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Menopause, Andropause And Other Hormone Imbalances
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Little Tip On Premature Ejaculation

By Kristjan Gudna

Little Tip On Premature Ejaculation

by: **Kristjan Gudna**

Curing premature ejaculation can cost some money. You will have to buy a exercising program, or hypnosis program, or psychologist sessions, or what ever you want to do.

But here I have one tip that could work to night, absolutely free ;).

This might not cure your premature ejaculation completely, but it might help you to last, and help your partner to come faster. So everybody should be happy ;).

This takes a little planning, and might diminish the romance a little for a while, but it is worth it, isn't it.

The Tip Is: "before you are going to have sex, talk to gather for half an hour".

That is so simple!

Start by talking about your dreams, what you want to do in your live. Do you want to start a business, work home, have kids (how many), or where do you want to live? Share your dreams with each other. Be honest.

Now share your fear. Are you afraid to get her pregnant, have you made all cautions? Are you afraid she won't like you if you do something wrong, is she afraid you won't like her if she does something wrong. Maybe you are anxious about something that has nothing to do with the two of you, talk about it.

Get rid of all unspoken emotions blocking each other, without blaming. Just own them, in your own space. Is either of you angry about something? Maybe it is a small stuff, but it can still block the flow between you two.

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Now share what you like in sex, and what you want to experience. It doesn't have to happen today, or next week, or month. But share what you want to work up to experience, one day. If it is something you have to practice, make a plan to get a book, or program to learn it.

Finally take a promise from each other, that neither of you ever has to do anything that doesn't feel good. All you have to say is "this doesn't feel good", and you stop, and the other party won't leave, or get angry. But you will talk about it afterwards, what didn't feel good.

It takes courage to do this before having sex, to face intimacy. But I ensure you, even if you come faster than you wanted after doing this exercise, your woman will still be satisfied in a way most men can't satisfy her.

The author managed to cure his own premature ejaculation. Now he is helping many couples with the same problem through his website (<http://www.premature-ejaculation-tips.com>)

Are You A Minute Man With Rapid Ejaculation?

By Nathan Young

In general the term "premature ejaculation" implies that the male orgasm happened before it was time. And it is known as the most common sexual problem affecting a great number of men around the world. Recently, there was a survey made of several thousand British males, and the results indicated that approximately 10 per cent of them stated that they often or sometimes had this trouble.

Many medical studies suggest that this condition is more common in younger males than in older, experienced males. However, not every mature male is able to acquire the ejaculatory control he would like to have only with the years and the experience of different sexual partners. According to a 2004 survey made in Europe, it showed that a considerable number of middle-aged men still have this problem and are looking for an effective treatment for premature ejaculation.

Premature Ejaculation is believed to be a psychological problem and does not represent any known organic disease involving the male reproductive tract or any known lesions in the brain or nervous system. In short, PE is not a physiological problem or disease, though it manifests physiologically by considering the organ systems directly affected, this is the male reproductive tract.

No one can deny that premature ejaculation matters in the life of the man suffering from this condition, it matters mainly because it makes the couple and the man unhappy and frustrated. And in cases of severe PE it can even threaten or even ruin a marriage because it spoils the sex lives of both partners. Sometimes, the condition is so advanced and frustrating that the man cannot even manage to have intercourse with the partner because he invariably ejaculates before he can get into the vagina. This can be devastating for a man's self-confidence. And, of course, it can be hugely frustrating and annoying for his partner, too

Apart from the dissatisfaction in the sexual life of the partners and the stress this situation brings to the

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relation as it was mentioned before; if ejaculation continually occurs so early that it happens before commencement of sexual intercourse, as it does in the grave cases of premature ejaculation, and the couple is attempting pregnancy, then pregnancy is impossible to achieve unless artificial insemination is used.

The good news is that premature ejaculation is curable and every man suffering from this condition can regain his sexual life in just a few weeks.

Nathan Young is an expert author in a number of health themes affecting both men and women. If you or someone near you suffers from Premature Ejaculation problems you should know that this is a curable condition

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