

Natural Penis Enlargement Methods Revealed



YES, Size Does Matter...

**BUT Don't Give Up - We Are Here To Help
YOU Gain Inches!**

- **Penis Extenders**
- **Enhancement Pills**
- **Semen Volume Pills**
- **Creams & Oils**



Top10 PE Team

Top10PenisEnlargement.com



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SizeGenetics System Get Our Highest Recommendation!

Great Bonus*



BEFORE:
6.9 INCHES



NOW:
8.7 INCHES

I'M NOW A MASSIVE 8.7 INCHES IN LENGTH IN JUST A FEW MONTHS!

"...just four months on I simply can't believe the results! My penis, which, back in Feb, was 5.0 inches flaccid, 6.9 inches erect and 5.4 inches in girth is now 6.8 inches flaccid,

A WHOPPING 8.7 INCHES IN LENGTH AND 6.0 INCHES IN GIRTH!



CLICK HERE
TO READ OUR AMAZING
SIZEGENETICS REVIEW NOW!



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Introduction

Penis size was and still is one of man's biggest concerns and fears. And this didn't happen yesterday. No, penis enlargement methods can be found in the ancient Indian text Kama Sutra, and other ancient writings on the subject of love making.

Seems like we all want to have a bigger penis. Truth be told, with the over popularization of porn movies, where the actors are hung like horses, it's hard not to compare.

However, did you know that a penis that's simply huge can intimidate women and they can even refuse you? Some women say that they like big penises, but let's realize that those are not even covering 1% of all women.

The average penis size is somewhere around 5 inches in length and with a circumference of 4.8 inches. Of course, it can be bigger or smaller, thicker and thinner.

Nevertheless, one thing that is sure to matter to all women is the girth of the penis. A penis that's too thin won't make a woman happy, no matter if it's extremely long.

But, the question is, if you can have it longer and thicker, why shouldn't you go for both? Being absolutely honest, we know that women tend to say that they want it "deeper". And, why shouldn't you give women what they want?

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Due to the fact that everybody wants to have a slightly or even considerably bigger penis, there are a number of methods that can help you do that. Some imply creams, some imply oils, other imply exercises; no matter the method, the goal is the same: having a bigger penis and stronger erections.

This is why, in this free report, we're going to present to you all of today's popular and natural penis enlargement methods. In this report we're not going to talk about surgery and pumps because we don't believe that you should use such drastic measures, unless instructed by a doctor, and unless you have serious erection problems.

These being said, let's start our journey into the fabulous world of natural penis enlargement methods now!

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Penis Pills

The market is flooded today with countless pills that say they will enlarge your penis. Some have simply fabulous claims, like 3 inches growth in under two weeks. The thing that most consumers don't know is the fact that almost all of these pills share the same ingredients and work in a very similar way.

So, are they effective? Well, their effectiveness depends on the use, and they might not all work the same way for all individuals.

Most penis enlargement pills work by improving the blood flow in the penis. The thing is that our penises are naturally bigger than they are when fully erect, but due to the amount of blood they receive during an erection, they don't reach their full potential.

Out of the pills on the market we highly recommend that you use [VigRX Plus](#) or [Male Extra](#). These are great pills that have been used by millions of men, and they all said that the pills work great.

Whether you choose to use VigRX Plus or Male Extra, it's your choice.

There is one thing that we should mention about Male Extra though. Unlike other penis enlargement pills, Male Extra ships worldwide and is accompanied by [Penis Health Exercise Program](#) that's available both on DVD and online that teaches you a series of penis exercises that are

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prescribed by doctors and sex therapists to help men who have erectly dysfunctions and a number of other sexual difficulties.

In fact, one thing that not all penis enlargement pills manufacturers mention is the fact that the use of pills alone, though it will have immediate and visible effects, won't be long lasting unless you exercise. And by exercise we don't mean working out (even if it also helps, especially if you want to have more stamina in bed) but by performing exercises that are destined to stretch and help grow your penis. We're going to talk more about penis exercise in a following section.

To end our section on pills, you should know that pills (good pills that actually work like [VigRX Plus](#) or [Male Extra](#)) help you get 2-3 inches in size, and also help with premature ejaculation and help improve your sex drive.

Because we wanted to offer you a little prize for downloading this book, here's a code that will give you a **5% Discount** on ALL [Male Extra](#) orders! That's right! We're giving you a code that will allow you to get these products at a reduced cost. **The checkout code is: "GETBIG"**

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Penis Extenders

You have by now heard about penis extenders. You're going to find our top picks on the site when it comes to penis extenders. But, let's talk a bit about them, so that you can have a better understanding on how they can increase your penis size.

So, what's a penis extender? Well, that's a medical device, that's very light weight, and you need to wear it on your penis while in flaccid state. All penis extenders have adjustment screws that allow you to increase their length hence increasing the stretching effect they have on your penis.

However, results don't come fast. For results to show, these need to be worn at least 5-8 hours per day, according to a schedule (usually delivered by the manufacturers themselves).

Of course, the question is if penis extenders are better than the other options on the market when it comes to penis enlargement.

Due to the fact that these are medical devices, they are the best combination of effectiveness and safety, that not many penis enlargement methods can match. While using weights or pumps have some results, they can cause permanent damage to the tissue, and surgery is extremely expensive.

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Penis pills are also good, but they can't do all the job by themselves. That's why we recommend you using a **good penis extender** like [SizeGenetics](#) alongside pills like [Male Extra](#) or [VigRX Plus](#).

Another bonus when it comes to penis extenders, all of these devices, have to undergo extensive medical testing before being released on the market, which makes them safer than most of the pills on the market that claim fabulous grows!

So, the question is, what gains to expect? Well, since we're talking permanent gains and since this system stretches your penis promoting cell growth, the gains usually vary between 1 and 1.5 inches in the first three months. However, keep in mind that the results are permanent.

Here's another free bonus for you. A code that will allow you to get \$50 off the [SizeGenetics System](#)! Use the Discount Code **"ECON8"** to get \$50 off your total purchase price!

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Penis Exercises

There are countless exercises that one can do in order to increase their penis size. These all work on the principle of stretching, that done frequently (to be understood on a daily basis) help your cells to divide and hence your penis to grow.

The most common exercises are PC Flex or Kegel and of course, jelqing exercises.

The PC flex exercises are extremely good because they help you get harder and stronger erections, and also offer you a better control over your ejaculation – to be understood you can delay your ejaculation more through the control of your PC muscle.

The PC muscle is the muscle that you use to stop urinating. If you can't figure it out, then go on and take a pee, and stop the flow. That's your PC muscle.

Now, the exercise is quite easy to do. All you have to do is to squeeze the muscle then let go. Beginners should do these exercises for a couple of minutes, then increase to half an hour at a time.

This exercise is great because it also helps increase the blood flow in your penis, and, this will give you more girth in the end.

It's a perfect beginner exercise, and the best part about this exercise is that you can do it anywhere!

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Another exercise that you can easily do, implies you taking a hold of your penis with your thumb and index finger by creating an O. You should then stretch your penis in front and hold it for 10-15 seconds. The next step is gently rubbing your penis. You should then continue with the stretching upwards for 10-15 seconds then rub, then stretch it again 10-15 seconds left, then rub, then stretch again right, then rub, then stretch down, then rub. You need to rub down between each repetition. If you're getting hard, wait until the penis is flaccid again and continue. At the same time, if you're having a hard time holding your penis, then use some toilet paper or tissue. Keep in mind that you shouldn't extend your penis too far as there should be no pain whatsoever while you perform this exercise.

The next exercise that we recommend you to do is a jelqing exercise. For this exercises you should use some lube. Any type works best, and you can even use baby oil – *in fact many of our team members use baby oil.*

However, before you begin this exercise, you should make sure that you did your stretching before, because this exercise is for girth, while the previous one was for length.

The exercise that we present your requires you to have a semi erection. Then grab your penis with your index and thumb forming an O at the base then slide this O to your penis's head. Once you reached the head, change hands and continue. Repeat 25 times, the first week, then gradually increase afterwards. After about three months you should reach 200 jelqing

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stretches. Stop at that because more can be harmful. Again, after every repetition with your hands, gently rub down your penis.

We highly recommend that you take advantage of the exercises that we offered you here. Of course, if you want more and if you would like to have a complete exercise program at your disposal, there are plenty available out there.

One of them is “[Erection Fitness](#)”, a great program that:

- Gives you a workout sheet for EACH DAY of the 120-day program
- Spells out EXACTLY what exercises you’re doing on days 1, 2, 3, 4, etc.
- Explains the cyclical 5-7 week training cycle.
- Tells you when to expect the BIGGEST gains of inches (both in length AND girth) at each stage of the plan.
- Provides you with videos demonstrating EVERY exercise included! (All tasteful!)
- Teaches you to use Physiologic Indicators like “EQ” to gauge your progress (you STAY MOTIVATED when you’re measuring results)!
- Teaches you to build up to 25-30 minutes of erection control WITHOUT ejaculating (this would help eliminate any problems with premature ejaculation!)

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Another great exercise program is the “[Penis Health Program](#)”, that you can get as a bonus when you purchase the [SizeGenetics Extender](#) or [MaleExtra Enhancement Pills](#). Of course, you can buy it separately but we highly recommend that you use both, because this way you’re going to get faster results, plus, you’ll get besides a bigger penis, harder erections and a better control over your ejaculation. Here’s a peek at what this program offers:

- 35 targeted and powerful exercises for fast penis growth
- 300+ videos and photos to help you get the most out of every exercise
- 9 recommended routines to make it easy for you to gain
- Online and DVD access for the ultimate in convenience
- 100% 6 month guarantee making your purchase no-risk

NOTE: [Penis Health](#) is a Bonus if you Purchase [SizeGenetics](#)

And since we’re on the ejaculation topic, let’s talk about semen volume pills.

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Semen Volume Pills

It can be extremely embarrassing when you don't meet her expectations, isn't it so? And we all know that besides having a strong erection and a big and thick penis, women also judge men by the amount of semen they ejaculate.

Why that? Well because we are animals, and females only mate with the ones who can provide them with the most powerful offspring. And this means that besides being a real man with a big penis and strong erection, you also need to ejaculate a considerable amount of semen.

Of course, you might think that you don't really want to make her a baby. However, even so, ejaculating a lot means that you're extremely potent, which will only make her feel more attracted to you.

The amount of semen we ejaculate also means more sperm, which in turn increases the chances of getting her pregnant, so, be warned!

Of course, you might be in a long term relationship and even married and you might have a hard time impregnating her due to your low sperm count. That's when semen volume pills come into play.

The amount of semen is closely linked to our diet. And we all know that today we don't have the time to eat right. That's why we should use all the help we can get. No matter if we're just looking to impress her with our big

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penises and the amount we ejaculate, making her believe that she's dating a porn movie actor, or if we're simply trying to get her pregnant, semen volume pills come in handy because these offer you vitamins that help increase your sperm count.

An extremely potent product that we recommend because it has proven to work time and time again for millions of men is [Performer 5](#).

[Performer 5](#) has a multitude of nutrients and vitamins that are essential to the amount of semen your body produces. The deficiency in our diet is something extremely common that doesn't let us produce as much sperm as we can produce. A good supplement like Performer 5 can go a long way towards remedying this problem.

Some Performer 5 Ingredients:

- **Zinc:** that's medically known to increase sperm count. Performer 5 has 150mg in each pill, ten times more than the daily needed dosage.
- **L-arginine:** another clinically proven ingredient to stimulate growth hormones that helps you increase sperm count and improve the motility of your sperm, besides helping you have harder erections.
- **Pomegranate:** This ingredient has long been recognized as nature's very own Viagra, because it is enriched with 70% ellagic acid.

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- **Mucuna Pruriens:** The chemicals found in the seeds of this plant help men keep healthy levels of testosterone, which makes us produce more semen.

We have to tell you a bit about the bonuses for purchasing

[Performer5](#). These include:

- Performer5 Essential Nutrients
- PenisHealth 'Ejaculation Control' DVD
- Free box of MaleExtra pills
- Real Sex for Real People DVD
- Seductive Massage DVD
- Access to LoveCentria sex guide
- An extra box of Performer5 free with their 12 month package
- Free shipping

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Penis Creams and Oils

Just in case you don't want to take pills, no matter if you hate popping pills or you have other considerations, you should know that a very good alternative are penis enlargement creams and penis enlargement oils.

Usually, these are produced by the same manufacturers who produce pills, out of consideration for those that aren't too happy waiting for the pills to have effect.

These are designed for topical application, meaning that you need to massage them on your penis, and they help you get stronger and bigger erections by relaxing the blood vessels in your penis. This relaxation of the muscles and tissue around your penile area allows more blood flow, which in turn gives you stronger and harder erections.

The oils and creams are usually recommended for those that hate popping pills and for the ones who hate waiting for the pills to take effects.

The ones that we recommend are [VigRX Oil](#) and [Instant Performer Oil](#). We already talked about [VigRX Plus](#), so there's no reason to talk about this product anymore. **Instant Performer Oil** and [ProSolution Gel](#) works in a similar fashion.

However, what you should know about these creams and oils is that they might not come in handy because you should apply them right before having sex, which can be a major turn off for your partner.

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At the same time, some people might experience a sensation of burning or itching when they apply these cream or oils, while pills don't have this side effect.

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Conclusion

In this free report you learned about the best natural penis enlargement methods, and you know that if you want to have a bigger penis, you can indeed get it.

One thing that needs to be mentioned though, is the fact that there will be no overnight results no matter what you choose. Of course, pills and oils are the only exceptions because these allow more blood flow to your penis, but, keep in mind that the results are not permanent.

The best way to get a bigger penis is a combination of either exercises or extenders and pills or oils. However, if you want to get a bigger penis naturally, then you should commit yourself to respecting all the instructions given by the manufacturers, no matter if we're talking about pills, extenders or exercises.

However, the good news is that if you're committed to getting results, you will get them, and the even better news is the fact that those results are permanent.

You have, without any doubts seen pictures with tremendous growth in both length and girth. These are all true, but one thing most ads fail to mention, is the fact that those people worked really hard towards achieving the results they proudly show. And the best news? You can be just like them!

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