

Prostate Gland

According to ancient texts the prostate is a source of kundalini or core energy, and the essence of male spirit. More recently it has been referred to as the "male G-spot." However it's described, the prostate is a central area for many nerves, muscles and glands. The prostate produces, stores and pumps seminal fluid out of the body via the urethra. Testicles produce millions of sperm, but seminal fluid from the prostate is most precious. Semen contains super-concentrated, vital life fluid requiring days to produce; the older you are the longer it takes. Seminal fluid includes hormones, proteins, amino acids, vitamins, and minerals. Older men can benefit the most from prostate massage and by conserving the vital prostate fluid. The prostate gland is one of the greatest sources of energy and inspiration, and stimulating it can also feel really good!

Prostate Health

Most men are expected to experience some kind of prostate issue sometime in their life, but prostate massage can help. Medical doctors have prescribed and applied non-sexual prostate massage to patients for centuries. The prostate may become inflamed, engorged (B.P.H.), infected (prostatitis), or tumorous. This is sometimes due to lack of use, or over use. An enlarged prostate can be painful and it puts pressure on the urethra: the result is feeling the frequent need to urinate but not being able to. Other symptoms may include dribbling or burning urine, weak erections, and Erectile Dysfunction. It is common to tense the pelvic floor muscles throughout the day without knowing, this can create additional irritation. Sitting in chairs for long periods doesn't help - unless you are carefully massaging the prostate gland! A 10 to 20 minute massage at least once a month and as often as once a day, is medically important. This has been proven to lead to a more healthy gland. The prostate works with the bladder and other organs which all need exercise, nutrition, and hydration to stay fit. It helps to hydrate first thing in the morning and throughout the daytime with filtered water, then sip sparingly before bed.

Frequently Asked Questions

What is the prostate gland?

The prostate creates, stores and pumps seminal fluid out of the body via the urethra. The prostate is a gland and a muscle. Like any other muscle the prostate requires regular exercise to stay healthy.

What is prostate massage?

Medical doctors have prescribed prostate massage for centuries. The prostate is located in a place that doesn't usually receive stimulation. This allows for particles to stick to the vesicles which can lead to infection and tumors. Massage stimulates blood flow, and nourishes the cells while cleansing hundreds of tiny passageways in the prostate.

How do I find the right position?

Begin with the double bump end of the Cradle aligned with the "G-spot", located just in front of the anus. Everyone has a unique personal position and cushion preference. Explore different positions to see which positions feel best. Prostate massage may feel strange at first, but it can make you feel better than you ever thought possible!

Is prostate massage really therapeutic?

Research studies indicate prostate massage reduces and in some cases "cures" many prostate issues. Prostate massage is effective without drugs or surgery. Massage is one of the oldest systems of healing. It works best in conjunction with a nutritional approach and exercise.

How soon can I expect improvement?

Results vary from relief after the very first massage, to several months of massage conducted daily or a few times per week.

Can prostate massage be dangerous?

Any form of massage can be pushed beyond the confines of comfort. However, compared with traditional vigorous prostate massage, the Cradle uses low impact pressure controlled by the user.

Can the Prostate Cradle stimulate my love life?

ABSOLUTELY - POSITIVELY - YES!



Reference

"Common Sense Health and Healing"
by Dr. Richard Schultz

"The Tao Of Health, Sex And Longevity"
by Daniel Reid

"The Definitive Guide To Cancer"
by W. John Diamond, MD

"Prostate Health In 90 Days"
by Dr. Larry Clapp

"The pH Miracle"
by Robert O. Young

"Essential Oils Desk Reference"
by Gary Young

"Headache In The Pelvis"
by Dr. David Wise

"Art Of Sexual Ecstasy"
by Margo Anand

"The Art of Peace"
by Morihei Ueshiba

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PROSTATE CRADLE EXTERNAL MASSAGER™

*World's First External
Prostate Massager!*



Introduction

The Prostate Cradle External Massager is a powerful high-tech apparatus invented by a massage therapist for safe, self prostate massage and it feels wonderful! The "Cradle" is designed to be sat on. Body weight creates the pressure for massage. The Cradle reaches underneath the pelvic arch to stimulate the prostate. It works even over light clothing! It is discreet, no one can tell when you are using it! It works as a trainer to stimulate circulation and keep muscles and reflexes healthy. The prostate can be gently massaged monthly, weekly, or daily. Use the Cradle to discover the prostate and perineum or "Male G-spot" area.

The Prostate Cradle represents a breakthrough in prostate massage. It combines ancient knowledge with modern research. The Cradle works as an alternative and a compliment to traditional invasive massage, which involves rectum insertion and/or expensive visits to the doctor's office. The Cradle is manufactured using the highest quality silicone.

Texts on the prostate and better health are listed at the end of this guide. These texts are sometimes difficult to practice, but patience is rewarded.

Caution: for adult use only. Improper use may cause discomfort - simply stop and/or consult a physician. Carefully read this entire guide before use. For the patient traveler, this guide is only the first step toward a new world of self discovery!

Directions for Use

The prostate gland is one of the most sensitive areas of the body therefore care must be taken during massage!

1) Empty the bladder before use.

2) Place the cradle on a firm chair or surface. Cushioning is key: Use extra cushion at first. Place a medium towel folded a few times over the massager until you can barely feel the massager. Then reduce the number of folds to discover your personal cushioning preference. Too much cushioning and you can't feel the massager. Too little cushioning and the massage may become too intense. Optional: Use in a hot bath with sea salt or therapeutic oils to combine massage with hydrotherapy.

3) Align the center of the Cradle with the center of the perineum. This is the external area between the testicles and the tail bone. Begin with the double bump of the Cradle positioned front of the anus. The single bump is for more focused stimulation. For healthy prostates stimulation of this area can feel better than you ever thought possible.

4) Apply light pressure to one area at a time. This gently stimulates acupressure points near the prostate, perineum, pelvic muscles, and lymph glands.

5) Slowly explore different areas forward and back, then left and right. Pause for extended periods where it feels good. No movement or rocking is required. Try different positions while alternately flexing the "kagel" or pelvic floor muscles. These muscles hold back urine flow, so it is important to keep them tuned-up!

Prostate Massage

It takes practice to find the area which feels best and the right amount of cushioning. Apply firm constant pressure without irritating the prostate gland. Phase one of the massage may feel slightly uncomfortable, but no more uncomfortable than a traditional invasive massage. The upper-front of the prostate gland can be massaged simultaneously by depressing your hand in a firm circular motion over the belly, below the navel and above the pelvic bone - this should feel good! The Cradle can be placed on a book for deeper massage, or a pillow for a softer caress.

After a few minutes of massage the prostate becomes slightly enlarged and very sensitive. This lets you know it is working. Phase two is when the prostate begins to feel really good. The urethra may become lubricated as evidenced by drops of seminal fluid leaking from the tip. This is "prostate milking." The flow may form a single drop or sometimes none at all. However, the massage is still working to increase blood supply, nutrients and oxygen to the gland. This cleanses passageways of harmful particles that may otherwise build up and lead to irritation or infection. A gentle massage helps to dislodge fat and protein particles that frequently stick to the prostate and lymph systems to form tumors.

There are many muscles which surround the prostate. As you sit on the Cradle you can feel these muscles slowly begin to relax. During a full-drainage prostate massage, apply mostly continuous pressure while allowing for occasional interruption: It is important not to completely restrict blood supply to the prostate. Therefore slowly releasing and carefully applying pressure can be beneficial and pleasurable! Take breaks during longer sessions. Avoid quick movements. Slowly reduce pressure after each massage. If pain is experienced, simply stop and/or consult with your physician.

Sensual Massage

As a bonus the Cradle may be used to arouse, heighten and prolong sensual experiences indefinitely! The Cradle can stop seminal fluid. This conserves your energy so instead of feeling tired or sleepy afterward you may be filled with energy. Conserving seminal fluid allows for more orgasms, and some very powerful ones triggered by the prostate itself. When combining prostate massage with penile massage, keep the tip moistened while erect until it is lubricated by the seminal fluid. This avoids the painful drying out of the urethra. The perineum is an acupressure spot which can trigger "hands free" dry orgasms. Stop ejaculate by pressing your weight down firmly on the center of a cushioned Cradle. If ejaculate begins to flow, slowly reduce the pressure and try again later (don't try to stop it once it starts). Dry orgasms may feel strange at first, but with careful practice and by gradually building muscles over time, intoxicating experiences can be achieved: Longer, stronger, and constant orgasms! Valley orgasms are those which occur "between the peaks." Like prostate orgasms, they have no pulsations but they can be very powerful and last a long time. Immediate benefits of massage include building energy, burning calories, reducing tension, and eliminating negative emotions like guilt and anger. The prostate is located in a traditionally "taboo" area so proceed slowly. Massaging the prostate in just the right way (with practice) can cause it to glow like the sun: it may become super-stimulated so it feels like a constant orgasm without any pulsations! This is called a "Super-O." This feeling may be continued indefinitely by just the slightest touch. Breathe deeply, relax, stretch, roll or gently shake your head and limbs to spread good feeling throughout the body. This tingling sensation may continue even after the massage leading to a constant state of arousal! The journey toward better health and awareness is an endless one. As with the beginning of any important journey, travel not too far each day and enjoy each step along the way.

For the patient traveler the Prostate Cradle offers new discoveries and freedom from ordinary experiences!

Prostate Facts

- All men are expected to have some type of prostate issue, but prostate massage can help!
- Prostate cancer is a leading form of cancer in men!
- It is common to have a tumorous prostate long before having any symptoms!
- Prostate issues are preventable and curable if caught early - "watchful waiting" is not prevention!
- Doctors recommend prostate massage as preventative and therapeutic!
- Prostate massage can be carefully conducted within the comfort and privacy of home!
- Prostate massage works in conjunction with all other therapies!
- For healthy prostates the Cradle works as a trainer to help discover the prostate and male G-spot areas!

Illustration

Prostate Cradle™



Praise From our Customers:

"I got relief!" - J.A.

"Urinary flow is better" - D.G.

"It rubs places that have never been rubbed!" - K.T.

"It's so easy and the feeling is indescribably good!" - A.L.

"The more i use it the better my prostate feels!" - H.N.

"Prostate massage can cause more intense orgasms."

- Muscle & Fitness Magazine

Notable Quotes

"Know thy self"

Oracle of Delphi/Socrates

"Good health does not come easily; you must work for it."

Charles Simone, M.D.

"All prescriptions should be combined with massage."

Hippocrates, "father of western medicine"