Healthy, Honest Penis Talk

Does Size Matter?

How many times have you heard that size doesn't matter? I'm sure you've heard it a lot. I'm sure you've heard it a lot more if you aren't particularly well endowed. But come on boys, let's be honest. Size does matter – but not how you think.

What matters is your size compared to her size. Women have a size, too! Vaginas vary in depth and width. We don't come one size fits all, any more than men do. It's how a man and woman fit together that matters. If one is larger than the other, finding positions to enhance pleasure can be a challenge. Make it a fun one.

The average penis size when the penis is relaxed is 2.5 to 4 inches in length. The average size when erect is 5-7 inches. Smaller penises tend to expand in size more than larger ones.

The idea that women are only satisfied by lovers with a large penis is just plain wrong. Great sex is a combination of great communication, patience, caring, and a desire to please your partner. It's what you do with your mouth, your hands, and your entire body as well as your penis. It's an entire experience. If you are a little large for her or she's a little large for you, find the positions that allow for maximum pleasure without pain.

Wash and Care For Your Penis or Your Child's Penis

When showering, wash the penis and testicles with warm water and soap. Adult intact males should pull back the foreskin to

wash and rinse to prevent a buildup of smegma.

If your baby or your child has not been circumcised, do not pull back the foreskin. Foreskin in infants and children naturally adheres to the head of the penis. This is normal and natural. The foreskin may remain adhered through puberty and beyond. Again, this is perfectly normal. Do not force the foreskin to retract. A good stream of urine provides all the cleaning needed until the foreskin can be easily be retracted.

Penile Health

Of course you should examine your penis and testicles on a regular basis (at least once a month) for lumps or sores. Check with your health care practitioner if you have any pain or a discharge of any kind. And never, ever, decide a condom is not needed unless or until you are a part of a committed, exclusive relationship and both of you have been tested for STD’s.

Erectile dysfunction is generally the greatest concern facing men as they age. Many will start to notice changes in both the appearance and the behavior of their penis by the time they reach the age of 40. While some of these changes are normal, some can be mitigated or reversed with proper nutrition and detoxification.

If you want your penis to be healthy, keep your cardiovascular system healthy. That’s the bottom line. If your blood flow is diminished, it will affect erections. It is also good to note that it is a use it or lose it situation. An erection a day is a good way to keep things working right.

First of all, Eat Right

What not to eat

- Artificial flavors

- Artificial colors
- Preservatives
- MSG
- GMOs
- Trans fats
- Conventional sugar
- Artificial sweeteners
- Limit caffeine and gluten

What to eat

- A large variety of organic, fresh, raw vegetables and fruits
- If you eat meat – only organic
- Essential omega fatty acids (oily fish, flaxseed oil, krill oil, etc.)

If you smoke, stop. It constricts your blood vessels. If you drink too much, stop! Alcohol toxifies the blood and makes it sluggish. It definitely does not encourage blood flow!

The key to good health, including sexual health, is living a healthy lifestyle. Eat right, exercise, eliminate stress, and detox at least twice a year.

Detoxing has become essential in our day and age because we are exposed to so many toxins on a daily basis, both in our food and in our environment. Many of these toxins are hormone disrupters.

Male Energy Formula Recipe (or purchase here)

- 2 Cups American White Ginseng
- 2 Cups Korean Ginseng
- 2 Cups Chinese Ginseng
- 3 Cups Yohimbe Bark
- 3 Cups Damiana Turneria Aphrodisiaca

- 3 Cups Siberian Ginseng
- 2 Cups Sarsaparilla Root
- 1 Cup Saw Palmetto Berry
- 1 Cup Oat Seed (Green Immature)
- 1 Cup Kola Nut
- 1 Cup Ginger Root

Blend all together using your 50 – 50 Blend of Alcohol and distilled water.

Recommended Supplements:

- Shillington's Male Energy Formula
- Shillington's Blood Detox

Further Reading:

- *The Power Of Our Hormones and How To Balance Them*

Sources:

- *Is my penis the right size and shape?* – NHS choices
- *6 Penis Problems That Happen With Age* – Alternet