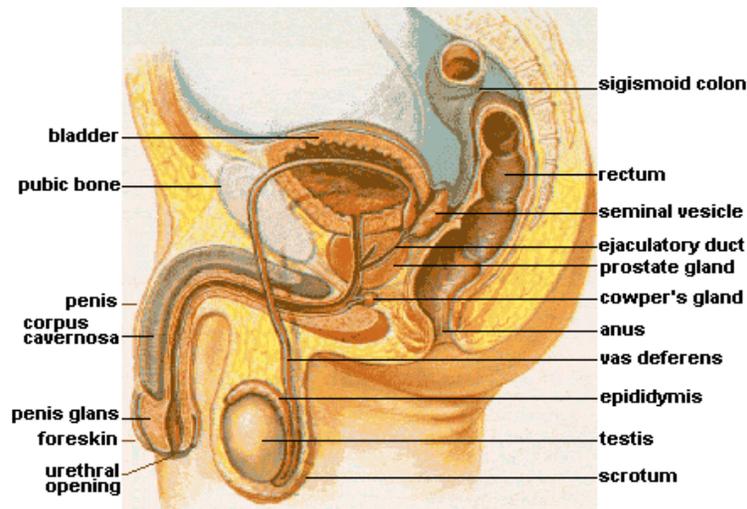


Genesis Foreskin Stretching Exercises

The Genesis Balanitis and Phimosis Treatment Program includes proven natural foreskin stretching exercises for men with Phimosis. These exercises were developed based on proven 5,000 year old Ayurvedic principles and modern medical science, and do not use painful surgery.



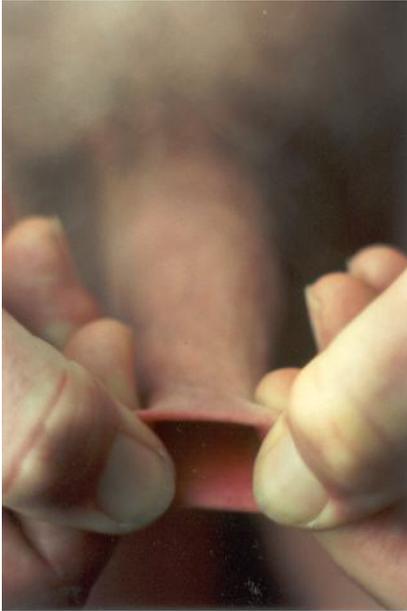
Pre-Stretch Warm-Up:

Before beginning any foreskin stretching exercises, do the following:

- Soak in a warm bath for several minutes to make the foreskin soft and easier to stretch with minimal discomfort.
- You should repeat this step before beginning any foreskin stretching exercise, to prevent tears or injury to the foreskin or penis.
- Massage yourself until your penis is erect.
- You are now ready to begin the foreskin stretching exercises.

Foreskin Stretching Exercise 1

- Soaking in a warm bath will make the skin easier to stretch.
- Pull back on the foreskin (easiest with an erection) so that the opening feels tight without real pain.



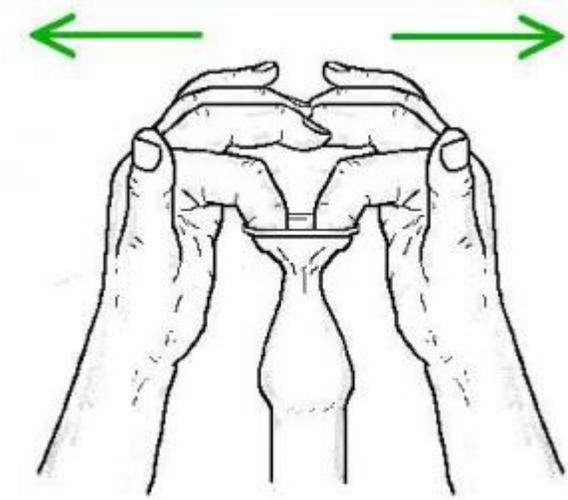
- Hold that for a few minutes then relax.
- Continue doing this exercise for about 10 minutes.
- Do this 2-3 times a day.
- Some doctors recommend masturbating after doing the stretching exercises to allow your fully erect penis to further stretch the foreskin.
- If the opening becomes sore, or develops splits, stop and let the sores heal, and then start again.
- Once the opening is big enough to just fit over the rim of the glans when erect the foreskin is at risk of getting stuck behind it.



- If this happens Paraphimosis may develop, which may require emergency medical care to prevent permanent damage, due to restriction of blood flow.
- Stretching technique 2 can avoid this risk if done properly.

Basic Foreskin Stretching Exercise 2

- Grab each side of the foreskin opening (with the foreskin forward) and gently pull on each side of the opening.
- If the foreskin is not too tight, insert the ends of two fingers, even the little fingers and pull them gently apart.
- Stretch the opening in this way until it feels uncomfortably stretched but not actually painful.
- Hold and repeat as for method one. Once again this is best done after soaking in a warm bath.
- Do not stretch for the foreskin all the way behind the glans penis, as it may get trapped, called Paraphimosis, which may require emergency medical treatment to fix.



Proper Penis Hygiene Techniques

Men who do not practice proper genital hygiene risk developing Balanitis, a bacterial infection of the penis and foreskin, due to the build up of dirt, debris, smegma and bacteria that builds up under the foreskin of an uncircumcised penis.

Men with Phimosis, or tight foreskin, must practice proper genital hygiene to prevent Balanitis. If your tight foreskin can be retracted enough to expose the glans penis, you should be able to clean away debris, dirt, sweat, smegma and bacteria that commonly forms under this uncircumcised foreskin.

Smegma, which is a discharge from the foreskin, is a foul smelling chesse-like white or yellow colored substance that forms under the uncircumcised foreskin. Failure to remove smegma as part of your normal genital hygiene protocol, contributes to the build-up of infection causing bacteria that leads to Balanitis and Phimosis.

- Once you have stretched the tight foreskin, thoroughly clean away any smegma or other dirt and debris.
- Use warm water to clean under the foreskin, then pat dry.

- If the smegma becomes hard and lumpy, you will need to soften the hardened smegma to safely remove it.
- This can be done with a light vegetable oil or a non-scented Vitamin E cream.
- The smegma and softening agent can then be removed with a mild non-scented soap followed by a thorough rinse with warm water.
- Once all the smegma is removed, simply clean away any debris with warm water in the shower or bath as part of your normal penis hygiene routine, which will prevent further occurrence of Balanitis.

Benefits of the Genesis Ayurvedic Foreskin Stretching Exercises

- For men who have not had a circumcision, foreskin stretching eliminates foreskin disorders, such as Balanitis and Phimosis.
- Relaxes overly tight foreskin, making erection and sexual intercourse pleasurable.
- Prevents inflammation of foreskin and glans penis.
- Allows for easy removal of smegma, dirt and debris trapped underneath the uncircumcised foreskin.
- Relieves pain and discomfort of urination and makes sex enjoyable again.
- Restores self confidence and eliminates performance anxiety, due a man's ability to again enjoy sexual intercourse and satisfy his partner.

Expected Results from the Genesis Foreskin Stretching Exercises:

- By doing the foreskin stretching exercises 2-3 times a day for ten minutes per session, within 4 weeks, you should see marked improvement in loosening of your foreskin.
- Depending on the size of your erect penis and the tightness of your foreskin, it can take one to two months to fully loosen your foreskin.
- By loosening your foreskin, you can more easily clean away trapped smegma, dirt, and debris that results in the build up of infection causing bacteria.
- Enjoy sex again, as you will eliminate pain from an overly tight foreskin.
- Boost self confidence and eliminate performance anxiety, as you the stretching exercises stop painful sexual intercourse.
- Eliminate the need for circumcision to cure chronic foreskin infections and other problems related to overly tight foreskin or persistent infections of the foreskin or penis.

Genesis Balanitis and Phimosi Treatment Program

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