

Penis Enlargement Myths, Facts & Scams

A Guide To Male Sexual Enhancement

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Thank you for downloading A Guide To Male Enhancement. In this guide you will learn how to increase your penis length, width and your ability to perform sexually. I hope to be able to provide answers to your many questions about Penis Enlargement and more importantly help you avoid the many scams that are popping up all over the internet. I have included my own personal experiences and all of the research I have conducted in my own quest for a larger package. I have been ripped off before and hopefully you can avoid running into the same negative experience by reviewing the information presented in this guide. Good luck in your quest and I hope to hear from you!

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Penis Enlargement Scams

I'm lucky to have only been ripped off once in my penis enlargement quest but I know from the amount email I receive that there are many others who have not been so lucky. There are plenty of quality enlargement products out there and you will find information about many of them in this guide but as we all know when there are good products there are also bad product knock-offs and scams.

Hopefully you will read this section before getting scammed by one of these common cons.

The first time I ordered penis enlargement products I fell prey to the enlargement cream scam... I lost about 130 dollars and it was the last time I was going to get ripped off. It almost turned me off to the whole enlargement concept but after some research I eventually got back on track.

Common sense goes a long way when it comes to ordering products online... if you see a price that is "too good" to be true or a price that is much lower than the average price of similar products be cautious!

If you see advertisements for penis enlargement creams or topical oils run away as fast as you can! There are no topical products that will enlarge your penis. NONE! I'm not going to get into specific names but I can say that all enlargement creams/oils should be avoided.

Don't get me wrong though, not all topical products are bad... there are plenty of great sexual enhancement creams and oils to improve your erections, control ejaculation and improve the sensitivity of sex but when it comes to penis enlargement there's just no creams or oils that I know of that work. These are scams and they will quickly burn a hole in your pocket.

comments@penis-enlargement-resources.com If you have run into any companies running scams related to penis enlargement please let us know so we can include a warning to other users who might run into them.

Myths, Facts & Information

Yes, You Really Can Enlarge Your Penis

Let's clear up some of the mystery surrounding penis enlargement. First, yes it is really possible to enlarge your penis. Second, you cannot do it overnight, it takes some time depending on the method you use. Third, there are many scam artists that want your money so don't just fall for all the hype out there.

Penis enlargement is becoming so popular mainly because of these hard cold facts:

- The average penis size when erect is only 5.7" to 6". Over 90% of men possess this size.
- By the age of 27, 97% of men can't have erections 1/5 as much as when they were 20.
- 30 million men in the USA alone suffer from Erectile Dysfunction (Impotence).
- By the time he's 50, the average man will have lost half an inch in length from his penis.
- 98% of men have a much weaker, smaller more underdeveloped penis compared to what they could possess.
- In a poll conducted by Durex™ Condoms, 67% of women said they were unhappy with their lover's penis size.
- Nearly 88.7% of men would increase the size of their penis if they knew how.
- That the average man ejaculates within 2 to 2½ minutes of insertion into a female!

How does Penis Enlargement Work?

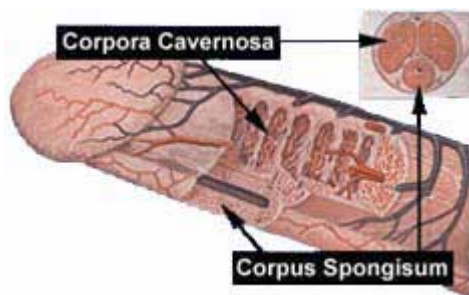
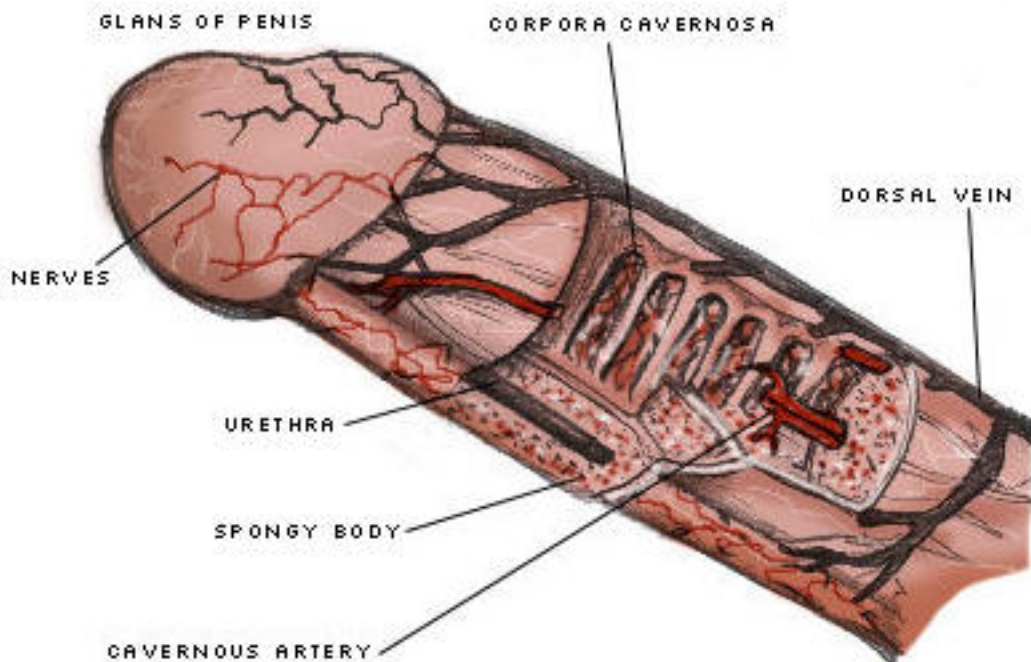
You're probably wondering exactly how it works... well, to understand how the enlargement process works you need to take a look at how the penis works.

When you are sexually aroused, your brain releases a hormone causing blood to enter the penis and fill your erectile tissue (Corpora Cavernosa). The cells in the Corpora Cavernosa are filled with blood until an erection is achieved. Penis enlargement will increase the capacity limit of the Corpora Cavernosa thus allowing more blood to enter the cavern creating a longer and thicker erection.

In the below illustration you can see a cut out view of the penis to help detail exactly how the erection and enlargement process works.

Most of the enlargement methods discussed in this guide stimulate cell growth within the corpora cavernosa itself. An increase in cells allows for more blood to enter the penis making the penis larger, thicker and the erection much more

intense. The formulas stimulate these cells similar to how bodybuilding works. It helps your body add new layers of cells onto the old ones, stressed cells repair, strengthen, and grow back larger and stronger.



The corpora cavernosa and the corpus spongiosum are the chambers in your penis that hold blood, the larger the cavern the bigger the erection. The majority of the natural enlargement methods target this area directly to enlarge your two erectile tissue chambers in your penis so that you hold more blood when you have an erection. This makes your penis longer, thicker and more masculine

looking.

So how long and what kind of results are we talking here?

Well that's dependant on the individual.. everyone's body is different and everyone's results will differ but the majority of enlargement resources typically provide the same time frame and overall results.

For pills, patches etc. you should start seeing positive changes in your sex drive, strength of erections, ejaculation control and overall sexual energy levels within one to two weeks.

Size changes will take longer, up to three or four week, but you should see good increases within the first two months of use. Gaining half an inch to two inches or more on your penis within only two to three months have been experienced by many users. I think girth is more important over length and you should see a nice increase in the width of your penis... you know the ladies are going to take notice of that!

Be sure to read about my personal experience with penis enlargement pills which will also give you an idea of what to expect.

You will find recommended resources for pills, patches and programs in the next several sections. I have only included reputable resources that have been around for a while and recommended by other users.. if there are newer resources not listed it's basically because they have not yet been reviewed or are in the process of being reviewed. I will not list a resource unless it meets our strict guidelines.

Enlargement Pills

The pill rout does not involve weights, devices, pumps, or surgery. It's all natural, and it is based upon the most recent advances in men's health from medical practitioners and leading Universities, including research that has won the Nobel Prize.

How Do Penis Enlargement Pills Work

Penis enlargement pills help expand the holding capacity of the corpora cavernosa. They contain many natural ingredients that target this specific region of the penis as well as help to stimulate and enhance the erection process.

What most people don't realize is that penis enlargement pills can provide many more benefits beyond the actual growth of the length of your penis.. benefits like:

- 1) An increase in penis girth, and vascularity.**
- 2) Harder and longer lasting erections.**
- 3) Increased sex drive.**
- 4) Increased sexual stamina.**
- 5) Longer ejaculation times and larger ejaculate volume.**
- 6) Increased enjoyment and sensitivity.**

So as you can see the many additional benefits are why they have become so popular. Pills are usually taken on an ongoing basis to achieve the above mentioned benefits however the enlargement process itself remains permanent even after discontinued use.

Pills are usually taken daily for several months to achieve the full enlargement benefits but the majority of users continue ongoing usage to achieve the maximum benefits.

The most common ingredients in enlargement pills are listed below (note, these will not all be found in each particular brand, this list is compiled from several manufacturer ingredient tables so ingredients will vary.)

COMMON NATURAL INGREDIENTS :

ASTRAGALUS

Plant - Astragalus (*Astragalus membranaceus*) has been used in traditional Chinese medicine for thousands of years to promote the discharge of urine, lower blood pressure, and increase endurance.

BORON

Mineral - Boron prevents the loss of calcium, phosphorous and magnesium through the urine.

CATUABA BARK EXTRACT

Tree - Catuaba is considered a central nervous system stimulant with aphrodisiac properties and a bark decoction is used for sexual impotency, agitation, nervousness, neurasthenia, poor memory or forgetfulness, and sexual weakness. This is why many enlargement products produce benefits beyond just enlargement.

CAYENNE

Herb - Cayenne is a blood-red warming herb that has an invigorating effect on several body systems and helps improve blood circulation.

CUSCUTA SEED

Chinese Herb - It is widely used to improve vision, nourish the sperm and marrow, strengthen bones and sinews and to strengthen sexual functions; also used to treat sexual impotence and found in leading penis enlargement supplements.

DEER ANTLER VELVET

Deer Antler - It is regarded as one of the most effective known remedies for impotence, increasing the libido and the general sexual function; also has growth properties.

EPIMEDIUM SAGITTUM (Horny Goat Weed)

Herb - It stimulates sexual activity in both men and women, increases sperm production, stimulates the sensory nerves, and increases sexual desire. Used for centuries in China, where top medical doctors report that horny goat weed is proven to boost libido, improve erectile function, restore sexual fire, power and sensation. This herb will increase your sexual drive and endurance by releasing testosterone safely in the body.

GINKGO BILOBA

Tree - Ginkgo works by increasing blood flow to the brain and throughout the body's network of blood vessels that supply blood and oxygen to the organ systems. It increases metabolism efficiency, regulates neurotransmitters, and boosts oxygen levels in the brain which uses 20% of the body's oxygen.

HAWTHORN BERRY

Berry - Hawthorn promotes healthy blood pressure and cholesterol levels by relaxing blood vessels, increasing metabolism in the heart muscle, and improving blood supply to the heart.

KOREAN RED GINSENG

Root - Preserves the agility of human body and regulates the activity of the central nervous system; it regulates the blood pressure and aids the blood circulation.

L-ARGININE

Amino Acid - Improves blood flow to the genital area and gives erections that are harder, bigger, last longer and can be more frequent.

LICORICE ROOT

Root - Licorice feeds and activates the adrenal glands for a higher, more even level of energy. It has hormone-building effects. It is used by hypoglycemics to improve blood sugar regulation. The Chinese use licorice in combinations to "normalize, balance, harmonize" the body from negative to a positive, healthy state.

MACA

Plant - increases strength, sexual energy, stamina, libido and sexual function; also promotes libido, sexual potency and energy.

MUIRA PAUMA EXTRACT

Shrub - It's one of the best herbs to use for treating erectile dysfunction or lack of libido. Also known as "Potency Wood", this shrub is native to Brazil and has long been used as a powerful aphrodisiac and nerve stimulant which is ideal for enlarging the penis naturally.

OAT STRAW

Herb - improves brain and nervous system function and has been used to treat impotence. Useful for aiding your body in recovering from exhaustion, as well as correcting sexual debility.

ORCHIC SUBSTANCE

Organic - an extract from bovine testes and is proven to increase testosterone levels without harmful steroids.

OYSTER MEAT EXTRACT

Organic - Known as an aphrodisiac, oyster meat contains flavonoids that have been shown to stimulate the reproductive system.

PUMPKIN SEED

Seed - known to prevent bladder and prostate problems, even to shrink enlarged prostate glands in early stages.

SARSAPARILLA

Root - It has been shown that Sarsaparilla contains constituents with properties that aid testosterone activity in the body.

SAW PALMETTO

Herb - It treats wasting diseases , impotence, frigidity, dysmenorrheal, ovarian enlargement, sexual neurasthenia, and prostate problems.

TRIBULUS

Herb - Tribulus has been used widely in the treatment of sexual dysfunction and various urinary disorders.

YOHIMBE

Tree - can increase libido, increase sensation and increase stamina. Also helps blood flow to the genitals in men and women.

ZINC

Mineral - plays an important role in the formation of protein in the body and thus, assists in wound healing, blood formation, and general growth and maintenance of all tissues in the body.

My Experience With Penis Enlargement Pills

I have had great success with penis enlargement pills and highly recommend them to anyone looking to improve their manhood. They are relatively inexpensive compared to the benefits received and when combined with a penis enlargement program such as penis health they can provide impressive results.

I have tried several different brands of enlargement pills and they basically all provided the same benefits. The top brands provide basically the same ingredients so it's really a matter of choice on your part. (I have provided a pill resource area with the top brands available below)

Important note: Regardless of what some companies might want you to think, please do not assume you can just pop a few pills and “bam” have a humongous penis... it just doesn't work like that. You need to follow the recommended dosages and stick with the program to achieve the desired results. Taking the pills for one week.. forgetting the next week etc. like so many people do will just cause you great frustration.

If you want to achieve solid results it's important that you treat this like a diet or exercise program... consistency provides results. Stick with it and you will enjoy the overall end results.

When I first got started I combined enlargement pills with a penis health program because it was recommended by a friend. You do not have to combine a health program to achieve results but I would recommend it. In my opinion you will achieve greater results then just using the pills themselves.

I personally used: Penis Health combined with several pill manufacturers products and continue to do so today.

I order all my product online because it's discreet and I have instant access to several companies instead of trying to play phone tag and messing with mail order ads. Plus, they always let me know of special offers and new stuff by email as soon as it's available.

When my products first arrived I was already prepared and had read all about the enlargement process so I was ready to jump right in and go from the start... if you are just getting started it's a good idea to read the rest of this guide and the complete information that arrives with your products as well as the manufactures website details.

I followed the program religiously and never missed a dose. In about a week I could feel the affects of the program.. although no size gains yet, my erections were rock hard and I could last longer in the sack. By the way when I say rock hard I mean it... my dick was solid! I also noticed that my ejaculation volume had increased... this is great because your orgasms last longer and become more intense!

Week two I could start to feel a tingle in my penis when getting hard, sensitivity had also increased and boy where my orgasms becoming powerful. This alone is worth taking the pills but that was not my main goal. Still no size increase though.

About the third week into the fourth week I could definitely notice an increase in length and more importantly the width of my penis... it was getting that “massive” look with bulging veins and a huge throbbing head! 😊 Although the gains were not large... they were starting. This is why it’s so important to stick with the program and not give up after a week or two.

About two months into the program I could see about an inch increase in my penis length and the width was quite impressive. My girlfriend is loving it! The tingle sensation has subsided somewhat and I noticed that it’s much easier to control when I orgasm now even though the orgasm is larger and more intense.

It ended up taking me about four months to “max” out on the program and I ended up increasing my penis size by nearly three inches which is two inches more than I originally anticipated. The size increase is great but to tell you the truth I am more impressed with the intense orgasms and harder erections. This alone is worth taking the pills for and is exactly why I continue taking them to this day.

Although I doubt my penis is going to get any larger I still take the pills for the additional benefits, especially the intensity. My sex life has never been so good. My orgasms are so intense now that I cant even describe it... it’s like a whole body orgasm now. I have even experienced multiple orgasms... I want to experiment more on this area and will report back on my findings in a future version of this guide. All I can say is try it and see how the results are for yourself.

I am all into the topical product now and I have taken my sex life to heights I never knew existed. I always thought these products were just fads and gimmicks. I guess all of the crockpot products out there give the legitimate ones a bad image.. that’s partly why I wrote this guide, to help others experience the awesome results I have had without getting ripped off.

Penis Enlargement Pill Resources

Remember a great bonus is that most enlargement products contain a number of natural aphrodisiacs, which have been known for many years for their ability to increase sexual desire and enhance your sexual performance.

(Note: I have included the manufactures actual advertising along side each listing... the hyped up format is directly from their product sales sheets not from me.)

\$\$\$ Money Saving Tip: Many companies offer volume or bulk discounts that can save you a substantial amount of money. Most products have to be taken for a few months anyway so you are better off just buying a bulk order instead of month by month you will save money. I usually order every two or three months since I also use sex enhancement product like Optimoil and

Eros. Be sure to see the section on sexual enhancement at the end of this guide, there are some great resources available.

[OptimRx Pennis Enlargement Pills](#) - OptimRx is a potent herbal formula that helps supply the penis with all the essential nutrients it needs. Besides offering natural gains in the length and girth of the penis OptimRx improves many aspects of penis health. For instance the Saw Palmetto herb is reported to be especially powerful in prevention and elimination of prostate problems. Herbs like Epimedium Sagittatum Extract have been reported as being used successfully in men suffering from erectile problems. [American Pharma](#), the makers of OptimRx have been providing quality products to satisfied customers for over 5 years!

[VigRX Penis Enlargement Pills](#) - (Highly Recommended) Proven to be the safest, most effective and completely noninvasive method for increasing the pleasure of your reinvigorated sexual health. Medical Doctors, typically resistant to herbal and naturopathic healing, now endorse this natural formula for male sexual enhancement. [VigRX Penis Pills](#) promotes peripheral tissue vasodilation to improve arterial erectile function. It has a direct effect on the endothelial cell which enhances blood flow of both penile arteries and veins without any change in the systemic blood pressure.

[Zynextra3 Pennis Enlargement Pills](#) - Zynextra3 is a potent 100% natural herbal penile enlargement formula. Created because most men suffer from an underdeveloped penis, Zynextra3 can help men achieve SUBSTANTIAL penis growth and performance enhancement! You've dreamed of sexual satisfaction for yourself and your partner. Make it a reality with [Zynextra3!](#)

[Pro Solution Pills](#) - We can make your penis bigger! [ProSolution Pills](#) are different to any penis enlargement pill or technique you have ever seen before, that is because they really do work. Researched for over 2 years with the highest quality doctor recommended ingredients, NO pill comes close to matching the quality or the results that ProSolution Pills produce. Thousands of men have increased their penis size thanks to our unique ProSolution Pill System which we guarantee will add between 1-3 inches to your penis size. Find out what [ProSolution Pills](#) can do for you.

[Virility RX](#) - Virility-RX is a 100% All Natural Penis Enlargement Pill designed for those looking to add girth and length to their penis, and enhance their sex life to amazing degrees! The Medicures team have worked through years of extensive testing to create a complete penis enlargement program. By combining the proven results of [Virility-RX](#) with years of research into penis enlargement exercise methods, we have created the ultimate penis enlargement herbal formula. We are proud to offer you a pill that works not only to increase penis size in length and girth but also a pill that boosts sexual drive and energy.

[MAX Vitality](#) - Strong blood flow stimulator which forces blood into the chambers of your penis during arousal. Over an extended period of time, usually 90 days, the continuous forcing of extra blood into these chambers slowly expands them, causing your penis to increase in size, stamina, pleasure, and staying power. The average Max-Rx customer who takes 90 days of our product enjoys a 26% gain in erection size. [Max Vitality for men](#). The only Male Enhancement formula that has more WOMEN buying it for their men, than men buying it for themselves! It's an all natural male enhancement formula that helps increase your erection size from 15% to 35%, harder erections, increase your girth, and also boost your stamina, libido, vitality and sexual desire. Glow with confidence.

[Alzare Enlargement Pills](#) - Alzare is an all natural herbal breakthrough specially formulated to supercharge your sexual health with added size, increased strength, added performance, stamina, and energy. Recommended and tested by Dr. Daniel S. Stein, M.D., F.A.C.O.G., the founder and medical director of The Foundation for Intimacy and one of the nation's foremost experts on sexual health and performance. Alzare is guaranteed to enhance the size of your penis and give you greater satisfaction.

[Nitro Herbal 2](#) - Users of our system tend to see tremendous growth in penis size. With our award winning nutritional supplementation we believe that you will see gains in both length and girth in your penis. When we sampled our Penis Pill users and compared them to data obtained from the general population, we found that not only were they larger on average than the mean population, but actually fell into the TOP 80%!

[Avid Medical Pro Plus](#) - a powerful natural herbal penis enlargement formula that increases penis size, sexual health and stronger erections. Combining the formulations of the type of herbs found in many parts of the world that can enlarge the penis erectile tissues. Also some of the same type of herbs found in Polynesia where the men of the Manganian tribe have sex on the average of 3 times a night, every night. While this is not what you may wish, it is nice to know your sexual performance can improve substantially.

[Male Sexual Fitness](#) - With The MSF System, you can honestly be on your way to truly experiencing these great results in a matter of ONLY weeks! This is possible because of our special patent-pending 2-part system utilizing powerful penis enlargement and erection strengthening techniques along with our specially formulated MSF enhancement herbal blend supplement. Using the complete system that we have created and perfected over the past 5 years, you can grow up to a FULL 1-3+ extra inches in both length and thickness. This is possible by using our exclusive 2-part system which incorporates our powerful penis enlargement techniques manual along with our high-quality [MSF herbal formula](#). This 2 part system not only increases penis size but also develops steel-like erections that will really bring her to her knees boiling-over with desire!

[Britco Penis Enlargement Pills](#) - Brittany Andrews, Porn Queen and entrepreneur presents BritCo Penis Enlargement, the all-natural and totally safe penis enlargement pill. Simply taking one capsule three times a day can help YOU be hung enough to please a sexy powerful woman like Brittany.

[Extagen](#) - Extagen Capsules are a high-potency proprietary blend of medically approved all natural ingredients that when combined create results most men only dream about. Extagen Capsules help to increase the volume of blood that your erect penis can hold. Once your penis can hold more and more blood it will become larger and larger in size.

[Maxaman](#) - The all natural proprietary blend of unique herbs found in Maxaman is designed to restore blood flow to your penis, unleash stored testosterone, and heighten sensation by activating the body's natural hormone production and supplying vital nutrients necessary for peak sexual performance. Maxaman is not a pharmaceutical drug and contains none of the synthetic chemicals found in prescription medications. It is an all natural formula designed to boost blood flow to the penis. [Maxaman](#) provides men with a safe and natural alternative to potentially dangerous surgery.

Enlargement Patches

Penis enlargement patches are becoming more popular now and the main reason is the set-it-and-forget-it style of the patch. They basically contain the same ingredients and work the same way as a penis enlargement pill but it's all delivered through a trans dermal patch instead of a pill form. I would rather take the pill format but that's just my preference.

How Do Penis Enlargement Patches Work

Similar to other patches you may have seen such as the nicotine patches & diet patches, the penis enlargement patches use the same technology to feed the formula into the users bloodstream over time. Patches effectively and safely infuse the pure, unadulterated formula into your bloodstream, effectively bypassing your digestive system. You are guaranteed to get the full dose without having to go through your bodies normal digestive process as many male enlargement pill require. This is touted as the most effective and efficient method by which to ingest a substance.

There is a risk of skin irritation though and you should keep this in mind when making the decision to use a patch format.

Manufactures recommend that the patch be placed on a dry, hairless area of the lower abdomen, shoulder or upper buttocks every 3 days. Rubbing alcohol is recommended to ensure optimum cleanliness. Recommended replacement of the Patch after the third day with a new one until desired results are achieved.

The most often asked question regarding the penis enlargement patch is:

Is a prescription required? No, a prescription is not required because this product is 100% natural.

Enlargement Patch Manufactures

(Note: I have included the manufactures actual advertising along side each listing... the hyped up format is directly from their product sales sheets not from me.)

[Optipatch Penis Enlargement Patch](#) - Optipatch has a potent combination of natural ingredients that not only increase penis size but also boosts sex drive and prolongs stamina. The effective transdermal absorption of the herbal ingredients in the penis enhancement patch will provide you with harder, longer lasting erections while increasing your length and girth safely and naturally. This doctor developed penis enhancement patch will increase the size of your penis, boost your self-confidence, and delight your partner. The penis enhancement patch couldn't be easier to use too! Simply place the patch on a discreet part of your body (avoiding genitals) and it does the rest for you. THAT'S IT! No pills, creams, or exercises required. Penis enhancement methods were never so easy! <http://penis-enlargement-resources.com/optipatch.htm>

[Apollo Penis Enlargement Patch](#) - Each patch is an herbal transdermal formula containing: L-Arginine, Nettle Leaf, Cayenne, Muira Puama, Orchic Substance, Oyster Meat, Tribulus, Zinc, Sarsparilla, Astragalus, Licorice Root, Pumpkin Seed, Boron, Pygmeum, Maca, Horney Goat Weed, Oat Straw, and Catauba. The ingredients of the patch work by expanding the capacity of

the erectile tissues corpora cavernosa located in the shaft and head of the penis. With more blood in these tissues, the penis becomes bigger. Average gains using the apollo penis enlargement patch are between 15 and 30% of original size. <http://penis-enlargement-resources.com/apo.htm>

PEPatch Penis Enlargement Patch - Reach your goals without having to take a single pill with this most recent in penis enhancement products, PEPatch, a penis enhancement patch which delivers our potent formula right into your bloodstream through your skin. Transdermal patch technology is utilized extensively as a method to deliver substances through the skin in a constant and uniform manner. Many products use this system of delivery such as nicotine patches and birth control. The transdermal method holds the ingredients against the skin where it is absorbed slowly and constantly over time, providing you with 24 hour exposure to our penis enlarging formula.
<http://penis-enlargement-resources.com/pepatch.htm>

Enlargement Creams & Oils

Enlargement Creams Do Not Work!

I repeat.. enlargement creams do NOT work. If you see advertisements or recommendations for penis enlargement creams put your money away and run as fast as you can... they are a scam!

As far as I know there are **zero** topical enlargement creams that actually work. Now, in the future this might change but at the time of this writing there are zero topical products that produce results so don't fall victim to these scams.

Don't get me wrong though... not all topical products are scams.. just the topical enlargement products are in question. With that said... there are plenty of fantastic topical products that will help you enhance your sex life, improve your erections, increase sensitivity and help control your ejaculation. I have provided a brief listing of them below. I did not go into too much detail here because there are so many products available, if I tried covering them all this guide would end up turning into a book. I only listed the products that I have personally used along with recommendations I have received from friends, associates, emails etc.

Oil's Are For Enhancement Not Enlargement

Same goes for penis enlargement oil's... as far as I know there are zero oils that will enlarge your penis. There are a ton of oils for sexual enhancement including attractants which are detailed below but sorry to say there are no enlargement oils.

One of the best oils I have used yet is called Optimoil and if you have not tried it I highly recommend grabbing a bottle and keeping it by your bedside: [Optimoil](#)

Resources For Enhancement Oil's & Creams

[Optimoil Penis Oil](#) - Why wait for a pill to take effect when you can deliver unreal staying power directly where you need it. Optimoil works in 60 seconds or less! When you take pills they go to every part of the body, with Optimoil you see immediate enhancement results. With [Optimoil](#) There's No Waiting For Pills To Take Effect! Optimoil is a 100% natural herbal formula that is completely useable with condoms. No painful injections or side effects. Imagine being able to last as long as you like, women don't generally experience this with men... what would they tell their friends?

[VigRx Sexual Enhancement Oil](#) - Doctor Approved Clinically Proven Formula with German Transdermal Delivery System brings MALE POWER ingredients instantly to the cells of the penis to intensify every aspect of sexual health and vigor. 100% GUARANTEED! has been formulated to work in a matter of seconds, absorbing quickly right through the skin and moving immediately into the cells of a man's genitals to produce amazing results in a flash. [VigRx Oil](#) is so effective, it's even been called "Topical Viagra"! No Waiting For A Drug To Take Effect! No Chance of "Missing the Moment"! Best of all... There are no painful injections, no drugs, no side effects. The formula is ALL natural, with NO harmful ingredients, NO petrochemical byproducts, nothing artificial - just a potent natural oil that smooths on deliciously! It's condom compatible, and it works right now!

Pumps, Weights Etc.

Do Pumps & Weights Work

All of them claim to greatly enlarge your penis but in reality it's not as it seems. Pumps and weights are usually used by men that are recovering from injury, surgery or by diabetics.

Pumps are often used by men who suffer from chronic insulin dependent diabetes or circulatory disorders this is why Medicare will cover their cost. You have probably seen pumps advertised as FDA Approved. True some are, but only for the very specific health issues detailed not because they enlarge your penis.

Men with chronic insulin dependent diabetes or circulatory disorders suffer from poor blood circulation due to their sugar metabolism. This causes very poor blood flow into the penis. A penis pump will stretch the skin and underlying tissues, allowing them to clamp off the blood flow and consequently "trap" it in their penis. With the clamp firmly in place, they can briefly have sex. Once the man takes the clamp off the erection usually goes away.

I doubt repeated pump use would increase your size, it would only make your erection depend on the pump.

If you wanted to experiment with penis pumps you can check out the following vendor that offers many different versions:

[Dr Joel Kaplan](#)

Stretching Devices & Weights

There are many different types of devices available for weighting and stretching the penis. Most of them are medical devices and intended to promote tissue growth and health following penis surgery. They are used after surgery because the suspensory ligament is cut.

Weights are needed in certain cases in order to alleviate and correct scar/adhesion buildup. I would not recommend using weights and I don't think any medical professional would advice it either unless you've had penile surgery within the last 24-36 hours or for very specific health conditions.

Weight Hanging

Hanging weights dates back over 2000 years. Evidence of this practice continues in certain African tribes and villages. It has even also been suggested that the pharaohs of ancient Egypt practiced this method of stretched penis enlargement.

Even though weighting might increase the length of your penis, it could also thin the penis. The question is... do you want a thick healthy firm penis or a thin limp un healthy penis? Using weights also takes a very long time to achieve results and the negatives far outweigh the positives. Depending upon the hanging or weighted device used, blood circulation also decreases which in turn can cause necrosis or "death" of the tissue!

I refuse to list any of these products because of the potential danger associated with them.

Enlargement Programs

Penis Enlargement Programs & Manuals

You've probably seen them advertised all over the internet and in men's magazines across the globe, but what are they and do they actually work?

We'll... yes and no. Some manuals and enlargement programs will help you achieve a larger penis but some can actually cause damage to your penis. Be careful when using exercise programs and be sure it's a program produced by a reputable company.

Several manuals promote a technique called jelqing. There are some people that have caused permanent damage to their tool by overdoing it. Be careful and don't go crazy trying to get results overnight!

The best results can be achieved by combining penis enlargement supplements with a professionally developed exercise program. Stick with it and enjoy the results.

Enlargement Surgery

Thinking about phalloplasty - Penis Enlargement Surgery?

In my opinion unless you have an injury or defect you have to be absolutely out of your mind to even consider having Penis Enlargement Surgery. I cringe just thinking about having my manhood sliced open by a scalpel!

Please... Think hard and long about the dangers and sheer pain associated with this technique and your alternatives before you take the plunge into enlargement surgery.

With the many effective penis enlargement products and techniques available I really see no reason to go through this potentially dangerous surgery. Is it really worth all the risks?

The Facts About Enlargement Surgery

The overall picture for penis enlargement surgery is not a pretty one. Consider the potential dangers associated with any surgery and the risks for infection and nerve damage etc. and the alternatives start looking better by the minute. Your penis could even end up looking misshaped and deformed.

Why surgery then?

Surgery is needed for some men with various conditions, one of which is called "micro-penis". Penis enlargement through the cutting of the suspensory ligament and/or injection with fat can lead to possible serious complications and deformity.

Surgery can't increase the penile muscles' strength or length; surgery can't increase your ability to maintain an erection; and surgery can't increase your ability to perform and forcefully ejaculate. In fact, some studies have shown that

suspensory ligament cutting in order to enlarge the penis actually causes a "shortening" of the penis to take place, due to scar formation in the void of the ligament. If you are still interested in Penis Surgery have a look at this very informative surgeons website: <http://www.penisenlargementfacts.com/>

Alternatives To Surgery

There are many alternatives to Penis Enlargement Surgery that I really see no reason to go through with it to begin with... that's just my opinion though and you may very well have a valid reason for pursuing it.

If you are thinking about penis enlargement surgery it would be wise to at least investigate the many alternative products and resources available to you before you actually go through with an enlargement process of this magnitude.

I have had great success with the enlargement pills and patches and can recommend a few resources that you can check out. The resources provided in this guide and through my website have all been extensively reviewed to weed out any scams. I have been ripped off in the past and can hopefully steer you in the right direction.

At least check out the following alternatives before going under the knife and let me know how you make out.

Enlargement Resources

How Do I Get Started

The best way to get started is to read through the many resources available throughout this guide then decide on a product you would be comfortable trying.

Review the individual websites for the products you are interested in and you will find a large amount of extended information including testimonials, product details, ingredient etc.. What works for one person might not be so hot for you so keep that in mind when making a choice on a final product based on someone's testimonial. If someone has a 4 inch penis and someone has an 9 inch penis and both take the same enlargement product the person with the small penis to begin with is the one most likely to achieve the best enlargement results. However, don't let that comment put you off if you already have a large penis.. there are many other benefits provided beyond size gains especially with sexual improvement and control.

Below you will find the most often recommended products and their associated websites. These are well respected companies and have been in the business for some time now. I have never received a complaint about any company listed here.

We would love to hear about your personal experiences and results. Send us an email with your testimonials, results and user experiences both good and bad to: comments@penis-enlargement-resources.com If you have run into any companies running scams related to penis enlargement please let us know so we can include a warning to other users who might run into them.

What's Available & Recommended

The following companies and product are highly recommended from personal use and from our readers personal experinaces. If you know of a product not listed that you have had a good experience with please let us know.

\$\$\$ Money Saving Tip: Many companies offer volume or bulk discounts that can save you a substantial amount of money. Most products have to be taken for a few months anyway so you are better off just buying a bulk order instead of month by month you will save money. I usually order every three months since I also use sex enhancement product like Optimoil and Eros. Be sure to see the section on sexual enhancement below, there are some great resources available.

[Pills](#) | [Patches](#) | [Programs](#) | [Pumps](#) | ► [Sexual Enhancements](#)

(Note: I have included the manufactures actual advertising along side each listing... the hyped up format is directly from their product sales sheets not from me.)

Enlargement Pills

[OptimRx Pennis Enlargement Pills](#) - OptimRx is a potent herbal formula that helps supply the penis with all the essential nutrients it needs. Besides offering natural gains in the length and girth of the penis OptimRx improves many aspects of penis health. For instance the Saw Palmetto herb is reported to be especially powerful in prevention and elimination of prostate problems. Herbs like Epimedium Sagittatum Extract have been reported as being used successfully in men suffering from erectile problems. [American Pharma](#), the makers of OptimRx have been providing quality products to satisfied customers for over 5 years!

[VigRX Penis Enlargement Pills](#) - (Highly Recommended) Proven to be the safest, most effective and completely noninvasive method for increasing the pleasure of your reinigorated sexual health. Medical Doctors, typically resistant to herbal and naturopathic healing, now endorse this natural formula for male sexual enhancement. [VigRX Penis Pills](#) promotes peripheral tissue vasodilation to improve arterial erectile

function. It has a direct effect on the endothelial cell which enhances blood flow of both penile arteries and veins without any change in the systemic blood pressure.

[Zynextra3 Pennis Enlargement Pills](#) - Zynextra3 is a potent 100% natural herbal penile enlargement formula. Created because most men suffer from an underdeveloped penis, Zynextra3 can help men achieve SUBSTANTIAL penis growth and performance enhancement! You've dreamed of sexual satisfaction for yourself and your partner. Make it a reality with [Zynextra3!](#)

[Pro Solution Pills](#) - We can make your penis bigger! [ProSolution Pills](#) are different to any penis enlargement pill or technique you have ever seen before, that is because they really do work. Researched for over 2 years with the highest quality doctor recommended ingredients, NO pill comes close to matching the quality or the results that ProSolution Pills produce. Thousands of men have increased their penis size thanks to our unique ProSolution Pill System which we guarantee will add between 1-3 inches to your penis size. Find out what [ProSolution Pills](#) can do for you.

[Virility RX](#) - Virility-RX is a 100% All Natural Penis Enlargement Pill designed for those looking to add girth and length to their penis, and enhance their sex life to amazing degrees! The Medicures team have worked through years of extensive testing to create a complete penis enlargement program. By combining the proven results of [Virility-RX](#) with years of research into penis enlargement exercise methods, we have created the ultimate penis enlargement herbal formula. We are proud to offer you a pill that works not only to increase penis size in length and girth but also a pill that boosts sexual drive and energy.

[MAX Vitality](#) - Strong blood flow stimulator which forces blood into the chambers of your penis during arousal. Over an extended period of time, usually 90 days, the continuous forcing of extra blood into these chambers slowly expands them, causing your penis to increase in size, stamina, pleasure, and staying power. The average Max-Rx customer who takes 90 days of our product enjoys a 26% gain in erection size. [Max Vitality for men](#). The only Male Enhancement formula that has more WOMEN buying it for their men, than men buying it for themselves! It's an all natural male enhancement formula that helps increase your erection size from 15% to 35%, harder erections, increase your girth, and also boost your stamina, libido, vitality and sexual desire. Glow with confidence.

[Alzare Enlargement Pills](#) - Alzare is an all natural herbal breakthrough specially formulated to supercharge your sexual health with added size, increased strength, added performance, stamina, and energy. Recommended and tested by Dr. Daniel S. Stein, M.D., F.A.C.O.G., the founder and medical director of The Foundation for Intimacy and one of the nation's foremost experts on sexual health and performance. Alzare is guaranteed to enhance the size of your penis and give you greater satisfaction.

[Nitro Herbal 2](#) - Users of our system tend to see tremendous growth in penis size. With our award winning nutritional supplementation we believe that you will see gains in both length and girth in your penis. When we sampled our Penis Pill users and compared them to data obtained from the general population, we found that not only were they larger on average than the mean population, but actually fell into the TOP 80%!

[Avid Medical Pro Plus](#) - a powerful natural herbal penis enlargement formula that increases penis size, sexual health and stronger erections. Combining the formulations of the type of herbs found in many parts of the world that can enlarge the penis erectile tissues. Also some of the same type of herbs found in Polynesia where the men of the

Mangaian tribe have sex on the average of 3 times a night, every night. While this is not what you may wish, it is nice to know your sexual performance can improve substantially.

[Male Sexual Fitness](#) - With The MSF System, you can honestly be on your way to truly experiencing these great results in a matter of ONLY weeks! This is possible because of our special patent-pending 2-part system utilizing powerful penis enlargement and erection strengthening techniques along with our specially formulated MSF enhancement herbal blend supplement. Using the complete system that we have created and perfected over the past 5 years, you can grow up to a FULL 1-3+ extra inches in both length and thickness. This is possible by using our exclusive 2-part system which incorporates our powerful penis enlargement techniques manual along with our high-quality [MSF herbal formula](#). This 2 part system not only increases penis size but also develops steel-like erections that will really bring her to her knees boiling-over with desire!

[Britco Penis Enlargement Pills](#) - Brittany Andrews, Porn Queen and entrepreneur presents BritCo Penis Enlargement, the all-natural and totally safe penis enlargement pill. Simply taking one capsule three times a day can help YOU be hung enough to please a sexy powerful woman like Brittany.

[Extagen](#) - Extagen Capsules are a high-potency proprietary blend of medically approved all natural ingredients that when combined create results most men only dream about. Extagen Capsules help to increase the volume of blood that your erect penis can hold. Once your penis can hold more and more blood it will become larger and larger in size.

[Maxaman](#) - The all natural proprietary blend of unique herbs found in Maxaman is designed to restore blood flow to your penis, unleash stored testosterone, and heighten sensation by activating the body's natural hormone production and supplying vital nutrients necessary for peak sexual performance. Maxaman is not a pharmaceutical drug and contains none of the synthetic chemicals found in prescription medications. It is an all natural formula designed to boost blood flow to the penis. [Maxaman](#) provides men with a safe and natural alternative to potentially dangerous surgery.

Enlargement Patches

[Optipatch Penis Enlargement Patch](#) - Optipatch has a potent combination of natural ingredients that not only increase penis size but also boosts sex drive and prolongs stamina. The effective transdermal absorption of the herbal ingredients in the penis enhancement patch will provide you with harder, longer lasting erections while increasing your length and girth safely and naturally. This doctor developed penis enhancement patch will increase the size of your penis, boost your self-confidence, and delight your partner. The penis enhancement patch couldn't be easier to use too! Simply place the patch on a discreet part of your body (avoiding genitals) and it does the rest for you. THAT'S IT! No pills, creams, or exercises required. Penis enhancement methods were never so easy! <http://penis-enlargement-resources.com/optipatch.htm>

[Apollo Penis Enlargement Patch](#) - Each patch is an herbal transdermal formula containing: L-Arginine, Nettle Leaf, Cayenne, Muira Puama, Orchic Substance, Oyster Meat, Tribulus, Zinc, Sarsparilla, Astragalus, Licorice Root, Pumpkin Seed, Boron, Pygum, Maca, Horney Goat Weed, Oat Straw, and Catauba. The ingredients of the patch work by expanding the capacity of the erectile tissues corpora cavernosa located in the shaft and head of the penis. With more blood in these tissues, the penis becomes bigger. Average gains using the apollo penis enlargement patch are between 15 and 30% of original size. <http://penis-enlargement-resources.com/apo.htm>

[PEPatch Penis Enlargement Patch](#) - Reach your goals without having to take a single pill with this most recent in penis enhancement products, PEPatch, a penis enhancement patch which delivers our potent formula right into your bloodstream through your skin. Transdermal patch technology is utilized extensively as a method to deliver substances through the skin in a constant and uniform manner. Many products use this system of delivery such as nicotine patches and birth control. The transdermal method holds the ingredients against the skin where it is absorbed slowly and constantly over time, providing you with 24 hour exposure to our penis enlarging formula.

<http://penis-enlargement-resources.com/pepatch.htm>

Enlargement Programs

[Penis Health Platinum](#) - A revolutionary and unique program that gives you a step by step guide to improving your penis. 1-3 inches to your penis can make a massive difference not only for your confidence but yours and your partners sex life too. No need to mess with surgery, pumps or other painful devices we have the best NATURAL way to help you get a larger, thicker, stronger penis. [19 award winning exercises](#) that really work and will increase your penis size from 1"-3" in just 7-10 minutes a day. Get a muscular looking penis which is truly impressive and large even when flaccid, no matter your previous size! Achieve a rock hard erection by using our techniques which improve the circulation of blood within your penis End premature ejaculation and control your orgasms so you can orgasm when you want to and fully satisfy your partner.

[Penis Health Institute](#) - Proven and tested methods of lengthening and thickening your penis without surgery, pumps, or weights. Many men, starting out with a very small penis size, have actually been recorded as doubling their penis size in 1 years time with our methods of enlargement. Yes, we said DOUBLED. We're not going to play around with you, our techniques really work and we have a 96% client success rate to prove it. If you use [our methods](#) as outlined, you WILL have results, plain and simple. Usually a gain of 1" is attained within the first 3-6 weeks, something vacuum pumps & weights could never duplicate.

[Penis Enlargement Secrets](#) - Offers select information and instructions for penis enlargement. Easy to follow and complete with techniques designed to improve your sex-life, For Men Only is your number one resource for [penis enlargement systems](#)! Instant access so you can start improving your manhood in as little as five minutes. Learn how to increase your penis size even in the FLACCID state. Visual online video instructions will help you make the most of the methods you'll be learning along with scheduled DAILY chats with a hot female model and sex advisor – Nona!

[Penile Fitness](#) - PenileFitness.com has helped tens of thousands of men worldwide over the past 5 years get the penis size and performance that they want. If you are a man that wants to honestly add 1-3+ inches to his penis size, develop erections of steel, and increase your sexual stamina and pleasure, then please read our entire website to learn about our [revolutionary program](#) thats actually Doctor tested, researched, used and 100% guaranteed. We have the information you need to enlarge your penis naturally, honestly, with no B.S.

[Penis Advantage](#) - Did you know that it's possible to enlarge your penis at home using nothing but your hands and a few specially designed and highly secret NATURAL exercises that anybody with two hands can do? Just 6 minutes per day for a few short weeks will make your penis much longer, thicker and healthier and give you permanent

gains, which you can enjoy for the rest of your life! It might sound crazy but it's true! Thousands of men are doing it at home right now... Simply and naturally and you can too - [starting today!](#)

[Penis Video](#) - We offer a complete program specifically designed to increase the length and girth of the penis while improving overall penis health. Our proven penis enlargement techniques are completely safe and natural and do not require the use of penis pumps or weights. Our program is truly unique - meaning, you won't find this information anywhere else. Our penis enlargement program has been carefully designed and fine-tuned after months of dedicated research and testing in order to produce optimal results in the shortest amount of time.

[Giant Johnson](#) - Their program is 100% all-natural. No dangerous weights, pumps, pills or other strange devices - just simple techniques which safely and effectively serve to enlarge the penis. At Giant Johnson, our goal is to build partnerships with quality sites in order to provide men with affordable access to the best male-related information and resources available today. That's why we have also partnered with 2 other excellent sites: one site offers amazing sex tips for men and the other site offers fantastic dating and seduction advice for guys.

Pumps

[Dr Joel Kaplan](#) - WE OFFER CUSTOM MEDICAL GRADE EQUIPMENT. WE HAVE BEEN IN BUSINESS FOR 10 YEARS.WE SELL OVER 20,000 SYSTEMS PER YEAR. MANY MEN SUFFER FROM WEAK, UNDERSIZED ERECTIONS. THE MEGAVAC PUMP (COMPLETE SYSTEM) CAN HELP YOU WITH ALL YOUR PENIS ENLARGEMENT NEEDS.

Sexual Enhancements

What's available?

[Sex & Erection Enhancement](#) | [Sex Attractants](#) | [Ejaculation Control & Boost](#)

Sex & Erection Enhancement

[Optimoil Penis Oil](#) - Why wait for a pill to take effect when you can deliver unreal staying power directly where you need it. Optimoil works in 60 seconds or less! When you take pills they go to every part of the body, with Optimoil you see immediate enhancement results. With [Optimoil](#) There's No Waiting For Pills To Take Effect! Optimoil is a 100% natural herbal formula that is completely useable with condoms. No painful injections or side effects. Imagine being able to last as long as you like, women don't generally experience this with men... what would they tell their friends?

[VigRx Sexual Enhancement Oil](#) - Doctor Approved Clinically Proven Formula with German Transdermal Delivery System brings MALE POWER ingredients instantly to the

cells of the penis to intensify every aspect of sexual health and vigor. 100% GUARANTEED! has been formulated to work in a matter of seconds, absorbing quickly right through the skin and moving immediately into the cells of a man's genitals to produce amazing results in a flash. [VigRx Oil](#) is so effective, it's even been called "Topical Viagra"! No Waiting For A Drug To Take Effect! No Chance of "Missing the Moment"! Best of all... There are no painful injections, no drugs, no side effects. The formula is ALL natural, with NO harmful ingredients, NO petrochemical byproducts, nothing artificial - just a potent natural oil that smoothes on deliciously! It's condom compatible, and it works right now!

[EROS - The Leader In Natural Viagaras](#) And Customer Satisfied Results. Eros increases the testosterone levels adding renewed vigor and sex drive. Increases the blood flow to the penis during erection (also enabling better continuation of intimacy even after ejaculation) Lowers Cholesterol levels and Blood Pressure maintaining a healthier body with fresh vitality, confidence, and increased libido [Eros is 100% Natural](#) and acts as an excellent all around elixir as it is in harmony with the needs of the human body.

[Pro Erex](#) - Believe it or not, it is now possible for you to naturally boost your sexual desire and performance without a prescription! Pro-Erex is a safe and natural alternative to prescription drugs. Whether you suffer from erectile dysfunction, or would just like to improve your sex drive and sexual function, you owe it to yourself and your partner to take a closer look at [Pro-Erex](#).

[Ultimate Sex Guide](#) - ADVANCED TECHNIQUES GUARANTEED TO MAKE HER ORGASM! Unique Techniques - like the "screaming beaver." For Singles & Couples! Sex Positions - Foreplay Techniques - Anal Sex guide - Oral Sex Advice - Masturbation You are about to learn sex techniques that will change your sex life forever. No longer will you have to make do with the same boring sex positions. With our unique [never seen before sex guide](#) you will become the lover that every woman wants. You will learn how to take your lover to new heights of untold ecstasy and multiple orgasm's. Every time you have sex she will be screaming out in pleasure as she reaches the climax of yet another orgasm. Women no longer have to put up with inadequate sex because there are other men out there who want to and can satisfy them. With our unique sex guide you will learn how to fully satisfy a woman every time. [Why give her "OK" sex?](#)

[200 Sex Positions Video Sex Position Guide](#) - Change your sex life from normal to the extraordinary with this video sex position guide! Over 200 sex positions with tutorials and step by step pictures! Variety is the key to a better sex life and with [200 sex positions](#) to choose from we can guarantee you that your sex life will never be the same again. You are about to learn positions which will take you and your partner to new heights of pure unbelievable intense sexual pleasure. Learn how YOU can hit your partners hot spots every time you make love. Your sex life is not as good as it CAN BE. All 200 sex positions are accompanied with video demonstrations, step by step pictures and text descriptions so NO matter how inexperienced you are you will be able to master our huge range of [sex positions](#).

[Mens Forte](#) - When it comes to sex, love, or fitness, Men's Forte's Online Network sets the standard on the internet. With information on these areas and more, this web site is the best deal out there. Hundreds of images of Men's Forte's Girls. Hundreds of videos and thousands of pages with sex tips and techniques that will drive her wild. Hundreds of ideas for love and relationships. Fitness tips and techniques which can help you loose or gain weight. Money, Business, Lifestyle, and Travel information... [Plus much much more.](#)

[Tantra Techniques](#) - Dedicated to teaching you how to practice [Tantric sex](#) and reach amazing new heights of sexual pleasure. Tantric sex will offer you true sexual ecstasy

like you've never experienced before. Imagine virtually endless sessions of lovemaking, experiencing multiple orgasms and a sexual experience that will change the way you think about sex forever. Tantric sex will take your sex life to new never reached before orgasmic heights. Tantra Techniques provides everything you need! Learn all there is to know about prolonged lovemaking, multiple orgasms, sexual positions, intensified orgasms, aphrodisiacs and much more. Everything is put in easy extended step-by-step lessons, so that you can learn even if you have no previous knowledge of [Tantra techniques](#).

[Stud Secrets](#) - Discover how to satisfy a woman - every single time. This is your chance to become the best lover that any woman has ever had. Learn how to enhance her pleasure and your pleasure for intense romance and incredible, mind-blowing sex! You'll discover simple, no b.s. strategies and techniques for improving your sexual experiences, enhancing love-making and increasing the amount of pleasure that you and your partner both share. You won't believe what you've been missing!

[Orgasm Mastery](#) - Orgasm Mastery offers a simple, easy to follow program which has been carefully designed to effectively help men of all ages put an end to premature ejaculation forever. Orgasm Mastery will show you how to last for as long as you want so that you and your partner can enjoy multiple orgasms and take your sex life to a whole new level. If you occasionally ejaculate sooner than you'd like, then this information can open up a whole new world for you.

[Testosterone Booster](#) - Improves sexual performance and enhances sex drive, increases energy, improves mood and memory, lowers cholesterol, protects against heart disease, builds lean muscle. [Testosterone](#) is one of the first naturally occurring chemicals that our body learns to create while we are in the womb. At that stage testosterone helps in determining gender, forming musculature, and influences the rate of advancement for development both physically and, in some instances, mentally.

Natural Sex Attractants & Guides

[NEXUS Pheromones](#) - Pure androstenone pheromone concentrate attracts and arouses women instantly with Genuine Human Sex Pheromones Gain MASSIVE Sexual Chemistry on Demand! Instantly Arouse, Attract, Excite, Intrigue and [Seduce Gorgeous Women](#) Whenever You Want, Wherever You Want, As Often As You Want ... Any Time YOU Are In the Mood. Humans produce and react to pheromones, so much so that studies have even shown that exposure to men's pheromones can affect a woman's ovulation cycle, meaning, her readiness and interest in having intercourse. Now through extensive laboratory research, these hormones have been identified, isolated, and refined into their most essential, potent elements. And these are the exact ingredients that make up [NEXUS](#) Pheromones.

[Mens Network](#) - How would you like to be surrounded by women? How would you like to be able to attract the women you desire? Can you imagine having more sex than you can handle? Would you like a great body with a chiseled 6 pack? How about a few extra inches on your penis size? Would like this all in one site? How about if this site also contained the biggest ever archive of porn?? Mens-Network makes this all POSSIBLE [Mens-Network](#) has content which can NOT be found anywhere else, everything is 100% unique. You can become the man you desire and be entertained at the same time. Every section that we have is amazing, STOP wasting time, take the [Mens-Network tour](#).

[Attract-Rx](#) - A revolutionary new product - a Human Pheromone Releaser. It's a natural herbal supplement designed to promote the production and release of human

pheromones in the body. Attract-Rx is fast, easy to use and 100x more effective than colognes or sprays. There's absolutely nothing else like it. It's the MOST POWERFUL and effective pheromone product ever developed. [ATTRACT RX](#) is an herbal supplement which increases pheromone production and secretion; thus, maximizing your body's levels of this naturally occurring sexual attractant.

[Androstenon Pheromones](#) - A revolutionary new men's cologne that contains genuine human sex pheromones! Now you can be more popular with women than you ever thought possible! Just one bottle of this amazing product will change your life- 100% Guaranteed or your money back! The human sex pheromone that attracts females has finally been recreated in the laboratory! Naturally found in minute amounts in the perspiration of men, these natural pheromones are an evolutionary remnant from a time when human males relied on scent to attract female mates. Androstenone Pheromone Concentrate™ contains the highest concentration of pure human pheromone of any product on the market. [Androstenone Pheromone Concentrate](#) is an oil-based product with absolutely no alcohol.

[Porn Star Seduction Guide](#) ([Bruno B.](#) Pick-Up Artist & Porn Star) - Contrary to popular myth, I can tell you that looks, money or how funny you are really doesn't matter when it comes to seducing chicks. The guys who get the women they want (like me, [Bruno B.](#) for instance) simply know the secrets of how to seduce women with 100% success. I guarantee that anyone who uses my guide can learn everything they need to know to manipulate and seduce any woman that they lay their eyes on. And I'll teach you quick and easy pleasure tricks ([secrets of my trade](#)) to keep the ladies wanting more of you!

[Mens Forte](#) - When it comes to sex, love, or fitness, Men's Forte's Online Network sets the standard on the internet. With information on these areas and more, this web site is the best deal out there. Hundreds of images of Men's Forte's Girls. Hundreds of videos and thousands of pages with sex tips and techniques that will drive her wild. Hundreds of ideas for love and relationships. Fitness tips and techniques which can help you loose or gain weight. Money, Business, Lifestyle, and Travel information... [Plus much much more.](#)

[Attract Sexy Women](#) - PROVES that you don't have to be rich or a model to attract beautiful women, but you do have to learn and understand what makes women strongly WANT you... As well as everything you currently do that turns them off. You will be amazed at how effective the techniques are; some things you thought you were doing right could be completely wrong. No matter your age, looks, income, or confidence level this guide can transform you and your sex life - set yourself apart from other men, become the man that women desire and become the man you have always wanted to be. With our proven methods you cannot go wrong. [Start getting the women you desire TONIGHT.](#)

[Advanced Seduction](#) - Attracting beautiful women is EASY - if you know how to do it." Now, here's your chance to learn the amazing secrets for attracting and seducing beautiful women. The techniques revealed in this guide are so easy to put into place - yet so effective - that you won't believe it. The skills you'll quickly master with our program will have you getting more women than you ever dreamed possible! Your age, your looks, your income, your past experiences... NONE OF THAT MATTERS! Our program has proven successful for guys from all walks of life. You'll discover simple, no b.s. strategies and techniques for attracting and seducing the women you desire - quickly and easily.

Volume Booster (Ejaculation Boosters)

[Volume Pills](#) - VolumePills are the only pills that: Contain doctor approved & proven ingredients! 500% increase in sperm just one of many benefits. Increase male fertility & sperm motility! 60 days guarantee that the pills will work! Quick Fed-Ex delivery, despatched same day! [VolumePills](#) provide a product which includes ingredients that are proven to increase your sperm volume. No other pill on the market comes close to matching the quality that we provide you with. The VolumePills product will increase your sperm volume by 500%. Our professional and endorsed volume enhancing product could be dispatched today. Our product is 100% guaranteed to work for you. Impress your partner. Used and recommended by porn stars - view the [video testimonials](#) on the website. Peter North & Bruno B even recommends and uses them! (check out [Bruno B's guide here](#))

[Orgasm Mastery](#) - Orgasm Mastery offers a simple, easy to follow program which has been carefully designed to effectively help men of all ages put an end to premature ejaculation forever. Orgasm Mastery will show you how to last for as long as you want so that you and your partner can enjoy multiple orgasms and take your sex life to a whole new level. If you occasionally ejaculate sooner than you'd like, then this information can open up a whole new world for you.

Herbal Safety Guidelines

Before using an herb you are unfamiliar with, find out its medicinal properties. Research it thoroughly and/or consult with an appropriately qualified practitioner or expert. If you are taking prescription drugs, or have a medical condition check with an appropriately qualified practitioner before using herbs medicinally. Herbs have shown overwhelming evidence that they work. Just because a small amount works well does NOT mean that more is better. As individuals we all have different constitutions, sensitivities, allergic reactions and possible health conditions. The following are merely guidelines. They include herbs offered on our websites. This list does not help with administering information on possible interactions and contraindications with prescription medicine. This needs to be discussed with your physician.

SHOULD I CHECK WITH MY DOCTOR OR HEALTHCARE PROVIDER BEFORE USING A SUPPLEMENT?

This is a good idea, especially for certain population groups. Dietary supplements may not be risk-free under certain circumstances. If you are pregnant, nursing a baby, or have a chronic medical condition, such as, diabetes, hypertension or heart disease, be sure to consult your doctor or pharmacist before purchasing or taking any supplement. While vitamin and mineral supplements are widely used and generally considered safe, you may wish to check with your doctor or pharmacist before taking these or any other dietary supplements. If you plan to use a dietary supplement in place of drugs or in combination with any drug, tell your health care provider first. Many supplements contain active ingredients that have strong biological effects and their safety is not always assured in all users. If you have certain health conditions and take these products, you may be placing yourself at risk.

SOME SUPPLEMENTS MAY INTERACT WITH PRESCRIPTION AND OVER-THE-COUNTER MEDICINES.

Taking a combination of supplements or using these products together with medications (whether prescription or OTC drugs) could under certain circumstances produce adverse effects. Be alert to advisories about these products, whether taken alone or in combination. For example: Coumadin (a prescription medicine), ginkgo biloba (an herbal supplement), aspirin (an OTC drug) and vitamin E (a vitamin supplement) can each thin the blood, and taking any of these products together can increase the potential for internal bleeding.

SOME SUPPLMENTS CAN HAVE UNWATED EFFECTS DURING SURGERY.

It is important to fully inform your doctor about the vitamins, minerals, herbals or any other supplements you are taking, especially before elective surgery. You may be asked to stop taking these products at least 2-3 weeks ahead of the procedure to avoid potentially dangerous supplement/drug interactions -- such as changes in heart rate, blood pressure and increased bleeding - that could adversely affect the outcome of your surgery.

INGREDIENTS & CONDITIONS TO BE AWARE OF:

NOT TO BE USED DURING PREGNANCY, OR IF YOU ARE NURSING:

Alkanet, Aloe, Angelica, Anise, Anise Star, Arnica, Ashwaganda, Barley Grass, Barberry, Basil, Bitter Melon, Black Cohosh, Bladderwrack, Blessed Thistle, Blood Root, Blue Cohosh, Blue Flag, Blue Vervain, Borage, Buckthorn, California Poppy, Cascara Sagrada, Catnip, Celandine, Celery, Chervil, Cinnamon, Club Moss, Comfrey, Coltsfoot, Cubeb, Dong Quai, Elecampane, Ephedra, False Unicorn, Fenugreek, Feverfew, Ginger, Golden Seal, Gravel, Guarana, Gymnema, Horehound, Horsetail, Hyssop, Juniper, Lemongrass, Licorice, Lobelia, Lovage, Lungwort, Mace, Motherwort, Mugwort, Muira Puama, Myrrh, Neem, Oregon Grape, Osha, Parsley, Pennyroyal, Pleurisy, Prickly Ash, Red Clover, Rhodiola, Rosemary, Rue, Sage, Sassafras, Sarsaparilla, Senna, Shepherds Purse, Spikenard, Turkey Rhubarb, Turmeric, Uva Ursi, Vitex, Watercress, White Sage, Wormwood, Yarrow

NOT FOR PERSONS WITH HISTORY OF KIDNEY STONES, LIVER DISORDERS, RENAL DYSFUNCTION OR INFLAMMATION.

Cubeb, Essiac, Horsetail, Hydrangea, Juniper Berries, Kava Kava, Parsley Root, Pennyroyal, Sheep Sorrel, Shepherds Purse, Suma, Sumac, Uva Ursi, Yellowdock, Yohimbe

NOT RECOMMENDED FOR PERSON CURRENTLY TAKING BLOOD THINNING MEDICATIONS:

Alfalfa, Angelica, Cramp Bark, Cubeb, Dong Quai, Ginkgo, Meadowsweet, Red Clover, Sarsaparilla, Yohimbe

NOT FOR PERSONS WITH STOMACH INFLAMMATION/ULCERS SERIOUS DIGESTION AND/OR LIVER PROBLEMS. MAY CAUSE GASTROINTESTINAL UPSET:

Black Haw, Blue Flag, Chaparral, Club Moss, Crampbark, Devils Claw, Eucalyptus, Elecampane, Essiac, Gentian, Ginger, Licorice, Lobelia, Parsley Root, Pleurisy, Pygeum, Solomans Seal, Tribulus, Turmeric, Yohimbe

NOT FOR LONG-TERM USE:

Bilberry Leaf, Black Walnut, Blessed thistle, Borage, Cascara Sagrada, Comfrey, Coltsfoot, Chaparral, Elecampane, Ephedra, Flax, Horsetail, Gentian, Goldenseal, Guarana, Juniper berries, Licorice, Lobelia, Lungwort, Mullein, Nettle Root, Rhubarb, Sage, Sassafras, Sarsaparilla, Senna, Sheep Sorrel, Wild Cherry, Wormwood, Uva Ursi, Yohimbe

TO BE USED ONLY UNDER THE SUPERVISION OF AN EXPERT QUALIFIED IN THE APPROPRIATE USE OF THIS SUBSTANCE:

Calamus, Horse Chestnut, Lobelia, Licorice, Mandrake, Poke, Tonka

DO NOT USE IF YOU HAVE ABDOMINAL PAIN OR DIARRHEA, DISCONTINUE IF THESE OCCUR. CONSULT HEALTH PRACTITIONER PRIOR TO USE IF PREGNANT, NURSING, AND TAKING MEDICATION OR HAVE A MEDICAL CONDITION. DO NOT EXCEED RECOMMENDED DOSE.

NOT FOR LONG TERM USE:

Aloe, Buckthorn, Cascara Sagrada, Senna, Turkey Rhubarb, Yohimbe

MAY CAUSE PHOTO TOXICITY IN SOME INDIVIDUALS AT HIGH DOSAGE. AVOID LONG EXPOSURE TO SUN IF USING INTERNALLY:

Angelica, Celery Seed, Orange Peel, Rue, St. Johns Wort

SEEK ADVICE FROM HEALTH PRACTITIONER PRIOR TO USE IF PREGNANT, NURSING, HAVE HIGH BLOOD PRESSURE, HEART OR THYROID DISEASE, DIABETES, DIFFICULTY IN URINATION DUE TO PROSTATE ENLARGEMENT, OR IF TAKING MAO INHIBITOR OR OTHER PRESCRIPTION DRUG. REDUCE/DISCONTINUE USE IF NERVOUSNESS, TREMOR, SLEEPLESSNESS, LOSS OF APPETITE OR NAUSEA OCCUR. DO NOT EXCEED RECOMMENDED DOSE. KEEP OUT OF REACH OF CHILDREN: phedra, St. Johns Wort, Yohimbe

SEEK ADVICE FROM A HEALTH PRACTITIONER BEFORE USE IF YOU HAVE/MAY HAVE HAD KIDNEY OR LIVER DISEASE. DISCONTINUE USE IF NAUSEA, FEVER, FATIGUE OR JAUNDICE (DARK URINE, YELLOW DISCOLORATION OF EYES) SHOULD OCCUR:

Boldo, Chaparral

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