

## **15 Tips For Optimal Male Genital Functioning**

*Men of all ages and economic background are typically concerned about the status of their genital region. Girth, length, appearance, and capacity to sustain and maintain their male organ is frequently thought about. Following these tips will guide men to take a holistic approach to optimal genital functioning.*

- 1)** If you are 45 years or older and have a low sex drive, low sexual appetite, or difficulty obtaining and maintaining genital functioning, visit a doctor to have your testosterone levels assessed. Also, there is no need to feel ashamed as your family doctor has treated hundreds of men before you with similar symptoms.
- 2)** Even though it can be difficult watching your weight, obesity has been linked to a decrease in genital functioning. Having 10-15 lbs. to lose is not problematic. It is when a man is 25-35 lbs. and greater that his sexual functioning can become compromised.
- 3)** Alcohol should be kept to moderate consumption. Studies have shown that men who drink alcohol regularly in excess have a higher chance of suffering dysfunction. In addition to better genital functioning, engaging in sexual activity in a sober state will be welcomed by a female counterpart.
- 4)** Like alcohol, drug use and abuse can contribute to dysfunction. Not only are drugs illegal, but their chemical constructs can lead to physiological changes impacting the ability to obtain and sustain genital strength.
- 5)** Prescribed and Over The Counter (OTC) medications can most certainly impact genital health. If you are prescribed any form of medication, be sure to research their side effects. It is also a good idea to speak with your doctor any time he/she prescribes you a new medication. Regarding OTC medications, reading the label or checking online will offer ample information.
- 6)** Assess your frequency of self-stimulation. Self-stimulation is a healthy behavior and is practiced by most men. Although healthy and common, self-stimulating too frequently can cause difficulties obtaining and sustaining genital firmness. Decreasing the frequency of self-stimulation on occasions will contribute to a quicker response to sexual stimulation.
- 7)** Leave your job at the job. Men who bring their work home with them can suffer sexual difficulties. Worrying about the boss, job performance, or maintaining continued employment are examples of bringing your work home with you. Leave your work at your job as all the issues will still be there the following day or after the weekend.
- 8)** Although it is true our country is in a financial crisis, worrying about your finances can certainly lead to sexual difficulties. The key is trying to focus on the task at hand, which is thinking about sexual activity and how good it will feel when you engage in intimate relations with your partner.
- 9)** Sexually fantasizing is a healthy thought process so as long it does not interfere with your daily life functions. Thinking about sex does the body good. It not only heightens sexual appetite, but causes good hormones to flow through your bloodstream.
- 10)** Treat your spouse or partner with respect and decency. When you treat him/her with kindness and respect, he/she will respond to you fourfold leading to regular intimate exchanges.
- 11)** Educate yourself on sexual issues. The more you know about your sexual life, his/her sexual life, and the anatomy of sexuality will make you better prepared for creative intimacy. The internet, books, videos, and instructional manuals can all help you to become the "Doctor of Love."

**12)** Stay away from anger and events which cause you frustration. Men experience anger on a regular basis. It seems to be part of a man's natural make up. The less anger you experience gives you and your partner a better frame of mind to be intimate.

**13)** Genital arousal is like flexing your biceps. When you have time to do so, fantasize about something sexual and see if you can initiate genital arousal. Not that you need to act upon your genital manhood, but practice makes perfect and there is nothing wrong with flexing your muscle.

**14)** Shave and groom your pubic region. Some men benefit from shaving their pubic region offering them a closer surface area for tactile stimulation. Keeping your pubic region groomed will also arouse your partner making the area appear more appealing.

**15)** Compliment, Compliment, Compliment. Frequently commenting on your partner's attributes will always yield more frequent intimate activity. The goal is to practice a 50/50 split with the compliments. Spend an equal amount of time complimenting your partners mind and personality. Your partner's positive response with reciprocal compliments will contribute to your sense of feeling virile.

Optimal sexual functioning is a goal all men can achieve and sustain. The methods are quite straightforward and following the 15 steps above will definitely yield positive results.



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