

Have Your Greatest Orgasm – Ever!

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By Roberta Edgar

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Multiple Orgasms! You've heard of them, probably. Wondered about them, maybe. Attempted them, never — most likely. And why not? If you can have one successful orgasm, you can have two or three or more. In fact, even if you have never been able to satisfactorily negotiate a single, you can still learn to have multiples.

In terms of orgasms, more is definitely better. Here's why.

A single orgasm is usually reached in a matter of seconds or minutes, leaving little time for attending to the individual needs and fantasies of the partners involved. Multiple orgasms, by contrast, build slowly, allowing them to address a myriad of individual desires.

A single orgasm, riding the wave of naturally released sleep hormones, depletes a man's energy and sends him straight into slumber mode. In multiple orgasms, the longer they last, the stronger the payoff, yet they still manage to re-energize mind, body and soul, allowing for more effective after-play and intimacy.

A single orgasm is known to come in a variety of intensities, from a mere fizzle to a firestorm. Multiples produce firestorms as a minimum and build up significantly from there.

A single orgasm leaves a man languishing for hours or even days, depending on age and state of health. With a multiple, he can be up and ready for an encore immediately thereafter.

A single orgasm is a nice thing to have when time is an issue or there are no alternatives, which clearly there are. Why so few choose to talk about it, let alone investigate, is puzzling. Is it so intimidating to the nature of the solution-seeking male that just because a task can be accomplished in a matter of seconds doesn't mean it ought to be?

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Let's dispel the myths of irrational thinking right now with a few simple rules based on a deeply cherished secret. Follow them, practice them, and believe in them, and the greatest mind–blowing orgasms will become a permanent part of your vastly more glorious universe.

Know your body. Become intimately acquainted with those regions of flesh and sinew that awaken you sexually. Manipulate them with your hands, your mind, anything comforting that gives you joy.

Breathe slowly, rhythmically, taking in pure pleasure, letting go of stress and inhibition.

The more you practice delayed gratification, the more effectively you resist the short–term indulgence of single orgasms for the long–term ecstasy of multiples.

The PC (pubococcygeal) muscle offers you the double advantage of delaying orgasm and heightening pleasure. The stronger it becomes the greater satisfaction you will derive from your orgasms. Flex

your PC four times a day, 20 to 30 times each, and increase gradually, Test it whenever you have an urgency to urinate, since this multi–talented muscle controls that bodily function, as well.

Explore those stimuli around you that cause you to become aroused, excited, and ultimately engaged in an advance toward orgasm.

Once you have learned how to postpone ejaculation, you are ready to share your secrets with your partner.

Introduce techniques gradually, postponing climax to accommodate your mutual needs and desires, while extending your enjoyment indefinitely.

It cannot be stressed enough that the only way to become an expert at anything is to practice. Fortunately, the practice of sexual skills is more pleasure than pressure, so there's no reason to resist homework. Indulge yourself regularly, knowing you are going to derive the full benefits of your labor. And so will the object of your desire.

You now have an obvious choice. Carry on with the sexual lifestyle you've been practicing till now, or proceed to the one about which you only dared dream — and which offers the potential to take you places you never knew existed.

Jane L. Jarvis and R. G. Edgar are co–authors of the **NEW Multiple Orgasms for Men**. Find out how some men are enjoying the most mind–blowing orgasms of their lives, and how you can do the same! [Click Here Now!](#)

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4 GREATEST MYTH of Women Orgasm

By Leo L.

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This is something that you really need to know: 4 GREATEST MYTHS of Women Orgasm!

Before I start off, let's define women orgasm.

It is the peak of sexual arousal when all the muscles that were tightened during sexual arousal relax, causing a very pleasurable feeling that may involve the whole body. During orgasm, many women's heart rates skyrocket, their breathing quickens, and their blood pressure rates increase; muscles throughout their bodies spasm, but mostly those in the vagina, uterus, anus and pelvic floor.

Sound dangerous? It isn't. In fact, most women who have had an orgasm will tell you that it's a pleasurable feeling.

To put it mildly, orgasms feel good. During orgasm, chemicals called endorphins are released into the bloodstream. They cause pleasant sensations to ripple through the body, but they also make many women feel happy, giddy, flushed, warm, or sleepy.

Women love orgasm as much as men do. Unfortunately, for most women, this feeling is hard to come by. Actually, it's not hard. Lack of sex information is part of the reason. It's but misconceptions on orgasm are the scapegoat. In this report, I am going to show you the 4 greatest myths of women orgasm.

If you get yourself trapped by the myths, you are denying the orgasm she deserves.

Myth no.1

Women SHOULD Reach Orgasm during Intercourse.

Even in the new millennium, this is still a persistent myth. Many people even refer to orgasms during intercourse as the only "right way" to get there. This is the ideal you'll always see in film or print. The reality is that very few couples ever experience simultaneous orgasms during intercourse. In fact, less than 35% of sexually active women in the Western World can indeed climax during intercourse. The vast majorities of women never have an orgasm during intercourse, simultaneous or otherwise and probably never will!

Why is that so?

The problem is with the timing. Orgasms come much easier and faster for most men than for most women. Women need steady stimulation for a longer period of time than men need. Men, however, are not to be blamed for climax too fast. It's just that the women's bodies are programmed to cum at a later time!

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The fact is women need sufficient caress and foreplay for a period of 20~40 minutes before any penetration would become excited. Unfortunately, most men don't have the patient to wait for it to

happen. How can she achieve the heightened arousal and desire the same time men are building toward his, or even quicker? This is when sex enhancement product comes in.

If you are one of the few women out there who can respond easily with his touch, get aroused fast and have no problem orgasm, you can forget about having any enhancement cream. If you are like most of the women whose sex drive are low, who take too long to get aroused and who constantly think they won't get there(even if they long for it), you definitely need Alura", which is what I claim to be the BEST SEX ENHANCEMENT CREAM in the world!

If you are a man reading this myth, face the fact! If you can't control your pace, use something safe, with instant effect to speed up her arousal and PROVE ME WRONG with the myth!

This report is lengthy. To read the full issue (myth #2, #3 and #4) , simply go to <http://www.BLUEnPINK.com/dt/34> and get a FREE copy of the report now!

Regards,
Leo L.

Leo L. is the owner of BLUEnPINK.com, a website with a goal to help women to gain back the sexual pleasure they deserve. His new ebook "Ultimate Guide to Drive Women Wild" has proven to be a valuable resource in addressing women's need and want on bed.

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