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A Simple Guide to Premature Ejaculation and its Causative Conditions (A Simple Guide to Medical Conditions)

Kenneth Kee

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Introduction

Ode To Premature Ejaculation

Premature ejaculation is still very relevant
In sex where couples find disappointment
Some men fail suddenly to the astonishment
To their partner’s anguish and disappointment

The phase is just a period of minor embarrassment
Laugh, share a joke, pray for partners to be tolerant
Ejaculation is too fast and this is no excuse,
It is not what the embarassed men choose

Sometimes you need to do deep breathing
Ignore the excitement and use proper positioning,
Use carefully the movement of the hips
More foreplay, apply your sensual lips,

Allow your hands to gently massage
Her inner lips and vagina will discharge
Keep her enjoyment in the mind
Rubbing and stroking from behind

Relax, enjoy and do not think,
Let the sexy beautiful mood blink
Suck her breasts and gently nibble,
Always be patient, not predictable,

Premature ejaculation is but a passing condition
Overexcitement and inexperience a combination
Premature ejaculation need never be permanent,
With counseling, practice and medical treatment

-An original poem by Kenneth Kee

Interesting Tips about the Premature Ejaculation

A Healthy Lifestyle

1. Take a well Balanced Diet

2. Counseling to manage anxiety/stress/marital problems

Avoid stress and anxiety

Wear a condom to contain the ejaculation.

There is now a new oral medication available to delay the ejaculation of the penis called Priligy.

Communication and honesty with the spouse is important in premature ejaculation so that she understands the problem and that she is not the cause of the problem.

3. Keep bones and body strong

Bone marrow produces our blood

Eat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables.

Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.

Eat food rich in Vitamins B and C such as green vegetables and fruits

Zinc and other minerals are important to the body

4. Get enough rest and Sleep

Avoid stress and tension

5. Exercise and stay active.

It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2½ hours a week.

One way to do this is to be active 30 minutes a day at least 5 days a week.

Begin slowly especially if a person has not been active.

6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman.

Alcohol use also increases the chance of falling and breaking a bone.

Alcohol can affect the neurons and brain cells.

7. Stop or do not begin smoking.

It also interferes with blood supply and healing.

Cigarettes contain more than forty types of hazardous and possibly cancer causing chemicals which can harm

the smokers and those around them.

Chapter 1

Premature Ejaculation

What is Premature Ejaculation?

Premature Ejaculation is defined by the failure for a man to control his ejaculation for a sufficient period of time during sexual intercourse to satisfy the female in at least 50% of coital attempts.

Premature ejaculation (PE) occurs when a man experiences orgasm and expels semen soon after sexual penetration and with minimal penile stimulation.

There is no uniform cut-off defining premature but a consensus of experts at the International Society for Sexual Medicine endorsed a definition including ejaculation which always or nearly always occurs prior to or within about one minute.

Although men with premature ejaculation describe feeling that they have less control over ejaculating, it is not clear if that is true.

Many or most average men also report that they wish they could last longer.

Men's typical ejaculatory latency is approximately 4–8 minutes.

Who is at risk of Premature ejaculation?

Premature ejaculation is the most prevalent sexual dysfunction in men.

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From reader reviews:

Charles Duda:

A lot of people always spent all their free time to vacation or maybe go to the outside with them family or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity that is look different you can read some sort of book. It is really fun for you. If you enjoy the book that you just read you can spent all day long to reading a guide. The book A Simple Guide to Premature Ejaculation and its Causative Conditions (A Simple Guide to Medical Conditions) it is extremely good to read. There are a lot of people that recommended this book. These were enjoying reading this book. When you did not have enough space to bring this book you can buy the particular e-book. You can m0ore simply to read this book from your smart phone. The price is not very costly but this book provides high quality.

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Pearl Norris:

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