

Premature Ejaculation: Herbal Pills



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It is not easy to define what "premature" ejaculation is. For some it means ejaculating before intercourse, for others - at its beginning or after 2-3 minutes in. There are people who call it a premature ejaculation if they finish before their partner.

Did you count how often you wanted you'd have more staying power? And you are not alone. The National Social Life Survey (NSLS) says that, in fact, 30% of men suffer from premature ejaculation. Premature ejaculation can't be referred to as illness. This is only an undesirable condition the man can have.

Though **premature ejaculation** does not cause any physical problems, it can be very harmful for the relationship as the partner usually stays unsatisfied. The uncertainty in one's abilities in bed can negatively influence other aspects of life as well. However luckily, there's a solution. But you can not just be likely to manage this without some help.

Premature Ejaculation Treatment

Some men try to stop thinking of sex, and in some cases it helps, but usually it just makes the orgasm even less intense. Or even, that you should use prescription drug which is equally expensive and filled with negative effects. All above mentioned approaches should be avoided. As an alternative, I am going to instruct you on several simple **premature ejaculation treatment** techniques to help you perform sexually as you used to.

1. Start-and-Stop

Mastering the **start-and-stop technique** will help you escape early orgasm in the most effective way. All you have to do is hold off before the moment you orgasm. The easiest way to practice it is to masturbate, and when you are skilful enough, you could try it with your partner. You should be able to recognize the exact moment before an orgasm. Normally it is accompanied by a tingling sensation. Discontinue any actions once you feel that it is coming. When it is over, start it again. Find out the number of times you can repeat the experience of this type.

As easy as it may sound, this technique is pretty difficult to master at once. In the beginning you may lose the strength of erection occasionally. But this does not mean you should stop the training. When you do it with your partner, fill the pauses with kisses and caresses.

2. Kegel Exercises

You can also find **Kegel exercises** useful as you learn to hold off your orgasm. Kegel exercises make the pubococcygeus muscles stronger, which are also called the PC muscles. To find them, stop your urination in the very middle of the process - that is your PC muscles.

A Kegel exercise means you clench the muscle then hold it for 5 seconds and release. Do the Kegel exercise in sets of ten as many times as you can. Little by little increase the number of repetitions.

The results won't be seen quickly, but if you do it three times a day for 3-4 weeks you will start feeling positive change. This method will help during intercourse too. During those pauses I described before you may do Kegel exercises to make your intercourse even longer.

3. Herbal Pills

Herbal pills can also help if you trust their producer. Another advantage of such pills is, besides premature ejaculation treatment, a long and hard erection. Isn't it our objective? And besides, herbal pills increase not only your staying power but a power of your orgasm, too.

Though it might sound incredible, natural sexual enhancers are really powerful and improve your performance without any side effects.

What choice do you make: start and stop technique, Kegel exercises or herbal pills? Combine them all and you will prevent premature ejaculation and will start a new sexual life, without worries and dissatisfaction.

Featured Premature Ejaculation Pills

VigRX Plus

Featured in: [Male Enhancement](#), [Penis Enlargement](#), [Premature Ejaculation](#)

VigRX Plus is the next generation of the well-known original VigRX. VigRX Plus is a natural herbal formula for male enhancement and penis enlargement that helps you strengthen erections when you are aroused, treat erectile dysfunction and impotence problems, increase penis size, and prevent premature ejaculation. The following ingredients were added to the original formula to increase male enhancement actions: Bioperine, Tribulus and Damiana. Damiana and Tribulus have successfully shown their ability to increase male libido. Bioperine makes all other herbal ingredients twice more effective.

VigRx Plus has a 60 day + one week guarantee: if for any reason you are not completely satisfied with results of taking VigRx Plus, simply return the unused portion in the original container within 67 days of receiving your order (60 day trial + one week return shipping), and the company will refund you 100% of the purchase price, excluding shipping and handling.

Contents of **VigRx Plus**: Bioperine, Damiana, Tribulus Terrestris, Saw Palmetto, Muira Pauma Bark Extract, Epimedium Leaf Extract, Ginkgo, Ginko Biloba Leaf, Asian Red Ginseng, Cuscuta Seed Extract, Catuaba Bark Extract, and Hawthorn Berry.

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