

Improving Male Sexual Responsiveness & Performance



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2011

Scientifically validated approaches to:

- ❖ **Dealing with erectile dysfunction (Impotence)**
- ❖ **Maximizing sexual pleasure and responsiveness**
- ❖ **Increasing penis size**

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Male Sexual Responsiveness & Satisfaction

Erectile Dysfunction in Men

What is Impotence-Erectile Dysfunction & What You Can Do About It

DEFINITION & CAUSES

Simply put, erectile dysfunction (ED) refers to an inability to achieve and maintain an erection that facilitates sexual satisfaction. This compromise in function can involve sexual intercourse, masturbation, or any sexual pursuit (that requires an erection).

The causes of ED are myriad, but basically fall into these categories:

Circulatory Issues

By far the most common cause of ED is compromised blood flow to the pelvic region including the penis. This may be due to a narrowing of the blood vessels (atherosclerosis), high blood pressure, smoking and high cholesterol.

Hormone Issues

Approximately 5.6% of men don't make enough testosterone (male hormone), a deficiency which can cause problems in terms of achieving an erection. But while most men do have an adequate testosterone level in their bodies, this testosterone may not be in a form which is hormonally active called "free testosterone". This is typically due to excessive binding of the male hormone to carrier proteins that divert it for use in the production of other proteins and hormones. This works against a man's sexual responsiveness because it is only free testosterone which is the hormonally active form, able to interact with hormone receptors on tissues. Other hormone abnormalities may also cause erection problems.

Side-effects of Certain Medicines

Many medications can adversely affect interest in and the ability to have satisfying sex. Many

drugs used to treat heartburn, high blood pressure, heart disease, and depression can interfere with a man's ability to achieve and sustain an erection.

Nerve Issues

During a normal erection, signals from the brain and spinal cord are transmitted through nerves to blood vessels in the pelvis and genitals causing them to dilate and thus allow the penis to fill with blood and become erect. Damage to these nerves caused by diabetes, alcohol abuse, stroke, spinal cord injury and other afflictions can impede or halt their ability to transmit signals which can, in turn, lead to erectile dysfunction.

Psychological Issues

Depression, anxiety and stress can also contribute to or cause erectile dysfunction. In today's often "performance focused" sexuality (TV, movies, books, magazines, etc.), some men will grow dissatisfied with their sexual responsiveness or penile dimensions which can lead to frustration, depression or other psychological challenges. Extreme or pathologically obsessive focus on perceived bodily imperfections or "inadequacies" is classified in medical parlance as "Body Dysmorphic Syndrome" or "Body dysmorphia" and is treatable. See [Wikipedia - Body Dysmorphic Disorder](#).

Is concern over one's penis size necessarily indicative of having a mental or emotional problem? Not necessarily. Given the increasing focus on male penis size today in TV ads (for "male enhancement" products), shows like "Sex & The City", some comedy acts, e-mail spam, plus the appearance of more and more Internet personal ads by women seeking "well endowed" men – it would be surprising if most men didn't get a tad concerned (now and then) over whether they "measure up." This isn't a contemporary social phenomenon by any means, as innumerable ancient writings and frescos essentially equate large male organs with fertility, virility or the ability to satisfy women (or other men, in the case of gay unions).

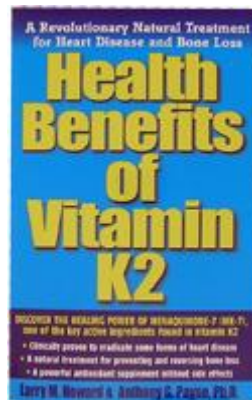
"Size matters" only becomes a concern when it interferes with a man or couple's enjoyment of sex or capability for enjoying sex. Women who do not really have any issues with their man's penis size – but whose husband or boyfriend does – need to work on disarming his fears and anxiety. Women who actually do prefer a well hung partner – and whose husband or boyfriend doesn't "measure up" – might consider helping their mate augment their size via use of specific legitimate medical or technological "fixes." Mind you, any man looking to make fantastic gains in either girth or length or both – surgery (phalloplasty) or use of slide-on flesh like penile sleeves aside – is going to be disappointed. But for those seeking modest gains of 1-1.5" in length and around ½ to 1 "in girth, there is at least one clinically tested approach that appears to work in this regard. This method will be discussed in the section titled "Nonsurgical Penis Enlargement: Is there anything that actually works?"

Non-Standard Treatments of Merit

NUTRACEUTICALS

BLOOD FLOW ENHANCING

Internet advertising notwithstanding, there is no natural medicine, herb or vitamin that has been proven to enhance blood flow into the penis in the way or to the degree the FDA approved ED drugs such as Viagra® and Cialis® do. This said, there are some natural agents that would complement the action of these pharmacologic approaches. For example, in cases in which arteriosclerosis or hardening of the arteries is known to contribute to ED, a form of vitamin K2 called menaquinone-7 can help slowly shuttle calcium out of calcified blood vessels and into bone where it belongs. You can read more about menaquinone-7 in “Health Benefits of Vitamin K2” [K2 BOOK](#)



In addition, there is an herbal formula called PADMA 28 that has been shown to significantly lower artery wrecking lipids (cholesterol & triglycerides), as well as prevent platelets from sticking together in such a way as to form clots in numerous randomized controlled clinical studies. This translates to smoother blood flow. In fact, the herbal blend in PADMA 28 has been approved by the Swiss equivalent of the FDA for the treatment of peripheral arterial occlusive disease (Blockage in blood vessels in the lower extremities.)

SETTING TESTOSTERONE FREE

Low testosterone affects about 5.6% of men, so it is not a major contributor to ED. Probably many more are, however, impacted by having their testosterone unavailable for utilization in the body. This happens when testosterone is bound up to proteins such as sex-hormone binding globulin. How does one “set testosterone free”? One way may be the oral intake of the herb Nettles (*Urtica dioica*), which contains a compound called 3,4-divanillyltetrahydrofuran that is reputed to increase free testosterone by occupying sex-hormone binding globulin.

PRESERVATION/ENHANCEMENT OF NERVE FUNCTION IN DIABETICS

Diabetes tends to adversely impact circulation and this, in turn, impairs nerve function (A condition known as diabetic neuropathy). This nerve dysfunction can extend to those that are involved in male erections resulting in partial or total erectile dysfunction. This is a medical condition that requires the ministrations of a physician. There are, however, several natural measures that can help retard the course of diabetic neuropathy and even improve nerve function. Among these are:

Methylcobalamin – Methylcobalamin is the most bioactive form of B12. Some initial clinical studies indicate that methylcobalamin is of benefit to those with diabetic neuropathy.

Alpha lipoic acid -- A number of published studies indicate that alpha lipoic acid in high doses (600-1800 mgs. daily) can improve diabetic neuropathy.

HERBAL VIAGRA

Epimedium – One (1200 mg) tablet 3 to 4 times daily with or after a meal. A reliable brand, in my opinion, is **Planetary Herbals Epimedium, 1200 mg** Check out this Science Daily article titled ["Natural Viagra? 'Horny Goat Weed' Shows Promise"](#) (Click link)

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Technology for ED

Blakoe Ring

The Blakoe Ring is a deceptively simple piece of technology that has garnered a powerful reputation for helping a great many men counter ED. Invented back in the 1950s by anatomist & physiologist, Dr. Robert Blakoe, the ring in its current incarnation (Mark III Blakoe Ring) is a one-size-fits-all device bearing small alternating copper and zinc plates along the inner ring (The part in contact with the wearers genitals). It purportedly works by increasing blood flow to the male penis via a combination of direct mechanical support plus a small electric charge generated by the zinc-copper plates (Thermocouple effect). The exact mechanism of action is unknown, but it has made its way from questionable novelty to a therapeutic device recognized by medical authorities in both Australia and the EU.

The Mark III Blakoe Ring current sells for \$129.99 USD each. An electrolyte cream designed by Dr. Blakoe to complement the ring's electrodynamic activity is also available for \$37.99 (2007).

The official Blakoe Ring website is: [BLAKOE RING HOME PAGE](#)

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Vacuum Pump & Constriction Ring

One of the oldest, simplest, and generally most cost-effective ways to deal with ED is the use of a penis pump and constriction ring (“Cock Ring”). The principle is deceptively simple: The male penis is basically a hydraulic system, which is to say erections are the end result of blood being pumped into spongy penile tissue and then being held in place long enough to achieve sexual satisfaction. When the mechanism fails and cannot be readily remedied by standard medical means, a penis pump can turn the tables on the situation.

In-a-word, the partial vacuum created when air is evacuated from the chamber of a penis pump causes blood to rush into the user’s penis and it becomes very turgid. Typically, the user has affixed a constriction band to the base of his penis prior to using the pump. Once the penis is fully engorged, the band keeps the blood from rushing back into the body. The user can now engage in sexual activity including coitus. There is one restriction that applies, however: The band must not be left in place more than 20 minutes, as this can cause damage to the blood vessels and adjoining tissues.

Gene & Stem Cell Therapy for ED

Although the treatment of ED with Viagra® and other phosphodiesterase type V (PDE5) inhibitors is effective for many men, it doesn’t work for everyone. At the moment research is going on in labs across the world involving gene therapy approaches to ameliorating or even remedying ED. Most of these are highly experimental and typically involve using a virus to deliver specific genes to the spongy cavernosal tissues of the penis. Among the genes being used to address particular bottlenecks in the erection process are endothelial nitric oxide synthase (eNOS), calcitonin gene-related peptide (CGRP), superoxide dismutase (SOD), and RhoA/Rho kinase. In addition, some scientists are working with stem cell approaches including mesenchymal stem cells. These approaches, however, are unlikely to become available in the USA for many, many years. **There is, however, one stem cell treatment approach that is available now**: A US-based clinical program that harvests and gives back a person’s own bone marrow to them by IV drip. As bone marrow is rich in stem cells – stem cells that are called upon by the body to effect repairs and help maintain various organs -- the liberation of so many stem cells should have a salutary impact on many organ systems and tissues including those vital to sexual function. This is, in fact, what is being reported by both patients and

researchers tracking them. And the results are even more dramatic it would seem when therapies and treatments that complement stem cell action are employed, e.g., judicious use of FDA approved drugs in tandem with various nutraceutical & dietary measures and [external counterpulsation \(EECP\)](#) in certain instances of occluded (blocked) blood vessels. You can learn more about this totally legal US-based bone marrow program by clicking this link: www.StemCellMD.Org.

Prost-Gasm – Prostate Stimulation to Help with ED and Enhance Sexual Response & Gratification

When it comes to things that make us feel good or bring us pleasure, we all want to extend or maximize the feeling or experience. It hardly needs to be said that this is especially true when it comes to sexual activities. And as a great many men have discovered, their sexual gratification is magnified many fold when they self-administer or receive stimulation of their prostate gland.

The prostate glands primary role is to eject a fluid to semen at orgasm that helps sustain sperm and promote their mobility. As most men realize, this walnut size gland can also be the source of health challenges such as infection, enlargement and cancer. Interestingly, there is evidence that frequent ejaculations (as in daily coitus or masturbation) removes compounds from the prostate that contribute to enlargement and to the promotion of prostate cancer. Naturally, anything that maximizes prostate “emptying” should carry away even more of these substances; which brings us to: Prostate massage leading to “fullest” ejaculation.

Prostate massage refers to stimulating the prostate either digitally (fingers), or by use of anal vibrators or other appliances. Among the very best prostate stimulators is a specially designed plastic one called the Aneros, another called the Pro-Gasm, and a high tech device that delivers a safe electric charge-induced massage to the prostate called the Electro-Flex™ Prostate Stimulator. All are readily available through various firms and web sites found on the Internet.

Aneros in all its current incarnations: [ANEROS PROSTATE STIMULATION DEVICE](#)

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Digital or manual prostate massage is generally best done as follows:

Prior to engaging in prostate massage, it is wise to urinate and also (if needed) to have a bowel movement. If you have a partner “doing the honors”, you should have an enema prior to your session as this will help avoid any embarrassing “accidents” (as in soiled linens or fingers). It also is wise if the finger nail of the finger that is to be used to massage is trimmed and has no jagged edges. Use of a tight fitting sterile latex glove will help minimize transfer of bacteria from hand to anal canal or vice versa.

Now we get down to the “doing”. After dabbing a small quantity of water-based lubricant on the fingertips, your partner (or you) should gently insert a finger or fingers into the anus, then slowly push it or them inwards to about the second knuckle joint, then curl the finger or fingers upwards towards the naval and begin a gentle “come here” motion. You (or your partner) should feel a small orb of tissue like a large walnut through the anal canal wall. All that’s needed now is a gentle massage along its sides (Avoid pressing on the central portion as this is sensitive and will likely produce pain).

Few men experience an orgasm with prostate massage alone, so oral or digital (hands-on) caressing of the penis will be needed to achieve this. Of course, a couple can always have the man switch to use of a prostate massage tool such as the Aneros – insert this – then go on to have sexual intercourse to climax.

Many men report that prostate massage during sexual activity that culminates in a climax is extremely pleasurable.

Becoming Multi-orgasmic: How to have many orgasms in a row

Why are some people naturally multiorgasmic? Female biological advantages aside, the key player appears to be prolactin, a hormone produced in the pituitary gland in the human brain. Various studies have shown that prolactin is released at orgasm and plays a role in post-orgasmic sexual “repose”. Conversely, various other studies have shown that people with low or almost nonexistent prolactin levels can have orgasm after orgasm after orgasm *ad infinitum*.

Is there any way in which to safely lower prolactin levels and thus help facilitate becoming multi-orgasmic? Perhaps so.

The prescription drug bromocriptine can accomplish this, but has side effects that may argue against its use in many individuals. This is something you should discuss with your primary care doctor.

In terms of natural prolactin-lowering agents, the medicinal herb Chaste Tree Berry (*Castes Agnes-Vitex*) has been shown to reduce prolactin levels in human users. Anecdotal reports from males who use high doses of this herb as a standardized extract indicate that it does indeed make it possible to experience many orgasms in succession. There is also some evidence that it reduces the refractory or recovery period so that men can regain their erections quickly and thus be ready to “carry on”.

If you elect to try a Chaste Tree Berry product, get one standardized to provide at least 0.5% agnusides. The one I routinely and consistently recommend is [Planetary Herbals, Full Spectrum Vitex Extract \(500 mg tablets\)](#)

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Nonsurgical Penis Enlargement: Is there anything that actually works?

If e-mail spam were a reflection of scientific fact, nonsurgical penis enlargement would be as easy to bring about as popping a pill or tablet or doing a series of daily “penis milking” exercises. Truth-be-told, no rigorously designed or executed clinical studies have been published that show significant gains in penis length and/or girth resulting from specific nonsurgical measures or techniques. There are, however, no lack of anecdotal material or personal testimonies (as well as less-than-rigorous scientific studies – most surveys) on the web and elsewhere concerning how some men have achieved a bigger penis. Most involve either use of a penis pump, a “stretching” apparatus, weights and/or some variation of penis milking exercises. A few claim results from use of creams or herbal-vitamin formulas.

Enlargement claims based on use solely on use of a cream or an herbal-vitamin formula is the least credible. The ingredients in a cream simply cannot reach the tissues that need permanent expansion for penis enlargement to occur. And while some herbal-vitamin formulas may strengthen blood vessel walls and even influence blood flow in the pelvis, there is much more to penis enlargement than greater blood flow. Certain spongy tissues within the penis must undergo permanent increase in size so as to hold increased blood inflow. Boosting flow alone might help many cases of erectile dysfunction, but does nothing about the kind and degree of permanent spongy tissue expansion needed to make a man’s penis larger.

One penis enlargement approach that does appear to result in permanent gains in length and girth is use of specific exercise, hot compresses, massage and a vacuum pump. Pioneered by Cambridge University trained British sexologist, Dr. Robert Chartham in the 1960s, this method (which bears Chartham’s name) was formally evaluated by another British sex expert, [Brian Richards, MD](#) in 1975. Dr Richards conducted a 3 month study involving 32 patients who followed the Chartham Method, and an equal number (control group) who did not. At the conclusion of the study it was found that 87.5% of those on the Chartham Method experienced success in terms of gains in penis length and girth. The increases in length varied between 2.4cms and 3.6cms, and in girth between 1.4cms and 3.1cms. None of the control group experienced any changes in penis length or girth.

To view a summary of Dr. Richards study, click this link: [Dr. Richard's Penis Enlargement Study](#)

Dr. Richards went on to write a book that includes information on the study he conducted titled “The Penis” [Dr. Richard's book, "The Penis"](#). He also created the “Penatone 100 Day Penis Enlargement Course”, which can be ordered by clicking this link: [Pentatone Penis Enlargement Program](#).

It should be noted that use of a vacuum pump for penis enlargement purposes is not without risk. The repeated artificial stretching and engorgement of spongy penile tissues can result in scarring and other problems. Blood trapped in penile tissues for too long a period can also have negative effects and consequences, although it appears the use of an electric variable vacuum penis pump can circumvent this. [Electric Variable Vacuum Pump for Penis Enlargement](#)

If you elect to utilize Dr. Richard’s program and anything similar, make sure that you also take nutrients that support and complement the program’s objectives. You might want to consider:

Evening Primrose Oil (2000 mgs 3 x daily with or after meals). EPO leads to the generation of PGE1 (prostaglandin E1), which some researchers feel enhances penile tissue sensitivity to testosterone. This reportedly can lead to increases in penis size, especially if used in tandem with a vacuum pump or any other technique that enhances blood flow to the penis.

Take a combination of collagen type I & III (6000 mgs. daily). One brand I favor is [Neocell Labs, Super Collagen+C Type I & II \(120 Tablets\)](#)

During the late 1980s into the early 1990s I combined Dr. Richard’s approach with the following compounds and had this tested out informally by a handful of volunteers:

Epimedium – One (1200 mg) tablet 3 to 4 times daily with or after a meal. A reliable brand, in my opinion, is [Planetary Herbals Epimedium, 1200 mg](#) Check out this Science Daily article titled ["Natural Viagra? 'Horny Goat Weed' Shows Promise"](#) (Click link)

L-Arginine – 1-2 (1000 mg) capsule or tablet 1 hour before or two hours after meals. **Caveat:** Do not take if you have any viral issues such as Herpes I or II, HIV, EBV, or the like.

Tribulus – 1-2 (1000 mg) tablets with each meal. One good, economically priced brand is [Now Foods, Tribulus, 1,000 mg, 90 Tablets](#).

Zinc – 25 mgs daily

NOTE: Standardized forms of some of the aforementioned herbs were not available during my original tests. I’ve plugged these in (above) and adjusted the dose.

The case history data revealed that substantial gains in width and girth were achieved by men who followed the program religiously over a 3-6 month period.

One other medically sound but pricey approach is the Fast Size Extender, a “traction stretching” device tested in a small study involving men with Peyronie’s disease (i.e., abnormal curvature of the penis). Although the main focus of the study was to gauge this medical device’s effectiveness in straightening out penises deformed by Peyronie’s disease, the authors noted that “...over a 6-month period, patients reported increases in penile length of 1-2.0 cm, with an accompanying increase in girth.” Readers interested in checking out this medical appliance should click this link: [Fast Size Medical Extender PE Device website](#)

Reference: Levine LA, Newell MM (Rush University Medical Center, Chicago, IL), ‘FastSize Medical Extender for the treatment of Peyronie’s disease,’ *Expert Rev Med Devices*, 2008 May;5(3):305-10

Readers interested in understanding the role of sexual addiction in some women who prefer “well endowed” male sexual partners should check out this paper:

[Sexual Addiction Among Women Seeking “Well-Endowed” Male Partners: Results of a Survey](#)

Want to share what has worked for you – or not? E-mail me at biotheoretician@gmail.com And thanks!