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**Understanding How To Intensify Orgasms**

**By Philip Lim**

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The subject of how to intensify orgasms has been intensely studied over the centuries with varying degrees of success. There are many different schools of thought on the matter and we will attempt to analyze them in this article.

One of the most popular beliefs is that the longer it takes to have an orgasm the more intense it will be when it occurs. While I have found this to be true to some extent, I have also found that if the sexual experience is not to my liking all that much then it does not really matter how long it takes. It will still not be the most intense of orgasms.

The most scientifically-based idea on how to intensify orgasms that I have come across is the study which concludes that it is a physiological thing. Meaning, it will depend on how much oxygen there is available to the nerve endings which will determine just how intense a persons orgasms will be, on average.

This type of view on how to intensify orgasms is in my opinion based on a relatively sound fact. If the person has more oxygen in their blood then it will be more likely that they will have more nerve endings firing and be able to transfer the signal from those nerve endings to the brain in a much more efficient manner.

The ways in which you increase oxygen content of your blood go up will have many other health benefits other than intense orgasms, such as better stamina and less heart disease and respiratory illness.

## Understanding How To Intensify Orgasms

Exercise is the most common way to increase the rate of oxygen in the blood but there are many other ways to do it as well. The Indian culture has been using meditation and yoga as a way to intensify their orgasms for thousands of years and I do not think that they would keep it up for that long if they were not on to a winner. Their method of how to intensify an orgasm is called "tantra" and there is a lot of good literature on this subject out in the ether.

The Asian culture has been doing it for a long time in the form of

herbal methods to intensify the orgasms they have, and there is a good basis for what they have been up to as well. The herbs they use, of which ginseng and ginko biloba are most popular, are clinically proven to increase blood flow and improve circulation. These orgasm intensifying herbs are on the market to us in many forms, one of which is called a penis enhancement patch.

If you want to know how to intensify orgasms, the best bet would be to look for all of these things on the net and try them for yourself and see what works for you. If all of them work for you then life is going to be that much sweeter!

A concrete study on how to intensify orgasms is probably never going to happen in this life time for the reason that it is too hard to study. So do your own homework and find out what works for you!

Philip Lim is the editor of Natural Penis Enlargement Review which provides trusted penis enlargement recommendations. We aim to correct this problem of mass misinformation by giving men a place to go that they trust for healthy, safe and natural alternatives. Download your free copy of "The Secrets of Penis Enhancement Revealed" at: <http://www.naturalpenisenlargementreview.com>

### **Have Your Greatest Orgasm – Ever!**

**By Roberta Edgar**

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.

## Understanding How To Intensify Orgasms

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?

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,

## Understanding How To Intensify Orgasms

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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