

Ejaculatory Control Champion

Although there are many sexual issues that people have to deal with, there is nothing more annoying and embarrassing than premature ejaculation. The good thing is that if you educate yourself about premature ejaculation and the reasons why it happens, you can always find some ways to overcome it.

To overcome premature ejaculation, you first have to find out what's causing it. There are a number of issues, physical and psychological that could be the cause of this gut wrenching, and embarrassing issue. When you consider that a physical issue can actually contribute to creating psychological issue, and vice versa, it can be extremely hard to harness the problem and the solution. You may think that the problem is physical, but have figured it will go away on it's own. After a time, however, of the situation not resolving itself, your self-confidence will weaken and then you will have to treat not just the physical problem, but the emotional problems as well.

Certain psychological issues can then cause more, which means that's more that you have to work on to fix. Since psychological problems are often deep-rooted, the time necessary to reverse the effects is far greater than the time required to treat and cure a physical problem. Waiting too long to discover the true cause of the problem will just compound it. This avoidance of dealing with it will only add more causes that you will then have to work that much harder to bring down later, and possibly affect other areas of your life as well.

Not being able to please your partner in bed is bad enough, but when you continue to suffer from fear of a 'poor performance' you will begin to withdraw and show less and less interest in sex. If you are single, this will cause you to spend more time, home alone, afraid to go out, in fear of the possibility of a sexual encounter. This type of withdrawal can lead to decreased self-

confidence and even clinical depression. These psychological issues can carry over into your professional life, causing you to be withdrawn, less apt to socialize, and even possibly an eventual problem with getting along with others. You find yourself getting more and more reclusive, and less and less active.

You could start putting on weight, which would lead to more physical problems that may very well cause more 'performance problems.' Then you would have to deal with the other physical issues brought on by weight gain, such as high blood pressure (a known culprit behind impotence) high cholesterol, heart conditions. This cumulative effect then affects your psyche even more, making you feel unhealthy and sick. When you feel sick, you don't even want to perform, yet, inside, you know that you have the power to change all this, but so much has already built up, that it can be overwhelming to try to fix ALL the problems.

If you're married, you could even be putting your marriage at serious risk if you don't treat this problem. You know your wife deserves to enjoy your love making, and you can't stand that look of pity in her eyes when she says the things that you know all women say because they don't know what else to say when they have been left so unfulfilled sexually. You wonder if she is cheating on you. Or thinking about cheating on you. You start imaging that men are coming over to the house to do the job you can't while you're away at work. You get the sense that every time she leaves the house, she's telling you that she's going out with the girls, but is secretly meeting some other guy for a little 'afternoon delight' that would leave her in the orgasmic bliss that you can't provide.

You may know that you're being irrational. You may feel like a paranoid conspiracy theorist, convinced that all her friends know about the sexual

problems in your marriage and are in on her plan. But you still can't help feeling like there's someone else in her life, giving her what you just can't seem to provide. You become agitated with yourself for failing her, for failing yourself, for failing to fix the problem that is causing all this turmoil. Your confidence falters, and you begin to ask her if she's seeing someone else. At first, you are almost understanding of why she would feel the need to do it. But, then you become passive/aggressive, and start to tell her how you wouldn't blame her if she did, but no matter if she expresses her undying devotion to you, you then begin to aggressively start to state your dislikes of anyone she associates with in some attempt to turn the blame somewhere. Anywhere.

Your frustration then turns to anger. You begin to misdirect that anger. You start accusing your wife of having an affair. You accuse your friends and her friends. You burn your bridges with all your friends, convinced that they are out to destroy your marriage. And this self destructive pattern now affects your marriage, your friendships, quite possibly even your job.

You know you don't want this. You know that you just want to be happy. You know that you just want to make your wife happy. You want her to look at you in adoration and in awe of your stunning sexual prowess. You want to leave every sexual session with her in sheer bliss, wanting to hold on to you forever because you just make her that happy. You need to overcome the obstacles, but there are so many, that you just don't know what to do or where to even start.

There's good news and there's great news. The great news is that almost all causes of premature ejaculation can be cured. The good news is that the earlier you start dealing with the situation, the less time it will take you to reverse it and start having a great sex life! Of course, there could be an underlying physical problem that may require the assistance of a medical professional

and medication, but with a few simple tips you could completely inhibit the cumulative effects, making only physical, and not mental, treatment required, and quite possibly even removing any need for medication or therapy.

Anxiety can be a major cause of premature ejaculation. While anxiety is a psychological problem one if it's roots is a lack of self confidence. Luckily there are a few 'confidence boosting things you can do to alleviate anxiety. Plus, these things have physical health benefits that may very well be a cure for any physical problem that could be the culprit of your poor performance.

Confidence building exercises start with eating right, maintaining a healthy active lifestyle and taking time for yourself, to do things you enjoy, and become good at, like hobbies. When you feel healthy, you project your confidence onto others and it reflects back to you even more.

HEALTHY EATING HABITS ARE STEP 1 IN FEELING BETTER PHYSICALLY. Eating a well balanced diet consisting of meats, dairy, grains, and fruits & veggies will keep your body's engine running at peak performance. Just knowing that you are taking steps to do the 'healthy thing' is a confidence booster. However, there are some things you must completely cut out of your diet. At least until you wrangle your problem and get it under control.

NIX THE CAFFEINE. That jittery feeling you get when you have too much coffee, is the exact same jittery feeling caused by anxiety. Caffeine affects your central nervous system which causes your brain to 'jump' as if it is being hit with tiny electric shocks. The jolt to the brain is small compared to the power of the brain, which is why the effect of it on the brain is relatively unnoticeable (due to the many other activities the brain is carrying out) while the body actually produces a more noticeable effect due to the isolated jobs of muscles. Also, caffeine mimics insulin, makes you feel hungry. When you feel hungry, you

feel unsatisfied all the time, which you are already feeling as it is, sexually, so now you feel even more 'restless' and 'anxious' and you intensify your feeling of 'need.'

LOSE THE SUGAR AND OTHER REFINED CARBOHYDRATES. Diabetes is a nasty disease, which affects all of your body, and which, is affected by everything. Sugar levels can be affected by diet, stress, weather. This can easily lead to a feeling of a loss of control, and thus contributes to the psychological ramifications of your problem with premature ejaculation.

STAY AWAY FROM DRUGS AND ALCOHOL. Drugs and alcohol can have side effects that cause the causes of premature ejaculation. They affect your judgment and can even intensify the problem. If you are taking prescription drugs, alter your lifestyle to be more healthy and active first, and then discuss the discontinuance of medication with your doctor.

ACTIVE HEALTHY LIFESTYLE. Just 4 hours of cardio each week can significantly increase weight loss and risk of heart disease and other physical ailments that could be an underlying cause of your premature ejaculation problems.

You don't have to keep living with the embarrassment and humiliation of premature ejaculation. You can have a fully satisfying, healthy, sex life. You can please your partner, or spouse, and finally be happy and feel fulfilled. The stigma of premature ejaculation, and the embarrassment may have made you too ashamed to talk with anyone, including your doctor about it. But if you leave it unchecked, there could be other serious medical conditions associated with it, or caused by it later.

Don't risk losing your confidence, your girlfriend, wife, friends, and job, from this usually treatable condition. Get the more facts about premature

ejaculation and it's causes from www.prematureejaculation.com . There are more than just these root causes, both physical and psychological, that can contribute to your performance problems, but they are just as easy to identify and cure.

Don't wait anymore. The effects of this problem are immensely hazardous to your physical and mental well being. With the solutions being more simple than most people realize, there is no reason for you to suffer anymore. There is nothing to be embarrassed about.

There are even some things you may have already tried, like masturbation, which are actually contributing to the problem, by ways you don't even realize. There are a host of 'myths' and outright lies, about the causes and cures of premature ejaculation. You need to know the truth so you can combat it starting today.

If you want to have great sex, lasting at least 15 minutes longer in bed, by tonight, you need to be armed with the right information. Don't search for answers anymore. Tomorrow night, you can take your lover out for a romantic evening, knowing that the night will result with her in the throwes of passion and delight as you rock her world with your new found incredible sexual skills.