

Enlarge Your Penis Naturally

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Introduction:

I am not a marketer. I have written this book because I walked the walk before I talked the talk.

I am a real person that has gotten great results in penis enhancement. You can check my results <u>clicking here</u> (not safe for work)

Having made that clear, let's begin

Chapter 1: Jelqing - Beginners Routine

What Is Jelquing?

Thanks to the internet and the rise of sex blogs, this manual penis enlargement exercise has managed to stir widespread interest. After all, what guy wouldn't want to increase the quality of his sexual experience, his confidence in bed, not to mention his overall physical appeal? The word jelq, which is said to have originated from the Middle East, translates to "milking" which makes a great deal of sense considering that the exercise resembles the act of milking a cow.

At first glance, the jelq may not look so different from masturbation. The guy simply forms an OK sign using his thumb and forefinger and with it, places pressure to his penis while performing upward strokes. Now, in case you're wondering how jelquing is different from plain old jerking off, the answer is that jelquing can actually improve the size of your penis and the quality of your erections.

Seriously?

Yes. The jelq maneuver works by increasing the flow of blood towards the penis. With the increased internal pressure, controlled damage in the smooth muscles and the tissues is initiated. As natural healing and muscular regeneration takes place, growth inevitably occurs, resulting to added penile length and girth. So you see, the process is not really much different from working out at the gym. The best part is that the changes that occur are permanent. You've worked to build that new muscle and you get to keep it.

Overall results may differ from person to person, but when done correctly and with a proper jelquing routine, it's possible to add up to several inches to your total penile length. More than that, jelquing

assists in increasing a man's tolerance and the penis's strength, enabling him to have better control of his ejaculations.

This means prolonged sessions in bed and the ability to provide pleasure to one's partner for longer periods.

That said, it is important to note that jelquing is not a miraculous cure-all for sexual dysfunction. Overall, jelquing is a safe and natural technique that is used to enhance a man's penile size and consequently, enhance the quality of his sex life. Improvements don't occur overnight, either. While some men may experience positive results as early as the first couple of weeks, it may take a few months for the exercise to work on others.

A few of the factors that may influence the outcome include:

- the frequency in which the exercise is performed,
- the variety of exercises that you add into your routine,
 - the intake of supplements,
 - and your level of tolerance.

But Is It Safe?

That's entirely up to you. As with exercising any part of the body, it is necessary to follow simple precautions while jelquing. These include:

- performing warm-up exercises prior to jelquing,
- paying attention to physical cues that may indicate pain, exhaustion, or injury,
 - avoiding excessive training,
 - and observing proper exercise techniques.

Same as with regular training at the gym, performing too many repetitions too quickly and exercising at an intensity too high for what

you're prepared for may lead to ineffectiveness of training and/or injury. The key is to learn how to listen to your body, to know when you should stop and when you should proceed.

Does Jelquing Have Any Side-Effects?

The most obvious and the most favorable side-effect of jelquing is the noticeable increase in penis size. During the first few weeks of performing the exercise, one may notice changes in the texture of the skin surrounding the penis. It may achieve a tougher, stretchier quality. Apart from that, you may also observe an enlargement of the blood veins. These changes are normal and necessary in making your penis look longer and wider. In time, you'll notice that your erections are getting firmer.

Fantastic! But What About Negative Side-Effects?

As mentioned, jelquing is generally safe and natural. But as with any other form of physical exercise, when a person fails to observe proper technique and precautions, a number of things can go wrong.

The Doughnut Effect

Unfortunately, this side effect isn't quite as nice as it sounds. When jelquing sessions are too intense or are done too long, fluid may be pushed towards and gather around the glans. This creates a ring that resembles, well, a doughnut. On an uncircumcised penis, the fluid may collect around the foreskin. This effect can be quite painful. However, it is only temporary and the fluid level will normally decrease after a few hours. The good news is that this side-effect can easily be avoided by observing proper pacing and by not training at a very high intensity before you are ready for it.

The Baseball Bat Effect

Sounds like fun but really, it isn't. In this particular side-effect, the penis begins to resemble a baseball bat, that is, the head part of the

penis looks huge beyond normal proportions. The good thing is that this side-effect can be prevented simply by observing proper jelquing. This means that you should jelq the whole penis and not just focus on the upper portion of the shaft. Jelq by beginning at the base of the pubis, and stop before reaching the penis' head.

The Spotty Look

Once you're jelquing on a regular basis, you may notice reddish spots or discolorations on the penis. Don't freak out. The reason for the appearance of these tiny dots is the bursting of delicate capillaries. These spots are expected to go away within one to two days. In order to avoid this side-effect, make sure that you perform proper warm-up exercises prior to jelquing. Beginners should jelq gently. Avoid increasing intensity too rapidly. In short, take it easy, partner.

Stretch Marks

Stretch marks on the penis may appear, but can be avoided altogether by applying lubricants. Furthermore, the use of lubricants helps reduce friction, allowing you to get the most out of your jelquing exercise. There are various lubricants available in the market ranging from oil-based to water-based and from natural to synthetic. Each has its own pros and cons. Astroglide, for instance, offers the advantage of high viscosity and easy clean-up, but is pricier compared to its alternatives. Baby oils and bio oils help condition the skin but have low viscosity. Vaseline and baby oil gels are both highly viscous but are harder to clean up. Other choices include KY Jelly, Cocoa Butter Extract, Udder Cream, and Coconut Oil. Body soaps, shampoos and other similar scented lubricants can cause skin irritation and are best avoided. Ultimately, it is up to you to select which lubricant best suits your needs.

Other Effects

After a round of jelquing, one may expect to experience a sensation of fullness. This feeling is usually followed by the shriveling of the penis. When this happens, don't be alarmed. It is a normal reaction to the strenuous activity and has no negative effects to the penis.

Ready to Do the Jelq?

Here's an easy step-by step guide: WARM UP

- Do this by taking a warm shower.
- Soak a clean towel in hot, not boiling, water. Be careful not to burn yourself.
- Try to achieve a semi-erection by stroking yourself or by any other means.
- Then, wrap the warm towel around your penis.
- Allow your penis to be cocooned inside the towel for around five minutes.

MILK IT

- Apply a sufficient amount of lubricant on your penis.
- Increase your erection level from 50% to 70% by mild stroking. Note that jelquing must not be done with a full erection.
- Ensure that the penis is relaxed so as to facilitate blood flow.
- With your dominant hand, create an OK sign using your thumb and forefinger.
- Begin at the base. The grip must be as close to the pubic bone as possible.
- Then, applying mild pressure in the grip, gradually slide your hand up the corona of the glans.
- Remember to stop directly before the head of the penis.

- The movement must be done slowly, taking around a couple of seconds to 3 seconds. This maneuver should not be forced and one must stop if any significant discomfort is experienced.
- Keep in mind that the right jelquing pressure is pain-free but at the same time, is able to efficiently push blood up your penis.
- Then, with your other hand, follow and repeat the same process.
- Continue repeating the movement with alternating hands for up to 50 times.

<u>Click here</u> to see a video were I show you how to perform the jelqing movement

WARM DOWN

- Warm-down exercises are just as important as your warm-up routine. These will help facilitate the healing of the muscles of the penis as well as to prevent injury or trauma.
 - Wrap your penis in a warm towel.
 - Keep it there for about five minutes.
 - Relax.

Best Jelquing Routine

The most ideal jelquing time runs for 20 minutes per day, for a minimum of 2 days per week and a maximum of five days a week. For beginners, it is advisable to start with 2- 3 days per week. You can do the exercise every other day and then progress towards five days a week with a couple of days off. For safety's sake, don't attempt to go 7 days per week.

Warm Up – 5 minutes
Basic Jelq – 10 minutes
Warm Down – 5 minutes

Total time: 20 minutes

Adding Variety to Your Jelqs

In order for your jelquing routine to be more effective, it is necessary to switch things up. Throwing in more varieties into your routine also helps prevent the jelquing sessions from turning into some kind of monotonous chore. This aids in ensuring that you stick to the exercise, in case the general benefits aren't motivation enough.

The Side Jelq

This jelquing technique is beneficial for men with curved penises. Jelquing against the curve can aid in fixing it. More than that, it is also great for those who are looking to achieve extra girth. This technique is also best suited for men who prefer a more intense jelq.

The Mini Jelq

This is another technique that is useful in correcting curved penises. That is because with this technique, you tend to jelq chiefly to one side of the penis. When doing the mini jelqs, make sure to perform the maneuver on the weaker side of your penis.

The V Jelq

This technique can be done by shaping a V with your point finger and your middle finger. Perform an upward jelquing movement, ensuring that your palm is facing towards you.

The One-handed Jelq

Jelquing exercises are normally done by alternating both hands. However, with the one-handed jelq, you use only your dominant hand. This exercise technique is not recommended for beginners.

Additional Jelquing Tips

- When it comes to jelquing angles, the right angle depends greatly on which area of your penis you would like to stretch. That said, it is important to stretch the penis equally in all directions. Jelq upwards, downwards, towards the left, and towards the right. Note that stretching the ligaments in a downward motion helps increase the penis' length.
- For beginners, the ideal jelquing rate is 2-3 seconds per stroke. However, for those who wish to increase their jelquing intensity, one may gradually advance the stroke time to five seconds up to a maximum of 10 seconds.
- As with normal bodybuilding workouts, muscular confusion may also be beneficial. Do this by performing swift, small jelqs that run from 1-2 seconds for every stroke.
- Switch up the position of your grip. You may do this with your palms facing upwards, or downwards, or you may even rotate your grasp a little towards the sides. Doing so ensures uniform jelquing of the whole circumference of your penis.

Chapter 2: Super Tips On How To Add Girth

In this chapter I will share with you the most important principles to add girth to your penis.

1. Get a pump: Any man who is serious with his enhancement has got to have a pump. I only recommend the Bathmate. This pump has given me great girth gains, and even after a year, I am still learning on how to use it more effectively. You can check my review of the bathmate and my results <u>by clicking here</u>.

I also encourage you to check <u>this video</u> were I explain the routine that brought me massive girth gains and I also explain the best way to use to the Bathmate

2. Exercise with a high erection: To get a massive expansion whether that it is inside a pump or doing the manual exercises, you have got to work with high erection levels. The whole thing of jelquing with a 75% of erection is an urban myth. If you jelq with a 75% erection and get an expansion of 25% (100%) you aren't making any gains. But if you jelq with a 90% erection and get an expansion of 25% (115%) in due time, that extra 15% of expansion you got in your trainings will bring solid girth gains.

For many men (I am one of them) it is difficult to maintain a high level of erection while jelquing or using the Bathmate, that is why I use Cialis in very low doses or the Elite Manliness Natural Supplement.

3. Rest: A workout focused on girth is typically very intense. Giving your penis the rest it needs after a workout is very important. That is why I prefer working out three days per week (Mond – Wed – Frid) and leave a day off between them. Keep an eye on your Physiologic Indicators, they will reveal the intensity you should have in your work

out, this way you will avoid overtraining and penis fatigue, counterproductive for girth gains.

4. Squash Jelq: This is the best exercise gor gaining girth, PERIOD. The standard jelq and squash jelq should be the bread and butter of your workout.

How To Perform The Squash Jelq:

For the squash jelq what we first do is kegel some blood and then grab the base of our penis with an OK grip. Take out some blood from the glans by squeezing it. Then, with the second hand we push with an open palm against the glans, in the direction of where we have got placed the OK grip. And with the OK grip we push in the opposite direction (like we would be jelquing), this way we have a dual compression.

It would be like a compressing a can of coke. We maintain the compression for 20-30 seconds. Both hands are applying force during the compression. Once we finish we will have to recover our erection up to a 90 % to repeat the squash jelq.

Check out this video were I show you how to perform it

5. Maintain the expansion : When you finish your workout, your penis will be temporarily in an engorged state (In the long term, this engorged state becomes permanent), if you are able to maintain the expansion as long as possible, those gains will come much faster. How can we achieve this? Very simple, a cock ring will help us to keep our penis in the expanded state we have achieved after our workout.

Chapter 3: 3 Tips To Enlarge Penile Length

If your main goal is to gain length, read carefully the following tips that will help you to maximize your results and will bring easily from 3 to 5 cm in a years time (Sorry, in this book, we are not going to offer you "magic pills" or promise instant results (+ 2 inches in 1-3 months) so that we can convince you to click the "Buy Now" button)

These tips are based on my experience and research. I can proudly say that they have helped thousands of men to enlarge their penile length.

-Stretch from different angles: Manual penis stretches are very important, they allow you to stretch from all these different and weird angles, as well as include bundled stretches, rotations...etc

<u>In this video</u> I show you some basic stretches

-Use an extender or Elite's Penis Weight: Use an extender (we only recommend <u>Size Genetics</u> or Phalosan Forte) or <u>Elite's Penis Weight System.</u>

Using an extender or our Penis weight just after the stretches will help you to maintain your penis in an enlongated state which you will have achieved with the stretches.

This is a principle of success very important: When you perform the manual stretches, your penis ligaments will be temporarily in an enlongated state. Over time, as your perform these exercises, this enlongated state will become permanent (you will get permanent gains). If you are able to maintain that enlongated state (which you achieve just after performing the stretches) as long as possible, you will gain quick inches.

You can achieve this by using and extender or by wearing the Elite's Penis Weight System just after finishing the manual stretches

Manual Stretches + Extender or Elite's Penis Weight System = Quick Inches

-Don't forget to include girth exercises: Even though length maybe your main goal, you should never ignore girth exercises, such as jelquing. Length and Girth exercises work synergistically.

The <u>TGC Theory</u> says that if the smooth muscle of the penis is your limitation, you may have to focus 70% of your workout in girth exercises if you want to gain results in the length department.

Although I personally find the <u>TGC theory</u> to be a little bit too extreme (focusing 70% of your workout in girth or length depending on your limitation) if we can take anything from this, it would be that we should never ignore girth exercises, and at least introduce the basic ones such as jelquing and ULI's.

Analogically speaking, the trunk of a tree can't grow vertically without gaining width in the process and viceversa, it can not grow only in width or girth without vertically doing so in the process.

Therefore you should also include girth exercises in your routine. I have heard many cases of men that were stuck in their length gains, but as soon as they introduce more girth exercises (even though it wasn't their main goal) they started to gain several inches.

Don't forget these principles to enlarge your penile length naturally: Stretches from different angles. Wear an extender or <u>Elite</u> 's <u>Penis Weight System</u> just after performing them, and include girth exercises to create the synergy.

Chapter 4: How To Do Kegels

Kegel is an exercise performed by men and women with the intention of improving the pelvic muscles. It carries with it a wide array of benefits, especially for males. Note that unlike other exercises, a kegel workout is not obvious. In fact, you can perform kegel while sitting behind your office desk! In this article, you'll find out exactly how the routine works and what it can do for you.

How to do Kegel

Kegel Exercises require little work and are basically the same for both men and women. Here's how you do this particular routine:

Locate the Muscles

Kegel workouts involve internal muscles so it would be hard to point them out. A great indicator is the flow of your urine. Imagine that you need to empty your bladder but have to wait a few seconds before getting to the bathroom. The muscles you use to stall the flow of urine are the same muscles that are worked out during Kegel Exercises. That being said, try clenching and unclenching your pelvic muscles right now.

Empty Your Bladder

Make sure that you don't need to pee before doing the routine. This is important since even a partially full bladder can cause you pain while you perform the exercise. Also note that in some cases, the presence of urine in the bladder actually weakens the muscle during Kegel. It goes without saying that you shouldn't clench and unclench while urinating.

Concentrate on the Muscles

The main problem when performing Kegels is that the movement isn't confined to the pelvic floor muscles. At first, your clench-unclench movements will encompass the buttocks, thighs, and stomach – but this shouldn't be the case. Instead, find a good position – lying down with your knees bent and feet flat on the ground would be best. Now take a deep breath and concentrate on your Kegel muscles. Clench and unclench – making sure that only the concerned muscles are actually moving.

Do Kegels Work?

There's no question about the validity of Kegel exercises in helping males solve problems related to functions involving the pelvic muscles. Think of your urinary tract as a faucet; problems with bladder control usually mean that the faucet is leaking. Kegel exercises essentially repair the leaking faucet so that you'll only discharge water when you need to. Note, though, that Kegel is not an overnight sensation. Much like with other exercises, it is crucial that you perform them routinely to reap the benefits of the workout.

Kegel Exercise Benefits

The following are some of the most prevalent benefits of kegel exercises:

Solves Incontinence

Incontinence is defined as inability to control either urine or fecal excretion. In some cases, incontinence may extend to simply difficulty in emptying the bladder or this hovering feeling that you still need to pee even though you've released a sufficient stream.

Dribble Effect

After urinating, some men may experience a 'dribble effect' when some of the liquid still manages to exit the tract, causing a wet spot

on the briefs. This condition may extend to sudden release of urine drops when laughing too hard, coughing, or sneezing.

These conditions are not normal and with Kegel exercises, you'll be able to make sure that these problems do not happen again.

Sexual Improvements

Another excellent benefit for men is the sexual improvement context of Kegel exercises. Studies show that men who do Kegel have better orgasms, can last longer in bed, and even have stronger erections! It manages to improve the blood flow, thereby creating larger erections and improves the force of the ejaculation.

Side Effects of Overtraining

Overtraining the pelvic floor muscles can actually weaken the parts involved. In this case, instead of having better control of your bladder function, you'll actually have a harder time holding down your pee. Overtraining generally refers to more than 5 sets per day. A routine is suggested below – try to follow that and not go beyond the recommended amount.

Reverse Kegel

Reverse Kegel is a little more complicated, but it provides for more extensive benefits, especially for your back portion. Once you understand exactly how to perform normal Kegels, you can follow these steps:

• Reverse kegel concerns entirely different muscles. To locate the muscles you need, simply try stopping your urine flow with regular kegels. After doing so, try forcing or increasing the flow of your urine. This is the muscle you want to target when doing reverse kegels.

- For the back portion, try clenching you muscles as if you're trying to pass gas. Those are the muscles you need.
- Next up: attempt to perform both muscle contractions together. You might need to take a deep breath for this. Pay close attention to your stomach. There should be a clenching motion that lets you better focus on the muscles that need attention. Don't forget to breathe to keep your concentration.

To up the ante, you can try doing reverse Kegel during masturbation or even during sex!

Kegel Routine

Kegel Exercises are something you can do daily, but if you want to get the most out of this activity, you'd want to follow a specific routine. Keep in mind that as mentioned above, overtraining your pelvic floor muscles can actually cause more damage than good. Here's an ideal Kegel Routine that should work for you:

- Assume the position you want for the exercise.
- Contract the pelvic muscles and count to five.
- Slowly release the same muscles, again counting to five.
 - Repeat this process 10 times.

Ideally, your Kegel routine should be done a maximum of three times a day. That's once in the morning, another around noon, and another one before going to sleep, giving you a total of 30 repetitions.

Chapter 4: Chemical Penis Enlargement Program

If you want to enlarge your penis, you need pharmacological assistance in some form. A bodybuilder will be hard-pressed to build strong and well-defined muscles if he does not have the necessary exercise equipment. The same principle applies to penis enlargement. A few fortunate individuals may accomplish their goal to some extent; most will not. If you want to have a significantly bigger penis, you have to have some help.

Many men attempt to reach the goal of having a bigger penis through the usual enlargement techniques suggested on the internet. Most attempts fail. Some succeed to a certain degree, making gains at first only to find out that the growth ends before the desired outcome is achieved.

If you want to succeed in your effort to gain a bigger penis, you need to consider certain facts.

As an adolescent, you have hormones which trigger growth spurts. Your body goes through some dramatic changes. Your voice deepens. You grow hair – in the pubic area, on your face, and on your underarms. You grow taller. You begin to have muscles. And your testicles and penis grow bigger.

Between the ages of 18 and 20, you stop growing. The penis does, too.

If you can have the same hormone profile that a teenager has, you can enjoy what is usually referred to as "second growth." Exercising your penile muscles also helps. You have to accept the fact, though, that over time—and with the same repeated exercises—your penis will prove resistant to the exercises and stop responding the way you expect it to.

So how do you get a bigger penis? You use the Chemical Penis Enlargement Method.

The method calls for the manipulation of hormones to generate renewed growth in the penile tissues. You use medications so that your hormone profile once again becomes similar to that of a teenager. You apply DHT, a potent human hormone, topically and do certain exercises.

This combination allows your penis to become supple and to grow again.

Dihydrotestosterone or DHT is an important male sex hormone, an androgen that affects how male characteristics are developed and maintained; it is essential for penis growth.

Chemical Penis Enlargement uses topical DHT in combination with exercises in cycles of four to eight weeks. Each cycle lasts until such time that the penis' response is reduced or suppressed. The response to the treatment usually weakens after a few weeks.

The androgen receptors are said to downregulate during this time. The penile tissues are also likely to have adapted to the exercises at this time, and penis growth slows down and eventually stops. A resting stage follows, allowing the penile androgen receptors to upregulate and the penile tissues to decondition and become sensitive to the hormone again.

When a few weeks have passed, you start another DHT cycle. Your penis will be responsive once again to the topical DHT and the reconditioned and well-rested tissues receptive to the exercises, thus allowing fresh growth in the penis.

Every new cycle enables your penis to increase in size. Some men exhibit growth as much as half an inch or bigger. With each new cycle, you start fresh and keep on achieving increases in growth. The resting period reconditions your penis for easy gains and keeps you enthusiastic for the next cycle.

DHT and how it affects the Penis

The male hormone DHT is more powerful than testosterone, with a stronger effect on the androgen receptors in the tissues of the penis. Unlike testosterone, it does not transform into estrogen so you do not have to worry about estrogen-related problems like enlargement of your breasts when you use it.

The changes in secondary characteristics in males, including penile growth, are effected by DHT. Using the chemical hormone DHT to help you grow a bigger penis is certain to make a significant difference. Even medical specialists have been known to recommend the use of DHT to their adolescent patients whose genitals fail to develop according to norm.

Micropenis and DHT

An infant with 5-alpha reductase deficiency is genetically male, with each cell having one Y and one X chromosome, and has male gonads or testes. However, his body is not able to produce sufficient DHT

As this particular hormone is essential to male sexual development, its shortage results in the atypical development of the external sexual organs prior to birth.

An infant with this deficiency may have external genitalia that look female. He may have ambiguous genitalia, which look neither male nor female. Or he may have an abnormally small penis or what is referred to as a micropenis.

Clinical studies show that DHT administered through the skin of 5alpha reductase-deficient infants and children has effectively resulted in phallic growth. A similar study was conducted in patients with micropenis due to variable causes. After 3 to 4 months of treatment, an increase in penis size of between 0.5 and 2.0 cm was noted.

These studies indicate that a treatment of 0.2-0.3 mg/kg DHT administered through the skin on a daily basis for at least 3 to 4 months may be effective in managing males who have testosterone biosynthetic defects, males with adequate masculinization to merit male-sex assignment, or males who have micropenis before reconstructive surgical procedures.

Other similar studies on adult males show that DHT does not just increase penis size but increases sex drive and enhances sexual performance as well.

Where Can You Obtain Topical DHT?

You can request a pharmacy to custom-compound topical DHT for you. You need a prescription to do this, however, and finding a doctor to write a prescription for you may not be that easy.

One other option is to buy Andractim, a topical DHT that is available commercially. You can purchase this from buyandractim.com. You have to fill out a form which requires you to provide the reason for needing Andactrim. If you are under 45 years of age, state that you want it for man boobs or gynecomastia. If you are 45 years old or older, you can either put down gynecomastia or erectile dysfunction as reasons.

Penis Enlargement – the Method

Use Andactrim on your penis every day: once in the morning and once at night. Just apply a couple of tiny dots on your shaft. Do the prescribed exercises described below every other day. Do this routine for 4 to 8 weeks. By this time, the androgenic effects of Andactrim would have worn off. Optimal growth will stop. When you notice this, take a rest from both the application and your exercise

regimen for a month. This stage will allow your penis to decondition and sensitivity to Andactrim to come back. Start another cycle.

The method is so simple yet amazingly effective. You can add a couple of inches within 6 months maximum simply by using the magical combination.

Penis Enlargement Exercises

Start your exercise regimen by applying heat on your penis for a minimum of 5 minutes. Soak a cloth in hot water and put that on your penis (You can also use a microwave heating pad as an alternative.).

Make sure that you apply heat every 10 or 15 minutes while you do your enlargement exercises. Applying heat relaxes the tissues and increases blood flow, effectively speeding up your gain, so do not neglect this essential part of the program. It also helps to do the exercises in a warm and comfortable room; you may use a space heater if you have one.

Kegal Exercises

These exercises will strengthen your Pubococcygeal muscles or the PCs. How do you locate these muscles? Urinate then cut off the flow by squeezing your muscles – these are the PCs.

Exercise the PCs by giving them a fast hard flex which takes only a second or a long flex which you hold for 30 seconds. Do 30 fast hard flexes; follow with a 30-second long hard one. Increase the number every day until you can do 500 quick ones and 5 or 10 long ones 3 to 4 days a week.

Hand Stretch

Make sure that you are half-erect for this exercise; it is more effective to work with a partially engorged, more malleable penis.

Encircle your penis with thumb and put the point finger finger at the back of your penis' head. Pull down for 30 counts. While you pull, do the PC quick flex.

Then hold your penis at its base, shaking fast for about 25 times, relaxing the penis. Do this sequence repeatedly. Pull to the right, left, and straight out. When you pull straight out, do the PC long flex. Start the exercise schedule by applying light pressure, increasing intensity as you progress. For additional force, while holding your penis with your thumb and first finger, use the other three fingers to hold the end of the chair while pulling. As your penis gains in strength, add a ligament massage by using the thumb of your other hand to exert pressure on the ligaments found at the base of the penis. Doing these exercises under a hot shower will give your penis a maximum stretch.

The Jelq

This exercise forces more blood onto the penile chambers, increasing width, length, vascularity, and erectile strength.

Make sure that you are half erect when you do the exercise. Lubricate your penis with baby oil or hand lotion. Encircle the penis at the base with your thumb and first finger. Slide your hand down toward your penis' head, forcing blood forward with the pressure applied, taking about 3 seconds to complete the stroke. Release the penis. Do the same exercise, this time using your other hand.

The Squeeze

This exercise gives your penis a bigger girth, enabling you to give your partner greater sexual satisfaction.

You need to be fully erect when you do this exercise.

Hold your penis at the base with your thumb and first finger, as close to your body as you can manage. Do a hard Kegal while squeezing the penis with your hand, forcing blood up the shaft and fully engorging the penis. Hold for 30 seconds, releasing your grip after

and shaking out the penis to relax. Get another full erection and repeat the exercise.

Do these exercises every other day. Allot 5 minutes each for the Kegal and the Squeeze and 15 minutes for the Jelq. If you see red dots on your penis, indicating small burst capillaries, reduce the pressure you are applying. The dots will disappear in time.

Using Penis Extender with DHT

You can use a penis extender to lengthen your penis. It will provide traction, pulling on your penis, thus forcing it to grow in length. You can then apply more force to make your penis grow even longer until you achieve your desired length.

Apply Andactrim on your shaft before putting on your extender to speed up the process. It is worthwhile to note that you get better and faster results the longer you use the extender. Start with 30 minutes per session; increase gradually until you can manage 2 hours before taking breaks. After each session, remove the extender, massage your penis to increase blood flow and apply heat before putting the extender back on. Take off the extender before retiring for the night.

I only recommend the <u>Size Genetics extender</u>. It is the only extender that has brought men solid gains lengthwise.

Supercharging the DHT Method

There is a way to supercharge this program. This requires the use of Finasteride, a drug used to treat prostrate and hair loss problems. You can have this drug prescribed for you or you can buy it online. Finasteride reduces the amount of DHT in your body, which in turn increases the number of androgen receptors and upregulates them. The androgen receptors become as strong and powerful as they were when you were a teenager. When you stop using Finasteride, DHT builds up again, causing the penis to grow in an incredibly accelerated manner.

Take the 1mg dose of Finasteride during your resting phase with your combination regimen of DHT application and penis exercises. Use the drug for a few weeks at least. This will reduce the DHT and upregulate the androgen receptors. Stop taking the Finasteride about a week before you start your growth cycle with the DHT application and exercise routine – and experience penis growth that will amaze and thrill you no end.

Conclusion And Resources

Thank you again for downloading this book!

Now that you have everything you need to know about penis enlargement, you can start the program now and before you know it, you will have a bigger and finer-looking penis, stronger self-esteem, and a really great sex life.

I encourage you to check out the following sites which will help you in your way:

Bathmate: The best penis pump, you will get girth easily

SizeGenetics: The Best extender to enlarge your penis

<u>EliteManliness.com</u>: My website were I talk about penis enhancement

thundersplace.org: The best forum about penis enhancement.