

# **How to be a Better Lover in Three Days or Less**

*A Sexual Performance Guide for Men  
And the Women Who Love Them*

*Big Brick Publishing  
Silver Spring, MD USA*

# *Big Brick Publishing*

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*This book is dedicated to  
the lovers of the men who read this book.  
Enjoy yourselves!*



# **How to be a Better Lover in Three Days or Less**

**Sexual Performance Lessons for Men  
&  
The Women Who Love Them**



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# **How To Be a Better Lover In 3 Days Or Less**



## **Introduction**

This really did not start out as a book. It started as e-mail conversations with clients who were using the sexual health formulas my company, Ayers Naturals, created. The thing that struck me the most about these conversations is that they were not about sexual health issues but more about sexual performance issues like...

How can I last longer?

Why do porn stars ejaculate all over the place and mine just dribbles out?

Why can't I get hard right after sex like I used to?

As more questions came and few answers were easy to find, I began to realize that most men never talk in-depth about male sexual performance. There are tons of answers about what to do if something is wrong with you but few answers for the day to day issues that you wouldn't spend 50 bucks an hour to talk to your doctor about.

As a result, the e-mail magazine, "Fly Zones", was created for customers for the liquid aphrodisiac African Fly ([www.africanfly.com](http://www.africanfly.com)) and site visitors in a friendly and easy to read format.

All of the lessons laid out in this book are a culmination of research, conversations, seminars and experiences. It is intentionally designed not to be a large book but something you can keep in your night stand drawer and quickly refresh your memory. In other words, this book is meant to be used and practiced over a long period of time.

Need to spice up the sex life with the wife...flip to the woman's sections. Forgot what supplement you need to produce more ejaculate...go to sex nutrition. Your erections are not what they used to be...check out The Top 9 Erection Enhancing Secrets.

Get the point?

My goal is to have you performing like a sexual athlete. There is a HUGE difference between regular sex and the kind of sex a sexual athlete has every time. Many people know how to drive but few get the training to be in NASCAR. This is your first step to being the best lover you can be.

**How To Be a Better Lover  
In 3 Days Or Less**

# Section 1

## **Sexual Techniques**

1. The 5 Principles of Sexual Performance
2. Better Bedroom Skills
3. How to Have Sex...All Night
4. How to Power Up Your Ejaculations
5. Secrets to Feeling Bigger While You Are in Her
6. Taking Control of Your Orgasms
7. The Art of the Grind
8. One Day Sexual Primer
9. The Rest and Control Technique
10. Tongue Kung Fu
11. Tips for Good Shower Sex



*"It used to be that you couldn't touch some girls with a ten-foot pole. Well, I was the guy with the twelve-foot pole."*

*Mike Douglas*



## **The 5 Principles of Sexual Performance**

Having sex is the easiest and the hardest thing you will ever do. It must be easy because there are billions of people doing it. So where does the hard part kick in?

Usually people run into problems when they:

- A) Have a physical problem
- B) Have an emotional issue
- C) Have very little to no idea of what they are doing

The Five Principle of Sexual Performance covers these three details and can lead to great changes in your sexual enjoyment. Share these with your partner...they will love you for it!



## **5 Principles of Sexual Performance**

### **Principle #1**

#### **Exercise to get to your sexual best**

Any sexual performance expert is going to say this to you constantly...exercise. Why? Because it works!

Studies having shown time and time again that a person who exercises will have sex 3 times more often than a person who does not. Not only does exercise make you stronger (for having sex in various positions), it also increases your testosterone output.

This is critical for your overall sexual well being and it also helps in the area of penis enlargement. The more blood and testosterone you have flowing through your body...the more growth you will experience.

This is the basic reason behind African Fly working so well. It increases blood flow and testosterone output.

### **Principle #2**

#### **Stretch**

Never overlook the power of stretching. Sex is an exercise and you need to be as flexible as possible to get the full range of motion that makes up good sex.

Back and lower body stretches are great ways to get your body loose. You can find dozens of stretches in magazines and books on exercising. Stretching the hip area is probably the most important stretch you can do.

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Try this (after reading the rest of the chapter of course)...

Get down on your hands and knees. Move your knees out as far as possible. Make sure your feet are together. Now rock back and forth and try to stretch back as far as you can. Then drop to your elbows and keep rocking.

Hey ...it may look weird, but it is a great hip flexor stretch and helps your groin muscles. This exercise is said to unlock your hips to allow more blood into your penis region during sex.

### **Principle #3 Avoid Sexual Stress**

Stress is the number one killer of a good sex life. It robs you of your energy, drive and motivation. Here are some ways of relaxing while building some good sexual tension.

#### **Give Massages**

Usually people say you should get massages, but giving one is just as important. Using your hands to rub, knead, and massage your lover will relieve their stress and yours. Getting a massage in return is the bonus round.

#### **The Foot Spa**

Your feet carry you around...along with a bunch of stress.

## **5 Principles of Sexual Performance**

If you weigh 200 pounds, then you have 400 pounds of pressure per square inch on your feet every time you take a step.

Invest in a foot bubble spa and some bath salts. As soon as I had my first foot bubble massage, I was in love! It feels so good that several people I have talked to on the phone, while soaking my feet, have asked me if I had just finished having sex.

### **Get Some Sleep**

Sleep more, even if it means taking a cat nap in the middle of the day. Your body and your brain need that time out to repair and build. Don't deny yourself that pleasure or it will soon turn to pain.

### **Principle #4 Study, Read and Study Some More**

Yep...just keep doing what you are doing now. To become a "master of sex" then you are going to have to keep reading. Besides, it's easy, fun and you can impress your friends with how much you know about sex.

I recommend checking out Amazon.com or your local book store. You will be amazed at the amount of information that is available.

Of course, none of that will make any sense if you do not follow all of that up with the Fifth Principle.

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### **Principle #5 Practice**

After following all of the other principles, it is time to move on to the fun part...practicing sex. But before you get too happy, let's lay out the rules of practice.

Just like practice for any other sport, you have to make sure you are doing all the right things. Reading different books and articles gives you the basics on what you need to look for.

One of the most important things to do is to make sure your partner is practicing with you.

Share what you have learned and ask them to follow along as you move toward getting better and better. With a partner involved, you get to find out immediately what works and what does not work. Besides, sex practice can be a lot of fun. Sometimes more fun than "regular" sex.



## **How To Be a Better Lover In 3 Days Or Less**

*"I am taking the applause sign home, putting it in the bedroom."*

*Johnny Carson*



## **Better Bedroom Skills**

If your sex life is not where you want it to be then you need to take a step up in the evolutionary sex chain. Here is a list of the top suggestions for making your sex life better. These pieces of advice are timeless.

### **Your approach to sex**

Alright! It's time to hop into your head right quick and do some realistic thinking. Are you really enjoying sex? Do you really want it to be better? If you are reading this then it is a good chance you are. But...

## **Better Bedroom Skills**

Are you really doing anything about it?

Sex is an area that is really confusing when it comes to our approach. Everyone acts like you are just somehow supposed to know what to do. Not true at all! For me, sex truly got better after I started STUDYING it.

You drive everyday like you were taught to drive...like an everyday driver. Professional race drivers were taught to drive like professionals. Change your approach to sex by studying. You will become a true sexual genius.

### **Your sexual planner**

Planning sex? Isn't it supposed to be spontaneous? Ok, buddy...let's get a grip. Life has way too many distractions to just act like you and your partner are going to:

1. Have time free
2. Not be tired from a long day that was supposed to be short
3. Be too busy de-stressing

I won't even get into the kids, money, social obligations... (I'm going to stop now before I get depressed). You get the picture.

Sit down with your partner and plan some "us" time. On Saturday by 4:00pm you two will take time to yourselves to unwind and prepare for the night. By 6:00 get together

## **How To Be a Better Lover In 3 Days Or Less**

and have a good relaxing time. By whatever time feels comfortable, let your passion loose like a wild bronco.

Plan your sex and work your schedule. Oh, happy day...and night!

### **The Warm Up**

This is the part just about everyone skips and the results can be terrible. Sex is an aerobic activity. Your heart rate goes up, you're moving at a fast pace for long periods of time...I'm surprised it's not an Olympic event.

Do some jumping jacks, stretch, jog in place...take it into the next room if you don't want her to see. Truthfully, both of you should be doing it. In the heat of passion, we may forget. But stopping in mid-stroke because your back or legs cramped up...

That will kill any chance of enjoying yourself. Proper warm ups allow you to try new positions and angles. You will even last longer without all the extra aches that usually come with it.

### **Sexual Diet**

Remember the rule? Don't swim right after eating. The same applies to sex. It takes your body the energy of a full workout to digest a meal. Having sex right after eating is



## **Better Bedroom Skills**

like doing 2 work outs back to back. Your performance will be lower.

For your best in bed, you should eat fruits about an hour before sex. Your body will digest the food quickly and give you an energy rush to ride that bronco.

## **Fantasy Island**

Picture the sex ahead of time. What do you want to try this time? Got a new position, location or outfit you want to try? 80% of sex is really in your head. That is why people can have wet dreams.

For some guys this is easy. For the rest of us...go ahead and take a good five minutes with your eyes closed. No masturbating though! That's cheating. You want to keep your body and mind primed for that "father of all orgasms"!

## **Is Everybody Ready?**

This is a serious question that many people don't think about. Are you really relaxed? Are you prepared to have a good sexual work out? Did you go to the bathroom???

Go to the bathroom!? That's right. Did you let go of that wine yet? It sounds simple and it is. The less pressure you have from your bladder the better. For guys with premature ejaculation issues, this technique will get you an extra 4 to 5 minutes of riding time.

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### **Getting in the Mood**

Try to remember every time you ever had sex. Go ahead...I'll wait.

Ok, partner! Come back to reality.

What you probably remember are the times that were special. A hotel room with a Jacuzzi, when you pulled off on the side of a country road, a bubble bath and massage rub down by candlelight. Take the time to get yourself and your partner in the mood.

What do they like? What turns you on? Set up that time to remember.

### **The Body Part Check List**

I have quite a few female friends who give me advice on what they like or don't like about men and sex. High on the list of sexual no-no's...

**Stink.** That disgusting - I don't feel the need to shower - stink! You have the smell only a mother could love...then she told you to get your own place.

**Lotion** - It's winter. Dry skin feels...well, dry.

## **Better Bedroom Skills**

**Hair** - especially if you want oral sex. You don't want her to stop every 10 seconds to spit out your pubic hair. Also, your 5 o'clock shadow may be sexy - but scratchy stubble in between her thighs is not cute.

### **Open Your Mouth and...**

Scream! Shout! Moan! Bark out orders! "...go to your left...Oh yeah...right there...please don't stop!"

These are the words of a person truly enjoying sex. It may not work for everyone...but it is worth its weight in gold. In the middle of sex you will come across a new sensation that feels wonderful. Don't waste that feeling by keeping it to yourself. Let her know so she can continue doing what pleases you.

### **The Scoreboard**

How do you tell when your favorite team is winning? You check the scoreboard. How do you tell when sex is getting better? Use your scoreboard.

The scoreboard is really just your sex diary that helps you keep track of what works for you and what doesn't. After using this technique, I found out that eating a raw spinach salad gave me a huge amount of energy during sex. Who knew?

I use my scoreboard to remember what I did during the day that lead up to a spectacular night of sex. This is the

## **How To Be a Better Lover In 3 Days Or Less**

secret of all great athletes. Write it down! Was it that new fragrance she was wearing? Did the oil massage get you ready, willing and able?

Don't just trust your memory. Take notes. Keep it handy to review. Treat your sexual education like a degree in college. In the end you will have absolute fun with your Masters in Sexology.

**Make every sexual encounter one to remember!**



## **How To Be a Better Lover In 3 Days Or Less**

*"I'm not a good lover, but at least I'm fast."*

*Drew Carey*



## **How to Have Sex...All Night**

This lesson is really the total package of all the tips and philosophies of sex that we have been preaching for the last 5 years.

Here we break down the basics of an all night love session and how you can get going tonight.

### **Prepare the Love Nest**

Who wants to make love in the dirty clothes pile? It is the little things that count when it comes to getting someone

## **How to Have Sex...All Night Long**

in the mood. Did you know that a sexually aroused person has a better sense of smell?

Unless you are in a sincerely nasty mood, you should always go with the mood enhancers. Candles, the dog out of the room, the bed made...to be unmade, music playing.

The point is to get your partner ready and in the mood. All of these points are for the build up.

### **Tell Your Partner**

Let's be realistic. If she is tired and has to get up early in the morning, then planning an all night love session is going to leave you awake at 2:30 in the morning tossing and turning... by yourself.

Tell your partner and you will be in for a very long and enjoyable night.

### **Eat plenty of fruits and vegetables**

Your body is made of 90% water. Your cum is liquid. To get the most out of your sex you need tons of liquids, not tap water or bottled tap water, but the natural liquids that come nutritiously packed in fruits.

Vegetables not only cleanse your system but they also improve your sperm count and quality of sperm. In fact, men who are vegetarian are reported to have cum that taste sweet or fruit like. Now that is a selling point for a blow job.

## **How To Be a Better Lover In 3 Days Or Less**

### **Take African Fly**

This may sound like a blatant advertisement...that's because it is. It will get you horny, boost your stamina and give you an incredibly hard erection.

For women, it will do the same, except they will become wetter.

Taking African Fly 3 times a day will make you want sex like you were an 18 year old on a nude beach. Erections and stamina are fueled by the bursting and burning of testosterone which African Fly gives you. Go for it...have fun! You actually can have sex all night long!

### **Grooming**

This is pretty simple...take a shower, not only have that, but moisturized your skin with a natural, non-nasty tasting oil or lotion.

You should also gently shave down by your private parts to avoid that jock strap musty smell. This could be the difference between oral sex or your partner holding her nose for a half of a kiss down there.

### **Stretching your love zones**



## **How to Have Sex...All Night Long**

We did mention this is for all night love making. That won't happen if your muscles tighten up in mid stroke during your second session.

Stretching allows you to find new positions and improve on the ones you already use. Plus, it helps you last longer and avoid premature ejaculation.

### **Get Turned On**

Foreplay is for the professionals. To get the most out of sex and keep going, you have to be seriously turned on.

A long massage, passionate kissing, lingerie, oil wrestling, nude hide and go freak. Hey...you're an adult. Act like you are 16 and are getting away with adult things. Imagination and sex are a terrific combination.

### **Sex...rest...sex...rest...sex...**

This may take a second to soak in...but you do not have to ejaculate every time you have sex. It is true you can ejaculate several times in one night, but the truth is that you really don't have to.

Try having sex until you are satisfied and stop. Two great things happen. You build up more and more for one amazing orgasm PLUS you have extra energy for the next time you have sex. What more could you ask for?

Share all of this with your partner and both of you can feel what it is like to wake up at 2 o'clock in the morning want-

## **How To Be a Better Lover In 3 Days Or Less**

ing more sex and being able to have it. Trust me...morning sex after all night long sex is even better.

*"But did thee feel the earth move?"  
Ernest Hemingway*



## **How to Power Up Your Ejaculations**

Here is an e-mail from a client...

"I want to be able to unleash one of those massive cums like the guys in the movies. Just completely skeet all over her face. Cover the whole upper body if I could do such a thing.

Also, I noticed that when I was in my early teens I could shoot cum about a foot away. Now it just comes out and

## **How To Be a Better Lover In 3 Days Or Less**

does not shoot out. Why do you think this is and how can I get it back and better?

Do those guys in the movies take anything? Their cum is so thick and white and so much in volume. I'm jealous because that looks like fun.

Please forgive me, I'm not a pervert. My ex-girlfriend used to be a cum freak and I noticed how her eyes would light up to see those guy shoot all that cum. She even used to stop the tape and rewind it.

It made me want to shoot like that too. It looks like the male orgasm would be more explosive. Well, got to go... please help."

Michael R.

## **Ahh...The Power of Sperm**

Not only can it give life, but it is also a sign of strength, virility - and sometimes just plain fun to show off.

When you are between the ages of 18 to 25, you have a ton of the stuff stored in you. You can have an orgasm every 10 to 15 mnutes and have gobs of cum all over the place.

I remember a friend in college who used to play the "Nutting Game" with his girlfriend. They would do different things to see what would make him ejaculate the farthest...

## **How to Power Up Your Ejaculations**

His ultimate goal was to lie in bed and hit the ceiling. A pretty lofty goal!

So the question is...

How do you produce more sperm and have a spectacular ejaculation? Here are the basics on what you need to know...

### **Level of excitement or It's all in your head (pun intended)**

All of you masturbators out there know the difference between just whipping out your dick and trying to have an orgasm and taking your time to work yourself up to a full blown messy ejaculation.

It takes some time, stimulation, fantasy and imagination.

It has been said that 80% of sex is in your head. It really is hard to argue that point. The more you are anticipating and working up to sex the more sperm you produce - period.

Remember getting blueballs? That somewhat painful feeling in your balls from getting worked up to have sex and not releasing? In high school we called it "deadly sperm build up". Your body can create enough sperm that it actually hurts not to get it out.

## **How To Be a Better Lover In 3 Days Or Less**

Since I have experienced blueballs personally, I can tell you it is real and not just a trick to get a girl to have sex with you.

What turned me on so much was being teased for an entire day during a high school conference by my new hot girlfriend. Since there was no way possible that we could have sex in that situation... plus she knew how to turn me on... by 11 pm I could barely walk.

What turns you on? What is it that pushes your level of excitement? Think about it...it will cum to you!

## **What goes in controls what cums out...literally! or "You taste nasty"**

Did you know your sperm can taste bad? It can also taste good. That shows how much what you eat or drink counts when you are having sex.

I get asked all the time if you can take natural sex supplements while drinking and still get the same results. The real answer is a big NO.

To your body, beer and liquor is a poison. It just happens to have an interesting effect on your brain called being buzzed, tipsy, drunk or wasted. It also has an interesting effect on your sperm count...

## **How to Power Up Your Ejaculations**

**"General - all of your little soldiers have been killed.  
They were poisoned, sir!"**

Although some drinks will get you loose and into bed, it will kill your sexual performance and your ability to have one of those porn star orgasms.

(By the way - have you ever seen a porn star wasted while having sex? Maybe they can do some posters for "don't nut drunk".)

### **A new reason to go to the Gym**

Did I mention that when I got blueballs I was really, really active in sports? I really do not believe that age makes a difference in your sexual performance...it is your lifestyle. Think about it...

When you were younger, your access to drinks and junk food was limited (or so your mother thought). Now you can saddle up to a bar whenever you want to. Plus, you can eat junk food 'til the cows come home and you don't work out a tenth of the time as much as you did in the 11th grade.

The end result...

Lower sperm count, softer erections, weaker ejaculation.

Going to the gym and working out on a regular basis has a huge impact on how your body functions over all and ultimately how much and how far you can ejaculate.

## **How To Be a Better Lover In 3 Days Or Less**

### **Enough Preaching... Here is What You Do**

#### **Guys need foreplay too**

Take your time before having sex. Ease your way into building up to the moment. It is worth it.

Touching her at every possible chance (and I don't mean molesting...save that for later) will get both of you aroused.

When talking, be expressive with your hands. Touch her on the shoulder, knee, thigh, arms...pick a spot.

Foreplay can start from the first second you see her.

One trick is to go back in your mind to those times when you really had great sex. Fantasies are cool, but remembering that one girlfriend you loved to have sex with has its advantages.

#### **Don't have too much sex**

Sperm is actually converted from red blood cells. It is a process that takes a little time. If you masturbate a couple of hours before you have sex, you will not have as much to show off.



## **How to Power Up Your Ejaculations**

Of course, the trick is not to get so excited and worked up that you explode three seconds after touching her.

### **Get juiced up**

It is all about the fluids, baby! Drinking real fruit juices (not that 10% crap) will give your body a natural boost.

The vitamins and minerals will take care of all the little things you don't think about - like your pancreas and kidneys - leaving more good blood for the things you do think about...

A bigger, badder ejaculation!

### **Don't forget your sexual energy supplements**

When it comes down to it, sex is really based on testosterone. The more that your body produces, the more it gets excited, the more sperm you produce means there is more that you can shoot out.

Remember to pay attention to what you did before your "money shot". Was the foreplay long enough? Were you really turned on? What did you eat or drink before?

It may take a second to figure out the right combination to getting that massive ejaculation.

But when you do...

*"The natural man has only two primal passions, to get and to beget."*

*William Osler*



## **Secrets to Feeling Bigger While You Are in Her**

No matter how you look at it, people really want to get the most pleasure that they can out of having sex. For most guys, we equate good sex with having a penis large enough for her to really feel us.

Well, that can happen no matter what size you are...right now! In fact, it is good to learn this lesson now. As men get older, our penis size starts to shrink...

Scary...ain't it? So pay attention. You can use these moves tonight.

## **Secrets to Feeling Bigger While in Her**

### **The Good Old Grab and Squeeze Technique**

Remember, when you are having sex it is not just the depth of penetration that counts. The real pleasure in sex starts with skin against skin.

Your biggest helper in getting skin working in your favor is your hands and here is how to use them...

When she is on top and you are lying down, use your hands to grab her ass and squeeze. Not like a sponge you are trying to get water out of...

You want to move her butt cheeks together and down towards your balls. This is especially useful if she is active while on top. By doing this, you are pressing her closer onto your penis while in her...and she can tell the difference. It also gets you and her into a rhythm...

Sort of like a jockey riding a horse.

#### **Hint:**

Let her ride on top for a little bit before you use this technique. This way she can enjoy being in control. When you grab her and squeeze her cheeks firmly, she will notice the difference and enjoy herself even more.

When you are on top, you can still use this technique, but it gets a little trickier.

## **How To Be a Better Lover In 3 Days Or Less**

The idea is still to grab her butt cheeks and squeeze them closely to your penis. Of course, you have to make sure not to suffocate her...

Since your arms are reaching underneath her to get to her ass, your full body weight is now on top of her. For some women, this means more "skin to skin" connections....Great!

For other women, it means getting crushed. Be careful with this one. You want her to come back for more...not be scared you are going to crack a rib.

### **Stick and Move...Stick and Move**

Varying your thrusting speed and the angles that you are thrusting from can really increase her pleasure. While most guys worry about how deep they can go, just remember...

There are thousands of pleasure seeking nerve endings in a woman's vagina. Try to please as many of them as you can.

This means being active in bed. Not just changing positions, but how you are positioned. Just moving your leg to the left or moving your hips in different directions can change the whole feel of the same position. This brings us to another tip on making her feel it...

## **Secrets to Feeling Bigger While in Her**

### **Put Your Ass into It**

What I mean is to squeeze your butt cheeks together while thrusting. This may sound like instructions from a crazed aerobics instructor... but it works!

Stand up and squeeze your butt tightly. Did you notice that your hips moved forward slightly? Depending on your build, this could mean a little to a whole lot. It also adds an extra bit of power into your thrusting movement that can really make a difference. It may seem weird at first, but once you get the hang of it...

You will both be able to tell the difference.

Of course, all of this means nothing unless you use these tips. Set up a practice session soon!

*"Hey, just so you know: it's NOT that common, it DOESN'T happen to every guy, and it IS a big deal!"*

*Jennifer Aniston*



## **Taking Control of Your Orgasms**

I understand the problems guys face when dealing with premature ejaculation. Sometimes the embarrassment of a "quick" performance can cause so much stress that we stop enjoying sex and start worrying about it.

This is where the real problems begin. Losing confidence in bed can lead to a downward spiral of doubt and stress. If you are on this path, then you need to really pay attention to what is said below.

## **Taking Control of Your Orgasms**

With some time and practice, you will soon forget you ever had a problem. I want to talk to you about getting your confidence back now!

### **The Confidence Game**

Really premature ejaculation is not something to feel too embarrassed about. If anything, it is a compliment to your partner. This person has got you so hot and turned on that you get excited and lose control.

That is not bad at all...

Imagine if you did not have an orgasm at all. How would that make your lover feel?

Of course this means that you are loosing out on some good times also. So here are some tips to get you mentally and physically back in the game.

#### **1) Relax!**

I don't just mean during the act, but mentally before hand. If you keep thinking you are going to have a problem, then you probably will. You must approach this situation with confidence. With some practice, you can figure this out and give her what she wants.

#### **2) Try releasing before hand (no pun intended).**

In high school, we called it DSB...Deadly Sperm Buildup. You are already so turned on, one touch and you are ready

## **How To Be a Better Lover In 3 Days Or Less**

to explode. Go to the bathroom (or where ever) about an hour before you guys get together and masturbate.

Practice on your timing and this technique will help.

### **3) Breathe deep.**

I'm serious! Really pay attention to your breathing during sex. Have you ever noticed that when you have an orgasm you are out of breath? Not breathing fully can lead to losing control of your orgasm.

### **4) Oh yeah, relax those muscles too.**

I'm referring to those times when you start tightening your toes, legs, hands, etc. This is not a good thing. Too much pressure and you are going to pop.

### **5) Fake it!**

I mean control your strokes when you have to. Instead of moving in and out in a direction that will make you come quickly, use your hands, lips, and every other body part to touch her.

That way she stays turned on and you have a chance to collect yourself and breathe.

### **6) Go to the bathroom!**

Pressure in your bladder from the wine you had earlier can play against you. The difference between a full bladder and an empty one is about 3 to 15 minutes of sex.



## **Taking Control of Your Orgasms**

Use these tips and you are on your way to a much better time in the sack.

*"You know me. It's my duty to please that booty."*

*Samuel L. Jackson*



## **The Art of the Grind**

Grinding takes every sexual move you have and puts it into continuous sexual motion. It looks and feels way better than the movies. All you need are the right techniques and some fun practices to become a "Master Grinder".

### **Sexual Grinding 101**

Grinding is simply making your sex partner feel more of you inside and out. It is just a matter of knowing how to move, where to move and when to move. The main word here is MOVE!

## **The Art of the Grind**

It doesn't matter if it is your hands, feet, belly, hips, penis, lips, tongue, teeth, butt...heck - move your hair if that works for you...just keep going.

Most people just get into the thrusting motion. The in and out - in and out technique can get boring and tiring. For longer lasting and more intense sex, pay close attention to this advice...

## **Being a Hands on Lover**

Hands are **the anywhere, anytime love machines**. Always out, ready and flexible, you can start building up to sex long before the clothes come off.

Touching is highly underrated as a way to get someone in the mood without even looking like you are trying. From the first hug at the door to small touches and taps during conversations, touching gets the juices flowing.

**When you are in the bed** - that is when your hands really make the difference. When you are not supporting yourself, use your hands to feel as much skin as possible.

**Sexual stimulation is an all over body experience.**

You will eventually find erogenous zones on your partner that she may have never even known. Pulling hair, touching the face, running your fingers down the center of the spine...go ahead - have fun exploring.

## **How To Be a Better Lover In 3 Days Or Less**

I had one girlfriend who went absolutely nuts whenever I ran my fingers across the back of her knee. Who knew?

### **Your Mouth is where the Money is**

Your mouth is the ultimate sexual stimulation device. It even has its own lubrication system. Use it to your advantage. Here is how...

Search and enjoy is the aim when you use your mouth during sex. Whether you are having foreplay, having sex or getting ready to have more sex - your mouth can get the party started.

Try using every part of your mouth. Your lips, teeth and tongue all have a different feel and texture. You can go from a smooth brush of the lips to an intensely light bite.

Pick a spot...have fun. It's that simple!

A shower of kisses is a way to hunt down the sweet spots on a person. There is even a difference in erogenous zones before and during sex.

### **Get Skin to Skin to Skin to Skin to...**

Grinding all comes down to the sensation of skin against skin. Moving in is the best way to find out what areas are the most sensitive and worthy of further stimulation.

## **The Art of the Grind**

Here is a game to play that is cheap, fun, messy and you already have all the parts. It is called...

### **Oil Wrestling!**

Pull out an old bed sheet, grab you partner, apply generous amounts of baby oil to your bodies, put a smile on your face, hop on the bed sheet and start wrestling.

The idea here is not to body slam or even have any penetration. This game is about **slipping and sliding all over each other** to find out what turns you on! I guarantee you will also find positions you would have never thought about before. You may want to even stretch before you get started...

Just make sure you **touch every square inch** of each others body.

### **Bringing the Grind Together**

The hands, mouth and body can all play their parts very well separately. But when you bring it all together during sex...

Hard breathing, moaning, yells and a couple of orgasms are going to follow.

Playing with that new found sweet spot with your hands, mouth and skin technique while having sex is great, but

## **How To Be a Better Lover In 3 Days Or Less**

what you are doing while inside of her makes the difference.

By moving your hips in a circular motion and at different angles, you will be able to find a pattern or groove that feels comfortable and sexually relaxing...

### **Now that is grinding!**

When you get into that groove, resist the temptation to suddenly go faster. You want to take your time and explore that pattern. What if you moved your leg to the left or used a circular motion going to the right?

This is what leads to that all night long sex people are always trying to get to. You won't wear yourself out and you will enjoy more of this good sex for a longer time.

*"I always thought music was more important than sex. Then I thought if I don't hear a concert for a year and a half it doesn't bother me."*

*Jackie Mason*



## **One Day Sexual Primer**

### **Stretch Out**

Literally! The number one thing you can do for your body before sex is to really make sure it is awake. Start stretching and keep stretching all day long!

### **Get some exercise**

But don't wear yourself out. Doing 100 push ups won't mean anything if your chest locks up during sex. The idea is to get blood flowing throughout your entire body.

## **How To Be a Better Lover In 3 Days Or Less**

### **Eat fruits**

You can even try feeding grapes to each other. Fruits have high water content in a form that your body can absorb quickly. Plus, it gives you a burst of energy during sex.

### **Avoid drinking alcohol**

When alcohol enters your system, your body will try to repair what the alcohol is breaking down. To do that, it pulls blood from other parts of your body...including your penis.

For getting loose...alcohol is fine. For having great sex...you will not be at the top of your game.

### **Dance around**

Even if you can't dance, just move around like you are about to start a boxing match. You want to get loose. You want to find your rhythm. You want to get your heart pumping.

Just turn some music on and get moving. Just dance to enjoy the fact that you are about to have sex. Trust me...this works.

### **Don't eat a heavy meal**



## **One Day Sexual Primer**

Ever notice how sex can be like swimming. You are going along just fine and then you just cramp up. To avoid that "sinking feeling", watch what you are eating the three hours before you have sex.

### **Lotion up**

You don't want your skin to be a turn off. Lotioning up before sex makes the movement of skin against skin more pleasing (That is the reason why mud/jello wrestling feels good).

Start with adding a little bit of baby oil in the tub. Pat yourself dry and then rub down with lotion. Make sure you don't get the cheap lotion. She may want to kiss you on the body. You don't want to taste like Sodium Hydroxymethylglycinate -UHH!

### **Have a good time**

That is all that there is left to do. Of course, you have the basics covered...bath, deodorant, clean breath. You want your partner to want to have sex with you...and more often. Make it an enjoyable time and it will just get better.

*"My schoolmates would make love to anything that moved,  
but I never saw any reason to limit myself."*

*Emo Philips*



## **The Rest and Control Technique**

Here is the easiest and most ignored part of sexual performance that men miss regularly. You will never hear this mentioned in sex-ed class. What's the big secret?

### **Take a break!**

No, not now, but during sex. It may seem over simplistic at first, but it works. Follow me on this...

Most men and women have two basic misconceptions about sex:

- 1) A man should have an orgasm every time he has sex
- 2) A man should not stop during sex until he has an orgasm

## **The Rest and Control Technique**

Wrong on both counts. If you are having sex like it is a marathon and you have to reach the finish line...then you are running past the best parts of sex.

### **Taking a break during sex has several benefits**

- 1) You save energy to keep going at it the next time.
- 2) You have time to relax which allows you to enjoy sex more.
- 3) Taking breaks helps you gain control of when you want to orgasm.

So what makes up a sex break? Glad you asked...

It is really up to you but here are a few thoughts to consider. A break can be anywhere from taking a few seconds to catch your breath to a couple of minutes to pull yourself together.

You can even take a full break and take a shower, freshen up...whatever. The point is that when you rest to take control then you will gain more control.

Most guys are concentrating so much on the orgasm that they miss the thrill of having sex.

In fact, you do not have to ejaculate every time you have sex.

## **How To Be a Better Lover In 3 Days Or Less**

That may sound weird to some folks, but it is true. It is well documented that man's ability to have multiple orgasms (not ejaculations) is based on the premise that we do not need to ejaculate sperm to impregnate a woman every time we have sex.

Imagine your woman getting pregnant every time you had sex! That is about 30 extra babies too many.

### **So...back to the point. Rest and Control!**

Of course, this may take some getting used to. If you and your partners' sexual experiences have all ended with you laying in a useless heap after ejaculating you will need to do some explaining to her.

Try to find each other's pattern or rhythm. Do you need a two minute break and she needs a 5 minute break or is it the opposite? Be honest! **Good sex is at stake here.**

While taking a break you may worry about losing your erection. It is OK if you lose your erection. A little hand or oral stimulation from your partner will pick you right back up.

Your partner will be more than grateful when she sees how much longer and stronger you can have sex.



## **How To Be a Better Lover In 3 Days Or Less**

*"I regret to say that we of the FBI are powerless to act in cases of oral-genital intimacy, unless it has in some way obstructed interstate commerce."*

*J. Edgar Hoover*



## **Tongue Kung Fu**

If you like to receive oral sex and not give it (technically known as a getter), you may want to consider enjoying one of the pleasures of total body sex.

Or you could look at it this way...

Oral sex to a woman is the fastest way to get her vaginal juices flowing in preparation for love making. It is also the easiest, and for some women the only way, to an orgasm.

The art of tongue kung fu is just like any other art...you need to practice to master it. But reading about it first can

## **Tongue Kung Fu**

cut down on the experimentation and move straight in to the fun.

Although effective, **fingers are not as pleasurable as the tongue in oral sex.** The hardness of the bones in your fingers and the sharpness of your nails can be painful...

That is a hint for "cut your fingernails"! For this reason alone, your tongue is much more suited for the task.

There are many stories and jokes about oral sex and the smells and taste that come along with it. Some men grimace at the thought while others smile with fond memories...

### **Personally, I am a smiler!**

If you are not an oral sex fan, you do not have to dive in tongue first. If it is the odor you object to then you and she can try bathing together or using scented oils.

It is important not to become overly fixated on her genitals to the exclusion of the rest of her body.

To make her feel even better during oral sex, use your hands to caress her legs, belly, breast and hands. Stimulating her breast at the same time can really boost the pleasure of oral sex.

Of course, every woman is different so pay attention to what is working and what is not. Oh yeah...asking her how it feels might work too.

## **How To Be a Better Lover In 3 Days Or Less**

Switching between using your tongue and gently sucking her clitoris into your mouth can be extremely pleasurable. Be careful of using too much pressure.

It is a vagina, not a honey baked ham!

Most guys make the mistake of thinking that oral sex involves inserting your tongue into her vagina. This usually does not work too well...

The tongue is usually too short and soft to stimulate a woman's vagina successfully. But here is a technique to try...

Hooking your tongue and pulling back can stimulate the G-spot. It is worth a try - especially if you have a strong tongue.

### **Tongue Kung Fu Exercise**

You can pump up the power in your tongue by sticking it out and then pulling it in like a snake as fast as you can for a minute or two. Practice as often as you can.

Then put that practice to work. Go ahead start flicking that tongue and give her a call. I doubt she would want all of your practice to go to waste.





## **How To Be a Better Lover In 3 Days Or Less**

*"I once had a rose named after me and I was very flattered.  
But I was not pleased to read the description in the catalog:  
no good in a bed, but fine up against a wall."*

*Eleanor Roosevelt*



## **Tips for Good Shower Sex**

### **Your Own Personal Water Park**

Name the biggest sex toy in your house.

Nope...it's not that thing. It is your shower. You can find one in just about every home and every hotel around the world.

You can do a lot more exploring when you are showering during sex. It combines heat, pressure, moisture, and friction, all in one device.

## **Tips for Good Shower Sex**

It's even better than other sex toys because it doesn't require batteries, and is self-cleaning.

Plus as one woman says...

"It's amazing when my partner presses my breasts against the cold tile while entering me from behind; my whole body gets completely aroused." - Karen

Of course, a shower stall in a luxury hotel is the most fun for such slippery escapades, what with all those free soaps and lotions, big mirrors, and soundproof walls.

But a humble at-home tub shower can work well, too, with a little care and a lot of hot water. You have the equipment; how you use it is up to you.

She'll surrender herself in the shower. There's something very releasing about water. But that is just the half of it...

To further enhance the molten mood, impress your shower companion with these moves.

## **No "Slip and Falls" During Sex**

The first thing you want to do for shower sex is place a rubber mat on the shower floor to put your sexual positions on a solid footing. An even better, yet sloppier, idea is to put a bath towel on the bottom of the tub. It feels better than the hard tub surface to your feet or if you feel like lying down.

## **How To Be a Better Lover In 3 Days Or Less**

### **Dress it Up**

Wear your bathing suits into the shower! It may sound weird but when else do you get the chance to take the bathing suit off of your partner like you have wanted to do to the Sports Illustrated models?

### **Set the Mood**

Candle light shining through the steam and off of wet bodies is going to turn anyone on. There is nothing like making your sex toy look good. Don't wait until the steam is going before you decide to light them. They will be harder to light.

### **Use Body Wash Instead of Soap**

Sensually scrub each other using body wash; it creates more suds and is easier to handle than soap. Try Philosophy Pumpkin Pie 3-in-1 shampoo, conditioner, and body-wash gel. Pumpkin-pie scent significantly increases blood flow to the penis.

### **Giving Head in the Shower**

She'll love you nearly as much as her hairdresser if you massage her scalp. Start with her shoulders, then knead her lower neck and work your way up to her scalp. Try a shampoo with cucumber scent which enhances female

## **Tips for Good Shower Sex**

arousal, or find an exotic scent like jasmine or patchouli, mentioned in the ancient Kama Sutra.

### **Moisten Here**

A woman's natural lubrication will often be washed away in the shower; so many couples use a lubricant. Without it, sex may be uncomfortable for her. Water-based lubes (like Embrace or Astroglide) are fine in bed but won't hold up in water. Try a silicon-based lube (like Eros or Body Action Xtreme).

### **Condoms Still Rule in the Shower**

Latex condoms can be used safely and effectively in water. You want a more secure fit than usual--look for "ultra-fit" on the label. And put the condom on outside the shower to avoid getting water in it, which could cause slippage.

**How To Be a Better Lover  
In 3 Days Or Less**

# Section 2

## **Sexual Training**

1. Become a Professional Sexual Athlete
2. Sexual Strength Training
3. Get a Testosterone Boost for Fitness and Sex
4. Your Man Power Comes From the Middle
5. Your Sexual Training Journal



## **How To Be a Better Lover In 3 Days Or Less**

*"Having chicks around...breaks up the intense training. It gives you relief, and then afterward you go back to the serious stuff."*

*Arnold Schwarzenegger*



## **Become a Professional Sexual Athlete**

What does it take to become a professional sexual athlete? It takes the passion to want to have great sex as often as you can. OK, it takes a little more than that...but it really can't be that hard to become good at something you love to do anyway!



## **Tips for Good Shower Sex**

Throughout this book I will constantly push the basics of having good sex. You know...

Working out for sex

The best foods for sex

How to get better in bed

Every other tip and trick I have come across

While going over these tips, you will realize something. You can easily treat sex like a sport. And after tossing this around for awhile you will realize...

Sex is exactly like a sport!

Ok, maybe it is slightly different. No Nike contracts or a Superbowl ring. But it is still the number one sport that just about every human enjoys and wants more of.

### **So what exactly is a Professional Sexual Athlete?**

I knew you would ask that. A professional sexual athlete is a person who trains and study's sex for a living. We are not saying that you get paid for having sex...

In fact, most states and countries have laws against that. It is just a simple fact that the more you practice and study for something the better you get at it. This definitely applies to sex.

### **What does this mean to you?**

The first thing is to keep reading. I will continue to give

## **How To Be a Better Lover In 3 Days Or Less**

you the information you need to become a better lover.

The second and most important part is to practice what I preach in this book. I do and yes, I can tell the difference. That is what keeps me hunting for more information. It may sound selfish...well it is selfish. But the good part is that I love sharing the information just as much.

The last thing is to keep reading from other sources too. You may come across something that I never heard of. I am always open to new techniques. E-mail me and tell me about it at [Brian@MrAyers.com](mailto:Brian@MrAyers.com).

These are the steps that will make you a true professional sexual athlete.

Now finish reading, hit the showers and then go practice!



## **How To Be a Better Lover In 3 Days Or Less**

*"So what are we going to do? Sit around bars, sipping Cosmos and sleeping with strangers when we're eighty?"*

*Carrie Bradshaw*



## **Sexual Strength Training**

When it comes down to it, how you perform in bed really comes down to how much energy and strength you have.

It is just like any other sport. If you get worn out in the first quarter of the game, then your chances of coming out on top get slim quickly. So what can you do to get bigger, better, stronger and much healthier?

Glad you asked...

## **Sexual Stregnth Training**

These sexual conditioning exercises are simple to do but are your best kept secret to having stronger orgasms and increased stamina.

### **Belly Breathing (Yes, Belly Breathing)**

Go to any martial arts school worth attending and you will find that breathing practice is as important as a round house kick.

Why?

Breathing is the gate through which you gain control of your body. Controlling how you breathe means controlling your arousal rate and therefore your ejaculation.

Most of us breathe very shallowly, generally into our chest and shoulders, which only allows a small portion of oxygen to be absorbed by our lungs.

You actually want to breathe like a baby. Watch a sleeping newborn and you will see its entire belly will rise and fall with each breath.

You did it before...now you can do it again! Here is how:

### **Belly Breathing**

- 1) Inhale through your nose and feel your lower abdomen expand in the middle so it bulges outward.
- 2) Keeping your chest relaxed, exhale with some force to pull the lower abdomen back in, as if you were pulling

## **How To Be a Better Lover In 3 Days Or Less**

your navel back towards **your spine**. Also feel your penis and testicles pull up.

3) Repeat these steps 18 to 36 times.

When you are in the heat of passion, the ability to control your breathing will be essential to stopping yourself from ejaculating and intensifying your orgasm.

## **Strengthening Your Sex Muscles**

Are you ready to hit the weights? Well, in this case, you want to hit the towel. After you learn how to do this exercise you can test your strength with a towel exercise.

### **The PC Muscle**

The PC muscle is the muscular sling that stretches from the pubic bone in the front of the tail bone to the back.

You may feel your PC muscle just behind your testicles and in front of your anus. This is the muscle you use to stop yourself from urinating.

This muscle is also responsible for the rhythmic contractions you feel during an orgasm. If you increase the strength of the PC muscle, you can actually separate between having an orgasm and ejaculating.

## **Stopping the Stream**

## **Sexual Stregnth Training**

Stopping yourself from peeing was one of the first acts of control you learned to have over your body. Now you can use that to give yourself even more strength. Here is how:

- 1) When you are about to urinate, stand on your toes and the balls of your feet. If necessary, you can use the wall for support.
- 2) Inhale deeply
- 3) Exhale slowly, forcefully pushing out the urine while clenching your teeth.
- 4) Inhale and contract your PC muscle to stop the flow of urine midstream.
- 5) Exhale and start urinating again.
- 6) Repeat steps 4 and 5 three times or until you have finished urinating.

Remember...you go to urinate everyday, so why not get better sex out of it.

## **PC Pull-Ups**

You may have heard of this exercise before but we are including some useful secrets to get the most out of it. For this exercise consistency is more important than quantity.

## **How To Be a Better Lover In 3 Days Or Less**

PC Pull-Ups are all about contracting and relaxing the muscle. But here is how you get even better:

By squeezing the muscles around your eyes and mouth, you can increase the force of your PC Pull-Ups. This is because the muscles around your eyes, mouth, PC muscles and anus are connected.

That is why you make those funny faces when you go to the bathroom!

Here is the exercise:

### **PC Pull-Ups**

- 1) Inhale and concentrate on your prostate, perineum and anus.
- 2) As you exhale, contract your PC muscle around your prostate and around your anus while at the same time contracting the muscles around your eyes and mouth.
- 3) Inhale and relax, releasing your PC, eye, and mouth muscles.
- 4) Repeat steps 2 and 3, contracting your muscles as you exhale and releasing them as you inhale, 9 to 36 times.

### **Back to the Towel**

A man with a healthy PC muscle should be able to raise and lower a towel on his erect penis by contracting this muscle.



## **Sexual Stregnth Training**

### **Go For It**

There is no question that these 3 exercises work. It does take doing it more than one time to see results.

Even after one week of following these steps, you will see and, more importantly, feel a difference. You have nothing to lose and better sex to gain. Of course, getting enough nutrients and blood to your penis is still necessary to even do these exercises.

*"I have an intense desire to return to the womb. Anybody's."*

*Woody Allen*



## **Get a Testosterone Boost for Fitness and Sex**

What is the number one human hormone that separates the boys from the men from the old guys? You guessed it... Testosterone!

Testosterone definitely sets men apart from women, but beyond that what does it really do?

First let's look at some of the latest Testosterone Research.

## **Get a Testosterone Boost For Fitness and Sex**

### **The 3 Major Functions of Testosterone**

- 1) There is an increased growth of body hair, beard growth, deep voice, and development of the penis, aggressiveness, sexual behavior, libido, and the maturation of sperm.
- 2) It accelerates muscle buildup, speeds up regeneration, and speeds up recovery time after injuries or illness. It also stimulates the entire metabolism which results in the burning of bodyfat.
- 3) The increasing memory loss and mild mental confusion emerging in middle age are largely caused by decreasing testosterone and increasing estrogen levels beginning in the late thirties or early forties.

During puberty, testosterone levels are at their lifetime peak. They begin to decline around the age of 23. Many men and women suffer from the lack of important hormones.

### **What this means to you...**

All of this is great if you are under 23! For the rest of us guys, this isn't looking too hot. It does explain why drool doesn't come out of your mouth like it did when you were younger.

It also explains why, at times, your mind is saying yes but your penis is saying, "Any minute now". Your erections actually come from a burst and burn of testosterone. If there is no testosterone to burn then you will not get an erection.

## **How To Be a Better Lover In 3 Days Or Less**

### **What you can do about it...**

Run! Walk, jog, swim or whatever type of exercise that you can do consistently and that you enjoy. The primary word is consistently. You have to keep at it!

By exercising, your body sees the need to increase your testosterone output and will begin to do so. That is why you saw Michael Jordan make a come back. Your body will slow down on the testosterone output...but it won't stop.

You can use exercise to push your testosterone output up and have you burst and burning for that strong erection all night!

Here are two secrets to increasing your testosterone output when you are exercising.

### **1) Work out until you are winded**

Don't take this too far or too fast. Always check with your doctor before doing any intense workout sessions. When you get yourself to the point that you are breathing in and out at a rapid pace after exercising, your body kicks in with the extra testosterone.

Your body is responding like you may be in danger or you are going to need some more testosterone for later. Go

## **Get a Testosterone Boost For Fitness and Sex**

with it. You can use that testosterone for some serious love making.

### **2) Use sexual energy supplements before your workouts**

Sexual energy supplements help your body produce and release testosterone. That is the reason why it works when you take it right before sex. That testosterone boost will help you get more out of your work out. A 1 mile jog can easily turn into a 2 mile jog. Lifting weights suddenly becomes easier.

The great thing about this is that your body will see all this testosterone getting released and will produce more of it.

So what happens if you don't workout or use sexual energy supplements? That's simple... nothing. If you don't give your body a reason to pump out more testosterone, it won't.

What happens if you do workout with sexual energy supplements? Your testosterone level will shoot up and you will have enough erection fueling testosterone to go around.

Take these two tips and put them to good use right now. The difference is very obvious...for you and for your lover. Get pumped up today!

*"In my sex fantasy, nobody ever loves me for my mind."*

*Nora Ephron*



## **Your Man Power Comes From the Middle**

If you really, really want to have better sex, then you must read this lesson on using your biggest sex muscle...your stomach. Don't cheat yourself another day! This is THE best way to get better now...

You don't need to have a six pack to have better sex, but you do need the power and endurance to thrust, pull, change position and do it again. Here is what it takes to use your stomach to penetrate the best parts of sex.

## **Your Man Power Comes From Your Middle**

### **Here is the scenario...**

You have been faithfully using the techniques in this book and the sex has already started to get better. You are lasting longer; she appreciates the extra manhood you are giving her...

But!

You want to make it better. Good! Let's start at the source. This time it isn't your penis that you need to work on. It is your stomach.

Wait! Wait!

Before you go into the "I hate stomach exercises" or "I don't have the money to buy the latest TV stomach machine" thought process, let me give you the real deal on your stomach.

Your stomach controls sex...

OK. I know you are thinking I have taken things too far. It is the penis that controls sex. Right? Not exactly. Your penis is the tool. Your stomach is the man power. Think about it...

Your stomach controls just about every motion connected to your penis, especially when you are having sex. The in and out motion we love is controlled by your stomach and the hip flexors.

## **How To Be a Better Lover In 3 Days Or Less**

Your hip flexors provide the power to your legs and even helps you run faster, which makes a huge difference in just about every sexual position you can name.

I'll put it to you this way. Chest and arm muscles will get her to pay attention. Stomach muscles will have her begging for more (or falling fast asleep after a good session).

Your stomach is the easiest muscle group to train...

It really is. And here is why.

Your abs is constantly in a state of contraction. You need them to stand, bend, sit down and hold your insides...well inside.

That is why they have more endurance than any other muscle group. This is the reason why they are the easiest to train.

But let's be clear on our goal...

I am not suggesting you try to get on the cover of Muscles and Fitness. You want better sex! The endurance for better sex comes from your mid-section.

To get that endurance and extra power in your hips...just do it.

If you do 20 sit ups right now and keep doing them for the next two days I guarantee that you will be able to do 25 by day 4.



## **Your Man Power Comes From Your Middle**

Being consistent is the key. Your abs respond very well to a little exercise. In three weeks you can easily be up to 40 sit-ups. No kidding!

There are a wide range of stomach exercises and even more magazines that can show you how to do them all. The point is just to make sure you do them every day or every other day.

The cool thing is that most people don't know how easy it is. While that huge muscle guy is benching 300 pounds, you can show him up by doing 50 to 60 sit ups with out breaking a sweat.

As usual, I don't give advice without trying it out myself. I have gone to the gym and worked out at home for the past month...making sure to do at least 15 minutes on my stomach.

The results...I can now do:

- 1) 70 sit ups (started at 20)
- 2) 40 hanging leg raises (started at 10)
- 3) 65 leg raises (started at 20)

Even more important is that the sex is much, much better. You don't get tired quickly. You have enough force to penetrate more and (this is the kicker) when you have an orgasm, it goes flying across the room. Is all that exercise worth it? Definitely! This is one routine you should not stop doing.

*"I think that making love is the best form of exercise."*

*Cary Grant*



## **Your Sexual Training Journal**

### **How to get what you want out of your sex life...**

Have you been practicing? Practicing sex that is...

Before you answer that, let's get straight the difference between having sex and practicing sex. Do you have your pen and notebook ready?

Good! That is the difference between having sex and practicing sex...

Writing it down!

## **Your Sexual Training Journal**

How was your last sexual experience? Was it great, the usual, boring, terrible? What made the sex that way? Was it the mood, what you ate earlier, what your partner ate earlier?

It may seem sort of contrived. Sex is supposed to be spontaneous, heated and passionate. Wouldn't it seem weird to break out a sex journal and start rating things?

Well, like we've said...sex is a sport. Just without the arena and the cheerleaders. Think of it as...internal wrestling.

The point is that athletes train and practice. Every professional athlete and trainer knows the importance of writing down what they are doing and how it affects their performance.

You should get into the same mind set.

Here is an example of a "trainee" who agreed to share his experiences and practices with us. Edward (fake name of course) has been following these techniques to enhance his sexual performance for a while now.

### **Sex Training Journal (Friday night's experience)**

This was a short notice "booty" call because my girlfriend had to cancel her flight unexpectedly and was staying in town.

I got the call at 5:00 and she wanted to meet at my place by 7:30 for a cozy evening. The first thing I did was take 3

## **How To Be a Better Lover In 3 Days Or Less**

dropperfuls of my sexual energy formula (I keep a bottle in the car).

It has been a while since our last encounter so I wanted to be ready. Next, I hurried home to do the One Day Sexual Primer Technique.

- Ate an apple and some grapes
- Did about 20 minutes worth of stretching
- Had a full dose of African Fly
- Put on some music and danced myself up into a light sweat
- Took a bath with some baby oil
- Patted myself dry and added some lotion
- Straightened up my place
- Pulled out the candles and turned on the soft music

### **The results:**

That was the best sex we had in a long time. We actually went at it a lot longer than usual. I think maybe 40 minutes the first time, 15 minutes the second time and 30 minutes later on that night.

### **Good things I noticed:**

My stamina and sexual appetite was unbelievable. It took me a second to get into my groove and avoid (having an orgasm) too soon. After that, I wondered if I would have an orgasm at all.

## **Your Sexual Training Journal**

She had some African Fly before we started. She didn't think it would work, but it did. She said she was a little tired before she got to my place, but she kept right up with me.

We even did a couple of "kinkier" things that we normally don't do. That was just great!

### **Bad things I noticed:**

We always start off with a glass or two of wine. We had to stop a couple of times because she was feeling woozy. I felt it whenever we changed positions.

I am definitely going to keep up my training and studying. Last night felt too good to stop.

See? Not only is keeping a Sex Training Journal easy and useful, but it is also fun. You get to go back and take a look at how much better you are getting and think back on some great experiences you may have forgotten. Start one today! One more reason to have sex...

# Section 3

## **Sex Nutrition**

1. Foods That Make Sex Better
2. Quick Guide to Sexual Nutrition



*"Nobody will ever win the battle of the sexes; there's just too much fraternizing with the enemy."*

*Henry Kissinger*



## **Foods that make sex better**

### **Eat Your Way to Fun in the Bedroom**

Wouldn't it be great if you could actually eat your way to more fun in the bedroom? What you are about to read is based on the simple notion that (a) men like food and (b) men like sex, so...

Sharpen your knife and fork.

With help from nutritionists and the latest research, we've discovered 10 super-foods that can help you at every age and stage of your sex life...



Basically:

Tweak your diet today and you could be having the best sex of your life tomorrow...and every day for the rest of your life.

### **1) The food: EGGS**

The benefit: Be a less excitable boy

To calm your nerves, not to mention other body parts when you hit the bedroom, try taking things easy--or over easy, with a plateful of eggs on the morning of your big date.

Scrambled, poached, or hard-boiled eggs are a good source of B vitamins, a key nutrient for keeping your sex drive roaring and your mind stress-free.

Whenever you're feeling anxious, jittery, or stressed out, B vitamins are the first thing your body runs out of.

Keep your levels high and your body will laugh at stress, helping you stay calmer in the bedroom and reducing your risk of performance anxiety and premature ejaculation.

### **2) The food: CELERY**

The benefit: Stop stalking, start seducing

It's stringy and tastes like crunchy water, but celery is the swizzle stick that can stir up your sex life. Every stalk of the stuff is packed with androstenone and androstenol,

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two pheromones that can help you attract women the way trailer parks attract tornadoes.

When you chew a stalk of celery, you release androstene and androstenol odor molecules into your mouth. They then travel up the back of your throat to your nose.

Once there, the pheromones boost your arousal, turning you on and causing your body to send off scents and signals that make you more desirable to women."

The pheromones take effect immediately, so you should notice the women around you paying more attention to you right away.

### **3) The food: VANILLA ICE CREAM**

The benefit: Bowl her over with your endurance

When it comes to sex, ice cream is endurance food: It has high levels of calcium and phosphorus, two minerals that build your muscles' energy reserves and boost your libido.

All that calcium (200 milligrams in the typical bowl) can also make your orgasms more powerful, since the muscles that control ejaculation need calcium in order to spasm and contract properly.

A research foundation found that when men smell the scent of vanilla, it relaxes them, reducing anxiety and inhibitions.

#### **4) The food: BRAZIL NUTS**

The benefit: Shape up your swimmers

Cigarette smoke, air pollution, and other toxins in the air can damage your sperm, altering the DNA inside your cells and possibly increasing your child's risk of birth defects.

Your best bet for fighting these pollutants?

Brazil nuts are a top source of selenium, a vitamin that helps keep sperm cells healthy while also helping the little buggers swim faster.

Brazil nuts are also a good source of vitamin E, an antioxidant that helps protect sperm cells against free-radical damage.

#### **5) The food: LIVER**

The benefit: Boost your sperm count when it counts

It doesn't sound sexy, but ounce for ounce there are few better sources of fertility-boosting vitamin A than liver.

Studies show that men who get plenty of vitamin A each day have higher sperm counts and perform better sexually than men who don't.

When your body's low on A, your sperm production goes down dramatically.

## **How To Be a Better Lover In 3 Days Or Less**

### **6) The food: PEACHES**

The benefit: Really shake her tree

Oranges get the good press as a vitamin C source, but frozen peaches are the keener choice. Men who don't take in enough vitamin C produce lower-quality sperm.

Men who consumed at least 200 milligrams of vitamin C a day had higher sperm counts than men who took in less. Vitamin C also keeps your sperm from clumping, so your boys have a better chance of reaching her egg.

Keep a bag of frozen peach slices--they have more C than fresh ones do--in your freezer to dump in smoothies or add to your morning cereal. A single cup of the fruit has more than twice your daily vitamin C requirement.

### **7) The food: BLUEBERRIES**

The benefit: Get some erection protection

Mother Nature's original blue potency capsule may do even more for you. Blueberries are one of the best foods for older men with erectile problems.

They're also packed with compounds that help relax your blood vessels, improving circulation. What are the benefits of lower cholesterol and better bloodflow?

More blood to the penis and stronger erections as you grow older. For maximum potency and performance,

### **8) The food: BREAKFAST CEREAL**

The benefit: Put more snap, crackle, and pop in your sex life

Too tired for sex? Check the label on your morning cereal and make sure you're eating a brand loaded with thiamin and riboflavin.

Both vitamins help you use energy efficiently. Thiamin and riboflavin are also vital for the nervous system to function properly.

Better nerve function translates into more stimulation and pleasure during sex.

### **9) The food: STEAK**

The benefit: Keep your relationship sizzling

Sparks can dwindle after you've been with the same person for a decade or two. What is an easy way to reignite the relationship?

Visit your favorite steak house and sup on some lean sirloin. The protein in the meat will naturally boost levels of dopamine and norepinephrine, two chemicals in the brain that heighten sensitivity during sex.

And best of all, eating red meat can help boost your testosterone level while limiting your body's production of

## **How To Be a Better Lover In 3 Days Or Less**

SHBG (sex hormone binding globulin)--a substance that prevents bloodflow to the penis and reduces male sexual stamina.

### **10) The food: CHOCOLATE**

The benefit: At long last, you're a sensitive guy

After your steak, finish the evening with a couple of pieces of dark chocolate. The cocoa in chocolate contains methylxanthines, stimulants that increase your body's sensitivity--ensuring that your skin registers even the slightest touch or movement against it.



## **How To Be a Better Lover In 3 Days Or Less**

*"I believe that sex is one of the most beautiful, natural, wholesome things that money can buy."*

*Tom Clancy*



## **Quick Guide to Sexual Nutrition**

Just a few changes to what you eat and don't eat can add an extra layer of power to your sexual health, erections and performance. From some of the things you may have heard of to things you never thought, we cover it here...

Your sexual performance is greatly impacted by what you consume and how much you consume. Here's what you need to do:



## **Cut back on portion size**

Try to eat 10 percent less at each meal or about 500 calories less a day. By Day 4, you may notice a drop of 1 or 2 pounds on your scale. That is important because the amount of fat in your gut affects the amount of testosterone available to you-the more fat, the less testosterone.

## **Avoid fatty foods**

Stop shocking your blood vessels. Fatty, high-calorie foods are not kind to erections. The fats injure your blood vessels to the point where they are stunned, preventing them from being totally responsive when sexual signals are being transmitted from brain to penis.

Penile nerves lose their sensitivity when cholesterol builds up. Top saturated-fat culprits to avoid include egg yolks, butter, cream, fatty red meats, and coconut oil.

## **Eat nine servings of fruits and vegetables a day**

They help lower your cholesterol level, an improvement that combats cardiovascular disease and increases blood flow to the penis. Leafy green vegetables are excellent sources of folic acid, calcium, magnesium, and zinc. Citrus fruits offer plenty of vitamin C. Go heavy on the blueberries. They're the fruit with the highest amounts of free-radical-crushing antioxidants.

## **Drink black or green tea**

Both are high in antioxidants. As a morning beverage or with a meal, a cup of tea has too many disease-fighting

## **How To Be a Better Lover In 3 Days Or Less**

benefits to be ignored, among them, protecting against cancer and maintaining heart function and strong bones.

### **Spice up your foods**

Chile peppers, ginger, and other spicy foods can enhance sexual performance by increasing circulation.

### **Eat a hardness-friendly dinner**

Look at dinner as a training meal-you are getting ready to perform later. The right choices will help to set the mood and give you enough calories without overloading your gut so more blood flows to where you really need it. Some important guidelines:

- \* Avoid before-dinner cocktails.
- \* Don't order anything braised, scalloped, sauteed, creamy, or fried.
- \* Choose entrees that are steamed, boiled, baked, poached, grilled, or roasted.
- \* Pass on all foods high in MSG or salt.
- \* Split your entree with your partner.
- \* Have salad dressing served on the side. Better yet, opt for oil and vinegar.
- \* Trim the fat from red meat, and have any poultry dish served without skin.
- \* Choose fruit or sherbet for dessert.



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In 3 Days Or Less**

# Section 4

## **Erections**

1. The Power of Zinc on Ejaculations Erections
2. Eating for Better Erections
3. How to Measure Your Health by Your Erections
4. Taking Your Erections to Heart
5. Everything You Didn't Know About Your Penis
6. The Top 9 Erection Enhancing Secrets
7. Why You Have Erections First Thing in the Morning



## **How To Be a Better Lover In 3 Days Or Less**

*"Do you know "that look" women get when they want sex? Me neither."*

*Steve Martin*



## **The Power of Zinc on Ejaculations**

Have you heard the stories about guys masturbating all the time and going blind? Well, the funny thing is that it is true...in a way. Every time you ejaculate, you lose 5 milligrams of zinc which is one third of the daily recommended intake of zinc. Frequent ejaculations lead to a deficiency of zinc.

Your eyesight, as well as your taste, smell and memory, are all connected with zinc. A deficiency in zinc can cause malfunctions of these organs and functions. So it is a very real possibility that you could masturbate yourself into zinc deficiency blindness. And, yes...

I wish I was making it up. Just search for "zinc ejaculation" and all the research is there for you. A zinc deficiency may also result in lowered fertility because of increased sperm fragility.

Zinc deficiency can also have a bad affect on your development of sperm. Around 200 million to 500 million sperm, produced in the testes, are released during ejaculation.

However, they make up only about 2-5% of the volume of semen. The bulk of the semen is composed of seminal plasma, the fluid portion of semen. Some 60% of the volume of ejaculate is produced by the seminal vesicles, and most of the remainder is generated by the prostate.

The good news is that natural food sources of zinc include oysters, red meat and poultry, beans, nuts, whole grains, pumpkin seed or sunflower seeds. Zinc is the 23rd most abundant element in the earth's crust so naturally it will show up in many of the foods you eat.

The other good news is that in males, zinc is important for the production of semen. So increasing your daily amount of zinc will increase the amount of your ejaculation...which is perfect for guys who want to show off like that.



## **Eating For Better Erections**

### **Getting your hardest erection when you want it**

There is no doubt that your penis is your best friend. You never want him to leave, but sometimes he can be down right unreliable. While you were in high school, he would pop up all the time and would stay around for seemingly hours. Now your erections just visits, doesn't stay around long, and doesn't always answer right away when you call.

To show you how certain types of food and drinks affect your erections we will use the erection scale. On a scale of 1 to 10, with your best erection at 10, we give points so you can see how much eating or drinking something affects your erections.

### **High Water Fruits**



The more fruits you eat the better...especially fruit with high water content. Think about it. Your body is made up of mostly water. Your penis expands based on the amount of blood (which is mostly water) that goes into your penis.

Grapes, cantaloupes, pineapples, berries and citrus fruits give your body a huge boost in the erection department. Drinking a ton of tap water is nowhere near as effective to your body and penis as fruit is. Fruit also has all those great vitamins and minerals that your body can quickly turn into a harder erection.

**On the erection scale, fruit boost your erections 6 points.**

## **Vegetables**

Eating your veggies is just plain good for you. However, certain vegetables can really get your erections fired up. A spinach salad is one of the best things you can add to your pre-sex meal. Because vegetables are easy for your body to break and use, you get the benefits of eating them very quickly. They also help your body to take care of some its routine functions which gives you more energy for a stronger erection.

**On the erection scale, vegetables pack on 5 points.**

## **Alcohol**

It slows your body down to a crawl...and can make you crawl. It may seem like great ways to get everyone loose, naked and in the bed but it has its draw backs. Alcohol is a poison to the body that has the unusual effect of making

## **How To Be a Better Lover In 3 Days Or Less**

you feel...well, drunk. But your body has to shut down some functions that are not vital to your survival while it is trying to get rid of that alcohol. One of those is your erection.

**On the erection scale, alcohol knocks your erections back 5 points.**

### **Salty Foods**

Foods that have a high amount of salt can decrease the quality of your erections. Salt actually moves blood from the center of your body to your extremities...your hands, feet and head. A strong erection draws blood from your hands and feet which is why they may feel cold right before you make love. With your blood supply being pulled in opposite directions...your erection loses out.

**On the erection scale, salty foods knock your erections back 3 points.**

### **Medicines**

Some medicines are known to drastically reduce your sexual desire and your erections. Oddly enough, they are usually the depression medications. I can't imagine how much more I would be depressed if I couldn't have sex because of taking depression drugs.

That is not to say do not take the medicines that your doctor recommends, but they do affect your erections and here is why. Your body breaks down, processes and

moves everything you eat. When something as complicated as a drug gets into your system, it has to take a lot longer to figure out what to do with it. And what is the first thing it deems as not a vital function for survival while it is sorting this all out? That's right...your erection.

**On the erection scale, medicines can take 3 to 10 points off.**

## **Supplements**

Zinc actually helps your erections and your sperm count. When you ejaculate, you lose 5mg of zinc. Adding a zinc supplement to your diet improves your erection quality and gives you more ejaculate to shoot out. Multi-vitamins can help your overall health which certainly helps your erections.

Natural sexual health supplements are important for your sexual health, especially as we age. These supplements increase blood flow to the genital region and increase your natural testosterone production.

**On the erection scale, zinc and natural sex supplements add 6 points to your erection quality.**

*"There are a number of mechanical devices which increase sexual arousal, particularly in women. Chief among these is the Mercedes-Benz 500SL."*

*Lynn Lavner*



## **How to Measure Your Health by Your Erections**

When the penis is hard, life is good.

When hardness in erections diminishes...so does a man's overall sexual health. No matter how talented a man may feel he is in bed, he defines his sex by his erection, by its strength and hardness. This is what I call the Hardness Factor.

The harder the erection...the healthier the man.

In just the past decade, researchers have made the all-important link between sexual activity and good health. When a man's blood vessels are healthy and "elastic," his heart and brain are functioning well-and his erections are rock hard.

When his neural connections are firing and nitric oxide is being released in great abundance throughout his body, his cognition is high and his erections are rock hard.

When testosterone levels are normal and weight is controlled, he has the ability to train most effectively have a healthy, trim body-and his erections are rock hard. Once a man starts to connect the dots, once he fully understands that good health and a hard erection are linked, he will begin to take better care of himself.

Once you understand its basic concepts, you realize how sexuality is a window into general health and how by staying fit, you can enjoy feeling virile as long as you live.

According to a new study of 2,400 men conducted by researchers at the University of Bristol, in England, men who reported three or more orgasms per week were half as likely to have a heart attack or stroke as those who had sex less often.

On the surface, it looks as though the principal message of this study is that having sex reduces heart attack and stroke and lets you live longer. In fact, just the opposite is true:

## **How To Be a Better Lover In 3 Days Or Less**

### **Being healthy allows you to have sex as much as you want.**

Having sex three times a week serves as an important marker that you are healthy and in good physical shape-you're certainly more sexually fit than a man who can't have sex three times a week. Beyond that, the strength of a man's erection-his hardness-is the true barometer of his overall health.

There is a powerful and unmistakable link between failing erections and common medical ailments, including obesity, high cholesterol levels, hypertension, depression, sleep disorders, diabetes, and heart disease.

When atherosclerosis develops, it starts to clog up the tiny vessels in the penis. The impact is often seen there first, long before it ever shows up in the coronary arteries of the heart, or in any of the other 100,000 miles of blood vessels that run throughout the body.

*"Sex is one of the nine reasons for reincarnation. The other eight are unimportant."*

*George Burns*



## **Taking Your Erections to Heart**

Can problems with getting an erection be a sign of another larger problem that could cause you serious problems?

Erectile dysfunction [ED] can be a sign of underlying cardiovascular problems. It can be an early warning, in that respect.

The advent of natural sexual energy formulas has put the spotlight back on ED, and a series of studies are suggesting that, for most men, the condition has physical and not just mental beginnings.

Early in 2004, researchers published a study showing that the arteries of men with ED expanded less efficiently than

## **How To Be a Better Lover In 3 Days Or Less**

men without erectile difficulties -- a possible sign of underlying heart disease.

You can liken ED to a common plumbing problem: If you turn on your kitchen faucet and you don't get any flow, either the faucets are broken or the pipes are clogged.

For men with advanced heart disease, the clogged-pipe explanation probably holds true, since buildup of cholesterol in arteries can greatly reduce blood flow.

But many men with ED aren't anywhere near this stage of cardiovascular deterioration. For them, the faucet -- the vessels inside the penis and the smooth muscle around them -- may be broken on a biochemical level.

As blood flow demands increase (as happens during an erection), the endothelium releases nitric oxide to help trigger blood vessel expansion.

Blood flow is very important for normal erectile function. It's also -- and here's the link to heart disease -- very important as an anti-atherosclerotic agent, resisting hardening of the arteries.

In that sense, ED may serve as an early signal that blood vessels elsewhere in the body aren't expanding as they should either.



*"Clinton lied. A man might forget where he parks or where he lives, but he never forgets oral sex, no matter how bad it is."*

*Barbara Bush*



## **Everything You Didn't Know About Your Penis**

How much do you really know about your penis? I pulled together all the scattered bits of information about man's best friend into a list that I guarantee you have never seen before. Just take a look...

- 1)** Why does one testicle hang lower than the other? It stops them from getting squashed when we walk! Few of our bodies are symmetrical and in 85% of males, it's the left that is lower and larger.
- 2)** Despite differences when flaccid, most penises are around the same size.

## **How To Be a Better Lover In 3 Days Or Less**

- 3)** The average erect size range is from 5 to 6 inches. The flaccid size ranges from 2 to 4 inches.
- 4)** The amount of blood in a flaccid penis is three ounces. The amount in your erect penis is 30 ounces.
- 5)** Around 60% of men in the U.S. are circumcised, compared with an international average of 23%. Rates of circumcision have declined in the U.S. since a peak of 85% in 1980.
- 6)** There is more protein in an average ejaculation than a medium sized pork chop.
- 7)** The average time a man can keep an erection is 40 minutes. The younger the man the longer he can keep it up.
- 8)** Average speed of an ejaculation is 28mph.
- 9)** 30% of men say they climax too early.
- 10)** The penis has a safety valve to ensure that men can not ejaculate and urinate at the same time.
- 11)** Only 1/3 of impotence cases are due to physical problems. 90% are treatable.
- 12)** The average number of erections per day for a man is seven. The average number of erections that occur while asleep is five.
- 13)** Waiting too long to urinate can reduce blood flow to your heart by 25%.
- 14)** Two in every thousand men are capable of giving themselves a blow job.
- 15)** The tissue that surrounds the penis is more durable than that issue that surrounds the brain.

## **Testosterone and the Sex Drive Formula**

### **True Testicle Stories**

It's not just your penis that can do some amazing things. Take a look at the power of the gonads...

Each testicle produces about 150 million sperm every day.

The testes also produce the male sex hormone testosterone. Testosterone levels peak early morning which is when men want sex the most. This also explains why men get erections first thing in the morning...

Also known as a morning woody.

Sexual health supplements and exercise increases supplies of testosterone. When testosterone levels are running low, men are irritable, depressed, and sleepy.

The largest testicles in the world belong to the northern white whale, which weighs up to 2200 pounds.

**Now you may go forth** into the world and proclaim yourself a true Penis Genius. If you can find a radar gun, you can see if you actually do ejaculate at 28 miles per hour.



## **Testosterone and the Sex Drive Formula**

*"Ah, yes, Divorce, from the Latin word meaning to rip out a man's genitals through his wallet."*

*Robin Williams*



## **The Top 9 Erection Enhancing Secrets**

Think of your penis as peninsula-a bodily extension that shares a supply of blood, oxygen, and nutrients with all your other organs. Unfortunately, that means if a natural disaster strikes the main land, it's likely to affect any protruding landmasses, too.

ED stands not only for erectile dysfunction but also for 'early diagnosis,' because you can use ED to predict a heart

## **How To Be a Better Lover In 3 Days Or Less**

attack, potentially by years. Arterial damage from cardiovascular disease affects the small arteries in the penis first.

### **Erection Loss Prevention**

#### **Spread blackberry jam on your toast**

Dark fruits like blackberries, bilberries, and elderberries contain high levels of anthocyanins, ultrapowerful antioxidants that could act as erection insurance.

#### **Shut down the smokestack**

If you still light up, you've probably accepted your increased risk of heart disease, stroke, lung cancer, and bladder cancer. But how about dying young and impotent?

A study published in the Journal of Urology found that smoking causes arterial damage that doubles a man's risk of total erectile dysfunction. The good news: If men quit in their 50s or earlier, we can usually reverse the damage.

When measuring nighttime erections in 10 impotent smokers (average age 49), scientist noted a 40 percent improvement after just 1 smoke-free day.

#### **Become a more sensitive guy**

## **Testosterone and the Sex Drive Formula**

Everyone knows stress is a psychological cold shower. But untamed tension also works in a more insidious way by releasing epinephrine, a type of adrenaline that goes straight to your arteries and slowly wreaks havoc there. Stress in the long term can contribute to hardening of the arteries which makes for softer erections.

### **Stop sawing wood**

All of your tissue needs oxygen to be healthy, and the penile tissue is especially sensitive. When you snore, you're depriving your tissue of that oxygen.

Snoring has a lot to do with gravity. If you elevate the torso without bending the neck, it changes the effect of gravity on the soft tissues of the throat.

### **Eat a dark-chocolate dove bar**

It's erection medicine. Dark chocolate contains epicatechins, flavonoids that trigger the release of dilating chemicals in the inner, or endothelial, layer of the arteries. How much should you munch?

A University of California at San Francisco study shows that those who ate a 1.6-ounce dark-chocolate bar each day increased their blood-vessel dilation by more than 10 percent.

### **Lower your estrogen levels**

## **How To Be a Better Lover In 3 Days Or Less**

Heavier men convert testosterone to estrogen, and a lower level of testosterone and a higher level of estrogen are not good for erectile function. Fortunately, even moderate weight loss can rid you of excess estrogen and put your sex life back on track.

### **Get pricked**

Acupuncture can help treat psychologically induced erectile dysfunction. (Relax-the prick points are all in your back.) Studies show 64 percent of the men who underwent 6 weeks of acupuncture regained sexual function and needed no further treatment.

### **Open your medicine cabinet**

And, make a list of all the prescription pills you're popping. A lot of prescription drugs may be associated with sexual dysfunction. One possible culprit is the cholesterol-lowering drug, Simvastatin, brand name Zocor.



*"There's a new medical crisis. Doctors are reporting that many men are having allergic reactions o latex condoms. They say they cause severe swelling. So what's the problem?"*

*Dustin Hoffman*



## **Why You Have Erections First Thing in the Morning**

**And what is wrong if you don't**

It never occurred to Ron M., 33, that he was no longer having an erection first thing in the morning like he used to. "I thought it was one of those teen age things that you get. Like an erection out of nowhere, and the teacher decides to ask you to stand up and answer a question right then", he said laughing.

The lack of a morning erection is actually a sad indicator of the direction of a man's sexual capabilities. The answer to a common pillow talk question of why men have an erection first thing in the morning is rather simple...

## **How To Be a Better Lover In 3 Days Or Less**

Testosterone levels are at their highest first thing in the morning. Erections are fueled by the burning and bursting of testosterone. The problem for guys like Ron is that as men age their testosterone levels gradually start to dip. The stress of a hectic work schedule and other life worries can also lead to the disappearing morning erection.

The effects of the gradual loss of testosterone on sexual performance can be devastating to men when it is going or gone. Sex drive producing testosterone is what separates the boys from the men and the men from the older men.

During puberty, testosterone levels are at their lifetime peak. They begin to decline around the age of 23 and plunge after age 50. Despite the stereotype that women are more likely to dodge sex, **it's often the men who go into hiding.**

Normal testosterone levels maintain energy level, healthy mood, fertility, sexual desire and morning erections. The lack or loss of testosterone, however, causes increasing memory loss and mild mental confusion emerging in middle aged men. Without a good supply of testosterone, erections are inevitably weaker.

Luckily, this problem can be reversed relatively easily. The two most effective ways to naturally increase testosterone output is to exercise and take testosterone enhancing supplements.

## **Testosterone and the Sex Drive Formula**

Men need to exercise at least 4 times a week.

This means getting to the point where they are breathing heavily. A walk across the golf course is not going to cut it. Testosterone is a use it or lose it hormone. Jogging, swimming or hitting the gym can help put the sex life back on course.

Testosterone enhancing formulas are very effective at naturally releasing testosterone that is already in your system. They can be taken before exercising and before sex. These are the 2 times when your body needs more testosterone for better performance.

# Section 4

## **Testosterone**

1. Dramatic New Testosterone Research
2. Testosterone and the Sex Drive Formula
3. Testosterone Battles - How to Win
4. Testosterone Levels and Your Sexual Health

# **Testosterone and the Sex Drive Formula**

*"Women need a reason to have sex. Men just need a place."*

*Billy Crystal*



## **Dramatic New Testosterone Research**

You're facing 40 and wondering what changes lay ahead. One that's likely, according to clinical studies, is a drop in testosterone.

In a process some doctors term "andropause," testosterone levels in the body often decrease by one percent a year after age 40, and by age 70, many men produce only a third of what they once pumped out.

Such news is bound to interest those who want to live a long life at full tilt. Some scientists now believe that in-

## **Dramatic New Testosterone Research**

adequate levels of the hormone can quicken traditional symptoms of aging, such as declining muscle mass, hair loss, and diminished sex drive.

According to 1999 studies by Pennsylvania State University researchers, men with higher levels of testosterone may be less vulnerable to high blood pressure, heart attacks, frequent colds, obesity and depression.

Other studies suggest that testosterone supplements may boost bone health, making men less vulnerable to bone-weakening osteoporosis, which affects two million American men.

So, why aren't men lined up outside drugstores waiting to fill testosterone prescriptions?

Many men don't even know about natural testosterone supplements or the symptoms of deficiency.

Of the one million men in the United States with inadequate levels of testosterone, only about 100,000 to 150,000 are receiving treatment, according to the ALZA Corporation, producer of testosterone supplement patches.

Some men may find that naturally occurring problems associated with aging are exacerbated and begin at a much younger age. Osteoporosis, trouble with sex drive and erections, loss of body hair and muscle mass, breast enlargement, depression, infertility and small testes are the main symptoms.

## **How To Be a Better Lover In 3 Days Or Less**

Testosterone supplements helps prevent at least some of these, increasing muscle mass and bone strength, a sense of well-being and sex drive.

"We also know that testosterone levels rise before competition," says Dr. Alan Booth, professor of sociology and human development at Penn State and chief investigator of last year's study. "That helps competitors in terms of visual acuity and sensitivity to demands. It helps stamina and makes men more willing to take risks. They feel they can win."

So, how do aging men who experience some of these symptoms know if they need testosterone supplements? Experts agree that for now, men need only be aware of the warning signs of low testosterone and to take a natural supplement if they occur.

For those who have a real problem, some suggest daily testosterone supplementation.

As Dr. Stephen J. Winters, an endocrinologist at the University of Louisville, points out, men face a much different problem than women. "In women the [hormonal] change is very abrupt around age 50."

Within one year after menopause, they are making only 10 percent as much estrogen as they once were. They have hot flashes, irritability, and sleeplessness. But in men, testosterone loss happens much more slowly and to nowhere near the same extent. It's not really male menopause.



## **Dramatic New Testosterone Research**

Men who raise their testosterone levels through steroids, for instance, can experience a number of consequences, from depression to "risky, anti-social behavior," says Winters.

### **Vital Signs**

Testosterone levels normally decrease by 20 percent between morning and evening.

*"See, the problem is that God gives men a brain and a penis, and only enough blood to run one at a time."*

*Robin Williams*



## **Testosterone and the Sex Drive Formula**

### **Why so many men are stuck in neutral**

Bill W. has slowly, but surely, been joining the ranks of 8 million men in the US who have lost their sex drive and don't have a clue as to why. The answer lies in what gave Bill, now 40, his sex drive to begin with...

Testosterone.

Although testosterone is generally the hormone blamed for every male based activity, from beer guzzling to Kobe Bryant like activities (both on and off the court), few people really know how testosterone functions.

## **Testosterone and the Sex Drive Formula**

The effects of the gradual loss of testosterone on sexual performance can be devastating to men when it is going or gone. Sex drive producing testosterone is what separates the boys from the men and the men from the older men. During puberty, testosterone levels are at their lifetime peak.

They begin to decline around the age of 23 and decreases rapidly after age 50 (to 20% to 50% of peak level by age 80). Despite the stereotype that women are more likely to dodge sex, it's often the men who decline. The latest testosterone research by leading urologist shows that testosterone produces...

- 1) Increased growth of body hair, beard growth, deep voice, and development of the penis, aggressiveness, sexual behavior, libido, and the maturation of sperm.
- 2) Accelerated muscle buildup, speeds up regeneration, and speeds up recovery time after injuries or illness. It also stimulates the entire metabolism which results in the burning of body fat.

Normal testosterone levels maintain energy level, healthy mood, fertility, and sexual desire.

The lack or loss of testosterone, however, causes increasing memory loss and mild mental confusion emerging in middle aged men.

This decreasing testosterone and increasing estrogen levels begin in the late thirties or early forties. A decrease in tes-

## **How To Be a Better Lover In 3 Days Or Less**

tosterone can cause diminished libido, erectile dysfunction, muscle weakness, loss of body hair, depression, and other mood disorders.

Testosterone also acts as fuel for erections. It is the burst and burning of testosterone that powers erections. Without a good supply of testosterone, erections are inevitably weaker.

Why is this happening?

Disease, injury, surgery, and drug side effects can cause testosterone deficiency. Some research points to the increased levels of estrogen used in poultry to create larger breast meat that we eat will stay in the body.

There are also pesticides and insecticides that mimic estrogen in the human body. Combine that with a general lack of testosterone producing physical activity and many men's systems are becoming hormonally unbalanced.

The results are usually first evident in the sexual arena, since most men tend to notice when they are less sexually active or don't have the sexual stamina that they once had.

While many people attribute a decline in sexual activity through the years to older age, there are some things that can be done to battle Father Time's testosterone sapping power.

What men can do about it

## **Testosterone and the Sex Drive Formula**

Run, walk, jog, swim or whatever type of exercise that you can do consistently and that is enjoyable. The primary word is consistently. You have to keep at it!

By exercising, your body sees the need to increase testosterone output and will begin to do so. That is why it was possible for Michael Jordan to make a come back. The male body will slow down on the testosterone output...but it won't stop.

You can use exercise to push your testosterone output up and have you burst and burning for some serious love making.

Don't take this too far or too fast. Always check with your doctor before doing any intense workout sessions. When you get yourself to the point that you are breathing in and out at a rapid pace after exercising, your body kicks in with the extra testosterone.

You can also use natural testosterone enhancing supplements. When it comes to sex, many men are turning to Viagra. The problem is that Viagra cuts off the blood from leaving the penis, thereby causing an erection, but it does nothing to help release testosterone.

So what happens if you don't workout or use testosterone enhancing supplements? That's simple...nothing.

If you don't give your body a reason to pump out more testosterone it won't. If you do workout and use natural testosterone enhancing supplements your testosterone

## **How To Be a Better Lover In 3 Days Or Less**

level will shoot up and you will have enough erection fueling testosterone to last longer.

The difference is very obvious for Bill Edwards and his wife Nancy. Their sex life and marriage has taken on a whole new energy. Nancy is enjoying the change.

"I now have more of a reason to encourage him to work out and take his supplements. He hasn't been this frisky in years!"



## **How To Be a Better Lover In 3 Days Or Less**

*Sex should be like a Honda...*

*Slow, obscene and loud enough for the neighbours to hear...*



## **Testosterone Battles** **Making what you have last longer**

Aging is not for sissies. Among other indignities, an average guy will lose 12 to 20 pounds of muscle, 15 percent of his bone density and two inches of height en route to his golden years.

His counts of oxygen-carrying red blood cells will also drop. And, it's no secret that sexual vigor tends to diminish with age.

A good diet and an exercise regimen that balances aerobics with strength training can keep muscles and bones remarkably strong.



## **Testosterone Battles**

A healthy lifestyle can do more than medicines to prevent diabetes, high blood pressure and atherosclerosis—the diseases that underlie erectile dysfunction in about 50 percent of men over 75.

But, lifestyle changes take work. Many men turn to Natural Testosterone Enhancers (NTE) for help.

Testosterone is essential for the development of male genitals during fetal life. It triggers the dramatic events of puberty and it is necessary for libido and fertility throughout maturity.

The hormone also stimulates muscles, bones and red blood cells. Testosterone levels surge at puberty, peak at about 17, and remain high for the next couple of decades. But, beyond 40, testosterone levels fall.

Unlike the sharp drop in estrogen that women experience at menopause, the decline in testosterone is gradual averaging just over 1 percent a year. One percent is not much, but by 70 or so, it adds up to a 30 percent decline.

### **Can supplementary testosterone turn back the clock?**

Most men have plenty of testosterone to spare, so levels remain within the normal range in at least 75 percent of senior citizens.

## **How To Be a Better Lover In 3 Days Or Less**

Men who are truly testosterone deficient (hypogonad) should receive treatment. But, even if your testosterone levels are normal, extra testosterone will boost your muscle mass and red-blood-cell counts.

That's why so many competitive athletes abuse steroids. Natural Testosterone Enhancers are much safer than the huge doses used by some jocks. But, testosterone may have adverse effects on a man's cholesterol and cardiovascular risk.

**Should you join the more than 1 million men with normal hormone levels who are getting testosterone prescriptions from their doctors?**

Testosterone is the most important male hormone, but there are other androgens. Dehydroepiandrosterone (DHEA) and androstenedione ("andro") are weaker androgens that decline with age.

Both are freely available without prescription. DHEA is heavily promoted as an antidote to aging, and andro is touted to boost athletic performance.

Careful studies have failed to show benefit from these preparations, and they do have potential risks. For safety's sake, wait for more studies.

Testosterone is the hormone of choice for hundreds of thousands of middle-aged men determined to stave off the

## **Testosterone Battles**

aging symptoms, including erectile dysfunction and loss of libido, that have come to be known by some as andropause, the male version of menopause.

### **Can the potential benefits of naturally supplementing testosterone outweigh the potential risks?**

Professors at Harvard Medical School have analyzed dozens of short-term studies and are convinced the treatment is safe for men who don't have prostate cancer.

The studies show there is a good chance we're going to find out that testosterone is actually beneficial for health. Besides restoring libido, testosterone has been shown to improve bone density and muscle mass.

And a small study done at Boston's McClean Hospital this year suggests that, when used in conjunction with antidepressants, testosterone may improve depression in difficult-to-treat men.

*"Sex without love is a meaningless experience. But as meaningless experiences go, it's one of the best."*

*Woody Allen*



## **Testosterone Levels and Your Sexual Health**

Do you know how important testosterone is to being a man? It runs everything from sexual performance to memory function to building muscle. Without testosterone, men would just be frail and sexually useless.

If you are over 30 or on your way to it...this article is a must read. Not only is your sexual health, but your overall health and how you age, depends on your testosterone levels. Test your levels with our questionnaire.

# **Testosterone Levels and Your Sexual Health**

## **Testosterone in Men... Sex Drive & Performance**

There have been several clinical studies that have shown that testosterone continually declines as you get older.

The focus of this article is to lay out the finding of this research and how it is or may affect you.

This article is also to determine whether natural testosterone enhancement products might prevent a decline in quality of life that comes with getting older.

## **The Truth in the Myth**

The physical realities of aging are shown in the myth of Tithonus, the lover of Aurora, goddess of dawn. Aurora loved Tithonus so much that she asked her father, Zeus, to grant him eternal life.

Unfortunately, she forgot to request eternal youth for her lover, who began to lose his libido at age 50 and by 60 was somewhat impotent.

By the age of 80, Tithonus had lost much of his muscle strength, and by the time he turned 90, he walked around stooped, because his bone was disappearing.

By the time he reached 100 years, he just babbled incessantly. At this stage, Aurora just wanted to be rid of him.

## **How To Be a Better Lover In 3 Days Or Less**

Many of the changes cited in this myth are associated with declining testosterone production. They include age-related disturbances in memory, muscle mass, and strength.

Clearly, loss of libido and impotence are testosterone effects. Changes in food digestion may also be effects of testosterone loss.

### **Current Studies**

Today scientists are looking for hormonal substances that will rejuvenate human beings and allow them to live longer. Can this be done with testosterone? Probably not, but the full range of its potential may be under appreciated.

Twenty years of clinical experience and current research findings provide a convincing argument that natural testosterone enhancement has a role to play in improving the quality of life in older men.

### **Evidence for an Age-related Decline in Testosterone**

One of the early studies that has helped to define an age-related decrease in testosterone levels was done in healthy men aged 20 to 45 years compared with those aged 50 to 70 years. Levels of testosterone were variable in the group

## **Testosterone Levels and Your Sexual Health**

of young individuals, who all were in robust health, with no levels measuring below normal.

When these findings were compared with measurements in healthy men aged 50 to 70 years who had no known disease or medications, no longer were there any men with very high testosterone levels, and approximately half of the group had levels below those of the younger individuals.

These investigators reported a decline in testosterone after age 31 years that continued each decade.

### **Implications of Testosterone Loss**

The question is whether testosterone enhancement may be beneficial in some older individuals. On both issues, the data are beginning to say, "yes."

### **Libido and Sexual Functioning**

Studies have provided evidence of a strong link between testosterone and a variety of sexual behaviors.

These effects were seen in a study in which a two-year follow-up was conducted of men who presented initially low levels of testosterone. Libido increased in these subjects.

A double-blind trial showed a 61% increase in sexual interest and performance in treated individuals. A number of other studies have shown similar results over time.

## **How To Be a Better Lover In 3 Days Or Less**

Clinical experience has suggested that men treated with Viagra do not obtain a strong erection if their testosterone level is low, but will respond to testosterone treatment.

Testosterone seems to be required for the last stage of the erection.

### **Memory Effects**

One recent study showed strong relationships between testosterone and performance on a number of different memory tests.

### **Muscle Mass**

Testosterone deficiency will cause a decline in muscle mass.

### **Bone Density**

It should be recognized also that mortality from hip fractures is higher in men with low testosterone. In addition, there are very positive data showing an association of testosterone with lumbar spine density.

### **Cardiovascular Risk**

The lower the level of testosterone in an individual, the more likely he is to have coronary artery disease. There is



## **Testosterone Levels and Your Sexual Health**

also data showing that testosterone will relax the coronary arteries by releasing nitric oxide.

### **Test Yourself**

Some years ago a screening questionnaire was developed to help diagnose testosterone deficiency. Ask yourself these questions to see how you measure up.

1. Do you have a decrease in libido or sex drive?
2. Do you have a lack of energy?
3. Do you have a decrease in strength or endurance?
4. Have you lost weight?
5. Have you noticed a decreased enjoyment of life?
6. Are you sad or grumpy?
7. Are your erections less strong?
8. Have you noted a recent deterioration in your ability to play sports?
9. Are you falling asleep after dinner?
10. Has there been any recent deterioration in your work performance?

If you answered yes to 7 of these questions your testosterone levels are declining.

# Section 6

## **Sex Ed**

1. What Happens to Your Body During Sex?
2. Men's Multiple Orgasms
3. Raising Your Sperm Count
4. The Testosterone and Penis Size Connection
5. Why Having Sex is Healthy for You
6. Your Size and Your Sperm Count



## **How To Be a Better Lover In 3 Days Or Less**

*"Remember, if you smoke after sex you're doing it too fast."*

*Woody Allen*



## **What Happens to Your Body During Sex?**

### **A 4 step guide to the sexual response cycle**

While you're moaning, groaning, and laying back enjoying the ride, your body is checking off a massive to do list to make it all happen. The brain hones in on the pleasurable sensations, while your sexual system works its butt off to create all the physiological changes necessary for arousal or orgasm.

The sexual response roughly divides into 4 phases. As always...knowledge is power.

## **What Happens to Your Body During Sex**

Understand the theory of what is happening inside the pleasure zone and you're one step ahead of the rest.

**PS:** Don't get too hung up if your body doesn't do what it is "supposed to" or deviates from the order.

### **1) The Excitement Phase**

Nipples harden and become erect, breathing quickens, the skin may become flushed.

Him: Blood flows into the penis making it swell; the testicles begin to flatten and rise. As excitement increases, a drop of pre-ejaculatory fluid comes out of the top of the penis, nicely lubricating the area.

Her: The vaginal walls get tighter, causing a secretion of fluid that lubricates the vagina. Blood flows to the clitoris, making it enlarge, harden and protrude from between the vaginal lips.

### **2) The Plateau Phase**

Heart rate, breathing, blood pressure, muscular tension all start to skyrocket.

Him: The penis reaches its maximum size, the testicles flatten and rise even closer to the body. This is the point where men need to stop stimulation immediately or be totally unable to control ejaculation.

Her: The vagina expands while contractions and lubrica-

## **How To Be a Better Lover In 3 Days Or Less**

tion increase. Increased blood flow to the libia and vaginal entrance cause the whole area to darken to a deep red/purple color.

### **3) The Orgasmic Phase**

The nipples are erect, a slight reddening appears across the chest and genital, the heart speeds up, the body's muscles tense, and the anus also contracts. While the feeling of orgasm is spectacular, the process of it is relatively simple. Orgasm happens when the genital area cannot stand the increased blood flow. The body then "let's go" and the blood flows back into the rest of the body.

It's the instant release - the spasm of letting the blood rush back into the rest of the body and the release of muscular tension - that is the orgasm.

**Him:** The seminal vesicle is full and semen begins to flow upward, toward the head of the penis. This moment is called "ejaculatory inevitability". I could wave a million dollars in front of you and you would still be powerless to stop.

The penis contracts once every 0.8 of a second and semen spurts out of the tip. Orgasm and ejaculation are two separate processes: ejaculation is the physical part; orgasm is the feeling.

**Her:** The entire genital area is engorged with blood and the clitoris is erect. On climax, lubrication increases dra-

## What Happens to Your Body During Sex

matically and the vaginal walls contract every 0.8 of a second - the same interval as penile contractions.

(To make up for his orgasms being more automatic and easier to achieve, Mother Nature extends the length of female sensation. His orgasm usually last an average of five seconds; hers last about 15.)

The uterus contracts and dips down slightly during orgasm. This also causes the mouth of the cervix to dip - directly into the vaginal cavity where he's spilled his semen, giving it a head start on its journey to the egg.

### The Resolution Phase

The body returns to normal. Blood drains genitals; heart rate and blood pressure decrease.

**Him:** The testicles drop and become looser and larger. The penis returns to half its erect size immediately and to its normal size within 30 minutes. Few men can go straight from resolution to the excitement or orgasm phase immediately. Most men need a resting stage after orgasm, when the body relaxes and rejuvenates itself, refusing to become aroused until it has achieved both.

**Her:** The blood flows away from the genital area and the genitals lose their heightened color. The clitoris often feels extremely sensitive immediately after orgasm. Why? One minute it is engorged with blood, the next minute it is drained of it - so it has gone from one extreme to another. This is why skin can also feel itchy post-orgasm.

*"There's nothing wrong with making love with the light on. Just make sure the car door is closed."*

*George Burns*



## **Men's Multiple Orgasms**

Most men don't know that they can have a multiple orgasm. If you have seen a women having one then you know you are missing out big time! Here you get the inside scoop of your sexual life. Get pumped up...you are going to love this!

6 orgasms in one night...impossible!

Not if you know what you are doing. We give you your first peek at a basic principle of Sexual Kung-fu...male multiple orgasms. Scientifically proven over 60 years ago and practiced for more than 3000 years. Find out what you have been missing...



## **Men's Multiple Orgasms**

That's right...your wish has finally come true. Actually, it has been true all along. If you have ever seen a woman in the throws of a multiple orgasm, then you have seen how men have traditionally missed all the fun of sex.

With all the thinking, planning and damn near dying for good sex - for us fellas, we only get an orgasm that last 3 seconds. Maybe 8 seconds, if it was real good. A multiple orgasmic woman has us beat hands down.

While she's squirming, screaming, digging her nails into your back and yelling for more, we get to watch her in sexual bliss for a good 20 seconds.

Time to join in on the fun!

I am happy to report what our manly ancient ancestors knew all along...male sexuality is NOT a one shot deal.

Over 3000 years ago, the Chinese wrote in detail how men can achieve multiple orgasms by delaying or withholding ejaculation. In the West, we tend to get caught up in just ejaculating or "getting off".

As one multi-orgasmic man put it, "The pleasure generated by a multiple orgasm stays with me throughout the day. Now I can have as much sex as I want, and I can control it, rather than it control me. What more can a man ask for?"

## **How To Be a Better Lover In 3 Days Or Less**

In the next paragraph, I will tell you everything you need to know to have a multiple orgasm...

OK, I'm lying. That would be slightly impossible. However, just the mere suggestion of multiple orgasms in women, as reported by scientist in the 1940's, actually increased the number of women who could have multiple orgasms.

Maybe if you are one of the lucky guys, just by reading this, you could begin to have multiple orgasms. If not, I suggest you read...

The Multi-Orgasmic Man by Mantak Chia & Douglas Abrams.

This book breaks down everything you need to know about multiple orgasms. From knowing yourself to becoming a multi-orgasmic couple. They even have you doing solo practice by chapter 2!

It's not masturbation...its practice.

I have personally experienced multiple orgasms. Back then I did not know men could have them. I just called it a "dry heave".

At the time I did not care what it was. I was just too busy having the best sex of my life. The experience was amazing, but it did not happen every time. That began my quest

## **Men's Multiple Orgasms**

for trying to find out what happened. I mean I really wanted to try that again...and often!

After learning to take control through sexual kung-fu (literally means sexual practice), I have begun to enjoy sex like I never had before. You owe it to yourself to try it!

*"I believe that sex is one of the most beautiful, natural, wholesome things that money can buy."*

*Steve Martin*



## **Raising Your Sperm Count**

According to the latest research, the sperm count for men in the United States and 20 other countries have fallen dramatically over the last century...

By as much as 50%!

The cause of this decline is still being debated and possible reasons range from tight underwear to chemical pollutants. This leads one Florida researcher to say that, "Most men are half the man their grandfathers were."

Although you may not be looking to start or extend a family right now, you definitely do not want to miss out on having your sperm count up when you need it.

## **Raising Your Sperm Count**

The World Health Organization has reported that one in ten couples is involuntarily infertile. In the US, 1 in 6 couples is infertile - twice as many as 10 years ago.

If you have a low sperm count, you will be relieved to know that doing Sexual Kung-Fu (The practice of sex) exercises can help you raise it.

Engaging in non-ejaculatory sex is the most important thing you can do to increase the volume, concentration and count of your sperm. According to medical research, each day you do not ejaculate, you raise your sperm count by 50 to 90 million sperm.

Before the curse of tight underwear, when we were running across the planet naked, our testicles swung freely and rubbed together and against our thighs freely.

Now that we sit most of the day and spend very little time racing naked through the jungle, we have to help our testicles out!

The exercise that we recommend to help you get your count higher than dear old grand dad is taken from Sexual Kung-Fu.

### **Testicle Massage**

- 1) Rub your hands together to warm them up.
- 2) Hold one testicle between the thumb and fingers of each hand. (Your testicles should feel like small apricots be-

## **How To Be a Better Lover In 3 Days Or Less**

tween your fingers.)

3) Firmly, but gently, massage your testicles with your thumbs and fingers for a minute or two. If your testicles ache or are sensitive, rub lighter but longer, until the pain goes away.

The pain is caused by blockage and the massage will help bring blood and sexual energy to the area, which will disperse any blockage.

4) Hold your penis up to expose your testicles and tap them with your longest finger for a minute or two. This helps invigorate your testes and increase sperm production.

Finally, hold your penis and scrotum with your thumb and forefinger. Now lightly pull your penis and scrotum forward with your hand as you pull back with your pelvic muscles.

Then repeat, pulling to the right with your hand and to the left with your pelvic muscles. Then pull to the left with your hand and to the right with your pelvic muscles.

Finish by pulling your hand down and your pelvic muscles up. Do this exercise 9, 18, or 36 times. It will keep the ducts that carry your sperm healthy.

## **Raising Your Sperm Count**

You can increase the production of testosterone by using the Testicle Massage Exercise. This exercise is an excellent way to strengthen your sexual energy in general and keep your testicles healthy.

*"You don't appreciate a lot of stuff in school until you get older. Little things like being spanked every day by a middle-aged woman. Stuff you pay good money for in later life."*

*Elmo Phillips*



# **The Testosterone and Penis Size Connection**

## **How to Use it to Your Advantage**

Many women say that size does count and so does being faithful. Unfortunately, that package does not automatically come together. Studies show that men with larger penises are actually more likely to have sex with different partners because of the one thing that gave them the larger penis to begin with...high levels of testosterone.



## **The Testosterone and Penis Size Connection**

Is this true of every guy with a large penis? Well, the cheating part may not be, but the high levels of testosterone are definitely there. Testosterone is the “on switch” that fuels the growth of testicles and the penis from the time we are in the womb.

As young men hit puberty, the level of testosterone starts to shoot up and hits its lifetime peak around age 18. But what does that mean for the guy who just wants to have a larger penis now? Well...

It gives a hint as to what you have to do to naturally grow larger which is to boost your levels of testosterone. But before you run out and beg your doctor for testosterone injections, let's take a look at how your body creates testosterone naturally.

There are two ways your body creates testosterone. It is by what you eat and what you do. Ok, that is pretty general, so let's get to the specifics.

### **What You Eat**

Every chemical in your body is created by something you ate or drank before. In fact, every cell in your body is replaced on a regular basis. Your stomach lining is completely new every 5 days. You get a new skin every month and you make a new body in one year.

Your DNA tells your body how to break down that pizza you ate last week into the chemicals that make up your hair, left toe nail and...testosterone. The trick is to feed your body exactly what it needs so it can easily break

## **How To Be a Better Lover In 3 Days Or Less**

down your food into the chemical that you want to have most.

Obviously, going on a McDonald's diet is going to make it incredibly difficult for your body to turn that food into the chemicals your body needs. In fact, your body will be spending its time trying to figure out what that crap is, what to do with it, and how to get rid of it as quickly as possible.

Eating high water content foods, which are fresh fruits and vegetables, makes it extremely easy for your body to turn them into the chemicals you want quickly and with no side effects.

When you use a natural herbal supplement that your body can recognize, process and turn into testosterone, you get all of the benefits without the side effects.

### **What You Do**

Quick...what is the fastest way to kill your self without using any help? That's easy...stop breathing. On the flip side, what is the fastest way to get as healthy as you can possibly be?

Breathe as deeply as you can as often as you can.

In other words, exercise as hard as you can. Check with your doctor first, of course. The harder you exercise, the

## **The Testosterone and Penis Size Connection**

harder you are breathing. That sets off a chemical reaction in your body that releases more testosterone.

Think about it. Who is more likely to have more testosterone? Is it the guy who plays football or the guy who can barely make it up the steps in the football stadium?

Your body runs on oxygen and the more oxygen it has the better it runs. You are literally swimming in oxygen right now, but your body has to be forced to suck in as much as possible.

### **The Result**

Water content foods (which have oxygen in its makeup), exercising hard (which uses the oxygen around you) and natural liquid supplements (which helps turn all that oxygen into testosterone) will result in a larger penis every time.

So go eat some grapes then chase a football and use your liquid supplements every day and you will have more testosterone and a larger penis. No questions asked!

*Sex is not the answer. Sex is the question. "Yes" is the answer.*  
Swami X



## **Why Having Sex is Healthy for You**

At last the verdict is in and it says that sex is good for your health. For all of us guys who have that extra burst of sexual energy, this is just one more reason to have sex.

But while researchers try to nail down the impact on overall health, data is mounting when it comes to some specifics. Here are several potential benefits:

### **1. Easing depression and stress**

The release from orgasm does much to calm people. It helps with sleep, and that is whether we talk about solo sex or sex with a partner.

But wait, there's more. A recent study of college students at the State University of New York in Albany suggests

## **Your Size and Your Sperm Count**

that semen acts as an antidepressant. Females in the study who were having sex, without condoms, had fewer signs of depression than women who used condoms or abstained from sex.

“These data points are consistent with the possibility that semen may antagonize depressive symptoms,” the authors wrote, “and evidence which shows that the vagina absorbs a number of components of semen that can be detected in the bloodstream within a few hours of administration.”

I kid you not, ladies. Semen is good stuff. It gives a shot of zinc, calcium, potassium, fructose, proteins -- a veritable cornucopia of vitality!

### **2. Relieving pain**

Orgasm is a powerful pain-killer. Oxytocin, a natural chemical in the body that surges before and during climax, gets some of the credit, along with a couple of other compounds like endorphins.

According to one study when women masturbated to orgasm, “the pain tolerance threshold and pain detection threshold increased significantly by 74.6 percent and 106.7 percent respectively.”

### **3. Boosting cardio health**

I can't resist another plug for semen. It's possible that male goo can lower blood pressure. Another recent study found that women who gave their men oral sex, and swallowed, had a lower risk of preeclampsia, the dangerously high blood pressure that sometimes accompanies pregnancy.

## **How To Be a Better Lover In 3 Days Or Less**

No, I'm not making this up. "The present study shows that oral sex and swallowing sperm is correlated with a diminished occurrence of preeclampsia," said the Dutch authors.

See? We told you it was good for you.

There have been other studies showing that sex lowers blood pressure, and might even protect against strokes because of its stress-relieving ability.

But when we think of sex and the cardio system, we tend to think of poor old Nelson Rockefeller having a heart attack in flagrante delicto. Well, not only does that hardly ever happen, but sex might actually protect the heart. A 2002 report from a large British population of men said "some protection from fatal coronary events may be an added bonus" of frequent sexual intercourse.

### **4. Countering prostate cancer**

Over the past few years, several journals have published studies showing that the more ejaculations the better.

Now the Journal of the American Medical Association, no less, has reported that "high ejaculation frequency was related to decreased risk of total prostate cancer." It doesn't matter how a man climaxes -- intercourse or masturbation. So next time he says, "Really, honey, its therapy," he could be telling the truth.

## **Your Size and Your Sperm Count**

### **5. Healing wounds**

Some evidence suggests sex can be rejuvenating to the point of helping wounds to heal faster. Several experiments have shown that oxytocin can help even stubborn sores, like those suffered by diabetics, to heal by regenerating certain cells.

### **6. Fighting aging**

Maybe it's the rejuvenation, maybe the happiness, maybe all of the above. One thing's for sure: "Use it or lose it" is literally true. For example, postmenopausal women often suffer from "vaginal atrophy," which is what it sounds like and can lead to all sorts of complications like urinary tract infections. What's one way to prevent it? More intercourse.

Sex is a form of exercise, after all, and like all exercise, it burns calories and can help battle the onslaught of the years. In fact, nursing home experts say they wish oldsters would have more sex.

Can sex really make you live longer? Maybe. In the same population of British men I cited earlier, researchers found a 50 percent reduction in overall mortality in the group of men who said they had the most orgasms. There was a dose response: the more orgasms, the better.

Of course, as Kinsey's Bass reminds us, it could be that these blokes were just healthier and felt like having sex more often. But since there's no evidence that lots of sex is bad for you, what have you got to lose?

*No matter how much cats fight, there always seem to be plenty of kittens.*

*Abraham Lincoln*



## **Your Size and Your Sperm Count**

You may not be looking to have a child right now, but it is always a good idea to have your "army" prepared for that time. Besides...a healthy sperm count is a sign of good sexual health. And the increased amount of ejaculate looks really impressive too.

Everything from what you eat and drink to the time of day affects your sperm count. You know that beer drinking and smoking can slow you down when you go out for a run, but did you know it can affect the number and quality of your sperm?



# **Your Size and Your Sperm Count**

## **The Latest in Sperm Research**

Your size and your sperm count

Beer bellies may take a toll on men below the belt, not just around it. Men who weigh too much are more likely to have poor sperm quality, research on nearly 1,600 young Danish men has found. Being too thin is a problem too.

The sperm study was done by doctors at various hospitals and universities in Denmark involving 1,558 men, average age 19, who volunteered to give a semen sample.

Sperm counts, sperm concentration, semen volume and other measures of sperm quality, such as shape and motility were measured, along with testicle size and hormone levels.

Researchers also calculated each man's body mass index, a measure of obesity that takes into account height and weight.

Scores for men with healthy BMIs (body mass index) between 20 and 25, or 139 to 174 pounds for a man who is 5-foot-10 were compared to those of men above and below that range.

Sperm counts and sperm concentration were 28.1 percent and 36.4 percent lower respectively in underweight men. The same measures were 21.6 percent and 23.9 percent lower respectively in overweight men.

## **How To Be a Better Lover In 3 Days Or Less**

Why this may be happening is unclear.

"Low BMI can result from a 'healthy lifestyle' but may also be due to many chronic diseases," the authors write. The biological explanation or mechanism also may be different in underweight and overweight men, they note.

"It may be an alteration in hormonal values," said Dr. Anthony J. Thomas. Men produce and need a certain amount of the female hormone estrogen. Fat cells produce estrogen, so too much or too little of it may be a problem.

"There's a balance, and that balance is the milieu in which sperm develops," Anthony said. "Other research suggests that smoking and heavy alcohol use also harm sperm production."

The new study is a reminder that doctors should always check a man for signs of infertility when couples are having trouble getting pregnant because the problem is just as likely to involve men as women.



**How To Be a Better Lover  
In 3 Days Or Less**

# Section 7

## **Women**

1. How to Keep Her Turned On
2. Do You Make Her Horny?
3. Setting Her Triggers
4. Positions and Bedroom Talk
5. Secrets of Seduction
6. Sex Games
7. The 10 Seduction Commandments



## **How To Be a Better Lover In 3 Days Or Less**

*There's nothing better than good sex. But bad sex? A peanut butter and jelly sandwich is better than bad sex.*

*Billy Joel*



## **How to Keep Her Turned On**

### **Be the Best Lover She's Ever Had**

Great lovers are not born, they are made. The more you know about what turns a woman on the better you'll be.

### **1) Sit Still and Listen**

Men bond to action by doing things for women. Women bond with words. Fact: if you want great sex you are going to have to talk to her or even more important to listen. All

## **How to Keep Her Turned On**

you do is sit there looking wonderingly into her eyes and go back to thinking about football.

The more listened to she feels, the more likely she is to trust you and drop her inhibitions. She will think he's just wonderful, funny, articulate and interesting. The rest of the evening is yours.

### **2) Adore All of Her**

The fact is most women aren't happy with their bodies. Not even Madonna or J-Lo. The better you make her feel about her body, the better she'll be in bed. Telling her over and over her butt doesn't look that big won't work, but admiring her less obvious sexy parts of her body will. Choose a part of her body that you really like and tell her about it.

Think outside of the square - about how the small of her back, inside of her knee or the curve of her hip when she's lying on her side. Just run your finger there and say something like, "I love that part".

Ignore the "Eww, that's where all the fat is" stuff. She's secretly pleased. Past lovers have told her she's got great legs, you're the first to complement her dimples.

### **3) Get Feedback**

It's what she likes that counts. Get feedback by suggesting you play the ratings game. She calls out a number from one to ten (One = boring; ten = awesome) to score how

## **How To Be a Better Lover In 3 Days Or Less**

much pleasure she gets from a stroke/touch/lick on a particular part.

Obviously your challenge is to alter the touch/speed/pressure until you're close to a ten or she admits it's an area that just doesn't do it for her.

### **4) How to Build Her Orgasm**

Because it's hard for women to orgasm, they tend to race to the finish line once they are in the home stretch in case something happens to rob them of their moment. Next time don't let her. The longer she hovers at the brink of orgasm, the better the resulting orgasm will be.

Orgasm is simply the release of tension and blood flow in the genitals, so make sure it's been allowed to build to its peak pressure before letting go.

Increase the intensity further by getting her to clinch her bottom and inner thighs. It helps boost blood flow to the entire pelvic area.

Let her savor the "almost but not quite stage" by switching between intense and direct stimulation like oral licks and milder non-genitals stimulation like kissing or touching her breast.

When you do finally let her go all the way, massage her lower abdomen with your hand. This stimulates her inner clitoris as well.





## **How To Be a Better Lover In 3 Days Or Less**

*"I think I could fall madly in bed with you."*

*Author Unknown*



## **Do You Make Her Horny?**

In order to keep your sex life active, you need to keep coming up with ways to turn your partner and yourself on. Having the same type of sex all the time is like having the same conversation all the time.

Boring is a pleasant way to put that relationship.

Here are some tips to keep her hot and bothered all day long...and you pleased all night long.

## **Do You Make Her Horny?**

### **All Day Long Sex**

In the morning, use a ball-point pen to write a sexy note somewhere on her body. Try the top of her thigh (prime real estate, with minimum exposure to coworkers).

Women are turned on by words. Start with "I," end with "you," and use the verb of your choice in between. Giving her 9 or 10 hours to see, think about, and fantasize about your note starts the percolation process.

When she comes home, try this move. While facing her, hold her head with both of your hands, tilt her head back, and gently kiss the side of her neck.

If you touch a woman the way she wants to be touched, she'll be all over you. That means staying away from your traditional "go to" spots and kissing the parts of her body you usually ignore, like the back of her hand, the inside of her elbow, or her hipbone.

Now that you're under the covers, expand your repertoire of oral sex -- a nice reward in itself. You lie perpendicular to her body, which allows you to stroke her clitoris with your tongue in a crosswise motion, rather than up and down.

She'll appreciate the change in stimulation -- hopefully, enough to return the reward.

### **Facial Intercourse**

## **How To Be a Better Lover In 3 Days Or Less**

Long, luscious kisses really get the juices flowing. Give her this kind of kiss, and in this order.

Kiss her face all over -- lightly.

Lick the outside of her lips.

Kiss her bottom lip.

There's a correlation between a woman's bottom lip and her vagina. Sucking gently on her lip will make her vagina swell.

Gently suck her tongue, also.

## **Sex and Pillow Fights**

There is a reason why fighting and sex or "breaking up to make up" feels so good...

When you fight, anger drives up testosterone in both men and women. If you go to bed with increased testosterone and agitation, the sex drive is going to be stronger. And, more fantasies may flood your mind, which increases stimulation.

You can reenact fighting -- and the emotions that go along with it -- without hurting each other. Try something that

## **Do You Make Her Horny?**

will create a little physical tension between the two of you. Like...

Pillow fights. It starts her hair flying and her breasts moving, and even gets her gasping a little for breath. There's something very sexual about that kind of fighting.

Naked wrestling. Hint: Let her win.

## **Leave Her Wanting You**

To make a woman less inhibited, try to reduce her tension. Try releasing it in her body -- and in her brain.

Clean out the refrigerator (or anything that shortens her to-do list). Showing thoughtfulness and initiative will make her a more willing sex partner.

You can get a lot more sex if you spent your money on a maid or cleaning service, instead of just wine and chocolates.

When massaging her, focus only on her earlobes, hands, and lower back - the unsung erotic spots. Hit the lower spine not only because that's where she stores a lot of tension, but also because you'll reach her pleasure zones in a more indirect path.

This area is a nerve center with connections all over, so rubbing her lower spine could make her feel tingly in front.

## **How To Be a Better Lover In 3 Days Or Less**

### **Sex Worth Celebrating**

There is always a reason to have sex. Go ahead and add a little celebration to it to make it memorable.

A raise at the job, the kids are not home, your birthday is coming in 6 months...make it a joyous occasion and throw in some sex.

When it's clear who's doing the giving and who's doing the receiving -- there's no pressure for the receiver to reciprocate. Because of that, there's a huge buildup of anticipation for the sexual celebration.

Tell her you want to take her somewhere special tonight. Then ask if she'll leave her underwear at home. Take her to a place that plays Latin music.

Latin dancing is very sexual, especially the movement of the pelvis.

When you're back home, you can give her your present: the ultimate mind-blowing orgasm.

Have her get on top of you and tilt her hips forward a little so that her clitoris hits your pelvis. The tilting also means your penis will hit her G-spot.

Those two spots will be plenty, but for extra pleasure, seek out and caress or lightly stimulate other sensitive areas --

## **Do You Make Her Horny?**

her lips, her nipples, her bottom -- with your hands or fingers.

The goal: sensory pleasure. Work as many angles as you can dream up; she'll let you know what's working.

## **Sexualize the Senses**

When you take away one of the senses, the others work overtime. Here are a few ways to change the sensory experience.

The honey game: You're blindfolded; she hides a dab of honey somewhere on her body. You try to find it -- using only your tongue.

Take a swig of champagne, then kiss her body while it's still in your mouth. The fizz will tingle.

Tie each other's feet together with her panty hose. Mild bondage heightens sexual urgency.

Turn upside down on the bed -- feet at the pillow end. Even doing something simple like hitting the bed at a different angle or sitting or standing up on the bed will add extra stimulation.

Move up and down her body like Ray Charles on ivory so she doesn't know where you're going next.

Check into an adult motel on your lunch hour. That's a pretty short vacation, but then again...how many times have you seen your bedroom?

## **How To Be a Better Lover In 3 Days Or Less**

One study showed that black licorice increases blood flow to her genital area by 40 percent.

Put flower petals on the top of a ceiling fan. Turn it on when she lies down.

Have sex side by side. It's the most equal of the sexual positions. If you're facing each other, there's more of an emotional bond than when one is on top of the other.

Use all of these tips to put some more "pop and sizzle before it fizzles" into your sex life. The sex is worth it.

Is that the phone over there? Pick it up and schedule a practice round!





## **How To Be a Better Lover In 3 Days Or Less**

*For women the best aphrodisiacs are words. The G-spot is in the ears. He who looks for it below there is wasting his time.*

*Isabel Allende*



## **Setting Her Triggers**

### **How often do you want to have sex?**

Usually that question depends on how often you **can** have sex. This then depends on how often she wants to have sex. And for most guys...That isn't often enough!

So how do you get her in the mood when you want her to be? Plus, how can you do it without spending half the

## **Setting Her Triggers**

paycheck on wining and dining or about three tons of foreplay.

The answer is a little but powerful technique called anchoring. I call it hitting the "Sex Trigger!"

## **Setting up a Sex Trigger**

The process is really simple. All humans can be set up to feel a deep emotion, like feeling happy or mad or sexy, by using a specific touch.

Let me give you a silly but useful example. Suppose when you were a kid, your big brother and his friends picked on you all the time and it really made you mad.

Now while you were really mad they would give you a push in the back of your head. Some kids called it giving you a "mush".

It was the same type of push in the same spot in the back of your head over and over again.

All it ever did was get you more and more upset.

Which set up the trigger...

Now you are all grown up and you have completely forgotten about it. In fact, you are bigger than your brother and his friends.

One day your wife is playing with you and just walks up from behind and gives you that same push in the back of

## **How To Be a Better Lover In 3 Days Or Less**

the head. Because she pressed the wrong trigger on you, you get really mad.

In fact, you are so upset you yell at her like you yelled at your brother. But the interesting part is that you don't even know why you are so upset...she just set off your trigger by mistake.

### **That is How a Trigger is Set...**

Whenever a person is in a really intense feeling emotion - and let me emphasize intense - any unique touch, sound or gesture will link up in there mind.

Immediately, that feeling will come back and the person will act accordingly. This may not make sense to you at first, but that is how the human mind works.

If you don't believe me, think about when your parents gave you that look or yelled your name the way they did when you knew you did something wrong and would get in serious trouble.

You remember that scared feeling you got immediately? Same process!

### **Hypnotize Her Body with Triggers**

How can you use this to your advantage? The next time you are having sex, wait until the precise moment when she is near her orgasm or really enjoying the sex.

## Setting Her Triggers

That is when you can put a trigger on her. Do something unique several times. Not just a kiss on the lips because she is used to that. Try something like...

- Giving her a light bite on her thumb
- Licking a spot on her chin in a special way
- Sucking on one spot on her shoulder
- Pulling on her hair in a certain way

Remember the process goes:

While she is having a really intense sexual feeling...do something unique (preferably several times).

There! The trigger is set. The next time you want her to feel in the mood, use that same trigger in the exact same way.

The more often you set the trigger, the stronger it gets. It probably wasn't until the 5th time your brother pushed you in the back of the head that the trigger was permanently set.

If you go to fire off that sex trigger and it doesn't work, then just set it again. It will eventually work...trust me.

How do I know?

## **How To Be a Better Lover In 3 Days Or Less**

I set a sex trigger on my lady that is so intense that I can set it off while she is asleep. She will start moving around like she is having an orgasm... without waking up.

You can do the same thing.



## **How To Be a Better Lover In 3 Days Or Less**

*"I like my sex the way I play basketball, one on one with as little dribbling as possible."*

*Leslie Nielsen*



## **Positions and Bedroom Talk**

Some positions are just better for some couples, depending on your body types, preferences, and whether or not you like to watch the game while you're integrating hardware and software. Pick one of the following suggestions--or collect 'em all!

\* 0 to 10 degrees: This is great if you're a lot taller or shorter, or if she's in the last months of pregnancy. Have her lie on her back while you lie on your side next to her. If



## **Positions and Bedroom Talk**

you're right-handed, lie on your left side. She raises her right leg, and you pass your right leg between her legs and enter her from the side.

\* 90 degrees: For deeper penetration, have her sit on top, where she can control the depth. Add this wrinkle: Have her face away from you.

\* 120 degrees: For hitting her G-spot, rear-entry sex is still king. Try this variation: Have her get down on her knees and forearms, so that her buttocks are raised. Kneel behind her and enter. She controls the action by rocking and wiggling her hips.

\* 180 degrees: The 69 position works only if she's as tall as you are. Instead, try this new variation: Lie side by side in standard 69 position, and have her raise her top leg. Now curve your torsos into a C shape. This will make up for any height difference.

## **Read all about it**

Women tend to be much more turned on by reading erotic words than by looking at dirty pictures, one reason she's not as excited as you are by your latest downloads. But you can turn this to your advantage by putting aside your laptop and picking up a paperback.

Fifteen minutes of reading can replace 15 minutes of foreplay. Have her put on something sexy and slide her some steamy passages from Henry Miller or her favorite romance novel before heading upstairs. She'll be primed.

## **How To Be a Better Lover In 3 Days Or Less**

Say it LOUD!

There is a biological connection between loud noise and sex. How else can you explain the way even bass players and drummers attract groupies? It turns out that a small part of your ear called the sacculus is stimulated by loud noises and sends a signal to your brain's pleasure center to feel good.

Instead of whispering your dirty thoughts in her ear, say them out loud. Let your lips brush against her ear while you talk dirty--in a normal tone. This will sound loud to her because of the proximity, and she'll enjoy the movements of your mouth on her ear as well.

Don't foment hypertrophy in your lexicon

While research shows that men are attracted to women with larger vocabularies, the reverse doesn't hold true. (This explains the dating problems of our editors.)

In an experiment involving 1,500 women, researchers found that the women's preferences for men remained the same whether the men talked like Dennis Miller or Dennis Rodman.

Since you won't score any points for reciting Shakespearean sonnets, feel free to continue to answer with measured grunts.

### **Talk dirty--in public**

## **Positions and Bedroom Talk**

Quietly whispering, in explicit terms, what you want to do to her in bed that night--especially if you're whispering at the mall--makes it more likely to happen. Why? Sex talk is doubly arousing in public. The mere mention will start her "simmering," a low-grade sexual excitement that can last all day and make her more ready for sex at night.

*"During sex I fantasize that I'm someone else."*

*Richard Lewis*



## **Secrets of Seduction**

Everyone wants to be a "Master Lover" and here is your chance to become one starting now. Make sure you put these tips and tricks to good use. All study and no practice is...useless.

Have fun with these...

**Scare her into great sex**

## **Secrets of Seduction**

Videos before sex are an excellent tune-up, but make it a horror flick instead of a porn show. A quirk in the brain's wiring can cause people to misinterpret fear as passion. Since you're the one there for her, she'll attach those emotions to (lucky) you.

### **Seduce Her Subconscious**

One of the best ways for a man to seduce a woman he's just met is to reveal his vulnerable side. An easy and nonverbal way to do this is to display what's called your 'neck dimple,' that V-shaped area just below your Adam's apple. Open-collar shirts and V-neck sweaters that show off this area of the skin send the subconscious message that you're open and approachable--the opposite of what a tie expresses.

### **Master Her Mind Games**

In a recent survey, women admitted fantasizing about sex up to twice as often as men do. So how come she's not constantly jumping your bones? Unlike your fantasies, hers are lengthy, interactive scenarios.

You can get more action simply by giving her a scenario to spin. Toss her a line like this at lunch: "If anybody would look amazing in a French maid's outfit, it's you," and you up your chances of her breaking out the feather duster after dinner.

### **Wipe Out Her Memory**

## **How To Be a Better Lover In 3 Days Or Less**

Doctors at Johns Hopkins University found that a rigorous bout of sex can induce up to 12 hours of amnesia--the inability to form new memories. It's caused by the activation of the Valsalva nervous system, but that's not important.

What is important is that whatever you tell her is going to go right out the window, so now's the time to propose marriage, confess to that transgression, or explain that her grandpappy's birthday soiree simply conflicts with poker night.

### **Hypnotize her with your eyes**

Want to drive her wild with desire? Look her straight in the eye during sex instead of burying your head in the goose down. Add in a little play-by-play of the action and solicit her opinion too. The combination of eye contact and dialogue--that direct connection during sex--is an incredible turn-on for women.

### **Seduce her with biology**

She actually needs a reason to get up close and personal? How about flu season: The lab-coat-and-safety-goggle crowd at Wilkes University in Pennsylvania has discovered that sex improves your immune system up to 30 percent by boosting levels of immunoglobulin A, your body's first defense against cold and flu germs.

Researchers suspect this is because sexually active people are exposed to an increased number of germs--don't

## **Secrets of Seduction**

worry, not troublesome ones--to which their immune systems respond by producing more of the antigen that protects them from illness.

### **Tantalize her with chemistry**

You love it when she gives you oral sex with a breath mint in her mouth. Here's why: The mucous membranes that line your penis let mint pass through, giving you a cool thrill. But did you know that popping a curiously strong mint while you're giving her oral sex can lead to a curiously strong orgasm?

Note to the wise: Peppermint oil can sting her. Stick to the original wintergreen flavor.

### **Defy gravity with your genitals**

Just before ejaculation, your testicles ascend like an aircraft's landing gear to provide more power to your takeoff. To give your equipment an even bigger boost, have your partner give you a hand--literally. Ask her to gently press upward on your testicles with the palm of her hand just before you ejaculate. This will heighten your arousal and add intensity to your orgasm.

### **Make her adore a vacuum**

Next time you're, you know, yodeling in the gully, don't just lick, the way most guys do. Sucking on her clitoris and labia creates a unique feeling, and when contrasted with the usual friction can lead to more and better orgasms. This technique is better for you, too--you'll get fewer tongue cramps.

But spend some time in the shower first!

## **How To Be a Better Lover In 3 Days Or Less**

A woman's sense of smell not only is stronger than yours, but also varies according to her hormonal disposition. Smells are more intense for her during the few days before ovulation, so when she's in that fertile time of the month, cut back a little on the aftershave.





## **How To Be a Better Lover In 3 Days Or Less**

*"If sex doesn't scare the cat, you're not doing it right."*

*Anonymous*



## **Sex Games**

Forget foreplay...try seven play. Here are seven great new ways to have fun with sex. You can learn something new about your partner and about yourself. Ready to get on your own sexual playground?

### **Pin the tail...**

You need: A scarf, a necktie, or a blindfold.

How to play: Blindfold her. Lead her to the bed or other locale. Then proceed to ravish her -- slowly, recklessly,

## **Sex Games**

teasingly, however you feel like doing it. You call the shots. Let her arousal be your guide.

Why: Not being able to see during sex has two major effects -- it dramatically increases both sensitivity and psychological vulnerability. Either one is a powerful aphrodisiac. Together they can create a love explosion.

Variation: She blindfolds you.

## **You Are My Prisoner**

You need: Four men's neckties, or more elaborate restraints available from a sex-toy store or from an internet site and a bed, preferably with bedposts.

How to play: She ties your wrists and ankles to the bedposts and has her way with you.

Why: This is my favorite game. It is incredibly erotic to be completely powerless, to be the absolute center of her affection, and to have no responsibility for or power over what happens. If you've never tried it, please do.

Variation: If you don't have bedposts, you may be able to tie your wrists to some part of your headboard or tie them together over your head or behind your back. You can get extra-long ties and be tied to the legs of the bed. This can be combined with blindfolding, but I actually prefer to see.

**You've been bad. You deserve a...**

## **How To Be a Better Lover In 3 Days Or Less**

You need: A hairbrush or a riding crop -- or nothing at all.

How to play: Tell her all the things you did wrong today. (You failed to take your coupons to the grocery store. You forgot the name of your new receptionist at work. You told your adolescent son to go to hell.) Then kneel on the bed. Let her spank you, using her hand or a hairbrush or a not-too-scary disciplinary accessory.

Why: Spanking feels good, actually. A smart smack on the butt creates a tingly, alert sensation that combines well with the other feelings of sex.

## **Oil Wrestling**

You need: A big towel or blanket and a bottle of massage oil or cream.

How to play: Spread your towel on the bed or carpet and grease each other up with massage oil -- legs, torso, breasts, everywhere. Now roll around for awhile and see what happens.

Why: You will really be surprised at the difference a little lubricant makes in the feeling of skin on skin. Sure, it's a little messy. But worth it.

Variation: If you have a favorite secluded spot, this is fun

## **Sex Games**

to do outdoors, even on your own patio.

Tip: Don't put mint or eucalyptus oil on sensitive genital areas. But if you have a nonirritating lubricant, greasing up the sexual equipment can be part of the fun.

Note: Oil-based lubricants, including massage oil, can degrade latex. So don't play this game if you're using condoms or a diaphragm.

You need: A car and a parking spot where you won't be interrupted (your driveway and your garage late at night are possibilities).

How to play: Have sex in the car.

Why: A blast from the past.

## **Sex School**

You need: Nothing.

How to play: Pretend that one of you is a virgin. The other is going to teach him or her how it's all done. Give a step-by-step lesson on how to use hands, lips, and other body parts to stimulate the teacher. Part of the game is to correct and improve technique as you go along.

Why: You find out things your partner likes that you didn't even know.

## **Board Games**

## **How To Be a Better Lover In 3 Days Or Less**

If you'd like to get the action started with a board game, try those available via the Web site [TooTimid.com](http://TooTimid.com). Hearts Are Wild, for example, is a love adventure game for two players; it comes with a game board, card decks, cinnamon massage oil, a blindfold, and a feather tickler. Around the World in Bed comes with a dartboard and male and female cutout figures to stick on the wall. Bumps and Grinds involve stripping, drinking, and candlelight.



## **How To Be a Better Lover In 3 Days Or Less**

*"I love sex. It's free and doesn't require special shoes."*

*Anonymous*



## **The 10 Seduction Commandments**

After years of study and research, we have compiled the best of the best in the realm of seduction. Some of these tips seem basic...and they are. That is the reason why they work. It is a matter of pulling them all together at the right time. In fact, the time is...

Now.

### **Seduction Commandment #1**

To make your lover feel special, do something special



## **The 10 Seduction Commandments**

When you're trying to impress a woman, never utter these words at the cusp of an evening: "So, what do you feel like doing?" A true Casanova takes charge. He has a plan. To devise a memorable one, imagine that you're proposing. What would you do to make the night so special she couldn't possibly say no?

Then arrange it (minus the ring and bent-knee thing, of course). After all, you are proposing--only it's something far more enticing than marriage. Women are very appreciative of any kind of effort.

### **Seduction Commandment #2**

Give your full attention

Create an intimate atmosphere whenever you can. Invite her to dinner at your place, reserve a cozy table at a fine restaurant, and encourage her to slip away from the party for a starlit stroll....

Continually search for moments in the evening where you both can linger and connect. You can show no greater compliment on a woman than your full attention.

### **Seduction Commandment #3**

Let her admire you admiring her

Let her see the effects of her beauty and charm reflected in you. Every now and then, look at her appreciatively and

## **How To Be a Better Lover In 3 Days Or Less**

smile. At opportune times, compliment her--choosing a trait other than the obvious.

For instance, pretty women are used to being told they're pretty. That kind of compliment has little effect. But tell a pretty woman that she's smart, and you often win her heart. There's a magical quality to a man's open, insightful admiration that women find equally enchanting.

### **Seduction Commandment #4** Ask her what she thinks

If you want women to find you fascinating...find them fascinating. The minute you start thinking of the woman as an object, the instant you become more interested in yourself than in finding out about her, then you're starting to lose. It's not difficult to get a woman to talk about themselves.

Just ask open-ended questions and shut up, but you have to be sincere about it. Touch her heart and she will take you where you want to go.

### **Seduction Commandment #5** Encourage decadence

## **The 10 Seduction Commandments**

After the first sampling of something sinful, it becomes much easier to sin again. Provide your lady with something decadent. This could be a single chocolate truffle (gift-wrapped) or an ice-cream sundae that the two of you share. Indulgence is the removal of a single brick that significantly weakens the temple.

### **Seduction Commandment #6**

Appeal to all her senses.

Create an atmosphere of lavishness and luxury, so her indulgence will feel less guilty. Be attentive to every one of your mate's five senses.

Play background music, touch the small of her back to guide her, make eye contact, give her a flute of champagne to sip, buy her a fresh flower to sniff....

Think of each sense as a little engine you need to warm up. When all her senses are purring, she will be, too.

### **Seduction Commandment #7**

Savor the anticipation.

Foreplay doesn't happen only in the bedroom 60 seconds before intercourse. It's organic. It encompasses the entire day. Slip a note into her purse confessing how much you're looking forward to this date, or call her at work and tell her the same.

When you meet, take her hands and softly kiss her lips. Most important: Allow the evening to progress at its own pace, remembering that neither of you has to be anywhere except together.

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### **Seduction Commandment #8**

Be playful

Most food and drink can be sexually suggestive. Sex isn't serious--it's playtime for adults. Whether you're dining at home or at a restaurant, choose something provocative the two of you can share. Put the plate between you and nibble. Eat with your fingers. Feed each other. Make it your goal to keep the evening lighthearted.

### **Seduction Commandment #9**

Be spontaneous

If the evening isn't going according to plan, abandon it. Be attuned to fate and go where it directs. The confidence and daring this shows is in itself seductive.

### **Seduction Commandment #10**

Surprise her with a gift

Women love unexpected gifts. Make hers personal rather than trendy, small rather than large, silly rather than serious--something only she can appreciate. Make sure your gift shows a great deal of creativity and thoughtfulness. Most important, time your gift's delivery for that critical point in the evening when there remains just one obvious way for her to show her gratitude.



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In 3 Days Or Less**

# Section 8

## **Penis Enlargement**

1. Penile Atrophy...Doctor Talk for Penis Shrinking
2. Eat Right and Get Growing
3. Penis Enlargement Guide
4. The Penis Enlargement Worked - Now What?



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*"Sex is like air; it's not important unless you aren't getting any"*

*Anonymous*



## **Penile Atrophy...Doctor Talk for Penis Shrinking**

### **And How to stop it From Happening to You**

Silver Spring, MD - The reaction from Mark W., 41, was typical. His face got twisted with confusion; he reached down, bent over and released a guttural "NOOOOOO".



## **Penile Atrophy...Doctor Talk For Penis Shrinkage**

Finding out his penis is shrinking as he gets older was like a swift kick in the crotch from Mother Nature.

The word for the shrinking of organs as humans age is atrophy and yes it applies to the penis. Of course, this doesn't sit well with men like Mark, who are already worried about virility, to go back to the age old question of size. After living to 40 and reaching an age of appreciating what they've got, finding out that the size is now going to leave makes most men think...

"NOOOOO!"

### **How Penis Shrinkage Happens or "Where Did My Testosterone Go?"**

According to Life Extension Magazine, it is a scientific fact that without enough testosterone, the quality of a man's sex life is adversely affected and the penis shrinks. After age 40, as men age their testosterone output decreases as estrogen levels increase. In fact, some of the testosterone is converted into estrogen. One report showed that the average 54 year old man has more estrogen than the average 59 year old woman. And to make matters worse...

High estrogen shuts down the normal production of testosterone. Excess estrogen also binds testosterone and blocks it from being absorbed in the genital area. Testosterone is what promotes sexual desire, performance and most importantly maintains penis size and growth.

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Testosterone production begins in the brain. The brain detects when testosterone level is low. It then sends out a hormone that goes through the body to the testes to create testosterone. 90% of testosterone is created by the testes. In some men, the testes lose their ability to produce testosterone, no matter how much of the hormone the brain sends out.

In other words, the brain is saying yes, but the testes are saying no.

### **What can be done?**

Numerous studies show that maintaining the testosterone levels of a healthy 21 year old will erase the issues of libido and penis shrinkage over time. The trick to doing this is to create natural testosterone without creating a testosterone to estrogen conversion overload.

Testosterone patches, creams and pills don't work for many men because it is testosterone that is not naturally created by the body and will convert into even more estrogen, which makes the hormone imbalance even worse.

Lifestyle changes, such as reducing alcohol consumption and quitting smoking, can produce a dramatic effect in the estrogen-testosterone balance. Using a natural testosterone enhancing formula can make immediate changes in your body's ability to create and release testosterone.

There are herbs and herbal formulas that can safely return

## **Penile Atrophy...Doctor Talk For Penis Shrinkage**

testosterone levels to a youthful state in any man. It naturally increases the hormone released by the brain and the testes ability to create testosterone.

Mark Wiley is already feeling his libido rise with lifestyle changes and taking testosterone inducing herbs. He can already tell a difference in the thickness of his erections and he has noticed that he has more erections more often and that he hangs larger in his flaccid state (non-erect).

"For me that is going in the right direction", said Mark. "I didn't want to wait until I was a testosterone depleted and limp old man to do something about it. I have a wife to satisfy well into retirement!"

*"The big difference between sex for money and sex for free is that sex for money usually costs a lot less."*

*Anonymous*



## **Eat Right and Get Growing**

Penis enhancement formulas can work wonders for you, but it is not a magic potion that will make you a porn star by your next date. You have to put in some work yourself to get the results you want...

Otherwise, it would be like eating a Twinkie ice cream sandwich with a diet pill like Dexatrim ...ain't gonna work! Let's get straight what eating right means because I get many letters from some guys saying they eat right and only go to McDonalds 5 times a week.

## **Eat Right and Get Growing**

Humans are designed to eat raw fruits, vegetables and nuts. Just because we have proven that we can eat everything God ever made and most of the stuff he did not, does not mean that we should. With that being said...the closer you come to eating raw fruits, vegetables and nuts the better your body operates - period.

One client in Bermuda used a penis enhancement formula for a while and was getting so so results. When he happened to go on a fruit and vegetable diet, he quickly saw an increase in the number of erections, sex drive and measurable changes in penis size.

Of course, you don't have to go crazy with changing the way you eat...BUT, this is something that has been proven to help accelerate the growth process.

Most of us guys sit at a desk most of the day and then take exercise breaks to walk to the vending machine. Not good! Our poor penis gets little to no blood flow and next to no nutrition for better performance.

### **Here are 3 simple steps**

#### **1) Buy fruit and then eat it**

OK, it is not that simple, but it's a start. Take it to work with you and eat it before you go on your lunch break, water break, bathroom break...you get the picture.

The idea is to get more fruit than junk into your system. Your body is the ultimate score keeper.

## **How To Be a Better Lover In 3 Days Or Less**

### **2) Become a Salad King**

Lettuce and tomato salads would bore Ghandi to death. Get creative by trying new combinations of salads. Adding different herbs and spices (preferably salt free) can bring a bed of raw spinach to life.

Plus, you can add nuts, olives, hot peppers or whatever you want. Hey...you're the King!

You don't have to make your salad the way everyone else does.

The idea is to make it so good that you want to eat it again, not because you have to. Got it? Good!!

### **3) Keep a Food Diary**

This will help you keep track of what combinations of food get you to your sexual peak.

Believe me, there is a huge difference between eating steak or a heavy meal before sex and eating a fresh fruit salad.

Your body has to spend tons of energy on digesting the steak and less time creating sexual energy. The fruit salad will give you the energy you need to get it up and keep it up. The best way to remind your self of this fact is to do it and write it down.

## **Eat Right and Get Growing**

Looking back at an awesome sex session or significant increase in penis size and how it relates to what you eat is inspiration to do more!

For you guys who were looking for the Snicker's diet plan...sorry. We only go for the bottom line here...results. The right nutrition will get you what you want...a bigger penis, faster.

*"Everybody loves you when they are about to cum."*

*Madonna*



## **The Penis Enlargement Worked - Now What?**

Keep it large! **That was simple enough...**class dismissed.  
OK, it isn't that easy. You do have to do some work to  
keep it, just like you had to do some work to grow it.

The number one principle of penis enlargement is the  
same as penis enlargement maintenance...**blood circulation.**  
After getting to the size you have always wanted, you still  
need to put in some work.

So here is your work out routine...



## **The Penis Enlargement Worked...Now What?**

Have sex...and lots of it. There is no other activity that is going to keep blood in your penis like a good long round of enjoyable sex. The key words of course being long and enjoyable.

You want your penis to stay at its maximum size for as long as possible. Using a natural penis enlargement formula increases your sexual stamina so you should not have a problem in this area.

### **The Longer You Stay at Your Maximum Penis Size the Better**

The longer you stay at the maximum size the more blood you have circulating forcing your penis to adapt and maintain your larger size.

But you can have sex for four hours straight and it would not make a difference if you are not as hard as possible. Your brain knows whether or not you are really into having sex and tells your penis all about it.

Go ahead and kick up your testosterone output by really getting into sex. If it takes some extra kinky stuff to get you going...well go ahead and be the kink master. You have a bigger penis...go for it!

Whatever gets you yelling, breathing hard and straight enjoying yourself is what you need to make up that tiny gap between being hard to being "high school - the gorgeous

## **How To Be a Better Lover In 3 Days Or Less**

substitute teacher just bent over in front of you" super rock hard.

Masturbation will get you going to capacity, but as you know, there are several different stages to the size of your penis. Just like there is a difference to being outside in the cold and taking a cold shower, there is a slight difference between a self-made hand job and actual sex.

### **This could be your greatest argument ever for having sex whenever you want it...**

"Gee honey, if I don't have a really terrific blow job, I may lose the extra gains I have with my penis. After all...I did it for you!"

### **Maintaining Penis Enlargement Size with Natural Enlargement Formulas**

The idea with these formulas is to get your penis to its maximum growth potential and keep it there. However, we don't want you to get stuck on using them for the rest of your life.

After you have reached your maximum size, you can reduce the amount you are taking. The amount that you continue to use varies from person to person.

We recommend you keep reading articles, books and other sources to get the most out of your sexual performance.

## **The Penis Enlargement Worked...Now What?**

That way you can maintain your size with out solely relying on sexual supplements.

After all, this is a natural formula from plants and herbs. We want there to be enough supply to help other guys just like you have bigger and better sex life.

