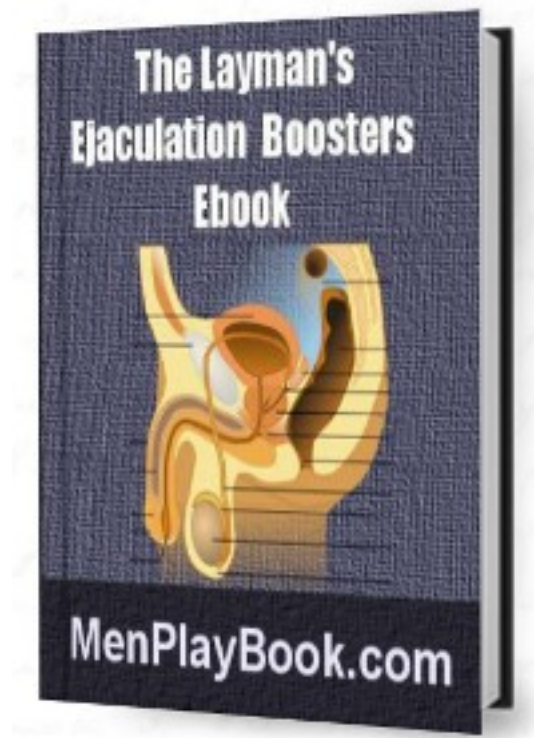


The Layman's Ejaculation Boosters Ebook



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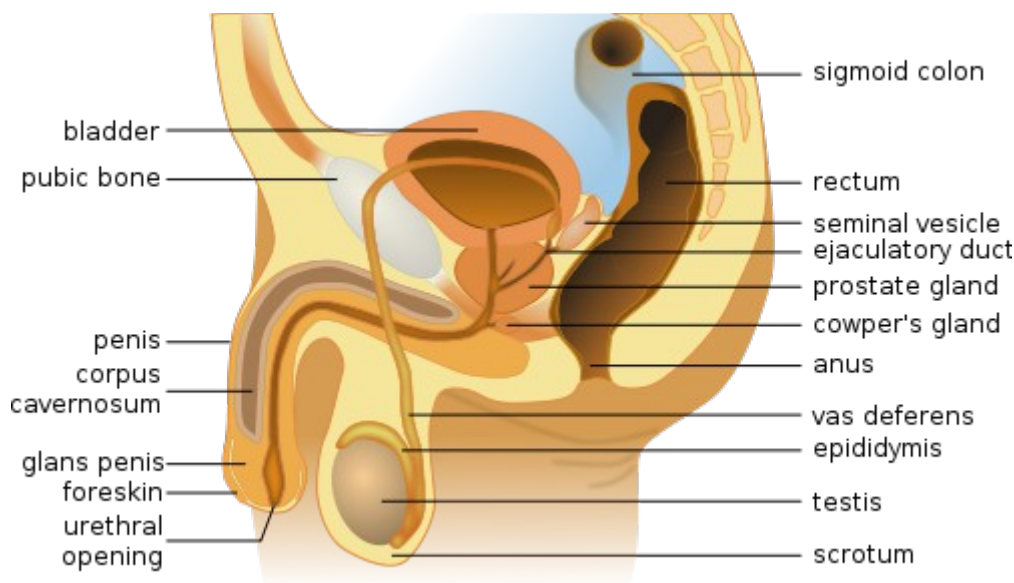
1. What You Need To Know About Your Ejaculation, Semen & Sperm Production

Every man on Earth desires great sex. But what is considered mindblowing sex ? It is actually a "package deal" thing involving an erotic foreplay, the actual lovemaking or "thrusting" and of course the grand finale - the mindblowing orgasm or ejaculation.

For most men, the most delicious part is at the point of ejaculation. What makes this feel so good is the "shooting" of loads and loads of cum - technically known as semen (and the sperms it carries). It could be an ego thing or perhaps, it is a physical thing, but the bigger your ejaculation, the better you feel!

So how can you get a bigger ejaculation volume for a more mindblowing sexual experience? To do that, you must know how an ejaculation or orgasm happens and how semen and sperms are produced by your body.

How An Ejaculation Happens



You should already know what an ejaculation is so there is no need to explain that. But what makes it happen and how does it actually happen?

When you are sexually stimulated by the friction between your penis and a part of your partner's body (usually her vagina), this provides the impulses that are delivered to the spinal cord and into the brain.

An ejaculation occurs when sexual excitement reaches its peak. This happens in two phases :-

i) **Phase 1** - the vas deferens (the tubes that store and transport sperm from the testes) contract & squeeze the sperms toward the base of your penis. This tells the prostate

gland and seminal vesicles to release secretions to make semen which is then mixed up with the sperms. The mix of semen is apparently to facilitate the sperms' marathon swim towards the womb later on.

ii)**Phase 2** - the muscles at the base of your penis contract every 0.8 seconds and force the semen & sperms out of the penis in up to 5 spurts. This gives you the good feeling you feel during an orgasm. The more semen plus sperms you can ejaculate, the better you feel. So the key is to produce more semen and sperm if you want more powerful orgasms because with a larger volume to "expell", your muscles need to squeeze and contract more and the further you can "shoot" your load.

How Semen Is Produced

Semen or seminal fluid is the cloudy white fluid that is emitted from the urethra of the penis during an ejaculation or orgasm. In layman's term, it is sometimes called "cum". As mentioned above, semen is produced by the seminal vesicles (65%), the prostate gland (30%) and the epididymes (5%).

Semen contains citric acid, free amino acids, fructose, enzymes, phosphorylcholine, prostaglandin, potassium, and zinc. On average, a single ejaculation can produce anywhere from 2 to 5 ml of semen. Samples used for medical purposes are obtained by having the donor masturbate.

How Sperm Is Produced

Sperms are produced in the male testicle (testis) or "balls" in layman terms. The semen from one ejaculation may contain between 40 million and 600 million sperms. A low sperm count happens when the testis produces a significantly lesser amount of sperms (like 4 to 10m) in a single ejaculation. For some men, the number of sperms produced can even be zero but when it comes to sexual enjoyment, this has not much effects because it is the semen volume that matters.

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2. Causes Of Low Semen & Sperm Production In Men

If you are experiencing dribbles of cum instead of a bucketfull, you are missing out on the joy of mindblowing orgasms. What can cause a decline in semen and sperm production?

Here are some causes of low semen and sperm production in men :-

1)Age:

As you age, your body produces less and less semen and sperm. This could be because the body is starting to wind down but the actual interrelation between semen and sperm volume and aging is not very clear at this moment in time. Suffice to say it is an important factor.

2)Genetic factors:

This is obvious because not everyone is made exactly the same way. But the science of genetics is still in its infancy so there is really not much we can do here.

3)Nutrition deficiencies:

Deficiencies in key vitamins as zinc, selenium, folate and vitamin C can result in low semen volume.

4)Environment:

Chemicals, toxins or infections can reduce your semen volume of cum because these affect the testicles and the production of male hormones in your body.

5)Being overweight:

Obesity can have a negative effect on semen and sperm production although this has not been clinically proven yet.

6)Smoking:

Smoking kills spermatozoids and may cause genetic damage to the fetus. Nicotine can also damage blood vessels and lead to impotence.

7)Drugs abuse:

This is an obvious one as dangerous drugs can affect sperm quality and semen production.

8)High temperature:

The prolonged exposure to heat like in hot tubs, saunas, radiators and others can affect semen volume, or even impair fertility due to decreases sperm quality.

9)Sports:

Some sports like Bicyling that puts pressure on the testis, killing cells there.

10)Lifestyle causes:

Stress, sexual problems with your partner, or the use of lubricants with other products as spermicides can temporarily alter the level of sperm count.

Knowing these causes of low semen and sperm volume can be helpful to you. Try to avoid the bad lifestyle and health habits mentioned above(except aging which you can't really help) and you will reduce your chances of getting lower semen and sperm volumes.

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3. How To Increase Your Semen & Sperm Volume – Ejaculation Boosters Every Layman Should Know About

This is somewhat related to how to increase your ejaculation power but it focuses more on semen and sperm volume.

You are what you consume. This is also true when it comes to increasing your semen and sperm volume. This is because the level of your semen and sperm production depends on the health of your sexual organs including the prostate glands and the seminal vesicles.

Here are two semen and sperm booster tips you can try:-

Ejaculation Booster #1 : Herbal Semen|Sperm Supplements

As you can see above, it is quite impossible for you to eat all the various foods that make good semen and sperm for the simple reason that it is time consuming to begin with. Luckily there are such things as semen and sperm enhancement supplements you can use instead.

The best herbal supplements or pills, like [Semenax Pills](#), contain a special blend of herbal ingredients that are expertly picked to give you maximum mileage. There are extremely effective and convenient to use as you simply pop them into your mouth everyday, just like you brush your teeth every morning.



How Herbal Semen & Sperm Enhancer Pills Really Work?

Herbal semen and sperm enhancement pills, like the highly recommended [Semenax Pills](#), contain botanical ingredients and aphrodisiacs that have been tested and used since the ancient generations of China, Europe, and South America. These ingredients nourish the male sexual system, improve blood circulation and improve the health of your sexual organs. All these means that your body's ability to produce semen and sperm are enhanced dramatically.

Besides giving you more sperm and semen, these supplements also strengthen and harden your erections on arousal. This will ensure a great sexual experience.

And the good thing about herbal semen pills is that you don't get any negative side effects unlike prescription medicine. This is because these pills are made of herbal ingredients which are not known to be harmful to your health.

In addition, all of these supplements come with risk free money back guarantees. What's safer and smarter than that?

[Click here for a review of the top 3 Ejaculation supplements](#)



Ejaculation Booster #2 : Choose Your Foods Wisely

Your semen and sperm production depends much on your lifestyle and the food you take everyday. Semen consists of water (fluid) and other minerals so it makes sense that your body need lots of these in order to produce more semen and sperms.

Here are some food groups you may want to take to help your body produce more semen and sperm:-

1) Foods rich in zinc

Zinc is well known to be good for the production of semen and sperms. Foods that are rich in zinc include lamb, turkey, barley, wheat, oysters, beans, nuts, red meat, pumpkin seeds. Include them in your diet for better semen and sperm volume.

2) Foods rich in Vitamins C, E, B12 , B9



Healthful foods & [supplements](#) can help boost semen volume

These Vitamins are great not only for antioxidant properties but also semen and sperm production.

Vit C – broccoli, cantaloupe, papaya, guava, orange, etc

Vit E - nuts, seeds, vegetable oils, etc

Vit B12 - clams, animal liver, sardines, beef, cereal, etc

B9 (Folate) - asparagus, beets, broccoli, beans, citrus fruits, other "leafy green" vegetables, etc

3) L-arginine, L-cartinine (amino acids)



Poultry is rich in essential amino acids

Spinach, seaweed (spirulina), poultry, sesame seeds, tuna, turkey, egg white all contain the amino acids L-arginine and L-cartinine. According to **Rejuvenation-science.com** , this amino acid is more active than testosterone in improving symptoms of aging in men, such as sexual dysfunction and depression, associated with the decline of androgenic hormones.

4) Water (h₂o)

This is an obvious choice. Semen and sperm are made of good old h₂o. So make sure you get lots of water. Stay hydrated for better semen and sperm volume.

5) Foods rich in selenium



Eggs are rich in selenium

Selenium is an essential mineral that must be obtained through your diet. It has many vital health benefits and one of them is that it is beneficial to reproductive health in men.

So make sure your diet includes nuts, tuna, red meat, poultry, eggs, cottage cheese because these are some foods rich in selenium.

6) Lycopene rich foods



Lycopene rich foods

Lycopene is an anti oxidant found in reddish vegetables and fruit like tomatoes, ketchup, pink grapefruit, guava.

According to **Healthline**, Lycopene rich foods is good for prostate health which is important for the production of good semen and sperms in men. So make sure you

include some of these foods in your diet.

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4. How To Increase Your Ejaculation Power & Shooting Distance

Ejaculation power refers to the power of your orgasm or "how far can you shoot?". For some reasons, most men feel great when they can shoot very far. Perhaps this is a natural reaction to his ability to procreate since shooting further enhances the chances of a sperm meeting a female egg in the uterus!

So what can you do to increase your ejaculation power and shoot further? Here are some tips :-

1. Hold Your Gun

If you haven't ejaculated in say a week, then your next load is going to be bigger and thus, you have a higher chance to "shoot" your load further.

2. Drink plenty of water.

Most of your semen consists of water and fluids so you need lots of water in order to have a "full tank". No water, no ejaculation. This may sound crude but it is the truth. Of course, if you combine this good habit of drinking lots of water plus supplement your diet with [semen supplements](#), then that's even better.

3. Work Your PC Muscle

The PC muscle definitely effects your ability to shoot far. This is the same muscle you use to control your urine flow. There are some programs out there that can help you with PC muscle exercises (aka Kegel exercises) but basically the routine involves the tightening and loosening of these muscles.

A typical Kegel routine might involve the following :

- i. Tighten your PC muscles (the same muscles that you use to hold your urine) - hold the contraction for 3 seconds, and then relax for 3 seconds.
- ii. Breathe freely as you do the exercises. Do not hold your breath.
- iii. Rinse and repeat a few times a day or about 5 -10 times, whichever you are comfortable with
- iv. You can do this anytime, even while brushing your teeth.

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