



SECRETS OF A PORN STAR CUMSHOT

2011 EDITION

By: Steve Sizemore





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I will put my contact information at the end as well, but if you have any questions you can always contact me, Steve Sizemore, at this email address steve@secretsofapornstarcumshot.com. I am committed to seeing you succeed and I **love** getting emails from guys who have achieved that porn star cumshot status with their lovers, so send me your story and I will add it to my testimonials page.



Introduction

First off, congratulations on purchasing Secrets to a Porn Star Cumshot! I can confidently say that this book is the **ULTIMATE** guide on increasing your semen volume and creating those epic, porn star cumshots you've watched so many times.

I am not kidding when I say you **BETTER** warn your lover before you unleash your new power on them, or they will, most likely, be **PISSED!** I have gotten way too many emails from guys in the doghouse because they "surprised" their lover with a **HUGE** load, and it seems to *always* be during oral sex – c'mon guys, I was kidding when I said drown your lover in semen! ☺Sheesh...

Anyways, you have been warned. No more angry emails from your lovers, please...I get my ass chewed out enough from my own lover, I don't need yours adding to the mix LOL! (That was a joke by the way...just to clarify.☺)

What are you going to learn from this eBook? Quite simply, everything you need to know to create that porn star cumshot every guy wishes he had. We are going to cover common medical reasons why your semen volume may be low, as well as tests your doctor can run to check your overall sexual health.

After that, we are going to discuss what exactly goes into a porn star cumshot. We will cover the mechanics of a great cumshot, so you can see all the parts that are necessary and why a great cumshot requires more than just having a penis. You won't need a PhD to get through this section, I promise, but by the time you finish this section, you will be able to understand what goes into a great cumshot.

The next section is where the real meat is at. In this section we are going to cover the ingredients of a porn star cumshot – a healthy system, the right ingredients, and the right techniques. We'll delve into each topic, discovering exactly what a healthy system looks like, what ingredients go into a porn star cumshot, and the techniques they use to tie it all together.

When we're done, you will be ready to unleash your cumshot on an unsuspecting world and you will have confidence like you never imagined. You would never think something as simple as a huge cumshot would increase your confidence, but you'll be surprised at how much swagger it puts into your step. ;-)





My Story



At this point you may be wondering who I am, and why I am qualified to write a book on the secrets to a porn star cumshot. My story actually starts a lot like yours probably did, with a porn film, a guy, and a dream...I was the guy and the dream started when I saw my first BIG cumshot on a porn video. I don't remember the exact title of the film, but it was Peter North and it was a P.O.V. (Point of View) video, the kind where the camera makes it look like you're the one getting (and giving) all the action.

I wasn't overly concerned with the male actor, since there more than a few beautiful girls on screen occupying my attention, but all that changed in a split second. The cumshot scene started and the amount of semen this guy proceeded to drench these girls with made me literally forget about everything else I was doing. I had NEVER seen one person produce that much cum EVER...and I was hooked!

I spent the next few months developing an obsession- digging through scientific study after scientific study, looking for clues and secrets buried in results, graphs, and references. I scrounged through forum after forum, listening to blatant ads and more than a few "over the top" stories, but in nearly every site I visited I managed to find a few nuggets of truth buried amongst the junk. I learned about the importance of certain vitamins and minerals, what REALLY affected sex drive and semen volume, and a dozen other secrets that I compiled into an ever-growing list of cumshot secrets.

I asked question after question, drawing upon the knowledge of everyone I could, trying to learn something new from every person I came across. When I finally finished, my list had hundreds of webpages within it, and a wealth of knowledge that I was only too eager to put into practice. And practice I did! ;-)

After seeing it work in my own life, I was curious to see if it would work for other guys, so I went back to the forums and started asking guys to try out my formula. The results really blew me away. I talked to so many guys that had given up on increasing their semen volume because they had tried this pill or that pill with no success, yet when they tried my formula they saw GREAT success!

After hearing the stories of failed pills, I decided to really look at the ingredients of some of the popular "semen enhancers" and what I discovered was companies that ALMOST had it right, but not quite. They had a lot of the right ingredients, but they didn't have the right techniques and they didn't make sure that people were healthy first. And what's sad is a lot of people will try one of these ALMOST pills and then say increasing semen volume is a scam because they don't see any success. So I decided to publish my formula and let the world know once and for all...**YOU CAN CUM LIKE A PORN STAR!**



Medical Problems

Disclaimer – This section DOES NOT, by any means, replace medical advice and the guidance of your doctor or any specialists. I am not a doctor, nor do I pretend to be one. Please take all health matters seriously and consult your doctor or the appropriate specialist immediately.



If you suspect a medical problem, the easiest way to confirm it is to have your semen analyzed. Doctors will use your semen sample to check your sperm count, motility, and virility to determine how healthy your sperm is and make sure your epididymis is functioning correctly; they will also check to see if your semen is liquefying normally (usually about 30 minutes). Testing also includes checking the consistency and makeup of your semen. Thick semen can indicate problems in the prostate and/or seminal vesicles area, as can the absence of fructose (produced by the seminal vesicles) or an incorrect pH balance.

Common problems include:

- Blocked, inflamed, or enlarged seminal vesicle –men that have any of these conditions will suffer from little to no semen volume at all. Unless you are seriously low on semen volume and experiencing sharp pains in that area, chances are you fine.
- Problems with the prostate (enlarged prostate gland, prostatitis, prostate cancer) –
 - The most common prostate problem is prostate enlargement. Symptoms include:
 - A weak stream of urine
 - Trouble starting a urine stream. Even though you feel you have to rush to get to the bathroom, you find it hard to start urinating.
 - A small amount of urine each time you go
 - The feeling that you still have to go, even when you have just finished urinating
 - Leaking or dribbling urine
 - Small amounts of blood in your urine

Any medical problems, real or suspected, should be brought to your doctor's attention right away. Your health is your MAIN priority, or at least I hope it is!



For more information on semen analysis, check out this article by the National Institute of Health - <http://www.nlm.nih.gov/medlineplus/ency/article/003627.htm>.

Normally semen analysis is performed for infertility reasons, but if you suspect a medical reason for your low semen volume don't hesitate to ask for one.

Prostate exams are well-known and universally despised, by the men that have to endure them and most likely by the doctors that perform them as well! However, prostate exams are an important tool in keeping healthy and statistics show that prostate cancer is the second most common cancer in men (behind skin cancer in the USA and lung cancer in the UK), so it is important to have this exam done at least once every 4 years, especially after the age of 50.

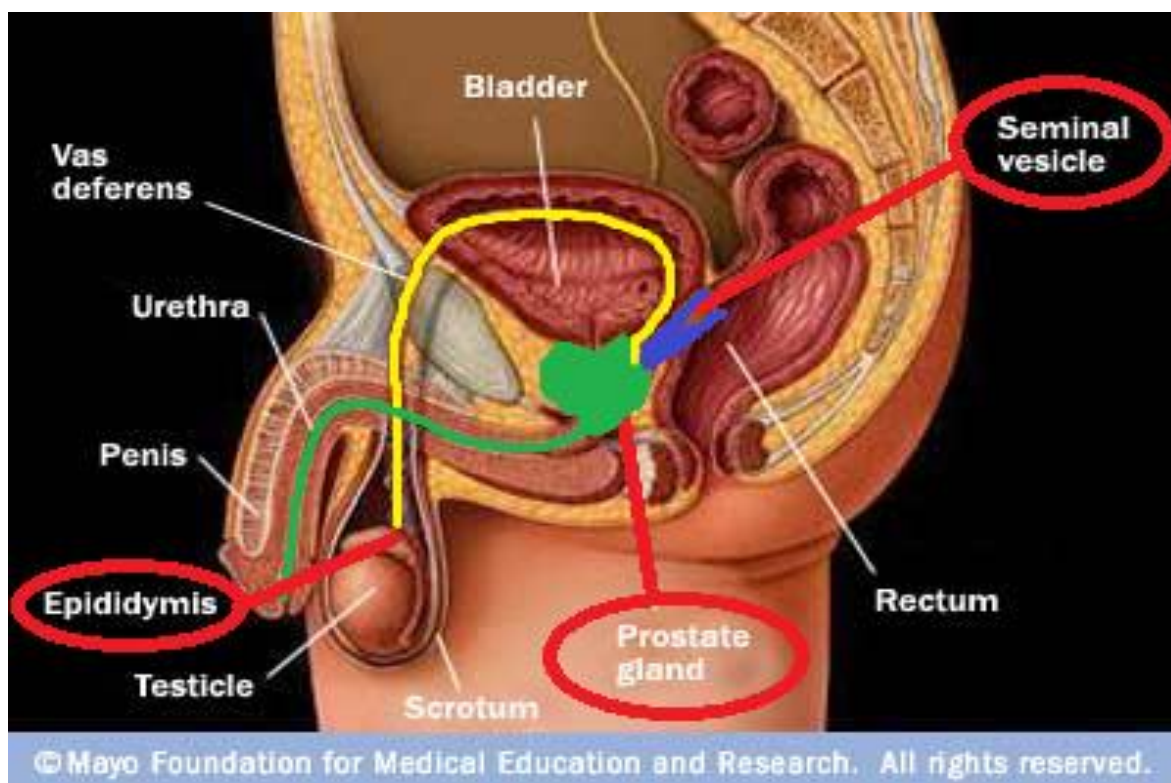
Other medical problems may exist, but these are the most common, and as I stated before, semen analysis is the easiest way to confirm the presence of most medical problems. As always, **If you suspect ANY medical problems check with your doctor immediately.**

Better safe than sorry!



The Mechanics of a Porn Star Cumshot

Before you try to fix a problem, it always helps to know exactly how everything works. And no, having a penis and jacking off does not mean you know how everything works. ;-)



First things first, let me give you a quick tour. The prostate gland and the seminal vesicle are located right next to each other (**green** and **blue** on my “amazingly detailed” penis map). These two are **responsible for over 70% of your total semen volume**, so they are MAJOR players when it comes to increasing semen volume.

The epididymis assists with transporting the sperm, along the vas deferens (the **yellow** line) and out the ejaculatory ducts, combining the sperm with the semen produced by the seminal vesicle and prostate gland. They travel along the course of the urethra (**green** line) until they reach the tip of the penis and are expelled out (ejaculation).

That is your ejaculation in a nutshell. We’ll look at Wikipedia’s definition in a second to get a more detailed look, but what I want you to focus on right now is who the major players are when it comes to increasing your cumshot to porn star proportions. **Any “semen enhancer” pill or system that neglects the prostate gland is just WASTING YOUR TIME.** It’s like trying to gain weight without eating. It’s just not going to happen....



Now let's go to Wikipedia for a more descriptive rundown of what happens at ejaculation:

Ejaculation takes place in two stages.

First stage: Emission. The first stage is called emission (which means "the act of sending or throwing something out"). **A man's testicles make sperm cells, and these are stored in a coiled tube called the epididymis.** During emission, the two ducts (tubes) called the vasa deferentia (each tube by itself is called a vas deferens), which carry sperm away from the testicles, squeeze the sperm from the epididymis to the top end of the ducts. When this happens, the man feels that he cannot stop his ejaculation. It is sometimes said that the man has reached the "point of no return".

The sperm then passes through other tubes called the ejaculatory ducts, where they are mixed with fluids made by glands called the seminal vesicles, the prostate and the bulbourethral glands (also called Cowper's glands). (Glands are special body organs that make chemicals.) The mixture of sperm and fluid is called semen or ejaculate. It is white or yellowish, and sticky.^[2]

Second stage: Ejaculation proper. The second stage is called ejaculation proper (which means "real ejaculation"). When ejaculation proper begins, the man starts having an orgasm. A muscle at the base of the man's penis called the bulbospongiosus muscle squeezes strongly again and again - this forces semen to move from the ejaculatory ducts into the urethra, which is a duct that passes right through the penis.

Semen is pushed along the urethra until it shoots out of the end of the penis in spurts.^[2] ...**The first or second spurt is typically the largest and can contain 40 percent or more of the total ejaculate volume.** After this peak the flow of each pulse diminishes. When the flow ends, the muscle contractions of the orgasm continue with no additional semen discharge. A small sample study of seven men showed an average of 7 spurts of semen (range between 5 and 10) followed by an average of 10 more contractions with no semen expelled (range between 5 and 23).

This study also found a high correlation between number of spurts of semen and total ejaculate volume, i.e., larger semen volumes resulted from additional pulses of semen rather than larger individual spurts.^[6]...

Once the muscle starts to squeeze, the man cannot stop the semen from coming out of his penis. During an orgasm, the man's muscle will usually squeeze about 10 to 15 times. The squeezes happen very quickly. They start at about 0.1 second apart, then slow down and become weaker. Most of the semen is ejaculated in the first few squeezes.

How strong an ejaculation is varies from man to man. For some men the semen shoots out of their penis very far, while for others it dribbles out. An ejaculation is often stronger if a man has been stimulated for a longer time. ...**A man's orgasm usually lasts about 17 seconds, but some men have an orgasm for only a few seconds while for others it can last for up to one minute.**^[3]



Why Semen Enhancers

FAIL

Before we get to the main part of this eBook, I want to stop for a second and explain to you why traditional one-size fits all semen enhancers just don't work that well. The human body is an amazing piece of machinery, but even more amazing than how the body works, is how it works so differently for each and every one of us.

A food or drink that makes one person sick, does nothing to another person, and gives a third person a burst of energy. Each of our bodies handles life differently, from food to drink, to emotions and events – the only thing that is for sure when it comes to our bodies is that **a one size fits all answer will NEVER work**. It ignores the most basic principle of our existence – that we are all different.



The problem for the pill companies is that they cannot create a special cocktail of pills for each person, so they are forced to create something that works for **SOME** people and everyone else just gets left by the wayside. It gets even worse for herbal and sexual pills, because people are already skeptical of their effectiveness. Find a product that doesn't work with your body, or just get screwed by a shady company, and chances are you will just give up on the whole concept of herbal medicine, or better sexual health through a pill.

Throw in a bunch of self-proclaimed "experts" trolling the web throwing their opinion out wherever they see fit and it's not too hard to see why men are unsure of whether or not it really is possible to increase their semen volume. Let me end the discussion right now – **YOU CAN INCREASE THE SIZE OF YOUR CUMSHOT!**

I'll run that by you one more time, you **CAN** increase your semen volume, and I stand by that statement 100%. I have seen it in my own life, and I have seen story after story of real men who have witnessed the change in their own life. Don't believe the hype:

- A larger semen volume is NOT something you are born with – IT IS NOT GENETICS.
- A larger semen volume IS possible with herbal medicine – SIT DOWN AND SHUT UP all you self-proclaimed experts that say the only way to increase semen volume is by not masturbating.
- A semen volume OVER 5ml is REAL – just because Wikipedia and WebMD told you the NORMAL semen volume is 2 to 5ml does NOT mean every guy is stuck in that range.
- A larger semen volume is NOT some vanity we as guys want – it actually DOES increase the intensity of our orgasm and we love feeling like we really SATISFIED our lover.



Ingredients of a Porn Star Cumshot

- A healthy system
- The right ingredients
- The right techniques

A Healthy System

There are three areas that work together to create a porn star cumshot – a healthy prostate, strong contractions, and an abundance of semen volume. Try to achieve a porn star cumshot without addressing all three of these issues and you are simply wasting your time and your money.

Most “semen enhancers” only address one or two of the issues, and the few that do address all three don’t put enough of each herb to actually do much difference. For example, Semenax includes Maca, but they don’t disclose how much, and as far as it is down on the list – I highly doubt they are using 3 to 6g a day.

Also, most “semen enhancers” use low-quality herbs to keep their overhead low. Remember they’re not just paying for herbs – they also have to pay for labeling, shipping, advertising, marketing, and a whole host of other expenses (like lawyers, accountants, etc.). While using low-cost herbs saves them money, low-quality herbs often don’t work like they are supposed to, and can sometimes even be harmful. **There’s something important to remember here** - herbal medicine is still medicine, so don’t just try to go with the cheapest solution. An effective solution is worth whatever price you paid for it – a cheap solution may work, or it may just be a waste of money.



We talked earlier about the MAJOR players in the semen volume game – the prostate gland and the seminal vesicle.

Out of these two, the prostate gland is our main concern. If the prostate gland becomes enlarged, it cuts down on the amount of seminal fluid you can pump out, meaning NO porn star cumshot...just a weak attempt that comes dribbling out like a spilled glue bottle. NOT what we are looking for – and not what your lover is looking for either. Doesn’t really scream “I had a great time!” does it?

So shrinking our prostate gland is our first priority.

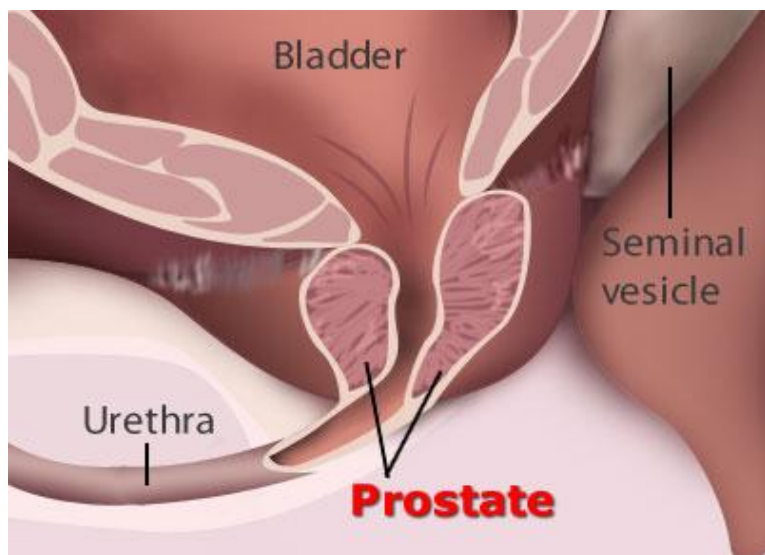


Quick note - some of you may be wondering why or how our prostate gland gets enlarged in the first place. The prostate gland actually starts growing in most boys during puberty, doubling in size. It also hits another growth spurt when a man gets in his mid-twenties, though it grows a lot slower and continues to grow for the rest of a man's life.

One of the major factors affecting prostate enlargement in most modern men is **excessive DHT**, caused by stress, too much caffeine, hormonal imbalances, genetic problems, or masturbating too often. When one or more of these occurs, testosterone gets converted into DHT which causes baldness in some men and prostate enlargement in most.

(If you check out the picture below, you can clearly see how an enlarged prostate cuts off or constricts the flow of semen from the seminal vesicle to the urethra.)

As you now know from your "penisology 101" class, you need to shrink your prostate gland if you ever want to experience the satisfaction of a HUGE load; and shrinking your prostate means blocking the DHT that's running rampant through your system. We'll cover the herbs that block DHT and shrink your prostate in the next section.



Along with taking care of your prostate, there are two other areas we have to focus on – strong contractions and semen volume. Strong contractions require a healthy prostate and there are also certain herbs and techniques that you can use to strengthen your contractions. The great thing with increasing your contractions is that it gives you a two-fold benefit – increased contractions means more semen volume (remember Wikipedia?) plus a longer, and more intense orgasm.

Lastly, there is semen volume. A healthy prostate and strong contractions are only two pieces of the puzzle – the final piece is an abundance of semen volume. Try this step before the other two and your enlarged prostate will block the semen volume from getting through or your weak contractions won't push all of the semen out of your urethra. But add this piece in AFTER you have finished the first two pieces and you will DROWN your lover in a torrential shower of semen (pardon my vulgarity).



An abundance of semen volume comes from several different areas. There are several herbs which work to create more semen volume, and I will show you those, but there is also a technique that produces more semen volume; something you can do AS you are masturbating or having sex. This technique is a SECRET that porn stars use constantly, because it really works. It's easy to master and once you do, it will increase your semen volume and your sexual satisfaction incredibly.

Lastly, I'm going to show you **my SECRET INGREDIENT to the porn star formula** – oxytocin stimulators. This is a secret that I have never seen or heard mention of in all my searching through the thousands of stories and discussions on increasing semen volume that I have found online. According to a scientific study I found buried deep in the bowels of the Internet (it took me months of searching to find it), oxytocin can produce a condition called hyperspermia (literally “too much sperm”) in which the body produces over 10ml of sperm, which is 200 to 500% increase over what most men traditionally produce. Couple this with the rest of the porn star formula and you can see gains even more impressive – we're talking 500 to 1000% increases!

This truly is the KING KONG of semen enhancer formulas.



The Right Ingredients

Alright, you are now ready to move on to Step 2 – getting the right ingredients in your body. Consider it your “porn star cumshot cocktail”.

Before we move on to the herbal part, let me give you your first TWO ingredients. They are cheap and both can be found in your local grocery store, but don’t overlook their importance or underestimate their part in creating that porn star cumshot.

Celery

Celery is one of the greatest vegetables a man could ever eat. Not only is it a negative calorie food, meaning it takes more calories to chew and digest celery than you get from eating it, but it provides two great benefits to men:

- Celery creates androsterone in men, which comes out through the sweat glands. It is a natural pheromone that **creates SEXUAL AROUSAL in women**, triggering attraction.
- Celery also increases semen volume, though scientists are still unsure of exactly how it accomplishes this. Peter North himself, the porn star who made huge cumshots famous, said that he ate a whole head of celery the day before each of his shoots.



The easiest way to take celery is to snack on it during the day, or juice a stalk and drink it in the morning. Keep in mind that to increase semen volume with celery, a large amount is needed (most experts say between 2 and 5 stalks a day – a stalk is one branch or rib; the entire celery with all the stalks is called a head), that is why juicing is preferred. If you prefer the taste of celery, you can try snacking on it instead, but most people just juice.

Also, quick note; the celery seed extract, or celery extract, has NOT been proven to work in lieu of celery, meaning you can’t supplement with anything but the REAL thing to get the results I’m talking about.

Water

The elixir of life also offers something to a man’s sexual life. Proper hydration helps produce semen that is more fluid and thin, producing the “ropes” of semen that shoot out at ejaculation. Dehydration causes thick semen that just dribbles out, not what a man is looking for.



Both of these ingredients are cheap and easy to get a hold of, but they only make a big difference if you actually use them. No matter what ingredients you choose from the formula below, make sure these two, celery and water, are on your list. Ok, let's move on to the herbal part of the porn star formula.

Here's what the herbal formula contains:

- Essential Vitamins/Minerals (Very Important)
 - [Bioperine](#)
 - [Zinc](#)
- Prostate
 - [Saw Palmetto](#)
- Semen Volume
 - [Peruvian Maca](#)
 - [Ashwagandha](#)
 - [Amino Acids](#)
 - [Lecithin](#)
- Contractions
 - [Swedish Flower Pollen](#)
- Oxytocin Stimulators
 - [Dong Quai](#)
 - [Cotton Root](#)
 - [Fenugreek \(Testofen\)](#)

• **Peter North Protégé Formula**

- Bioperine/Zinc
- Saw Palmetto
- Peruvian Maca
- Ashwagandha
- Amino Acids
- Lecithin
- Swedish Flower Pollen
- Oxytocin Stimulator (I use Cotton Root)

• **Mid-Level Porn Star Formula**

- Bioperine/Zinc
- Saw Palmetto
- Peruvian Maca
- Oxytocin Stimulator

• **Amateur Porn Star Formula**

- Bioperine/Zinc
- Peruvian Maca

You can start off by taking one of my formulas – they will work for 99% of men. If for some reason, you want to try a different mixture, go right ahead! Pick one or two herbs from each category and combine them to make your own special cumshot cocktail. If, God forbid, you can't find one that works (which will only be about .000001% of the time) I will refund your money or work with you until we get a formula that works.

I want you to know - **I am 100% committed to making sure that EVERY man that buys this book gets that porn star cumshot CONSISTENTLY.**

Let me stop real quick and point out something before we get started. If price is an issue for you, start off with just a few herbs (I'd recommend Maca and Bioperine – along with celery and water).



Total cost is less than \$15 a month! It will save you money while still giving you a BIGGER cumshot and a glimpse at just how AMAZING your sex life could become. Personally, I spare no cost when it comes to my sexual needs, but I like to be at my peak sexually so I spend money to make sure I am always there. If you can't do that, don't sweat it. Ok, moving on...

Now that you've seen the formulas, let me break down each component and show you what it does and why it's necessary. Before I dive in, let me just point out that while you can start out with as little as one or two items from the Cumshot Cocktail and see a difference, the only way to achieve that porn star "drenching" is to follow all four parts of the cocktail.

Also, one last note – cycling. The human body will adapt to anything that is presented to it over and over and over again, so it is important that you cycle your formula. Try 5 days on, 2 days off or 6 days on, 1 day off to start out and see which one works best for you. Just as in working out, you have to keep your body guessing or it will get used to the herbs and doses you are giving it, and your porn star formula will quickly lose its effectiveness, so cycle, cycle, cycle!

*** Note ***

I mention iHerb.com quite a bit in this book because I do most of my shopping there. I try to get all my shopping done at one place so I can save on shipping and handling and (nearly*) everything in my porn star formula can be purchased at iHerb.com, so it makes it more convenient (and cheaper) for me to shop there. I'll leave it up to you where you do your shopping, but I highly recommend iHerb.com.

*There is one item that has to be purchased at SwansonVitamins.com because iHerb.com does not carry it.

(Coupon code REV971 for \$5 off first order at iHerb.com)

*** Note ***



Bioperine

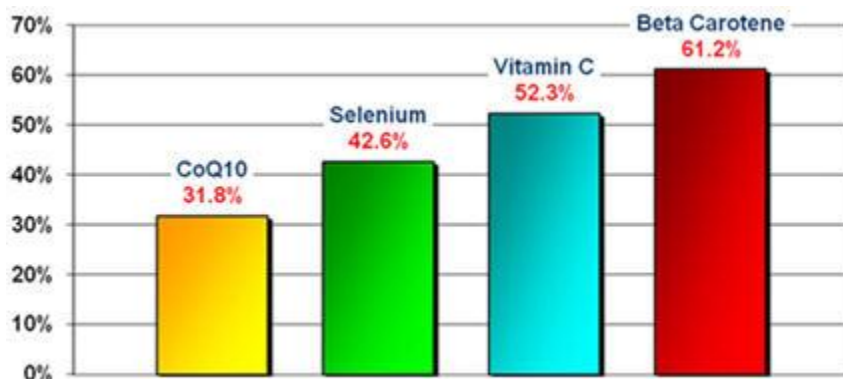
*BioPerine® is an extract obtained from the black pepper fruit that is cultivated in the damp, nutrient-rich soil regions of southern India. The delicate pepper berries are harvested just prior to ripening and then sun dried to assure optimum maturity and quality. The extract of piperine, called BioPerine® in the patented form, has been clinically tested in the United States. **BioPerine® significantly enhances the bioavailability of various supplement nutrients through increased absorption.*** (Excerpt from <http://www.bioperine.com/about-bioperine.htm> - Emphasis mine)



What does this mean? In layman's terms it simply means that if you take Bioperine and say Vitamin C together, 50% more Vitamin C will be available to your body than if you took Vitamin C by itself! **Bioperine helps your body absorb more of each vitamin and/or mineral by increasing thermogenesis, or metabolism.** While most people only think of metabolism when they hear weight loss, metabolism also has another very important function in our day to day life – utilizing the nutrients, vitamins, and minerals that our body receives each day from food or supplements.

If you've ever had your mom tell to chew your food all the way, what she was trying to tell you was that the more you break your food down, the easier it is for your body to get the nutrients out of your food. What happens is that **food not broken down quickly enough gets flushed out of the body and you lose the nutritional value** you could have gained. Taking Bioperine is like chewing your food all the way...what it does is help your body speed up the process of extracting the nutrients from your food and supplements.

Check out this chart for proof.



What you see here is how much **MORE** of each vitamin/mineral was found in the bloodstream when the test subjects took Bioperine along with their CoQ10, selenium, Vitamin C, or Beta Carotene pill. **That's a 30-60% INCREASE just by taking one little Bioperine with their dose!**

Wow!

So what exactly is Bioperine? Believe it or not, it's nothing more than purified piperine, better known as black pepper! Though the actual research is brand new, the concept has been around for six thousand years. Ayurvedic medicine (a system of traditional medicine native to India) EXTENSIVELY uses black pepper in their



formulas – in fact, nearly 2 out of every 3 Ayurvedic formulas contain black pepper because the ancient Indians recognized that **nutrients only work when your body ABSORBS them!** Now, thanks to cutting edge research and a growing acceptance from the scientific and medical communities that alternative medicine is not hocus-pocus, we are experiencing more and more “discoveries”, or re-discoveries (as they should be called), like Bioperine.

Side effects

Not known to have any negative side effects at recommended dosages, but some minor stomach problems have been reported at high dosages. The Bioperine I recommend below is 10mg and only 5mg was used in the studies listed above, so start out on 1 in the morning with your pills and if you do not experience any negative side effects, you can take 1 pill in the morning with your pills and 1 at night with your pills. Do not exceed 2 pills a day.

Dosage

As I mentioned above, start out with one 10mg Bioperine pill in the morning with your other pills and if you do not experience any negative side effects, move on to taking one pill in the morning with your pills and one at night with your pills. Do not exceed 2 pills a day.

Cost

\$5.59 for 120 tablets (2 to 4 month supply)

Where to buy

To buy Bioperine click here - <http://www.iherb.com/Source-Naturals-Bioperine-10-mg-120-Tablets/992?at=0>

(Coupon code REV971 for \$5 off first order at iHerb.com)



Zinc



Zinc is one of the most abundant minerals on earth, and one of the most versatile as well. It is used by our body in many different aspects, from normal growth in children to synthesis of protein and collagen (which helps keep skin healthy and also helps wounds heal faster). It is used in shampoos because it helps get rid of dandruff, in toothpastes because it prevents halitosis (bad breath), in diaper rash ointments and sun blocks to prevent burning, and in throat lozenges to help reduce the length and symptoms of colds.

In our bodies, zinc plays an important part in nearly every part of our body. On any given day there are between 2 and 4 grams of zinc within your body and they play a vital part in everything from brain function to sexual functions. Zinc deficiency affects 1 in every 3 people in the world and the symptoms can be anything from diarrhea to diabetes!

Zinc loss also occurs through turnover of skin, hair, and nails, and through sweat...and semen. In tropical countries [or climates], sweat losses can be considerable. An ejaculation contains about 1mg of zinc because of the high zinc content of seminal fluid [some scientists have quoted as much as 5mg lost with each ejaculation].-“Nutrition and Health in developing countries” by Richard D. Semba

The most effective way to replenish zinc is through your diet, mainly by eating red meats, beans, nuts, almonds, pumpkin seeds, and sunflower seeds, but if your diet is lacking in zinc then it is important to supplement it correctly. See, just taking zinc will actually hurt your body, because taking zinc by itself will actually cause your copper levels to DROP, which could result in anemia-like symptoms (fatigue, decreased energy, shortness of breath, weakness, rapid heart rate), depression, and sunburn. In order to supplement correctly with zinc, it is important to take a vitamin/mineral combination that includes zinc and copper.

Side effects/Dosage

Zinc only causes negative side effects in excess, so just take the recommended dosage – no more!

Cost

\$5-7 for a 30 day supply (1 pills a day)

Where to buy

Grab a men’s multi-vitamin from Wal-Mart, Target, etc.



Saw Palmetto



Saw Palmetto is generally considered to be a safe herb. For a brief description, let's turn to sawpalmetto.org:

Saw Palmetto is a small palm type of plant that is technically called Serenoa repens. It is mainly found in the southeastern United States along the coast. Saw Palmetto produces yellow flowers and reddish black berries. It is the berries from which the Saw Palmetto extract is taken. The berries themselves are very high in Fatty Acids and Phytosterols. The fruit is taken from the plant, partially dried, and then broken down with a solvent such as hexane or ethanol.

Saw Palmetto has been widely used as a treatment for enlarged prostate and hair problems. It works by blocking DHT.

Side Effects

*The most common saw palmetto side effects include stomach pain, vomiting, nausea, bad breath, diarrhea or constipation. **The stomach problems can be alleviated by taking saw palmetto with food.** (From nutritional-supplements-health-guide.com)*

Dosage

Daily dosage of saw palmetto is usually just 320mg a day. Take with food if stomach pain occurs.

Cost

\$23.07 for a 30 day supply

Where to Buy

I recommend buying a Prostate Formula, because it's cheap way to get ALL the prostate healthy herbs (and it means fewer pills!). I'm talking about lycopene, fish oil, lignans, stinging nettle, and broccoli to name a few.

To buy Saw Palmetto click here - <http://www.iherb.com/Doctor-s-Best-Best-Saw-Palmetto-Standardized-Extract-320-mg-60-Softgels/24?at=0>

To buy the Prostate Formula I recommend click here - <http://www.iherb.com/Jarrow-Formulas-Prostate-Optimizer-90-Softgels/286?at=0>

(Coupon code REV971 for \$5 off first order at iHerb.com)



Peruvian Maca



Maca is one of the most important items in our cumshot cocktail; if you can only afford to get one item off the list, make it Maca. **This herb, first used by the Inca more than 2000 years ago, is a POWERHOUSE when it comes to semen volume.** It was used in ancient times to boost energy and endurance, but it was restricted to the Royalty because of its potency. The Spaniards discovered it after conquering the Incas and immediately started shipping it back to Spain where it was used to eliminate impotence and infertility.

In two studies conducted in 2001 and 2002, maca was tested to see if it increased sexual desire and semen volume. The results of the sexual desire study showed that maca definitely increased sexual desire over the placebo group and the semen volume study showed more of the same. **Semen volume was SIGNIFICANTLY increased**, according to the researchers – which is something the Incas probably would have told you themselves if you just asked them. ;-)

Side Effects

Maca does not have a lot of documented side effects. It is a stimulant, so along with the increased energy and libido you may have an increased heart rate. Some people experience a slight headache because of the stimulant properties. Maca, at its recommended dosage, will increase your semen volume substantially. Taking more will NOT increase your semen volume even more, but it may end up over-stimulating your system, so just stick to the recommended dosage and enjoy the effects.

Dosage

Daily recommended dosage is 3 to 6 grams. Subjects in the studies mentioned above took either 1.5g or 3g, so you will see results with as little as 1.5g.

Cost

\$14.01 for 45 day supply (2 pills a day)

Where to Buy

To buy Peruvian Maca, click here - <http://www.iherb.com/Now-Foods-Raw-Maca-750-mg-90-Vcaps/18046?at=0>

(Coupon code REV971 for \$5 off first order at iHerb.com)



Ashwagandha



Ashwagandha, or Indian ginseng, has been used as a herbal remedy for years by Native Americans, Indians, and Africans to treat a wide variety of problems from arthritis to memory loss.

It is of particular importance to us because a scientific study showed that with *Withania somnifera* (the scientific name) **“semen volume was significantly increased”**.

It has also been used in several different studies, testing its ability to help slow the growth of cancer cells and treat inflammation and arthritis. Researchers have discovered that it contains several important flavonoids and alkaloids and it is thought that it acts on the GABA receptors, though that hasn't been proven yet. Regardless of how it works, we know it does work, and that's good enough for me!

Side Effects

Two published clinical studies showed that side effects experienced were not significantly different from a placebo, so it is considered safe. Do not take large doses and do let women take this while pregnant, as it has been possibly linked to miscarriages. For men though, it is considered safe in normal dosages.

Dosage

Normal dosage is between 500mg and 1.5g daily. The Ashwagandha I have selected below has 570mg per 1 tablet. Take it at night as it has a tendency to help you calm down and sleep better.

Cost

\$6.30 for 30 tablets (30 days at 1 tablet a day)

Where to buy

<http://www.iherb.com/Planetary-Herbals-Ashwagandha-Full-Spectrum-570-mg-60-Tablets/1510?at=0>

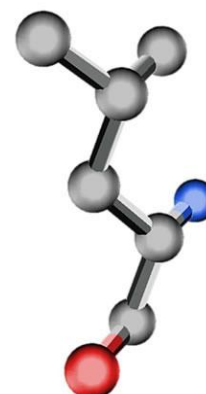
(Coupon code REV971 for \$5 off first order at iHerb.com)



Amino Acids

Amino acids cover a broad category of different minerals and substances that your body needs to function at its best. They range from Branched Chain Amino Acids (BCAA's), to Essential Amino Acids (EAA's), Conditionally Essential Amino Acids (CAA's), and Non-Essential Amino Acids (NAA's). The ones we're concerned with fall into a few of those categories, mainly CAA's and EAA's. Here are the amino acids we want:

- | | |
|--------------|-------------------|
| • L-Arginine | • L-Phenylalanine |
| • L-Tyrosine | • L-Tryptophan |



These amino acids are important to sexual functioning and semen volume, most notably arginine. Arginine has been linked to increased semen volume in several studies, and also helps combat erectile dysfunction.

Phenylalanine and tyrosine convert into dopa in the body, which further converts into dopamine and epinephrine (depleted by sexual activity). Tryptophan is converted by the body into serotonin, which is also depleted by sexual activity. All of these amino acids require a good amount of Vitamin C to be present in the body, so drink your orange juice or take a supplement to ensure you're getting enough Vitamin C.

To get all of these amino acids in one supplement is considered next to impossible, but the supplement I have recommended somehow pulled it off. It has amazing values of all amino acids, including tryptophan. It is called Vege Fuel and it is a soy protein powder that also provides 31g of protein, 1g of fat, and 0g of carbs. Talk about a great protein powder – no extra calories AND nearly 25g of amino acids!

Side Effects / Dosage

Side effects are generally non-existent as long as you take the recommended dosage. Take the recommended dosage of Vege Fuel (2 scoops) once per day.

Cost

\$13.85 for a 15 day supply

Where to buy

To buy Vege Fuel, click here - <http://www.iherb.com/Twinlab-Vege-Fuel-Unflavored-1-18-lbs-Powder-535-g/4806?at=0>



Lecithin

The word "lecithin" is derived from the Greek term *lekithos* meaning "egg yolk." It is so named because it was first extracted from egg yolk in 1846 by a scientist, Gobley. Lecithin, however, is not limited to just eggs. It is also present in soybeans, peanuts, wheat, and oatmeal to some extent. It has been used to treat everything from high cholesterol, to dementia, and more recently low semen volume.

Studies proving the efficiency of lecithin on semen volume are not in abundance, but reports from men who have used it say that it can **DOUBLE the amount of semen volume**. It also thickens semen volume, so it's a **MUST** if you find your semen too watery. I do not have any clinical studies to back up the claims of doubling semen volume, but the sheer amount of testimonials I have received warranted it a spot in my formula.



Remember, every man is different and the formula that works will not always be the same; that is one of the BIG failures of "semen enhancers" and their one size fits all pill formulas.

Side Effects

Most people do not feel any side effects when taking as much as 10 to 30 grams per day of lecithin supplements. However in higher doses, lecithin supplements could cause gastrointestinal problems, diarrhea, weight gain, a rash and headache, nausea, vomiting, dizziness, and/or a "fishy" body odor (because of the choline it produces). At your dosage you should not experience any of these side effects.

Dosage

Take 1 to 2 pills, twice a day.

Cost

\$12.73 for a 60 day supply

Where to buy

To buy Lecithin click here - <http://www.iherb.com/Now-Foods-Lecithin-Triple-Strength-1200-mg-200-Softgels/658?at=0>



Swedish Flower Pollen



Flower pollen extract is made up of several different strains of specific organic grass and flower plants, which is the reproductive fluid of the plant. It is processed to eliminate the allergens, and fungi, which liberates the potent nutritional portion that fertilizes grasses and plants, and virtually eliminates any of the allergenic effects that are associated with raw pollen.

Men who take Swedish flower pollen can experience very pleasurable benefits, because pollen supplements can help the body produce higher volumes of sperm and semen by increasing contractions. These contractions not only produce higher ejaculate amounts, they also provide a man with orgasms that last longer and feel more intense. In fact, some men, with the help of Swedish pollen, are said to be able to have multiple orgasms consistently.

Swedish flower pollen not only increases contractions, it also helps keep the prostate healthy. In fact, it is very similar in operation to stinging nettle, and though Swedish flower pollen is considered to be more potent than stinging nettle, they would make a good combination for intense contractions.

Side Effects

Side effects are very rare when taking Swedish flower pollen.

Dosage

Dosage is generally around 500mg daily.

Cost

\$10.63 for a 30 day supply

Where to buy

To buy Swedish flower pollen, click here - <http://www.iherb.com/Source-Naturals-Swedish-Flower-Pollen-90-Tablets/1422?at=0>

(Coupon code REV971 for \$5 off first order at iHerb.com)



Dong Quai



Dong Quai is traditionally used as a women's herb to help with PMS, so why is it on my cumshot cocktail list? Because my research found out something that no one else seemed to realize and you are about to hear the secret revealed for the first time right here.

While studying the specifics on how to increase semen volume, I stumbled across a study showing that **oxytocin can cause hyperspermia** (literally "too much semen") and I became intrigued. I searched for a way to get pure oxytocin but was disappointed to find out that oxytocin cannot easily pass the blood-brain barrier and the nasal spray is only good in the body for about 3 ½ minutes, which is way too short to be of any use.

I kept digging around though, and discovered something else. While I may not be able to get my hands on actual oxytocin, there were herbs with oxytotic properties which I could use to stimulate oxytocin.

After much, much searching, I found an herb that simulated oxytotic properties and induced contractions, but was not toxic. Most of the herbs that cause contractions, like Black and Blue Cohosh, Pennyroyal, and others, are extremely toxic if taken regularly, and I wanted something I could take daily. **The name of the herb is Dong Quai, or Angelica sinensis, and it is the "secret weapon" of this cumshot cocktail.** In all my searching, I found no one talking about the importance of oxytocin or using dong quai to stimulate oxytocin to increase semen volume. In my opinion, they are missing a BIG piece of the puzzle.

Side Effects

Dong quai (**at high doses**) may increase your sensitivity to sunlight and cause skin inflammation and rashes.

Dosage

2 to 3g is normal. Scale back if you start experiencing photosensitivity problems while out in the sun.

Cost

\$4.45 for a 16 day supply

Where to buy

To buy Dong Quai click here - <http://www.iherb.com/Now-Foods-Dong-Quai-520-mg-100-Capsules/519?at=0>



Cotton Root Bark

Cotton, like the fabric of our lives cotton, is actually good for something other than t-shirts and underwear. Who knew? Apparently the bark of the cotton root can be used to stimulate contractions and oxytocin, similar to Dong Quai.

The biggest danger with cotton root bark lies not in the plant itself, but in the fact that cotton is not a food source so it is sprayed with some pretty heavy pesticides, which have left more than a few people who tried the “all-natural” route sick to their stomach.



The only safe way to take cotton root bark is to either grow your own or buy an extract that is organically grown, meaning no chemicals, herbicides, or pesticides were used on the plants. If you try anything else, you might be in for a nasty surprise! Just so you know, the supplement I have listed below is organically grown, and I have been taking it with no problems at all.

Side Effects

No side effects have been identified with cotton root bark, except for those I already mentioned from pesticides and chemicals used to treat cotton. Organically grown cotton root bark has no known side effects.

Dosage

The recommended daily dosage is 30-60 drops, twice daily.

Cost

\$10.72 for about a 10 day supply (Contains about 1200 drops)

Where to buy

To buy cotton root bark, click here - <http://www.iherb.com/Herb-Pharm-Cotton-1-fl-oz-29-6-ml/8958?at=0>

(Coupon code REV971 for \$5 off first order at iHerb.com)



Fenugreek



Fenugreek is our last herb in this oxytocin formula, and it is an unusual herb to say the least. It works in the same way that dong quai and cotton root do, by stimulating oxytocin, but it also increase libido as well, but **ONLY** if taken in the right format. See, fenugreek itself is not very good for men in general because it raises prolactin, which decreases testosterone (bad!), but there is an extract of fenugreek called **Testofen** which is a GREAT herb for guys.

Studies have shown that it boosts testosterone **SIGNIFICANTLY** at doses of just 600mg a day (300mg at morning and night). I do not recommend fenugreek whole anymore, but I do recommend taking testofen. Your sex life and your semen volume will thank you!

Side Effects

Testofen is fairly new and has not had a whole lot of tests conducted to examine long-term use, but it should be safe for use as long as recommended doses are not exceeded. Let me stress again that you want testofen, not fenugreek as the side effects of fenugreek are increased prolactin, decreased testosterone, and in some men, lactation (milk coming out of your nipples).

The other odd side effect of fenugreek is the smell. If you take fenugreek, you may start to smell like....maple syrup. Yes, higher doses of fenugreek can cause you to give off a "syrupy" smell which, honestly, is hardly a bad side effect. In a world where most medicines cause nausea, headaches, loss of libido, etc. – it's nice to see a sexual enhancer that just makes you smell "sweeter." At least, that's my opinion.

Dosage

Recommended dosage is 300-600mg a day.

Cost

\$14.99 for a 30 day supply (2 pills/day)

Where to buy

To buy fenugreek, click here -

<http://www.swansonvitamins.com/SWU461/ItemDetail?SourceCode=INTL405&CAWELAID=274851042>



The Right Techniques

Now that you've finished two of the three steps, you are well on your way to a PORN STAR CUMSHOT! All that is left is the finishing touches – learning the porn star techniques. See, being a great porn star doesn't mean just having a big penis, or being genetically gifted.

A great porn star works at his craft, making himself into a ULTIMATE SEXUAL BEING – learning everything he can about lasting longer, quicker recovery times, bigger cumshots, bigger penises, etc. Their sexual skills are literally their job and the better they perform, the more secure their job is.

In case you haven't noticed, a male porn star's job is always on the chopping block. There will always be more male porn stars than female porn stars, because we're guys and we're just wired that way. Ask any man on the street if he would like to become a famous porn star and 9 out of 10 of them would quit their job on the spot, just to get a chance to have sex with some of the most beautiful girls on the planet.

What does this all boil down to? Simple – no formula, no pill, or no “semen enhancer” will ever be able to take you all the way from where you are to porn star cumshot. It just won't happen. To reach the level of porn star cumshot, you have to have EVERYTHING working together. You need your three parts of your cumshot ready and working (prostate, contractions, and semen volume) and you need the techniques to get all that semen gushing out of your penis and onto (or into) your lover. Do it right and you will WOW your lover. Do it wrong and she may notice a bigger load, but it won't blow her away like a true porn star cumshot will.

So what are these porn star techniques?

- [Edging](#)
- [Kegels](#)
- [Reverse Kegels](#)

(We'll discuss each one in detail in a minute and I'll explain just how they work and how often to do them.)When you're finished you will have everything you need to achieve that true PORN STAR CUMSHOT and you will be a changed man. No longer will you take your penis for granted and just HOPE for the best, you will know how to create a better sexual experience and take charge of your sex life...you will be an **HONORARY PORN STAR**. Let's get started....





Edging



Edging is one of the GREAT porn star techniques. It involves masturbating or thrusting right up to the “point of no return” (PONR), relaxing and letting the sexual desire die down a little bit, then escalating right back up to the PONR. Do this again and again as many times as you can before you finally cum, and the results WILL BLOW HER AWAY!

Edging works in two ways. First the constant escalation and relaxation allow you to completely fill up your urethra, ensuring the most semen volume possible. If your control is good enough, you will literally reach a point where you’re not ejaculating but semen is coming out of your penis because your urethra is full and your prostate gland and seminal vesicle are STILL PRODUCING SEMEN. It is an amazing feeling!

Second, escalating up to the PONR causes your body to think you are about to ejaculate, so it pumps out semen to carry the sperm up and out of the penis. When you relax instead of ejaculating, that semen just collects instead of being used. The next time you escalate you will collect more semen, until you reach a point where it is all about control.

If you have good enough control (kegels and reverse kegels), you will literally run out of room inside and semen will start coming out the tip of your penis; at this point, your entire body will be trying to ejaculate because that is what is supposed to happen. The longer you can hold out without ejaculating, the more total volume you will achieve. When you finally do ejaculate you will have a MASSIVE ejaculation, provided your contractions are strong enough (kegels). You want the contractions to last as LONG as possible, because the longer they last the more semen you pump out and the more intense the orgasm.

With practice you can achieve orgasms like Peter North’s, lasting up to a minute or more. When you reach this point, you can check “porn star cumshot” off your bucket list and help your lover pick her jaw up off the ground...because she will be DUMBSTRUCK at the orgasm she just witnessed.

In fact, don’t be surprised if she gets a little worried about you. A lot of girls want to know if you have been seeing other girls or if you’re taking some supplement. Just let her know you found the SECRET FORMULA and she can expect a lot more sex like that. She will NOT have a problem with that, trust me!



Kegels

Kegels – weird name, great exercise. Named after Dr. Arnold Kegel, kegels are one of the greatest sexual exercises a man can practice (reverse kegels are the other). Why?

Kegels exercise the pubococcygeus muscle (known as the PC muscle), which is located around the anus. The PC muscle is mistakenly said to be the muscle that lifts your penis up and down, but that muscle is called the bulbocavernosus muscle (more commonly called the bulbospongiosus muscle or BC muscle).

Strengthening these muscles can help prevent erectile dysfunction, increase penile hardness and orgasmic contractions, and prevent ejaculation (male multiple orgasms). They are also supposed to help premature ejaculation, but using kegels to prevent premature ejaculation will actually WORSEN it. Reverse kegels are used to stop premature ejaculation, but more on that later.

To do a kegel, first locate your PC and BC muscles. Your PC muscle is used to constrict your rectum, while the BC muscle is used to lift your penis up and down.

To exercise, simply tighten your PC and BC muscles and then release. When first starting, only tighten for a second or two, and DO NOT OVERDO IT. Take it slow and steady, because you can hurt your muscles by over-training them. As time goes on, you can start tightening your muscles for longer periods of time or do more repetitions.

Once you can go for longer periods of time, try varying the intensity of your routine. Do 50 one-second kegels, followed by 10 ten-second kegels, or 1 sixty-second kegel; for even more fun you can add towel raises to the routine. Hanging a towel from the end of your erect penis and lifting your penis up and down will exercise the BC muscle; clench your rectum as you lift and you can exercise both your PC and BC muscles at the same time.

Remember that these are just muscles, and they CAN be over-trained, so never do anything that causes sharp physical pain. Outside of that, exercise away. The great thing about kegels (and reverse kegels for that matter) is that you can do them anywhere, at any time. Try doing two or three sets during the day, or 50 every morning and evening. Mix it up and vary the routine.

The only problem with Kegels is that they tighten the PC and BC muscles and that can actually cause premature ejaculation, even if you didn't have it before! Thankfully, reverse kegels relax the PC and BC muscles, so if you do both, you get all the benefits with none of the problems. Sounds good to me!





Reverse Kegels



Reverse kegels accomplish the opposite of what kegels do. Whereas kegels tighten the PC and BC muscles, reverse kegels work on relaxing them. Why is this necessary? To explain fully would require going into a lot of anatomy and physiology, so let me just summarize by saying the PC and BC muscles are like your abs and your back.

You may not know this, but exercising your abs too much can actually hurt your back. What happens is the abdominal muscles tighten so much that it actually puts stress on the lower back muscles, which is why bodybuilders always try to work out muscle groups in pairs. Back and chest, biceps and triceps, abdominals and lower back – they are a team that only works well when both parts are exercised.

The PC and BC muscles are similar, in that you not only have to tighten them to increase orgasmic contractions and ejaculation distance, prevent erectile dysfunction and ejaculation, and increase erectile stiffness; but you also have to relax them in order to prevent premature ejaculation.

Tightening your PC and BC muscles (kegels) locks blood into your penis, increasing hardness but the tension on the PC muscle rubs on the prostate, encouraging ejaculation; in contrast, reverse kegels work by relaxing the muscles, and forcing new blood into the penis, while taking pressure off the prostate, delaying ejaculation.

To do the reverse kegel take a deep breath, expanding your abdomen. This next part is hard to describe, so bear with me; essentially you are going to try to “roll” your abdomen underneath your belt line, placing pressure on your penis without pushing on your rectum (you **DON'T** want to feel like you're trying to poop). The end result will have your upper abdomen sucked in while your lower abdomen and on down is puffed out. It's tricky to get at first, but once you have the hang of it, it will become second nature.

The key to remember with reverse kegels is that you are trying to push blood into your penis without pushing on your rectum. **It's like trying to push out the last few drops of urine, BUT without experiencing any pushing on the anus.** Some people describe it as a “wave” traveling from your upper abdomen, through your lower abdomen, down to your penis. Practice with it and if you have any trouble with it, let me know.

Remember to cycle between kegels and reverse kegels. Both are important, and you don't get the full porn star results unless you are actively practicing both. Combine these exercises with edging and the porn star herbal formula, aka the cumshot cocktail, and you will be UNSTOPPABLE. Go get 'em tiger...



Advanced Techniques

Prostate Massage

Whoa there partner, don't toss this book in the recycle bin just yet! I know a lot of guys instantly go into defense mode when it comes to anything involving their anal regions, but I'm going to give you plenty of options so don't worry. There's ways to massage your prostate internally AND externally, so it's up to you how you want to try it.

A few things to remember:

A Prostate Massage can be a very pleasurable experience for most men, but depending on the condition of your prostate, it may prove to be otherwise.

A prostate massage is NOT recommended for men with acute prostatitis, as a massage of the prostate will only allow for the prostate infection to spread to other parts of the body. Bacteria or cancer cells may also be spread through the blood stream, so it might be a good idea to get a rectal examination to rule out any problems with your prostate gland.

Now, assuming your prostate is in reasonable condition, there are a few things explained below that you will want to keep in mind before and while doing a prostate massage.

Safety considerations:

- * If you are planning to use your index or middle finger for the prostate message, make sure they are clean and lubricated. You may also want to consider wearing latex gloves for increased safety and cleanliness.
- * Along with making sure your fingers are clean and lubricated, make sure you take a shower before massaging the prostate gland. A simple shower will give you a feeling of cleanliness and will certainly make the process much easier for you. Also, remember to keep your anus well lubricated for easy and smooth insertion for your fingers.
- * Now, when it comes to the actual massage, you will want to do it SLOWLY and GENTLY. The prostate gland is a sensitive and delicate organ, so you don't want to be too harsh with the massaging. Correct massage technique involves slow, repetitive, and circular motions.
- * To make the experience more enjoyable, remember to breathe deeply while doing your message. This helps further relieve stress and enhances the orgasm.

Prostate Massage Devices:



If you're uncomfortable with inserting your index or middle finger into your anus to reach your prostate gland, or if you're interested in alternative methods, you may want to consider the use of a prostate massage device. Using a prostate massager device can, in many cases, provide a much more pleasurable experience than doing the massage with your fingers.

While prostate massage devices may prove to be a less risky and more pleasurable alternative, there are still some things you need to keep in mind before considering this alternative method.

- * As with doing a massage with your fingers, you will want to use the same slow, gentle, and circular motions with a prostate massager device.
- * Remember to keep the device and your anus well lubricated for easy insertion.
- * Also, remember to go for well-known brands of prostate massager devices. As mentioned above, your prostate gland is a sensitive and delicate organ, so you don't want to go with cheap alternative brands of prostate massager devices. Some well known brands are Aneros and Prostate Cradle.

There isn't much to worry about when it comes to prostate massaging safety. Just always keep in mind that your prostate gland is a sensitive and delicate organ, and you should treat it as such.

Now that we've gotten the basics out of the way, let's look at the two different types of prostate massages – internal and external.



Internal Massage

The most widely known form of prostate massage, this is exactly what it sounds like. A prostate massager, like the Aneros (the BEST prostate massager on the market in my opinion – check out the testimonials - <http://www.aneros.com/testimonials/>) is used to stimulate the prostate.

If you're thinking "Aneros?" here's a quick blurb straight from the Aneros website:

The Aneros Stimulator is a patented prostate-perineum massager. It is not a toy! The Aneros Stimulator is different in both concept and design. Though other anal devices are sexual tools for penetration and fullness, the Aneros is designed to specifically massage the male G-Spot! This prostate-perineum massage leads to a completely different category of orgasm – A unique, full-body orgasm that is incomparable with anything else.



To use, a man simply inserts the Aneros (with plenty of lubricant!) and then uses his PC muscles (think Kegels) to manipulate the device, causing an orgasm that has been described as out of this world and a cum shot that will make you look like Peter North's protégé.

Seriously, it sounds like hype and I know a lot of men are uncomfortable with the idea of putting anything in their anus, but I can tell you that you have NEVER experienced an earth-shaking orgasm until you have experienced a prostate stimulated orgasm. It will literally change your whole perspective on orgasms. It's THAT good.

For more info on the Aneros, check out these links:

Selecting the right Aneros - <http://www.aneros.com/ComparisonCharts.pdf>

Using the Aneros - <http://www.aneros.com/learning-center/use-of-the-aneros/>

- I'll repeat this one more time to make sure you remember...always use plenty of lube and take it slow! Prostate massage is a very rewarding experience and will increase your semen volume a LOT but I don't want any of y'all getting hurt. Okay?

NOTE: I'm not going to cover the traditional method of using your finger to massage your prostate simply because you're looking for a porn star cumshot and it's impossible to masturbate or have sex with one hand up your anus. That's why products like the Aneros work perfectly...you can insert them and then concentrate on sex or masturbation and reap the benefits of a great orgasm and a huge cumshot WITHOUT worrying or over-complicating the whole thing.



External Massage

External massage is a great way for men to experience the benefits of prostate stimulation without having to insert anything in their anus.

Is it as effective as an internal massage? For the most part. Though it's not as easy to use during sex or masturbation as the Aneros, it still provides men an easy way to see how prostate massage can increase their semen volume and give them better orgasms.

The best way to try an external prostate massage is with the Prostate Cradle, a device made for external prostate massages. For more info, I'll let you read straight from their website:

The Prostate Cradle™ was invented by a Certified Massage Therapist who was challenged with prostate health issues. His doctors recommended prostate massage therapy. However, at the time the only prostate massagers available were invasive. Traditional prostate massage involves rectum insertion.

He knew there had to be another way!

The Cradle provides a revolutionary new way to massage the prostate: Simply sit on it! No movement or rocking is required. Body weight creates gentle pressure for a stimulating massage. The Cradle is not like sitting on a bicycle seat. The unique anatomically correct shape avoids sensitive areas. The Cradle carefully reaches underneath the pelvic arch, to massage the prostate & perineum areas, also known as the "Male G-spot."

The Cradle offers a complement, and an alternative to internal prostate massage. The Cradle is extremely gentle compared to traditional vigorous prostate massage. The Cradle works hands free, while sitting on a chair doing normal things like reading, or working at a computer. The Cradle is discreet, no one can tell when you are using it, and it even works over light clothing!



The picture I show above is the Custom Cushion Kit, that includes the Prostate Cradle, custom cushion, and a vibrator to stick in one of the holes on the Prostate Cradle (makes the experience even better!)

As you can see, it's a little more limiting than the Aneros as far as what you can do while using it, but it's still a perfectly viable option for anyone wanting to try out prostate massage without penetration of any sort.

Give one a try, internal or external...it will increase your cumshot and improve your orgasm...guaranteed!



Troubleshooting

1. My semen is too THICK:

Dehydration is the number one cause of thick semen. ***Drink more water.***

2. My semen is too WATERY:

Lecithin will thicken up your semen and help you get more substance when you ejaculate. ***Get some lecithin.***

3. My semen just DRIBBLES out:

There are a few possibilities:

- One, you are dehydrated and your semen is too thick to come out in “ropes”. ***Drink more water.***
- Two, your PC muscle is too weak and your contractions are not strong enough to push the semen out with enough force to travel any distance. This is a common problem among men who took the herbs to increase semen volume, but didn't learn the techniques to take their cumshot to the porn star level. ***Go back to the techniques portion and practice kegels.***
- Three, you are ejaculating prematurely; that is, you are forcing the semen out before it has reached the end of your urethra. To get a cumshot that is high in volume and also travels some distance requires control and timing. You have to control the urge to ejaculate until the semen is all the way up the urethra to the tip of your penis, then let go and enjoy the ride (you also must have strong enough contractions to push the semen out). ***Go back to the techniques portion and practice reverse kegels.***

4. My semen volume is STILL LOW, even after this book:

This happens very, very rarely, but if it does there are two things you need to do:

- First, I would recommend getting your semen analyzed and your testosterone levels checked. If you have finished this book and given it adequate time to work (4-6 weeks) and you are still not experiencing anything, there is most likely a medical problem. Your prostate may not be shrinking enough because of deeper medical problems, or your testosterone levels may be extremely low. ***Get your semen analyzed and your testosterone levels checked.***



- Second, make sure you are not over-masturbating, or over-sexing.
 - **9 out of 10 guys that fail to see results with this formula have admitted to me that they masturbate multiple times a day.** As crazy as it sounds, there is such a thing as too much masturbating, or too much sex.
 - Over-ejaculation has been linked to prostate enlargement due to increased DHT in the system, as well as deficiencies of acetylcholine, serotonin, and dopamine. If you ejaculate more than once every few days, you will most likely have problems with erectile dysfunction, premature ejaculation, and/or low semen volume. You may also suffer from depression, anxiety, and trouble concentrating since serotonin and dopamine regulate mood and acetylcholine helps with concentration.
 - If you have been over-ejaculating, ***get some Twinlab Vege Fuel to help replenish the acetylcholine, serotonin, and dopamine deficiencies in your system.***
 - Secondly, if you want to have sex more than once every few days, look into Tantra, or even better, ***get “The Multi-Orgasmic Man” by Mantak Chia.*** He will show you how to have orgasms without ejaculating, which keeps the vital amino acids in balance. Very highly recommended for any man that enjoys having sex regularly.

5. I don't have enough MONEY to buy all those herbs:

Buy some celery, drink lots of water, and get some Bioperine and Maca – **total cost less than \$15 a month!** Keep in mind that you WILL see an increase in volume with something as simple as Maca, Bioperine, celery, and water; but it may not be porn star volume.

6. I have some other question...

Feel free to drop me a line. You can reach me by emailing steve@secretsofapornstarcumshot.com

That's it - You have reached the end of the book...thanks for reading all the way through to the end!

Remember, that **all of the secrets in this book don't do a bit of good if you don't go out there and put them into practice**, so get up and get moving! Good luck and send me your success stories!

Steve Sizemore