

Youth And Virility- How Young Men Can Prevent Premature Ejaculation

Description

Sexual health and virility seem like the biggest concern for men of all ages. Younger men, in particular, have to deal with the problem of premature ejaculation. Though it can happen at any age, you are more likely to experience the problem at the start of active sexual life. The reason could be as simple as performance anxiety though there could be an underlying medical cause as well. Still, it is best to deal with the problem at the earliest because it can have an impact on your self-esteem in the long run. Fortunately, premature ejaculation can be resolved naturally in most of the cases unless there is a serious reason. Here are some easy ways you can prevent it.

Indulge in self-distraction

The easiest and most feasible measure for stopping an ejaculation is to distract yourself when you feel that you are getting too close to a climax. Simply [taking a deep breath](#) and thinking about something possibly non-sexual would really help. Let it be enough to stop ejaculation but still maintain an erection so that you can resume once again after the desire has passed.

Seek your partner's support

Premature ejaculation is as much a problem of the mind as it is of the body. Your partner's support can make all the difference in dealing with the issue. Take them in confidence and be open about the problem so that they have realistic expectations. You can consider longer foreplay or other forms of stimulation to ensure that they get their own bit of satisfaction from the experience.

Practice performance-enhancing techniques

Another simple measure to deal with this sexual concern is by practicing certain performance-enhancing techniques. Doing Kegel exercises regularly strengthens your pelvic floor muscles for better control. Experts at [Promescent](#) recommend edging or the Start-Stop method as one of the most effective techniques that you can try solo or with a partner. The squeeze method also works if you are looking for a completely safe and natural alternative that really works. If you find that you are having continuous trouble with your pelvic floor and Kegel exercises alone are not helping, you might want to look into [Pelvic Floor Physical Therapy Columbus](#), or in an area nearer to you, so that you can get support with this. Early intervention can stop it from becoming a serious issue.

Take the right diet

Surprisingly, your diet has an impact on your sexual health as well. Zinc and magnesium are the nutrients that can play a significant role in resolving premature ejaculation naturally. The [food sources](#) of these minerals are pumpkin seeds, yogurt, soybeans, spinach, almonds, chickpeas, kidney beans, dark chocolate, and garlic. Just add these healthy foods to your daily diet and you will definitely be able to last longer in bed.

Get medical help

The best thing about premature ejaculation is that you have plenty of options in medical products if you want to help. There are topical creams, supplements, and sprays you can try and find a product that works for you. They are safe and effective enough to give you great results. Seeing a doctor for prescription medicine is also an option.

Although this condition is a common one, it is easily addressable in most of the cases. Having a positive attitude and the right mindset can help you to a great extent.

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