

8 Methods to Eliminate Premature Ejaculation

The Genesis Premature Ejaculation Program includes 8 proven methods to help eliminate premature ejaculation naturally. They have been prescribed by western doctors and Ayurvedic doctors for many years. It is recommended to use them in conjunction with PC muscle exercises, diet modification and daily exercise to improve ejaculation control naturally without the use of prescription medications.

These natural healing methods include:

- 1) **Self Distraction.** If you feel yourself reaching arousal and climax, take a deep breath and think about something else, something boring if possible. When your arousal subsides, then begin penetration again.
- 2) **Stop and Start Method.** If you find yourself nearing climax, stop penetration until arousal subsides, then begin again. By starting and stopping as you reach arousal, you can learn to last longer.
- 3) **Squeeze Method.** This method involves either the man or his partner squeezing (fairly firmly) the tip of the penis or just below the tip for 10 to 20 seconds when ejaculation is imminent, withholding stimulation for about 30 seconds, then continue penetration. This can be repeated until ejaculation is desired.
- 4) **Desensitizing Cream.** This product can be used as a local or topical anesthetic applied to the tip of the penis to reduce or eliminate over stimulation to prevent premature ejaculation.
- 5) **Wearing thicker condoms** (or two condoms). Wearing thicker condoms or two condoms can decrease sensitivity to the penis, thus extending sexual performance and preventing quick climax and rapid ejaculation.
- 6) **Increase Foreplay before sex.** If you stimulate your partner to a state of arousal before having sex, you can keep yourself relaxed, thus learning to last longer on bed. This method also promotes communication and intimacy between couples.
- 7) **Masturbation.** Practice different methods of masturbation and self-stimulation. Getting to know your body, feelings and sensations gives you the chance to know what feels good and also what types of touching, sensations and pressure allow you to last longer before climax and ejaculation. This method also reduces pent up energy that can lead to rapid ejaculation.
- 8) Practicing Pelvic Floor Muscle exercises as mentioned in a previous module.

Genesis Premature Ejaculation Treatment Program

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