stationary — like when you're sitting at your desk or in traffic. No one will be able to see that you're doing them.

Squeeze your PC muscle when you feel ejaculation coming on. Once the muscle is strong enough, you should be able to hold it off.

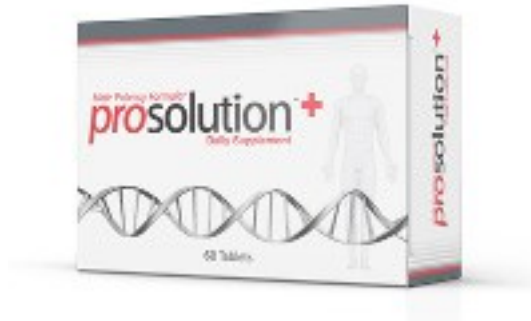
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3. Best products to treat premature ejaculation

i) Supplements to delay ejaculation



Premature ejaculation is often caused by anxiety and stress and this could be due to a low level of the hormone serotonin - the hormone of relaxation. There are known many high quality supplements that can help increase the level of serotonin in your blood so as to reduce your anxiety and stress level.

These supplements like [ProSolution Plus](#) are also good in enhancing your erectile strength and libido for better performance in bed.

[Read this IMPORTANT review of some of the best supplements that can help with your premature ejaculation problem.](#)

ii) Desensitizing sprays

Desensitizing or "numbing" sprays have been on the market for some time. The upside is that you'll feel less sensation, which will delay



ejaculation. The downside is your partner will suffer a loss of sensation as

well.

So in order for such creams and sprays to work well, you need to wear a condom when having sex. If you want to remove the condom, you may so do but you must remember to wipe your penis clean with a wet wipe before putting it into your partner's vagina.

There are various brands like [VigRx Delay Spray](#) you can try and we highly recommend this. Read this [unbiased review for more.](#)

iii) Increase your semen volume with supplements



While not exactly a prevention of premature ejaculation, this method will help increase the production of semen so that you will be ready for action again faster. Being able to "re-load" faster is an excellent ability to help you perform better in bed.

There are some foods that will help increase your body's natural ability to increase semen production such as bananas, oysters, chocolates. These are good but you can do even better with a semen boosting supplements like [Volume Pills Or Semenax.](#)

[Read this unbiased review of some of the best supplements that can help boost your semen volume.](#)

6. Conclusion

So there you have it. You can manage or treat Premature Ejaculation with some of the methods and [products mentioned above](#). Try them out and practise them regularly and soon you will have the ability to last much longer in bed.

Enjoy!

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