



**INSTITUTE OF ANDROLOGY &
SEXUAL HEALTH**

DEDICATED TO MEN'S HEALTH AND WELL BEING

SCIENTIFIC SEXUAL HEALTH TIPS



MEDITATION for at least 10-15 mins daily- It will increase your concentration and ability to control. It can also help you in getting better erections.



YOGA- There are a few yoga poses which have proven to have increase time to ejaculation.



AEROBIC EXERCISES- Increases the blood flow to penis as well other body parts. It gives better erections and better control.



LIFTING WEIGHTS- Lifting heavy weights under proper guidance and working out your major muscles of the body will not only get you in shape but also increase your testosterone levels which will improve your sexual health.



LOOSE WEIGHT- Losing weight and shredding excess fat will reduce your estrogen levels and increase testosterone levels.



COFFEE- Drinking coffee (preferably black- one big cup) 2 hours before sex has shown to increase time to ejaculation in some men.



GET RID OF ADDICTIONS- Stop smoking, reduce alcohol consumption, minimize your porn time and masturbate in moderation.



DE STRESS YOURSELF- Take a vacation, do something which you like to do, limit your social media time to less than 2-3 hours a day, develop a hobby, listen to soothing music.



LIGNOCAINE BASED CONDOMS- Long last/Climax control etc-They will reduce the sensitivity to some extent and help you last long.



LIGNOCAINE BASED SPRAYS- 4-6 sprays one on each side of head and shaft – Apply 10 minutes before sex-Wait for 5-6 minutes- Wipe it with a wet cloth or tissue- Foreplay for 5-10 minutes and then perform penetrative sex.

PELVIC FLOOR EXERCISES- These exercises are called as Pelvic gym. It's important to strengthen the muscles responsible for erection and ejaculation. Many studies have shown that these exercises can significantly improve your time and power of erections. But you must understand them thoroughly before starting.

For those who have sex less often, they can **masturbate a few hours before having sex**. But you must masturbate correctly.

MEDITERRANEAN DIET- Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts

- Replacing butter with healthy fats such as olive oil and canola oil
- Using herbs and spices instead of salt to flavour foods
- Limiting red meat to no more than a few times a month
- Eating fish and poultry at least twice a week (Not for vegetarians)
- Enjoying meals with family and friends
- Drinking red wine in moderation

Take medications on time as prescribed by doctor.

For more information on **SEXUAL HEALTH** and cutting edge solutions to male sexual health problems,
Please speak to us on our helpline number

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