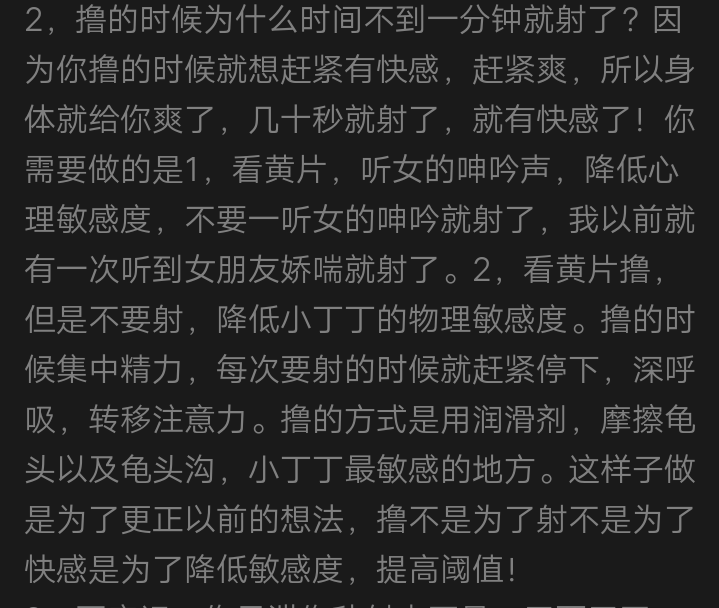
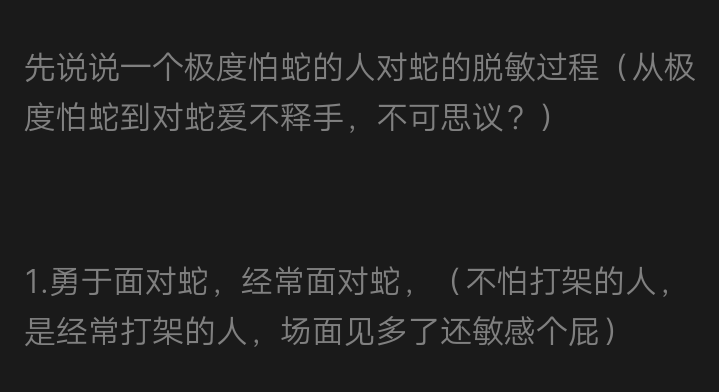
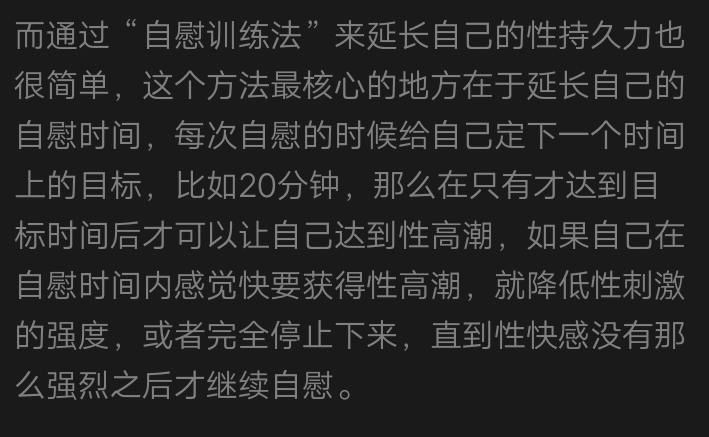
<https://zhuanlan.zhihu.com/p/29505400>

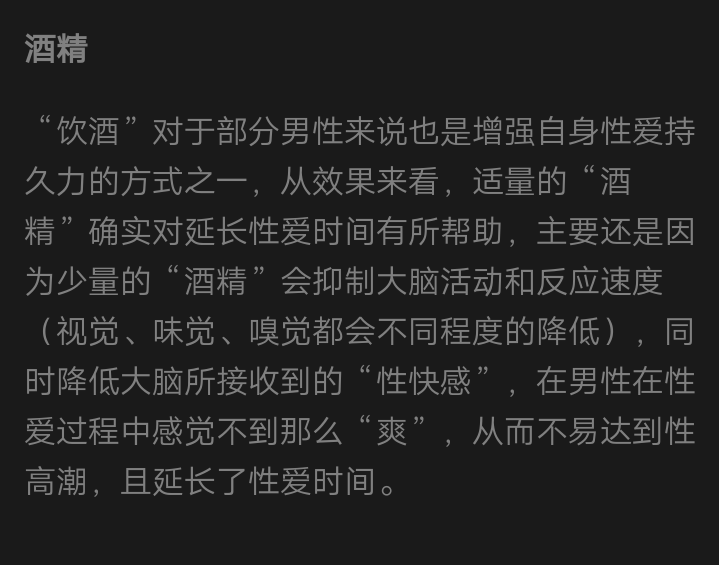
强壮的pc肌可以预防前列腺癌，前列腺癌是45岁以上男士面临的严肃现实。许多男性科学研究都支持PC肌肉练习。

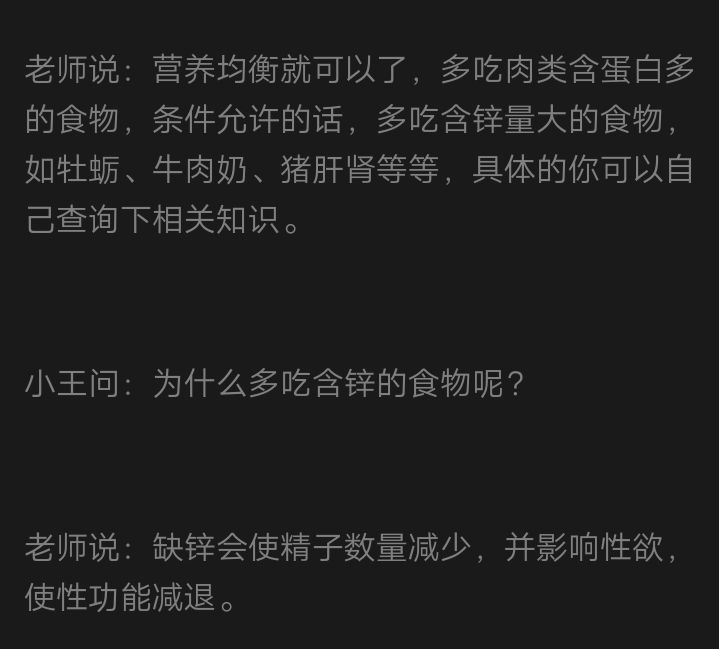
早泄治疗：

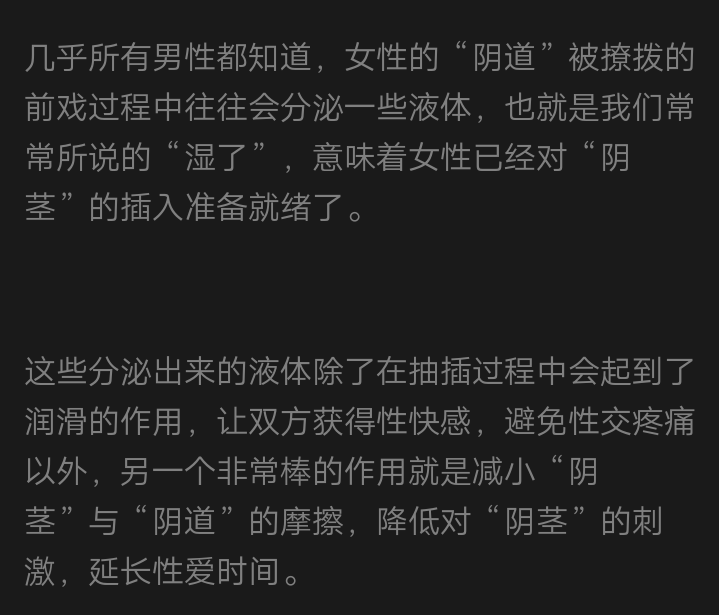


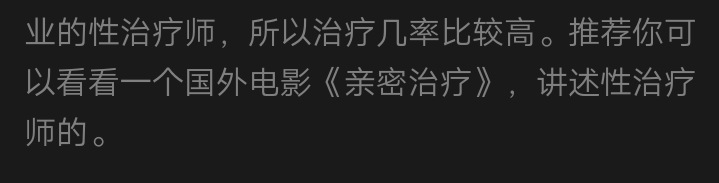


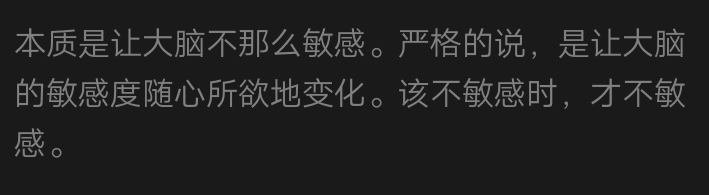












肾虚：

