

Is Frequent Masturbation harmful?



MASTURBATION is one of those activities everyone enjoys, but few are comfortable discussing openly with a friend, or even a family doctor. This is largely due to societal taboos perpetuated by frowning parents and sex education teachers. Most of us are able to ignore the discouragement, however, and continue masturbating into adulthood. Unfortunately, some of the myths we're taught as children are less easily ignored, and many men worry that the act must be unhealthy on some level. After all, how can something so pleasurable not be bad for you? Read on as we put to rest some of the more common fears men have regarding masturbation.

Is frequent masturbation bad for you?

No, frequent masturbation is not bad for you. As long as it isn't interfering with your work performance or taking precedence over the routine activities in your life, there's no reason to be concerned about this. It will not decrease your sex drive, and it will not cause health problems. Enthusiastic masturbation can be tiring, though, and overly frequent activity of this nature can lead to physical exhaustion. Therefore, you may want to keep this in mind and schedule your solo sessions around your job or social obligations, lest you be fatigued throughout them.

If, however, you find yourself growing obsessed with masturbation to a point where it's interfering with work or personal relationships, it's probably time to cut back a bit and perhaps speak to a professional about underlying issues that may be the cause.

Does masturbation affect sperm count?

Ejaculation as a result of masturbation is no different than ejaculation as a result of sexual intercourse; sperm count is the same in either case. Frequent sexual encounters do not cause a decline in male fertility, ergo, nor does frequent masturbation. That said, if a man has a low sperm count to begin with, masturbation could conceivably affect the quality of his sperm. Therefore, if actively trying to father children, these men should refrain from masturbation when their partners are ovulating to ensure the highest quantity and quality of sperm possible.

Can masturbation cause health problems?

Contrary to ridiculous claims in the not-so-distant past, masturbation does not cause blindness, insanity, hairy palms, hair loss, acne, or cancer of any kind. In fact, masturbation is actually quite beneficial for a man's health. It's a natural stress reliever and is used as a sleep aid by many men.

Masturbation has even been clinically proven to reduce migraines and other types of pain. And, if that's not health positive enough for you, recent studies suggest frequent masturbation -- seven times a week or more -- greatly reduces a man's chances of developing prostate cancer. If that's not a good excuse to masturbate, nothing is!

Source: http://www.askmen.com/dating/love_tip_300/374_love_tip.html#ixzz1jEKRdFj7

Exercise and Erectile Dysfunction



To avoid ED problems before they start, regular exercise is essential. Find out what you need to add to your routine.

By **Madeline Vann, MPH**

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Exercise may be the ticket to a more active sex life, but we're talking about regular cardio and strength workouts, not targeted "penis exercises." Research shows that even a little bit of physical activity — the equivalent of walking 30 minutes a day a few times a week — may lower the risk of **erectile dysfunction**.

Why is exercise such an effective remedy for preventing erectile dysfunction?

"For men who have failing **erections**, the penis is a barometer of what's happening in the rest of the body," explains urologist Wayne Hellstrom, MD, professor of urology at the Tulane University School of Medicine in New Orleans.

The key to all of this is the endothelium, the inner lining of blood vessels that helps blood flow smoothly. Regular exercise has been shown to improve the way the endothelium works. The endothelium lines the blood vessels in the heart and the penis, explains Dr. Hellstrom, but the blood vessels in the penis are about one-third the size of those in the heart. So if you fail to have erections due to vascular problems, that indicates that you're at risk for **heart problems** as well.

The bottom line is that taking steps to keep your endothelium healthy will help you prevent or reduce your **erectile dysfunction risk**. Being more physically active is important to the health of your endothelium and, therefore, to the health of your heart and your penis.

Building Your Exercise Program

The benefits of exercise for your blood vessels last only as long as you keep exercising on a regular basis. Experts recommend that men who want to prevent impotence make a long-term commitment to exercise. Here are some tips to remember:

- **Choose activities you enjoy.** Your exercise program doesn't have to be elaborate. In fact, studies have shown that just walking briskly every day for at least three months significantly improves the health of your blood vessels. Aim to be active most days of the week. If you prefer basketball, that's fine — just keep up the full-court press.
- **Spice it up with weight training.** Aerobic exercise such as walking, swimming, and jogging, is good for your blood vessels, but resistance training has been shown to improve endothelial function as well. A mix of both can help improve your overall health and keep you interested in your workout routine.
- **Don't let your age stop you.** Erectile dysfunction is more common as men get older, but at the same time, habitual exercise has been shown to fight the effects of age on blood vessels.
- **Check in with your doctor if you haven't been physically active in a while.** It's a good idea to get your doctor's approval — and maybe some additional exercise tips — if you're starting an exercise program from scratch.

The Dubious Claims of So-Called Penis Exercise

As you seek solutions to impotence, you will undoubtedly run into male enhancement recommendations, possibly suggesting penis exercise to improve your erections.

Penis exercise “may sound good,” says Hellstrom, “but I don't think there are data to support it.”

The phrase “penis exercise” actually refers to exercises known as pelvic floor or Kegel exercises, in which a man focuses on strengthening the muscles that control the flow of urine and ejaculation. These exercises are often recommended to men who are recovering from prostate cancer treatment, have problems with ejaculation, or have a hard time holding their urine, but they do not appear to help erectile dysfunction.

Source: <http://www.everydayhealth.com/erectile-dysfunction/exercise-and-erectile-dysfunction.aspx>

Kegel Exercises for Men

kegel session 1

Exercise A

Sets: 3

Quickly clench and release repeatedly for 10 seconds.

Take a 10-second break between sets.

Exercise B

Sets: 10

Clench and release repeatedly for 5 seconds.

Take a 5-second break between sets.

Exercise C

Sets: 3

Tighten and hold your PC muscle for 30 seconds.

Take a 30 second break between sets.

That's it for today, but repeat these Kegel exercises for men daily for one week

kegel session 2

Exercise A

Sets: 10

Clench and hold your PC muscle for 5 seconds.

Release and repeat.

Exercise B

Sets: 3

Quickly clench and release your PC muscle 10 times.

Exercise C

Sets: 3

Clench and release your PC muscle alternatively in long and short bursts for counts of 10.

Exercise D

Sets: 1

Tighten your PC muscle and hold for as long as you can. Aim for 2 minutes.

You can do the session 2 Kegel exercises for men for a week; however, feel free to progress if you feel you are strong enough. Remember that these are strengthening exercises, so start off slowly and build up, just like you would with any other muscle.

kegel session 3

Exercise A

Sets: 30 (work your way up to more than 100)

Clench and release your PC muscle over and over again.

Exercise B

Sets: 5

Tighten as much as you possibly can (ensure that you are only squeezing your PC muscle).

Hold for 20 seconds.

Take a 30-second break between sets.

kegel session 4

Exercise A

Sets: As many as you like.

Clench and release your PC muscle for 2 minutes every day.

Work your way up to doing 20 minutes 3 times a day -- you should eventually be able to perform 200 repetitions per session.

When can I do Kegels?

You can do Kegel exercises for men anytime, anywhere; there are very few places you can't practice this. It is not recommended, however, to do these exercises when you are trying to concentrate on something else, as you may find yourself quite distracted. A great place to do them is on the couch in front of the TV or while stuck at traffic lights.

How will I know when something is happening?

You will know because you will be able to feel it, and so will your lover. A harder penis, better control and longer lasting sex are all benefits of having strong PC muscles. There is absolutely no excuse for not

having these important sexual muscles in excellent working order. If you have trouble with premature ejaculation, try these exercises before you head to the pharmacy or your health professional.

What not to do

Don't overdo it. It is often tempting to throw yourself into something head on, especially when it means better sex. However, as with any other muscle you are working out, you need to give it some time to heal between sessions. This means regular rests and not overdoing it. If you follow the exercise schedule as you see fit, you should soon be great -- listen to your body. It knows what it's talking about!

Don't use any other muscle during the exercises. It is sometimes difficult to isolate the PC muscles, especially if they are weak. Be aware of what you are doing, and if you feel like you are contracting any other muscles (mainly abdominals and thighs), then you need to relax and start again. Just remember that it might take a few weeks to build up some strength. Keep at it.

Source: http://www.askmen.com/dating/love_tip_60/67_love_tip.html#ixzz1jEQR2THz