



# **The Prostate Massage Manual: What Every Man Needs To Know For Better Prostate Health and Sexual Pleasure**

*Ronald M Bazar*

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## **Prostate Massage Has Excellent Health and Sexual Benefits.**

Prostate massage is a new world for most men. Most of us have not learned enough about our prostates and its importance for great health in general and for sexual health for men in particular, let alone for ultimate sexual pleasure and sexual stamina.

And only a relative few have learned about ways to massage the prostate for health and stimulation.

Prostate massage and sexual instruction isn't something men generally talk about over beer. Let's face it. It's been a bit of a taboo topic. Thank goodness that is changing.

## **Who Should Do Prostate Massage?**

Some men may think that they shouldn't do prostate massage. Such thinking would be a mistake for two reasons.

1. Prostate massage, when done correctly, can be a very healthy thing to do for your overall prostate health.
2. When sexual stimulation is intentionally added to the massage, the resulting sexual male orgasm can be exceptionally powerful. Who wouldn't want that?

## **Added Sexual Pleasure**

And for the best in sexual orgasmic pleasures, your prostate is the switch that can take you on a new journey of discovery. Time to learn all about that male G-spot gland at any age, especially if you want to last longer and heal any erectile dysfunction problems you may have.

For you to have optimal sexual health, your prostate must be kept healthy. One of the best ways to do that is through prostate massage.

## Toxins In Your Prostate

Our prostate filters toxins to protect the sperm. Our prostate is our most sensitive gland, needed for our health and sexual fulfillment. Too many toxins create problems. Prostate massage can help restore vitality.

Therapeutic prostate massage is a very beneficial skill. It is becoming essential for better health and sex in this modern age of exposure to so many toxins.

Even if you don't have prostate problems, you might want to begin to think about what you can do to prevent them. Prostate massage is just one simple way to maintain prostate health or to help your prostate regain its health if you have a problem.

## Sexual Benefits of Prostate Massage

And—an added bonus—prostate massage can open up a whole new world of incredible sexual orgasms if you are so inclined. As a side benefit, it can help alleviate erectile difficulties by strengthening the pubococcygeus or PC muscle and by **stimulating the prostate erection nerves** so you can get it up. It will also help **minimize premature ejaculation problems** by strengthening the prostate muscles giving you more control than ever before.

Prostate orgasms are way more powerful than regular orgasms. They last longer, more ejaculate is released and your whole body thrives from the intensity.

### For Women Too

This book is also for women who want to further understand the prostate and to learn ways to support men in their quests for better prostate health. It may also be useful to women to increase mutual sexual pleasure and to give your man explosive longer-lasting orgasms (no longer the exclusive domain of women!).

## What You Will Learn:

Prostate Massage Resources

All along you will be guided with exact details to do your prostate massage safely, easily and very comfortably. No pain. Just gain.

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