

# premature ejaculation causes and solutions

## Premature Ejaculation Causes and Solutions: Understanding and Overcoming the Challenge

**premature ejaculation causes and solutions** is a topic that affects many men worldwide, yet it remains surrounded by silence and misunderstanding. This common sexual concern can impact self-esteem, relationships, and overall quality of life. However, by exploring the underlying causes and practical remedies, men can regain control and improve their intimate experiences. Let's dive into the complexities of premature ejaculation, what triggers it, and effective ways to address it with confidence.

## What Is Premature Ejaculation?

Premature ejaculation (PE) refers to ejaculating sooner than desired during sexual activity, often before or shortly after penetration. It's one of the most prevalent male sexual dysfunctions, affecting men of all ages. The distress caused by PE isn't solely about timing; it's also about the loss of control and the impact on both partners' satisfaction.

## Exploring Premature Ejaculation Causes and Solutions

Understanding the causes of premature ejaculation is the first step toward finding effective solutions. The reasons behind PE can vary widely — from psychological factors to biological influences — which means treatment often requires a multifaceted approach.

## Psychological Causes of Premature Ejaculation

Many men experience premature ejaculation due to psychological triggers that influence sexual response. Stress, anxiety, and performance pressure can all accelerate ejaculation. For instance, worrying about sexual performance or relationship issues may create a cycle of anxiety that makes controlling ejaculation more difficult.

Other psychological contributors include:

- **Depression:** Mood disorders can decrease sexual satisfaction and lead to difficulties with ejaculation control.
- **Guilt or Shame:** Negative feelings about sex due to cultural or personal beliefs.
- **Relationship Issues:** Communication problems or unresolved conflicts can affect intimacy and sexual functioning.
- **Early Sexual Experiences:** Conditioning during early sexual encounters, where rushing to

climax was common, can influence future sexual patterns.

Recognizing these psychological factors is crucial because they often respond well to counseling or behavioral therapy.

## Biological Causes Behind Premature Ejaculation

On the physical side, premature ejaculation might be linked to neurological or hormonal imbalances. Some men have heightened penile sensitivity or abnormal reflex activity in the ejaculatory system, which can trigger quicker climax.

Key biological causes include:

- **Neurotransmitter Imbalance:** Low levels of serotonin in the brain have been associated with faster ejaculation.
- **Thyroid Problems:** Both hyperthyroidism and hypothyroidism can contribute to sexual dysfunction.
- **Inflammation or Infection:** Prostatitis or urethritis may cause discomfort and affect ejaculatory control.
- **Genetic Factors:** In some cases, premature ejaculation runs in families, suggesting a hereditary component.
- **Chronic Health Conditions:** Diabetes and cardiovascular diseases can impair nerve function and blood flow, influencing sexual performance.

When biological causes are suspected, consulting a healthcare provider for a thorough medical evaluation is essential.

## Effective Solutions for Premature Ejaculation

Thankfully, premature ejaculation is a treatable condition. There's no one-size-fits-all remedy, but combining medical, psychological, and lifestyle approaches often yields the best results.

### Behavioral Techniques to Improve Control

Simple exercises and techniques can help men delay ejaculation by increasing awareness and control over their sexual response. Two of the most popular methods include:

- **The Stop-Start Technique:** This involves stimulating the penis until nearing climax, then stopping until the sensation subsides, repeating this process multiple times before allowing ejaculation.
- **The Squeeze Technique:** Similar to the stop-start, but applying gentle pressure to the base of the penis to reduce arousal and delay ejaculation.

Practicing these techniques consistently can re-train the body to last longer during sex and boost confidence.

## Medications and Topical Treatments

In some cases, doctors may prescribe medications to help manage premature ejaculation. These include:

- **Selective Serotonin Reuptake Inhibitors (SSRIs):** Originally developed as antidepressants, SSRIs like paroxetine or sertraline have a side effect of delaying ejaculation.
- **Topical Anesthetics:** Creams or sprays containing lidocaine or prilocaine can temporarily reduce penile sensitivity and help prolong intercourse.
- **PDE5 Inhibitors:** Drugs like sildenafil (Viagra) may be prescribed if erectile dysfunction coexists with premature ejaculation.

It's important to discuss medication options with a healthcare professional to ensure safety and appropriateness.

## Psychological Counseling and Sex Therapy

For many men, addressing emotional and psychological barriers can dramatically improve premature ejaculation symptoms. Cognitive-behavioral therapy (CBT) and sex therapy focus on:

- Reducing performance anxiety
- Improving communication with a partner
- Building positive sexual experiences
- Developing relaxation and mindfulness techniques

Working with a qualified therapist can provide valuable tools to overcome mental blocks and support lasting change.

## Lifestyle Changes to Support Sexual Health

Healthy living habits play a significant role in sexual function. Some helpful lifestyle adjustments include:

- **Regular Exercise:** Enhances blood flow and reduces stress, both of which improve sexual stamina.
- **Balanced Diet:** Nutrient-rich foods support hormonal balance and overall vitality.
- **Limiting Alcohol and Smoking:** Both can impair sexual performance and nerve sensitivity.
- **Getting Adequate Sleep:** Restorative sleep helps regulate hormones and reduces fatigue-related sexual issues.

Integrating these habits can reinforce other treatments and contribute to better sexual health.

## Open Communication: A Key to Success

One often overlooked aspect of managing premature ejaculation is the role of open, honest communication between partners. Sharing feelings, expectations, and experiences can reduce tension and foster intimacy. When both partners collaborate, it creates a supportive environment conducive to exploring solutions together.

Discussing premature ejaculation openly can also dispel myths and reduce shame, making treatment more effective and less stressful.

## When to Seek Professional Help

If premature ejaculation causes significant distress or persists despite trying self-help methods, consulting a healthcare provider is advisable. A doctor or urologist can rule out underlying medical conditions, provide diagnosis, and recommend tailored treatment plans.

Early intervention often leads to better outcomes, especially when combined with psychological support and lifestyle modifications.

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Navigating the challenges of premature ejaculation involves understanding its causes and exploring

a range of solutions. Whether it's addressing anxiety, medical conditions, or relationship dynamics, taking proactive steps can restore confidence and enhance sexual satisfaction. Remember, you're not alone, and help is available to guide you toward healthier, more fulfilling intimate connections.

## **Frequently Asked Questions**

### **What are the common causes of premature ejaculation?**

Common causes of premature ejaculation include psychological factors such as anxiety, stress, and relationship issues, as well as biological factors like hormonal imbalances, abnormal neurotransmitter levels, thyroid problems, and inflammation or infection of the prostate or urethra.

### **Can stress and anxiety lead to premature ejaculation?**

Yes, stress and anxiety are significant psychological causes of premature ejaculation. Performance anxiety or general stress can lead to a loss of control over ejaculation timing, resulting in premature ejaculation.

### **Are there effective treatments available for premature ejaculation?**

Yes, treatments for premature ejaculation include behavioral techniques, counseling or therapy, topical anesthetics, oral medications such as selective serotonin reuptake inhibitors (SSRIs), and lifestyle changes. Consulting a healthcare professional is recommended to find the most suitable approach.

### **How do behavioral techniques help in managing premature ejaculation?**

Behavioral techniques such as the 'stop-start' method and the 'squeeze' technique help men gain better control over ejaculation by training the body to delay climax, thereby improving endurance and reducing premature ejaculation episodes.

### **Can lifestyle changes impact premature ejaculation?**

Yes, lifestyle changes like reducing alcohol consumption, quitting smoking, exercising regularly, managing stress, and maintaining a healthy diet can positively affect sexual performance and reduce the risk of premature ejaculation.

### **When should someone seek medical help for premature ejaculation?**

Medical help should be sought if premature ejaculation causes distress, affects self-esteem or relationships, or persists despite trying self-help methods. A healthcare provider can diagnose underlying causes and recommend appropriate treatments.

# Additional Resources

## Premature Ejaculation Causes and Solutions: An In-Depth Exploration

**premature ejaculation causes and solutions** represent a critical area of concern in men's sexual health, impacting quality of life, relationships, and psychological well-being. Despite being one of the most common male sexual dysfunctions, premature ejaculation (PE) remains under-discussed and often misunderstood. This article undertakes a thorough review of the underlying causes and available treatments, aiming to provide a balanced, evidence-based perspective that can inform both patients and healthcare providers.

## Understanding Premature Ejaculation

Premature ejaculation is clinically characterized by ejaculation that occurs sooner than desired, either before or shortly after penetration, causing distress to one or both partners. The International Society for Sexual Medicine defines it as ejaculation occurring within approximately one minute of vaginal penetration, though subjective experiences vary widely. PE can be classified into two main types: lifelong (primary) and acquired (secondary), each with distinct etiological factors.

## Physiological and Psychological Premature Ejaculation Causes

The causes of premature ejaculation are multifaceted, encompassing both biological and psychological domains. Investigating these factors is essential for formulating effective treatment plans.

- **Neurobiological Factors:** Research indicates that neurotransmitters, particularly serotonin, play a pivotal role in ejaculatory control. Lower levels or dysfunction in serotonin receptors may accelerate ejaculation. Additionally, hypersensitivity of penile nerves or abnormal reflex activity in the ejaculatory pathway can contribute to PE.
- **Genetic Predisposition:** Emerging studies suggest a hereditary component, where certain genetic markers increase susceptibility to premature ejaculation.
- **Psychological Factors:** Anxiety, depression, and stress are significant contributors. Performance anxiety, in particular, can exacerbate premature ejaculation by creating a vicious cycle of apprehension and early ejaculation.
- **Relationship Issues:** Poor communication, unresolved conflicts, or lack of sexual satisfaction can indirectly influence ejaculatory timing.
- **Medical Conditions:** Hormonal imbalances, thyroid disorders, prostatitis, or erectile dysfunction often coexist with PE, complicating its presentation.

# Comparing Lifelong and Acquired PE

Lifelong PE is typically linked to neurobiological abnormalities and manifests from the first sexual experience. In contrast, acquired PE develops after a period of normal sexual function and is frequently associated with psychological stressors or underlying medical conditions. Understanding this distinction is crucial, as it informs diagnostic approaches and treatment choices.

## Diagnostic Approaches to Premature Ejaculation

Accurate diagnosis of premature ejaculation involves a combination of patient history, clinical examination, and validated questionnaires such as the Premature Ejaculation Diagnostic Tool (PEDT). Physicians also assess for comorbid conditions that may influence symptoms. Distinguishing between lifelong and acquired types, as well as ruling out other sexual dysfunctions, ensures targeted intervention.

## Role of Patient and Partner Communication

Effective dialogue between patients and healthcare providers, as well as open communication between partners, is indispensable. Many men hesitate to seek help due to embarrassment or misconceptions, which delays diagnosis and treatment. Encouraging a supportive environment can foster better outcomes.

## Effective Premature Ejaculation Solutions

Addressing premature ejaculation requires a holistic approach, integrating medical, psychological, and behavioral strategies. Treatment efficacy varies depending on individual circumstances, emphasizing the need for personalized care.

## Behavioral and Psychological Interventions

Non-pharmacological methods often serve as first-line options or adjunct therapies:

- **Start-Stop Technique:** Involves stimulating the penis until the point of imminent ejaculation, then pausing to delay climax. Repetition over time can improve ejaculatory control.
- **Squeeze Technique:** Applying pressure to the penile shaft to reduce arousal and postpone ejaculation.
- **Cognitive Behavioral Therapy (CBT):** Addresses underlying anxiety, builds confidence, and modifies negative thought patterns related to sexual performance.

- **Mindfulness and Relaxation Training:** Techniques that promote present-moment awareness and reduce performance-related stress.

These therapies are advantageous as they avoid medication side effects and enhance overall sexual function but require motivation and patience.

## Pharmacological Treatments

Several medications have demonstrated efficacy in managing premature ejaculation:

1. **Selective Serotonin Reuptake Inhibitors (SSRIs):** Drugs like paroxetine, sertraline, and fluoxetine delay ejaculation by enhancing serotonergic activity. Though originally developed as antidepressants, their off-label use for PE is widespread.
2. **Topical Anesthetics:** Lidocaine or prilocaine creams reduce penile sensitivity, thereby prolonging ejaculation latency. They are applied shortly before intercourse and present minimal systemic effects.
3. **Other Agents:** Tramadol, an analgesic with serotonergic properties, has been used in refractory cases, although concerns about dependency and side effects exist.

Pharmacotherapy offers rapid symptom relief but may involve adverse effects such as decreased libido, nausea, or numbness. Therefore, clinicians weigh benefits against potential drawbacks.

## Emerging and Alternative Treatments

Cutting-edge approaches and alternative therapies are gaining interest:

- **Botulinum Toxin Injections:** Experimental use to modulate nerve activity in penile tissues shows promise but requires further validation.
- **Acupuncture and Herbal Remedies:** Though popular in some cultures, scientific support remains limited and inconsistent.
- **Pelvic Floor Muscle Training:** Strengthening exercises may improve ejaculatory control by enhancing muscular support around the pelvic region.

These options appeal to individuals seeking non-traditional therapies but should be approached cautiously and under professional guidance.



# Integrating Solutions: A Personalized Treatment Paradigm

No singular solution fits all cases of premature ejaculation. Optimal management often combines behavioral therapy with medication, tailored to the patient's type of PE, underlying causes, and preferences. For example, a man with performance anxiety might benefit most from CBT coupled with a short-term SSRI, whereas another with hypersensitivity may respond better to topical anesthetics.

Collaboration between urologists, psychologists, and sexual health specialists enhances comprehensive care. Furthermore, involving the partner in therapy sessions can improve intimacy and mutual understanding, mitigating relational stress linked to PE.

As research advances, novel biomarkers and genetic insights may refine diagnosis and enable more precise interventions. Meanwhile, raising awareness and reducing stigma remain critical for encouraging affected individuals to seek timely help.

Premature ejaculation, while challenging, is a manageable condition with a spectrum of effective interventions. Identifying the multifactorial causes and adopting a multidisciplinary treatment approach ensures better patient outcomes and improved sexual satisfaction.

## Premature Ejaculation Causes And Solutions

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**premature ejaculation causes and solutions:** *Premature Ejaculation* Francois de Carufel, 2016-10-04 Premature Ejaculation presents a unique and innovative therapeutic program for the successful treatment of premature ejaculation. This descriptive and well-structured program is fundamentally different from traditional sex therapy and contemporary sexual medicine. Centred on the management of sexual excitement, it enables couples to prolong the length of intercourse without having to interrupt their lovemaking or resort to medication. The program's sexological approach also empowers couples with the skills and knowledge to strengthen their sex life leading to a healthier and happier relationship. Combining theory and practical instruction, François de Carufel's book promotes a better understanding of premature ejaculation. It offers a new perspective on the causes of this dysfunction and provides practitioners and therapists with concrete ways to assist men and women in improving their sex life. Premature Ejaculation will be of interest and value to health professionals and graduate students in all fields dealing with sexual difficulties, including psychology, social work, medicine, physical therapy, nursing and counselling.

**premature ejaculation causes and solutions:** *Sexual Dysfunction Solutions for Men & Women* Chadi Dahabra M.D., 2019-02-02 There is a plethora of information about Sexual Dysfunction treatments in both Men and Women. Unfortunately, a lot of information found on the internet is not accurate and written by non-professionals. Dr. Dahabra presents you here with a

concise yet complete scientifically proven diverse solutions that you can trust. By the time you read this book, you will be well educated about your options and on your way to better sex and relationship life.

**premature ejaculation causes and solutions: TotalControl 5 Keys to Overcome**

**Premature Ejaculation** Derek Mitchells, What if premature ejaculation was no longer a problem? Believe it or not, this is a question that many men ask themselves. Many times, out of shame, they have even avoided seeking professional help. Sometimes because it is a taboo topic, it lends itself to humor and is not given the importance it has. If you feel or have felt like this, first of all I congratulate you because you are already looking for help and consequently I have also prepared material that will help you not feel like a hopeless case or with feelings of failure when it comes to premature ejaculation. I have titled this work Total Control, since I have seen how many people with different underlying causes have come to control their body and the way they behave in the sexual sphere. The prepared book addresses serious, evidence-based studies with real people who have become successful in their personal lives. In this book you will learn: 6 most common mistakes you should avoid When it is necessary to consult a doctor The guide to finding effective treatment And finally the 5 most important keys to eradicate premature ejaculation I know the problems that having premature ejaculation causes you or has caused you. But I also know that overcoming it will radically change your life in other areas and will lead you to feel with the self-esteem that you deserve and build a future that will make you achieve all your goals. With all my heart these are all my wishes for you. See you inside the book. Sincerely: Derek Mitchells

**premature ejaculation causes and solutions: Dr. Barbara O'Neill's Cure for Premature**

**Ejaculation** Olivea Moore, Are you or someone you love struggling with premature ejaculation? You're not alone. Millions of men face this challenge, often leading to frustration and impacting relationships. Discover Dr. Barbara O'Neill's Cure for Premature Ejaculation, a comprehensive guide that offers natural, effective remedies designed to help you reclaim control over your sexual health. Drawing on decades of experience in holistic healing, Dr. O'Neill provides insightful strategies that prioritize the body's self-healing capabilities. This book delves into the world of herbal remedies, dietary adjustments, and lifestyle changes to create a personalized approach to overcoming premature ejaculation. This guide not only educates you about the causes of premature ejaculation but also empowers you with practical tools and techniques, including relaxation methods, physical exercises, and herbal regimens tailored to your needs. With easy-to-follow instructions and evidence-based insights, you can enhance your stamina, improve your confidence, and strengthen your relationships. Don't let premature ejaculation control your life any longer. Take the first step toward lasting change today. Order Dr. Barbara O'Neill's Cure for Premature Ejaculation and embark on a transformative journey toward enhanced sexual health and intimacy.

**premature ejaculation causes and solutions: Premature Ejaculation** Emmanuele A. Jannini, Chris G. McMahon, Marcel D. Waldinger, 2012-08-31 Premature ejaculation (PE) is a common male sexual complaint, with a self-reported prevalence of 20-30% in observational studies. Over the past 10-20 years, our understanding of PE has evolved from the initial premise that it is a psychological disorder to the current recognition of an underlying biological and probably genetic predisposition in many cases. This new understanding has been accompanied by novel approaches to the assessment and treatment of patients with PE. Premature Ejaculation is the first truly contemporary reference volume on the subject. It covers a broad range of aspects relevant to PE, including past and current definitions of the condition, the etiology of PE, its epidemiology, the impact of PE on both the patient and his partner, and the treatment of PE using pharmacotherapy and/or psychotherapy/cognitive behavioral therapy. The book is well illustrated and referenced, and the primary focus throughout is on evidence-based medicine. This timely and authoritative volume will be of great value to sexual health physicians, andrologists, endocrinologists, urologists, psychiatrists, sexologists, psychologists, and other interested healthcare professionals.

**premature ejaculation causes and solutions: The Sexually Rich Marriage** Tony Nze, 2015-07-09 Many couples are matrimonial illiterates. One of the areas of marriage where they are

deficient in knowledge and have ever wished to be enlightened is the area of Sexuality. This book discusses sexuality within the bounds of marriage. It is very insightful, instructive and comprehensive, yet with an eye on sound moral standard. The author sees Sexuality as sacred and one of the most beautiful gifts from God. In this masterpiece, he educates couples on the nitty gritty of actualizing a fulfilling sexual life in their marriage. This book combines Theology, Psychology and Biology to achieve its objectives. To put it succinctly, it is a loaded, morally sound and riveting package of sex education for today's husbands and wives. Though written for the consumption of married people, other adults who are preparing to get married can still read it.

#### **premature ejaculation causes and solutions: Men's Sexual Problems and Home**

**Remedies** Mahesh Prajapati, This ebook explores common sexual problems in men, such as erectile dysfunction, premature ejaculation, low libido, and low testosterone levels, and provides simple, natural home remedies to address these issues. With a focus on maintaining a healthy lifestyle, balanced diet, and mental well-being, this guide offers practical solutions to improve sexual health and overall quality of life. Perfect for men seeking natural and effective ways to enhance their sexual performance and confidence.

#### **premature ejaculation causes and solutions: Natural Solutions for Sexual Enhancement**

Nina Anderson, Howard Peiper, 1998 The National Institute of Health estimates that thirty million men in the United States have trouble with intercourse and sexual potency. Testosterone levels, which begin to decline in men around forty years of age, are a contributing factor. Popular drugs have entered the marketplace to assist men in achieving sexual potency. Unfortunately, as these drugs become overwhelming popular, reports of undesirable side effects and even deaths have made users question the drugs' safety. As an alternative, authors Dr. Howard Peiper and Nina Anderson offer natural solutions for sexual dysfunction.

#### **premature ejaculation causes and solutions: I'm gonna take my time:Premature**

**ejaculation & the source of the problem and how to solve it** Malwina Gartner, 2015-06-19 It's really possible! You know already, that every third, or even every other man shares your problem. But the real question is - do you in fact have an issue like that, or do you just think about it too much? Ejaculation disorders can present themselves in lifelong form, which means they occur from the moment of sexual initiation, or might be acquired, for example as a result of masturbatory activity. Obviously by masturbating, you seek to a fast unload of the sexual tension and by this you create a physiological mechanism of ejaculation within you. During intercourse you are not able to control it, because your organism already remembers a certain behavioral pattern, and does what you taught it to. That's an example of negative training. It all lies in your psychic, and what you have to know, is that 90%% of cases have a psychogenic background, and that means, it concerns 9 out of 10 readers of this book.

#### **premature ejaculation causes and solutions: Healing with Homeopathy**

Dr. Mukesh Batra, 2016-01-19 The authoritative anthology of homeopathic remedies for everything and everybody... Dr. MUKESH BATRA, India's most famous homeopath and founder of the world's largest chain of homeopathy clinics, shares his professional expertise to help you diagnose and find answers for common and not-so-common ailments. A simple, user-friendly practical guide to holistic health, *Healing with Homeopathy* deals deftly with over 100 illnesses arranged alphabetically from A-Z. Writing simply and clearly, Dr. Batra explains each condition, its symptoms and variations and what homeopathic remedy is likely to work best. Included are useful dos and don'ts as well as illustrative case studies, culled from over 35 years of medical practice. An expert introduction to homeopathy and its application, *Healing with Homeopathy* arms you with the knowledge and confidence to recognise and deal with a variety of health issues in the comfort of your own home. Put simply, the book is an invaluable tool for anyone who wants to take charge and manage their health safely, gently and without the fear of side-effects. Welcome to optimal holistic health and well-being.

#### **premature ejaculation causes and solutions: Premature Ejaculation**

Gilberto Cabrera, 2003

#### **premature ejaculation causes and solutions: Family Guide to Homeopathy**

Andrew

Lockie, 1993-07-07 From first aid to preventive medicine, a comprehensive reference to health care for the entire family. Lockie presents a concise and enlightening explanation of how homeopathy works and shows readers how to incorporate its principles in their life-styles, diets, and exercise programs. 13 line drawings.

**premature ejaculation causes and solutions:** Dr Sunil's One Page Solutions for General Practice K Sunil Ravinder Paul, 2018-03-31 This new edition provides general practitioners with the latest information and guidance for the management of common conditions and diseases. Divided into 20 sections, the book consists of 800 clinical cases seen in daily practice. Each topic is presented in table format, summarising diagnosis, investigation, and treatment options, all on one page. Algorithms and charts further enhance the text. The second edition has been fully revised and has a completely new look. All chapters have been rewritten and many new topics have been added. Key points New edition providing GPs with latest information and guidance for management of common conditions and diseases Provides 800 cases seen in daily practice, each topic presented in table format on one page All chapters have been fully revised and new topics added Previous edition (9788184481013) published in 2008

**premature ejaculation causes and solutions:** Real Questions, Real Answers about Sex Melissa McBurney, 2009-05-26 Answers to real-life, nitty-gritty private questions Christians are asking about sex Louis and Melissa McBurney offer frank, humorous, sensitive, and biblically grounded answers to the thousands of sex questions readers have sent to the editors of Marriage Partnership, a publication of Christianity Today International. The authors deal with sensitive issues that need to be talked about, but within a solid spiritual, psychological, and therapeutic context. This book is perfect for newlyweds, newlyweds of 25 years, or for parents to give their engaged son or daughter who is soon to be married. The McBurney's give frank, honest answers to real, honest questions that many Christians have always wanted to ask, but were too embarrassed or afraid. The author's authentic, unblushing, yet thoroughly Christian perspective is presented in a two-column format. Their humor, husband-wife dialogue, and to-the-point answers provide an ideal reference for all the stages of married sex.

**premature ejaculation causes and solutions:** *Treatment for Premature Ejaculation or Early Ejaculation Problems Solutions: Pills, Allopathic Unani Medicine, Home Remedies for Lasting Longer in Bed* Dr. AG Herbal-Care, 2020-05-21 Treatment for Premature Ejaculation or Early Ejaculation Problems Solutions: Pills, Allopathic Unani Medicine, Home Remedies for Lasting Longer in Bed Why download this book ? If you don't happy in your sex life. who ejaculate soon during sexual intercourse, think that they can never satisfy their wives in life and they cannot give too much sexual pleasure to their wives. If you want to know - What are the reasons and solutions for premature ejaculation? What are Permanent cure for premature ejaculation ? So this book is very important for you. Get treated from World Famous premature ejaculation Book. Premature Ejaculation | Premature Ejection | Early Ejaculation | Early Discharge We came to know at this moment when a man should not think ejaculation as a disease named premature ejaculation. Now question arises here who is the real patient of premature ejaculation and what the premature ejaculation is in reality. When many men make sexual relation with women, they ejaculate semen while inserting the penis into the vagina. Some men ejaculate semen as they touch the penis with the vagina and many men ejaculate during foreplay. Such kinds of men can be called the patient of premature ejaculation in true meaning. Ejaculation is the release of semen from the penis during an orgasm. When ejaculation occurs faster than you or your partner would like, it's known as premature ejaculation (PE). PE is also known as: rapid ejaculation premature climax early ejaculation Premature Ejaculation | Premature Ejection | Early Ejaculation | Early Discharge | Pre ejection | Premature Evacuation | Prejaculation | Pre ejaculation | premature ejakulation | premature ijaculation | delay ejection | premature ejuculation | ejaculating too soon | premature ejectulation | What is premature ejaculation? At present, mostly young men and people of all the ages are aware about it. Premature ejaculation means emission of semen soon. Often, this problem takes birth in young age but in this present age, old men also have been suffering from this age. Every man wants sexual intercourse for

long time. There is a feeling in the mind of a man that if he ejaculates soon, the woman will not get great sexual pleasure during sexual intercourse. Because of this reason, a man becomes the victim of inferior complexity. Several kinds of doubts and misconceptions take birth in the mind of a man if he is the victim of premature ejaculation. causes of premature ejaculation (PE) or early discharge (ED) There are two causes of premature ejaculation:- 1. Semen of some men ejaculates before inserting the penis into the vagina. It is the first reason. 2. Semen of many men ejaculates just after inserting the penis into the vagina. This is the second reason of premature ejaculation Accumulation of heterogeneous liquid is the cause of early ejaculation. A person becomes the patient of early ejaculation when this polluted liquid produce disease in the nervous system of the body. A person who thinks about sex and makes sexual relation in an unnatural way becomes the patient of early ejaculation. Many people think about sex very much and involve in unnatural sex because of which they become the victim of early ejaculation. Excessive weakness of the body may be the cause of this disease. Masturbation may be the cause of early ejaculation. If the penis of a man is very weak, he can become the victim of this disease. Several other kinds of diseases as gonorrhea, intestinal worms and constipation may be the cause of early ejaculation. Any accident or injury on the genital region becomes the reason of early ejaculation. What are the causes of premature ejaculation? Causes of premature ejaculation:- Constant thinking about sexual intercourse and premature ejaculation is closely attached. When a man touches the age of puberty, he starts to think about a girl or about sexual relation with the girl by watching a girl on television screen or in his locality. He thinks that he touches her body, presses her breast if the girl is present here. In this way, several kinds of salacious ideas strike in his mind. The penis of the boy becomes erect as he thinks about it and he holds the penis with his hand. This is the first ladder of the origin of the disease named premature ejaculation. When the boy lost in the dreams of the girl embraces her lips, presses her breast and kisses her in his imagination, he keeps on masturbating with hands gently but as he makes sexual relation with the girl in his imagination, he masturbates rapidly and in this way, he ejaculates. This thing clears that a man has full control over the ejaculation of semen. He ejaculates on the time when he wants to ejaculate or desires for ejaculation. Many young men make sexual relation with aged women who are too much sexually excited. Such kinds of women excite the young men very much during foreplay and the men ejaculates just after inserting the penis into the vagina or while inserting the penis into the vagina. In this way, they become cool soon. If the penis of such kinds of man gets erection again, they become unable to have control over the excitement of the penis. The same condition happens with them after marriage too. When they make sexual relation with their wives on the first time after marriage, they ejaculate soon and this thing creates several kinds of problems. Besides it, there is another condition too. Sometimes, a man loves a woman very much and he has to remain far from her because of any reason but he keeps on absorbing in her memories and kisses or presses her breast in his imagination. He keeps on thinking about her and the penis of the man becomes erect but this erection of penis disappears as stops to thinking about the girl or other sex things. At this moment, he ejaculates his semen and this is point from where a man becomes the victim of premature ejaculation mentally. Above-mentioned men are the men who became the patient of this disease because of their thinking. On the contrary, some men never think about women and make sexual relation in their imagination but they ejaculate semen as they touch the body of women. To know is very essential for such kinds of men that body of man is not a machine, which keeps on working without break. Human body wants relaxation too. a man ejaculates at that time because the body does not want to do excessive hard work viz process of stroking may not prolong its period. However, here we should not understand that ejaculation is associated with exhaustion. This is the process of change inside the body, which wants to provide relief to the body. Mostly men are older to their wives at the time of marriage. For example if the wife is 20 years old, the age of her husband will be 32-32 years. Besides it, many men father of many children marry to the younger girls. Result of it is that attracting and charming body of the women excited them very much at the time of sexual intercourse. In this way, they ejaculate semen before inserting the penis into the vagina. This thing happens with them regularly. A man of this kind

absorbs into the lap of sleeping but his wife keeps on agonizing whole night. Sometimes, some men who have a lack of self-confidence keep on suspecting on their wives. Mostly such kinds of men live far from their wives in the matter of work. If the wife of such kind a man has good habit and behaves well with others, suspicion of the husband increases very much. The man keeps on disturbing about the character of his wife. In this stage, when he is making sexual relation with his wife, suspicions keep on striking in his mind continuously. In this way, he cannot establish sexual relation properly and become the victim of premature ejaculation. Many men have watched a woman in nude condition while bathing or changing clothes. At this time, sexual excitement increases very much in them. They start to think about sexual relation. A man of this kind cannot make sexual intercourse with the woman to whom he observed. In this case, he makes sexual relation with his wife but at this time, the exciting scene of the woman keeps on stimulating him continuously. This thing reacts on the body and nerves of the man. The result of it is that that a man ejaculates semen as he inserts his penis into the vagina. Every one knows that shame and shyness of a woman disappears after making sexual relation with once or twice with a man. After that a woman, start to play with the penis of the man without hesitation. She holds and fondles the penis of the man. This activity of the woman excited a man very much because penis of a man is very sensitive organ of the body. if a man is the victim of this disease, he should say to his wife not to play with his penis by telling her the cause behind this thing. Rational women understand the feelings of a man because they know that this kind of activity will affect the activity of sexual intercourse. In this way, neither man nor woman will get the real sexual pleasure. Nevertheless, some women keep on involving in such kinds of activities in spite of knowing the fact. They forget the thing told by their husbands. At this condition, a man should establish sexual relation cunningly. It is clear that as a man presses the breast of the woman as the woman plays or fondles with the penis of the man because she takes great pleasure in this job as the man takes in pressing the breast. The man should make sexual relation in a way that the hands of the woman may not reach to the penis of the man. The hands of the woman may press between the both hands of the man under the waist of the woman. A man should act in a way that the woman may forget to touch the penis of the man. The most beneficial thing for a man is that many women play with the penis but they do not the technique. They hold, fondle, pat to the penis and touch the testicles. In these kinds of activities, the man faces no problem. The problem creates when a woman touches nude glans of the penis or kisses to the penis with her lips. If a husband remains far from his wife for long time because of any work or other reasons, he does not make sexual relation with his wife during this period. However, when he makes sexual relation after returning, he is very much excited at that time. He ejaculates semen after three or four strokes by inserting the penis into the vagina. This condition can take birth repeatedly because of stopped sexual excitement. The man should not fear with this condition otherwise, this fear can sit in his mind. A man becomes exhausted because of excessive burden of work or angry boss. He returns his home with dejection in his mind. He tells nothing if his wife asks him anything. Pressure of these things produces depression in his mind. When he sleeps with his wife at night, the wife wants to make sexual relation with him. The man gets ready to make sexual relation but outwardly not inwardly. The result of it is that his penis does not gets full erection and he ejaculates after three four strokes. If this thing happens regularly, the man becomes the victim of premature ejaculation. Sometimes, foreplay before the sexual intercourse becomes the cause of premature ejaculation. Sexual excitement of a man becomes so high by kissing or sucking the lips of the woman that he ejaculates semen before inserting the penis into the vagina. Besides it, a man becomes the victim of ejaculation soon if he sucks the vagina or licks the labia majora of the woman with his tongue because these are the most sensitive organs of a woman and any kind of touch of these organs brings the stage of climax for both man and woman. However, this stage makes a man the victim of premature ejaculation. Many men want to adopt different kinds of sex techniques by watching pornographic movie or picture. They become very much sexually excited by observing the nudes scenes of the picture or movie. They ejaculate semen without penetrating penis into the vagina. Besides it, many men make sexual relation before a mirror and observe their sexual intercourse in

the mirror. Nude body of the woman excite men very much and the ejaculate their semen without sexual intercourse. Many men become excessive sexually excited by seeing the body of a woman in too much electric light. Sex organs of a woman are very salacious and too much electric light enhances their attractiveness. In this stage, when a man touches, fondles and presses the breast of the woman, he loses control over his sexual excitement completely. He penetrates his penis into the vagina hurriedly and ejaculates soon. Such kind of men who ejaculate soon, they should adopt opposite sexual techniques while making sexual relation. In this technique, the woman sits on the thighs of the man and starts the process of stroking on the penis with her vagina. In this stage, vagina of the woman, excited labia majora, pinky labia minora, excited clitoris, opening and contracting of the vagina makes a man very much sexually excited and the man ejaculates after three or four strokes. This kind of technique should be done either in dim light or in darkness because too much electric light can be dangerous in this technique. Often, many young men have misconceptions about the size of the penis. Such kinds of men think that their penis is very small after seeing the long and thick penis in any magazine or movie. They become worried by thinking that how they will satisfy their wives during sexual intercourse. This thinking creates a feeling of inferior complexity and their self-confidence reduces. It is necessary to tell something to such kinds of men that the penis as they watch in movie are made long and thick with the help of technology. They should not create any kind of misconception in their mind about the size of the penis. Length and thickness of the penis of a man are not related to the sexual intercourse by any way. Women, who were got married against their wish, do not have good relation with their husbands. They show no interest in sexual relation with their husband and give no support to their husbands when their husbands make sexual relation with them. The husbands have to make sexual relation one sided because of which he becomes the victim of premature ejaculation. If a woman has been suffering from vaginismus, sexual relation with such kind of woman never proves successful. As a man inserts his penis into the vagina of woman, she starts to scream because of pain. The man draws out his penis from the vagina because of fear. If he tries to make sexual relation with the woman, the same thing takes birth again. At this condition, excitement of a man becomes cool and he ejaculates his semen without sexual intercourse. Pain in the vagina can be because of mental and physical reason. In many cases, a man starts to make sexual relation without sex knowledge. He penetrates his penis into the vagina of the woman without arousing a woman for sexual intercourse. When a man starts the process of stroking without arousing a woman, the woman starts to cry because of pain because the vagina is not wet at that time and this thing becomes the cause of pain. Many men affect very much because of any scent or fragrance. A man of this kind becomes restless because of the fragrance. Several men and women use different kinds of fragrances before establishing sexual relation. If a woman becomes too much excited after the use of fragrance, there is no need to be worried in this situation but if a man becomes too much sexually excited after the use of fragrance or scent, he ejaculates before starting the process of stroking. We can say that fragrance and scent can become an obstacle in the sexual pleasure or orgasm. As sexual excitement increases because of fragrance and scent as sexual excitement reduces or ends completely because of any kind of odor or bad smell. This bad odor may be of anything as odor of the mouth, sweating of the body, clothes or bed smell of the secretion of the vagina. In this situation, the penis of the man does not get full erection and early ejaculation becomes necessary. If a man smells bad, the woman does not feel sexual urge and a kind of hate takes birth in her mind towards her husband. Vagina of the woman becomes tight in this situation and if a man makes sexual relation with her, he ejaculates soon. If both husband and wife have tasted the flavor of homosexuality before marriage, they show no interest towards opposite sex. Neither a man gets sexual pleasure nor he provides sexual pleasure to the woman. It happens because they are too much interested in homosexuality. They show no interest in the sexual relation with opposite sex. If both husband and wife establish sexual relation against their wish, the woman becomes cool and the man ejaculate soon. If a married couple gets child after one year of marriage, they neither take great sexual pleasure nor do they involve in sexual intercourse. They fear lest the child should wake up when they are making sexual relation. In

this situation, they want to end sexual intercourse soon. They do not put off their clothes completely before making sexual relation. The result of it is that sexual excitement cannot be produced properly and they start sexual intercourse. Both husband and wife remains keep on paying attention towards child whether the child is sleeping or not. Vagina of the woman does not become wet properly. In the lack of sexual excitement, a man does not penetrate his penis into the deepness of the vagina. Sometimes, the penis of the man does not get full erection. This is the reason that the man becomes ejaculate semen without satisfying his wife during sexual intercourse. What are the symptoms of premature ejaculation? There are different symptoms of this disease as deficiency of sperm count, feeling lack of sexual power while sex, early ejaculation, etc. How to treat premature ejaculation In some cases, you may be able to treat PE with some changes to your sexual routine. You may be advised to masturbate an hour or so before intercourse, as this may help you delay ejaculation with your partner. You may also try temporarily avoiding intercourse altogether and engaging in other sexual activity and play with your partner. That may help relieve the pressure of performing during intercourse. What are the medicine for Premature ejaculation? Treatment for premature ejection/ed treatment/men ed premature ejection problem solution If the patient has a habit of masturbation, he should give up this habit soon. Thereafter, the treatment should be started according to naturopathy. Thus, the patient of this disease becomes well. \* Give 2 bananas to the patient with 250 ml milk twice a day regularly; it makes the sperm count thick. \* Filter 60 grams musli simble and mix 60 grams loaf sugar in it. 6 grams this medicine should be taken with water or milk twice a day in the condition of early ejaculation. Treatment of early discharge best medicine for early discharge \* Take 5 fruits of pind date with 250 ml mixed milk of sugar candy regularly, it makes sperm count thick. home remedies for lasting longer in bed or home remedies for pe Grind 50 grams black sesame with 25 grams caraway and mix 75 grams loaf sugar in it. The patient, who suffers from early ejaculation, should take 5 grams this medicine with water twice a day regularly. ayurvedic medicine for early discharge problem Mix 10 ml onion juice with 7-8 grams honey and lick it in the morning regularly, it cures early ejaculation. unani medicine for early discharge medicine for early discharge Grind equal quantity of cloves, cinnamon, dry ginger, pyllitory root and sakmuniy with ginger juice thereafter prepare tablets from it. Grind one tablet with honey and apply it on the penis. It is very useful to cure early ejaculation. early ejaculation ayurvedic medicine Mix 100 grams fine powder of coriander with equal amount of ground sugar candy properly. Fill this preparation in a neat and clean bottle of glass. This powder should be taken on empty stomach in the morning. Besides it, one spoon this powder should be taken with one glass of whey. A man does not become the victim of premature ejaculation after the use of this medicine. homeopathic medicine for early ejaculation natural remedies for pe or natural remedies for lasting longer in bed natural home remedies for ed Early ejaculation is cured by taking one gram fine powder of rosin with milk at bed time. If a male person keeps on thinking about sex or he keeps on watching or reading pornographic movies or literature or he involves in unnatural sexual activities, he should give up all these bad habits soon. Thereafter, start the treatment according to naturopathy. Thus, a person becomes well. Note: The disease premature ejaculation is related to men but this disease affects both man and woman equally. Hence, wives of the patients of this disease should give full support to their husband so that they may get rid of this disease easily. Some essential tips have been given for women. A woman can cure the disease of her husband by following such tips, which have been given in this book pdf. 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problems—she's convinced that understanding the cause of a problem won't make your sex life any juicier; doing something about it will. The Sex-Starved Wife gives you the tools you need to present the information in the book so that your husband will not become defensive. You'll even learn methods for overcoming sexual dysfunctions such as performance anxiety, premature ejaculation, and effective ways for dealing with pornography or infidelity. If you and your spouse need additional support, Weiner Davis offers concrete advice on how to get your man to visit his doctor or seek other professional help. When it comes to marriage, Weiner Davis has seen it all. She knows how important loving, satisfying sex is to a healthy marriage. The straightforward, psychobabble-free advice in this book will help you create the intimacy and connection for which you've been longing.

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