



TITAN STAMINA

HOW TO GET HARD
AND {STAY HARD}

TITAN STAMINA HOW TO GET HARD AND {STAY HARD}

Peruvian Brew is going to increase your stamina from a biological and hormonal perspective—the clinical studies prove it. But did you know that there's a number of techniques you can use so that you last for 45 minutes—and even as long as 2 hours? Superstar Stamina shows you a variety of approaches that include exercises, positions, diet and physical conditioning—and some re-thinking of long-held attitudes about sex and sexual performance and the role they play in your life.

In this book you'll discover how to put these ideas into practice. Gaining more stamina requires more than just a laser focus on your cock. It's also about what you eat, getting in shape, assuming a sex positive attitude, finding intimacy with your partner, creating romantic settings, letting go of stress, taking the right supplements, and more.

Of course, you'll be exercising your cock as a core part of the program, but if that's all you do you won't gain much stamina. If you think your cock is the only element in play here, you're not going to succeed. When you comprehensively address all the factors involved, soon you may just find yourself lasting longer than you ever thought possible.

You'll know you've done your work well when you and your lover wake in the morning feeling groggy and spent because you didn't get enough sleep. Maybe you'll have enough leftover stamina for a quickie before heading off to work. That's the way stamina works: it's the gift that keeps on giving.

CONTENTS

TITAN STAMINA: HOW TO GET HARD AND STAY HARD	2
ROCK ME BABY, ALL NIGHT LONG.....	4
COCK LIKE A BOTTLEROCKET.....	4
HELLO STAMINA, GOODBYE INSECURITY.....	5
MORE STAMINA MEANS HOTTER SEX.....	5
WHAT PERUVIAN BREW DOES TO HELP BUILD STAMINA.....	6
LAYING THE GROUNDWORK: SOME ATTITUDE ADJUSTMENT REQUIRED.....	7
THE AGONY OF THE ECSTASY.....	7
YOUR FIRST SEX PARTNER	8
A CULTURE IN SEXPLOSION.....	8
OPEN YOUR LINES OF COMMUNICATION ABOUT SEX	9
EXPOSE MORE THAN JUST YOUR COCK.....	9
HOW TO USE DIRTY WORDS.....	10
BEGIN THE CONVERSATION.....	10
-QUESTIONS YOU COULD ASK EACH OTHER.....	11
STOP WORRYING AND LOSE YOUR STRESS.....	12
WHAT IF YOU NEED TO TAMP THINGS DOWN?.....	13
SETTING THE STAGE.....	14
WARMER ROOM = HOTTER SEX.....	14
WARMER BODY = HOTTER SEX.....	14
SHED YOUR CLOTHES—AND LIGHT ON THE SUBJECT.....	15
INDOORS OR OUT?	15
SEX GAMES	16
THE PHYSICAL PART OF THE EQUATION	17
YOUR COCK'S DAILY WORKOUT	17
THE DIFFERENCE BETWEEN ORGASM AND EJACULATION.....	18
TRY SOME NEW POSITIONS.....	18
-THE RIDER.....	18
-THE REVERSE RIDER.....	18
-THE DRAGON	19
-THE MISSIONARY POSITION.....	19
YOU ARE WHAT YOU EAT.....	20
-OYSTERS	20
-DARK CHOCOLATE.....	20
-CHILI PEPPERS.....	21
-AVOCADOS.....	21
-ASPARAGUS	21
-RED WINE	21
OTHER FOODS TO GET YOU IN THE MOOD.....	22
GET YOUR BODY INTO SHAPE SO YOU'LL LOVE IT.....	23



ROCK ME BABY, ALL NIGHT LONG

Better stamina in bed is something all of us guys would like to achieve. There are two basic reasons why stamina might be an issue for you, and you probably fall somewhere along a spectrum between them. On one end is the problem of premature ejaculation, where you blow your load in less than a minute or two. The other end is an inability to sometimes even get hard, and if you do, to stay hard long enough to reach a climax.

{IS YOUR COCK LIKE A BOTTLE ROCKET?}

You may be one of those guys who gets a raging boner at just the thought of someone else even touching your cock. You shoot your wad just a couple of minutes into your fuck, or when you're on the receiving end of a blowjob. You probably know that's called premature ejaculation, and it's not much fun for either party involved.

Your lover may not even be fully aroused yet, and here you've already come. You've achieved what you came for, and are now beginning to shrink. To keep going you have to feign interest in your partner's needs and so you (sometimes half-heartedly) go through the motions until they get off too. You're sleepy and it seems like your partner is never going to get off. The sex turns boring and you feel like you're just going through the mechanical motions. Other times, you may be able to rise to the occasion and enjoy a second round until lover comes as well, but that's usually not how it works.

HELLO STAMINA GOODBYE INSECURITY

Or, you may be someone who suffers insecurity about the size of your cock and are plagued with fears that you won't be able to maintain a strong erection long enough to get the job done. In this case, you've given yourself over to the fear, and it usually turns out to be a self-fulfilling prophecy. You lose your hard-on, your partner tries to revive it with little success, so you roll over, say "goodnight, maybe in the morning."

When that happens time after time, it's sad and depressing and it affects your life in and out of bed. But don't beat up on yourself and most of all, don't internalize the sense of failure. It's nothing you consciously caused to happen, and it can be fixed. There are many reasons a man can get to this point, and there are sound solutions for almost all of them. Any combination of factors—like your hormones being out of balance, poor physical condition (of your body in general, and your cock specifically), or psychological issues—can cause this to happen.

MORE STAMINA MEANS HOTTER SEX

Maybe you're somewhere in between on the spectrum from premature ejaculation to performance anxiety, and have a fairly satisfactory sex life that you just want to spice up. Doubling or tripling the amount of time you're sharing your cock with your partner will make your sex life much hotter. When you devote more time for your sexual encounters and take them slowly, you can relax into the act, exploring exciting new variations in positions, moves, and more.

A study by Canadian and American sex therapists found that the average time for intercourse is less than 12 minutes. Once you gain the stamina to stretch things out, what used to so take few minutes from beginning to end—or maybe wasn't even getting to its end—can now be lengthened to a half an hour, 45 minutes, or even longer. The thing is, once you start consciously working on building your stamina, it's a process that doesn't stop. It's fun, sexy, and you start to see results right away. That combination is strong motivation for continuing to do the, um, hard work. The results will amaze and delight you—and your partner too..





WHAT PERUVIAN BREW DOES { TO HELP BUILD STAMINA }

Peruvian Brew, which includes ingredients such as Dong Quai, Maca Root and Korean Red Ginseng is an ideal way to address the hormonal imbalances that might be causing your lack of stamina.

Maca is from a plant that grows in warm countries, and has been used for centuries by men there to stay virile. What they didn't know long ago is that Maca is effective in increasing testosterone levels.

Dong Quai comes to us from Southeast Asia, where it has long been used as an aphrodisiac. Studies have shown that it can be effective in increasing sperm count. Korean Red Ginseng is said to be the most effective ginseng on the market, and it's wildly popular in its home country. While it does such nice things as act as a natural tranquilizer to relieve stress and anxiety, and lower blood pressure, our primary interest in it is the way it enhances the libido.

There you have it: the promise of raising testosterone levels, an aphrodisiac that increases sperm count, and a libido enhancer. With these powerful ingredients set to tune up your hormonal imbalance, you can see why it would be wise go ahead and order some Peruvian Brew.

But after you place your order, it'll take at least a day or two for it to arrive. While you wait, you can start putting some of what you'll learn below into practice, and get a head start on enhancing your stamina so you'll be primed and ready when your XT gets to you. Rip open the box and start experiencing the lift.



LAYING THE GROUNDWORK: SOME ATTITUDE ADJUSTMENT REQUIRED

Let's start by talking about how to address some of the types of attitudes and psychological issues that might be standing in the way as you set out to increase your stamina. The single most important of these is caused by our society's conflicting attitudes about sex.

THE AGONY OF THE ECSTASY

If you came of age in the 60s, 70s or 80s, you were probably given the message by your parents, teachers and religious leaders that sex was bad. Or you might not even have been told anything at all about it. How could you come away from a situation where sex was something nobody ever discussed, and seen as something to be avoided, without bringing along some excess baggage full of other people's hang-ups?

No matter how hard you were trying to be a good boy, the question of whether to engage in sex eventually—and rather suddenly—became moot. Your hands found your cock at an early age, and from then on you became hell-bent on pleasuring yourself at every opportunity. Sometimes you worked it so hard you were afraid it might fall off.

YOUR FIRST SEX PARTNER

You found a friend (whether a boy or girl really doesn't matter) who one day magically turned into a lover, luring you into furtive, frenzied—and pretty hot—sexual escapades. Here you were, doing something forbidden, something that you felt you needed to hide, but damn, did it ever feel good!

You could not avoid internalizing the tired old Victorian moral code on the one hand, and you couldn't stop doing what you were doing on the other. Because the pleasure was often cancelled out by the guilt, you found yourself in a constant state of angst about the whole thing. Sometimes you wished it would all just go away—but not really.

A CULTURE IN SEXPLOSION

Today we find ourselves in a society soaked in sexual images and messages. Advertisements, movies, plays, and TV shows with extreme sexual themes are in our face everywhere we look. Internet sites offer easy-to-find pornographic photos and videos that are so exciting that we sometimes find ourselves jacking off to them.

People are flaunting their nakedness at Burning Man in the Nevada desert, and in broad daylight, tooling down Broad Street at the Philadelphia World Naked Bike Ride, cocks painted in bright colors, waving in the wind. They're frequenting nude beaches and private pool parties where everyone sheds their suit and lets it all hang out.

We're watching from the front row as society abandons the constraints imposed since Queen Victoria's time. Obviously, you can't keep a good thing down. And the old adage makes sense: if you can't beat 'em, join 'em. It's time to root out and abandon any negative or repressive attitudes about your cock. You get to put it to use any way you please, as much as you want.



OPEN YOUR {LINES OF COMMUNICATION} ABOUT SEX

Why is it that we often treat the most intimate part of what we're sharing with another person—physically merging our bodies together—as something we aren't willing to discuss openly with one another? There are many reasons, and when you examine them, you'll see they're pretty much bullshit.

The first reason is that on some level most of us have accepted the idea that sex is something to be hidden, or worse, that it's dirty or degrading. But just stop and think about this absurd proposition for a minute: sex is how we all get here. You are the irrefutable evidence that at some point your parents had sex, and more than likely, they enjoyed it. The point is, no matter what messages you got growing up—verbal on non-verbal—sort through them and discard the ones that tell you having a full sex life is bad.

EXPOSE MORE THAN JUST YOUR COCK

Another reason for avoiding communication with our partner is that we might have a fear of exposing too much about ourselves. This is really ironic because we're only too happy to throw off our clothes and share our naked body with someone, but we're reluctant to talk about what we're doing together and how we could make it better.

We're afraid that if we start talking about our sex life, we might have to admit to our own insecurities as part of the deal. Perhaps we fear we'll inadvertently blurt out something we didn't mean to share, like thoughts of being sexually attracted to a close buddy, or having a fantasy about a ménage à trois with the neighbor across the street. After all, you never know what you might let slip when you are overly excited. Or maybe we're scared that our partner will share something about us we don't want to hear, or worse, that we might tell them something like that and it hurts their feelings and drives them away from us.





HOW TO USE DIRTY WORDS

Sometimes it's just not knowing the right words to use. "Vagina" sounds so clinical and, um, dry. Should you say, "Just looking at your pussy turns me on?" or "Thinking about your cunt makes me hot?" Some of the words describing sex acts and body parts seem silly, others come across as too coarse. You know that you're walking a fine line as to whether your choice of words will be seen as sexy and provocative, or as sexist and repulsive.

Terminology can be something of a tripwire if you're using these words with a woman. Groping for the right words is a lot less of an issue if your partner is another guy; guys are more than willing to be coarse with each other, and will probably even find doing so a turn-on.

BEGIN THE CONVERSATION

Believe it or not, having this kind of conversation with your partner is an important first step in improving your stamina, because it will enable you to be sexual in a more casual and relaxed way with your lover. Having talked about things openly will decrease your anxiety and make it easier for you to be fully in the moment—fully present, fully erect, fully ready to rock all night.

Where should you start when you want to open a conversation about your sexual relationship? There are probably things you'd like to know about your partner's past, but you should be careful. Don't probe about former boyfriends. Old relationships may contain minefields of hurt and pain for your lover. Keep your focus on now, and on the two of you—and what you want to see in the future as your relationship intensifies. It may even help to set some ground rules before opening a conversation: what topics would you like to be off-limits?

QUESTIONS YOU COULD ASK EACH OTHER

Here are a few questions you might try. Think about how your partner might respond when you ask them, and what unexpected answers he or she might give. Be prepared to hear responses you might not like, and think about how you might answer the questions yourself.

Pick and choose from the questions below when you want to start the conversation. Note: it's probably better to begin a discussion like this after dinner, over a couple of glasses of wine, rather than when you're both stark naked in bed.

Is there something you'd like me to do when having sex with you that we haven't done before?

Do you really like it when I go down on you? Can you suggest a way I could make it better?

When you go down on me is it OK if I come in your mouth? Or would you rather I spill it on your stomach?

Would you find it a turn-on if we watched porno movies together?

How much do you enjoy kissing? What can I do to make my kisses more erotic?

What are your favorite memories of times we have been intimate?

Are there things that happen outside the bedroom that make you want to fuck me?

Where is your favorite place for being touched when we're making love?

What would your ideal intimate encounter with me be like?

Are there things you'd like me to say to you during our lovemaking?

Do you prefer to make love in the dark or with some lights on?

Do you ever fantasize about having sex outdoors?

Would you consider going to a nude beach with me?

Does having this conversation make you more comfortable or less comfortable?

Choose a few questions that you're sure your partner won't find threatening or that will put him or her on the spot. Start talking and see where the conversation leads. Most likely it'll lead to some hot lovemaking. That's what happens when people let down their guard and tune in to each other's needs.

STOP WORRYING AND LOSE YOUR STRESS

Of course, it's hard to stop worrying if you're tied up in knots thinking in advance about how you're going to perform in bed. When beginning a sexual encounter, if you find yourself retreating into your own head, take some deep breaths and be fully aware of your surroundings and your physical sensations. If you had a bad day of work and are stressed out about it, running it through your mind over and over, put it out of your head for now by thinking of something pleasant.

Stress kills hard-ons. Money worries, problems with your kids or your job, health issues—all of these and more can climb into bed with you and your partner if you're not careful. Don't have conversations about any of these things when you're in bed. Try not to even think of them. Breathe deeply and center yourself, and focus on the good time you're about to have. Putting them out of your head for an hour or so won't make your problems go away, but it may create the space for you to have a pleasant experience, and that will make them seem less important.

Shift gears and seek to connect with your partner on an intimate level. Look into her eyes. Smile. Say something sexy about her. Tell him how good he looks, or how you have been anticipating this moment all afternoon. Sex is as much about intimacy as it is about pleasure. Stamina and staying power are a byproduct of that intimacy, not the reason for it. Intimacy does not happen because you're able to keep a raging hard-on for an hour or more. It comes because you care about your lover and want to make them happy.



WHAT IF YOU NEED TO TAMP THINGS DOWN

If your stamina problem is more related to premature ejaculation than to performance issues, you will benefit from taking an honest look at the attitudes you carry into your sex life. First question to ask is, are you making it all about you? Be honest: do you have sex just so you get your rocks off? If that's your only objective, you need to reorient yourself so that your partner comes first. Otherwise, you'll probably destroy the relationship you're in, and you'll walk away with a reputation as "cocky," thoughtless—and a bad lover.

If you're with a woman and you don't bother to make sure she has an orgasm every time you fuck her, you're only in it for yourself. Some women have been brought up to think of sex as an obligation they owe to their partner, rather than a pleasant and fulfilling experience themselves too. Even if you're with a woman like this who is reluctant to let the pleasures of a sexual encounter wash over her, you can—and must—be the agent of change. You can gently persist, upping the pleasure for her by doing things that turn her on like gently biting her nipples, fingering her pussy, tickling her ears. Find her clitoris with your tongue. (If you don't know what that is, you're bush league; educate yourself.)

If you make sure that your partner is the object of attention rather than focusing exclusively on yourself, both of you will be winners. She'll be basking in the glow of sexual satisfaction, and you'll be able to stay rock hard while you fuck her over and over. She'll want to be your lover not just to satisfy your desires, but also because it brings her immense pleasure. You can easily see how that's to your advantage.

She'll find you a complete turn-on and you'll multiply your opportunities for hot sex well into the future.

If your lover is a guy, things are more likely to be on a more egalitarian footing. He probably won't let you get away with blowing your load unless you help him to blow his too. After all, you're both getting your rocks off the same way, so it's quite evident if it happens for one and not the other. You need to do him right and make sure he's the object of your attention; be sure that your main objective is to satisfy him first—and



SETTING THE STAGE

You can't have hot sex that lasts for an hour or more in an inhospitable environment. Sure, those occasional moments—like that frenzied fuck in a toilet stall in a nightclub, or that blowjob in the back seat of your car, or the hand job you got in a hidden doorway in a back alley—can be extreme turn-ons. But they usually don't call for much in the way of stamina.

When you're seeking a to lengthen and draw out a sexual encounter, you want conditions to be as pleasant and private as possible. If you have kids or roommates, the door should be locked. The bed needs to be clean and not piled up with your dirty clothes. And of course, the lighting matters.

WARMER ROOM = HOTTER SEX

Maybe you have fond memories of a hot summer night when the air in the room was stifling hot and heavy, and you and your lover were both sweaty as hell. You rolled around in each others' arms, feeling your wet bellies slide across each other. Being hot is—well, hot.

Your sex drive gets amped up when your body is in a warm place. So to set the stage for better stamina, set the thermometer higher. When you do, send a mental message to your cock that things are heating up. Think ahead and make sure the temperature in the room is perfect. Warmer room = hotter sex

Maybe you have fond memories of a hot summer night when the air in the room was stifling hot and heavy, and you and your lover were both sweaty as hell. You rolled around in each others' arms, feeling your wet bellies slide across each other. Being hot is—well, hot.

Your sex drive gets amped up when your body is in a warm place. So to set the stage for better stamina, set the thermometer higher. When you do, send a mental message to your cock that things are heating up. Think ahead and make sure the temperature in the room is perfect.

WARMER BODY = HOTTER SEX

Take a good hot shower before you jump in bed. Ideally, take that hot shower together with your partner. Soap up your lover's body, paying particular attention to the zone between the legs. Gently nibble his or her nipples as you feel the water coursing over your head.

It'll be a good opening act for the performance that awaits. Getting yourselves all slippery and horny is good, but the main reason for showering is to warm yourself up. It'll get your blood flowing and coursing through your extremities—including the one we're focused on here—your cock.

{**SHED YOUR CLOTHES**} **AND SOME LIGHT ON THE SUBJECT**

Always get completely naked when you're about to make love. That lets you feel sensations on your skin from head to toe. Sure it's fun to fuck with your pants around your ankles, but at the end of the day, it's constraining. Your lover's hands on the bare skin of your butt are a lot more exciting than when they're caressing a pair of jockey shorts covering your skin.

Maybe your partner is a little shy and prefers sex in the dark. That's OK, but you should see if you can convince him or her to let you shed a little light on the subject. Maybe start with a few candles around the room. Those will give off a romantic glow, and the flickering flames send signals of warmth to both of you. Man hungers for fire innately.

When you can see what you're doing, it's easier to change positions or get right to the target for places you want to lick or kiss. Being able to see your lover's face will give you a world of signals that will help you know when you're doing the right things. When you're doing the right things, you want to keep doing them. See where this is heading?

INDOORS OR OUT

While you can have some amazing and long-lasting sexual encounters in your bedroom, consider what it would be like to take your show on the road. Fucking in broad daylight on a nude beach will be an amazingly erotic experience for both of you. If you or your partner are a little timid you can arrange to do it in a secluded place under a blanket; if you're less inhibited, do it on top of the blanket. If you're ready to be brazen and want to take the sexual experience to the peak, find a place where raunchy behavior is accepted practice, forget seclusion altogether, and make it a public performance.

Imagine receiving a blowjob from your lover while you're looking up at the stars beside the campfire outside your tent in the Colorado Rockies. Experiences like these can leave you with erotic memories you'll revisit in your mind over and over for the rest of your life. You'll find your cock swelling up every time you think back on them. Call them to mind when your stamina needs a jolt and they'll usually come to your rescue.





SEX GAMES

Remember how thrilling it was the first time you played strip poker? Depending on how adventurous your playmates were, and how private the setting, all of you may have gotten buck naked. Who knows where it went from there? You love sex. You love games. Combine the two.

You can find a wealth of suggestions on the internet that include word games, board games, card games and more. Games are a great way to get things moving in unexpected directions, helping you break out of the rut. And because they add time to the experience of the sexual encounter, you can build up the tension more slowly. Your stamina will increase because once you associate sex with play you'll want to play and keep playing.

OK, enough with the psychology part for now. But don't brush it aside. Keep asking yourself—and your partner—questions about your sex life and attitudes. Engage in fantasies and visualizations whenever you can. Tune out repressive and negative messages about your body and genitals. Seek out new experiences. Give your cock plenty of personal, loving attention. Find a sex positive attitude.



THE PHYSICAL PART OF **THE EQUATION**

Let's turn to the physical strategies for increasing your stamina. We'll start with the easy part first: how playing with your cock as much as you want can help you get harder than you ever imagined—and stay that way longer.

YOUR COCKS **DAILY WORKOUT**

Though there's some debate about whether you can actually physically enlarge your cock, there's absolutely no question you can get it into better condition so that it reacts more quickly, and when it swells up, stays bigger longer.

It's just like training for a marathon: who would set out on the day of the big race without a lick of training? What's more, there's a halo effect that spills over, keeping it bigger all day long (and even when you sleep). Feeling it down there pushing against your pants at random times even when you aren't thinking about it is a turn on and puts you into a sexual mood.

Our companion publication, *Healthy, Happy, and Hung* is a great place to start if you want to discover a series of exercises that will increase your size and stamina. You'll start by learning how to strengthen stay that way longer.

"Oh good," you might start thinking. "I can jack off all I want and call it exercise." Not so fast. If you play with yourself every day and waste your sperm by shooting it into a dirty sock that you casually toss into the laundry, you'll quickly find your stamina pretty much depleted, not enhanced. *Healthy, Happy, and Hung* teaches you that keeping as much semen inside yourself as possible will help build your stamina. The secret is not to jack off, but to jack on. Bring yourself to the point where you're just about to climax, and then hold it in. By practicing this method, you'll soon have way better control of your cock and your ejaculations, and that will bring you stamina you've never dreamed possible.

You'll find the cock exercises in our other bonus book *Healthy, Happy, and Hung*.

THE DIFFERENCE BETWEEN ORGASM AND EJACULATION

While they clearly go together, and you may have always thought of them as one and the same, orgasm and ejaculation are separate physiological processes. By learning to sublimate your ejaculation, not spew it into your partner or a waiting tissue, you can reach a point where you can have multiple orgasms during one sexual encounter. If you're sharing your progress with your partner and he or she is beginning to have multiple orgasms too, the two of you have reached sexual nirvana.

Women often think they're the only ones capable of having multiple orgasms. But guess what? The early Kinsey studies showed a greater percentage of men (15%) reporting that they were lucky enough to have them. Practicing your cock exercises with devotion will quickly get you to a point where your PC muscle is strong enough to get your motor revved up without any trouble.

Mastering the jacking on technique will train you to be able to have several orgasms without ever ejaculating. Keeping your semen inside yourself is nourishing, and as you get better at doing so, you'll be able to stay hard, please your lover for hours, and have deliriously happy series of orgasms, one after another.

TRY SOME {NEW POSITIONS}

Have you fallen into a rut in bed? Just doing the same old things that have worked time after time? You need to get out more. Go to the library and check out a copy of the Kama Sutra. Seriously, trying on some new positions will bring excitement back to your sex life, and that can only improve your stamina.

THE RIDER

If your stamina issue is that you come too soon, you can try lying on your back and letting your partner mount you. This does two things: it puts your lover in charge, and gives you better control. Lying on your back means you're more relaxed and it's easier to let go of stress. Then you're in a better position to just let the sensations course through your body.

THE REVERSE RIDER

This is the advanced version of the rider. Your lover faces the other direction and mounts you. This will change up all the sensations, and have the same effect as the basic rider, helping to keep things from getting away from you too soon.

THE DRAGON

Your partner lies face down on the bed, and moves so their hips are at the edge of the mattress. Toss a couple of pillows on the floor, where they place their arms and elbows. You're behind them and find your legs are between your partner's legs, your knees just behind theirs. Hold your torso upright with your arms holding on to the edge of the mattress. Find your way in and thrust in and out to your heart's desire.

THE MISSIONARY POSITION

You're asking yourself, "What?! Who doesn't know about the missionary position?" Well, it's an old favorite that can come in handy in building stamina once you have mastered the technique of separating your orgasms from your ejaculation.

One of the complaints about the missionary is that it doesn't give women the best stimulation. But when you add a little dessert topping like tonguing her cherry, she'll go into lusty spasms. Just when you feel yourself reaching the point of abandon, pull out, and go down on your partner, getting them even more aroused while you take a breather to cool off a little. Let's call this the interrupted missionary position.

There are endless variations on sexual positions, and the point here isn't to tell you that two or three are magic potions, all that much better than others. Rather, it's for you to recognize that changing things up is what matters. Go thee and google "sex positions." Do your homework, imagine yourself in some new and interesting permutations. Try out some new ones with your love.

Just don't spring these new ideas on your partner without preparation. You don't want to do anything abrupt in the middle of having sex because it can cause your lover to lose concentration.





YOU ARE **WHAT YOU EAT**

Trying to gain sexual stamina while you're eating junk food, or loading up on meat and potatoes night after night is a fool's game. You won't get anywhere unless you eat right. That would be like trying to win the Indy 500 with a racecar fueled by cheap, watered-down gas. Won't happen.

When you eat greasy, fried foods all the time, where do you think the fat goes? It clogs up your blood vessels and arteries, and what's left over settles in your ever-expanding pot belly. You won't be a sex god unless you reverse this process.

There are some foods that naturally amp up your desire and ability to act on that desire. Some are even considered aphrodisiacs. Those should be a good place to start:

OYSTERS

Oysters have long been seen as an aphrodisiac. Is it because they resemble a woman's vulva, slick and oozing, or because they contain so much zinc? Maybe it's for both reasons, but settling down to a plate of raw oysters in a New Orleans jazz club with your lover will definitely help you get hard and stay hard when you get back the hotel.

DARK CHOCOLATE

It's no wonder chocolate is associated with romance. It's coming to be seen as a superfood, and that's because all the good things it does with the endorphins and neurotransmitters in your body. Share some gooey dark chocolate in bed with your lover before you begin your loving. Smear some on your cock and ask him or her to lick it off. Just don't do this too often, because too much of a good thing has its consequences. You'll start getting fat again.

CHILI PEPPERS

Eating chili peppers will easily spice things up in bed. That's because they contain capsaicin, a compound that raises your heartbeat, causes you to sweat, and pretty much does all the same things as what happens to your endorphins when you start getting aroused. Begin the evening at your favorite Mexican restaurant.

AVOCADOS

Did you know avocados name is derived from the Aztec word for testicle? They've long been associated with fertility. Crack out the guacamole.

ASPARAGUS

It makes your piss smell funny for a day or so after you eat it. Anything that has that kind of an effect "down there" is telling you something. Just look at its phallic shape. Eat it often.

RED WINE

Besides relaxing you and your partner, a glass or two of wine helps you both lower your inhibitions and get in the mood. It also contains elements that help build your HDL—good cholesterol—and it lowers your chance of blood clots. But keep the too much of a good thing rule in mind: getting too drunk will probably make your sexcapade sloppy and shitty, and kind of depressing.



OTHER FOODS TO GET YOU IN THE MOOD

In no particular order, here are just a few of the other foods that will improve your sexual stamina. The list includes:

blueberries

- **nuts**
- **watermelon**
- **garlic**
- **celery**
- **bananas**
- **eggs**
- **tomatoes**
- **olive oil**
- **pomegranates**
- **oatmeal**
- **honey**
- **dates**
- **figs**
- **wheat germ**

Notice anything the things on this list have in common? They don't contain meat, cheese or milk. You don't have to switch to a diet that only contains these items, but at least be sure to incorporate them into every meal or snack whenever you can.

On the other hand, there are foods that are your cock's worst enemies: fried foods, ice cream, alcohol, processed cereals, margarine, high fructose drinks and candies, fatty cheeses, cakes, pastries, potato chips and last but not least, artificial sweeteners. You're really doing yourself harm if you think you're saving calories by drinking diet pop. You're sending bad chemicals down to your balls is what you're doing. You're harming your stamina, not helping it.

GET YOUR BODY INTO SHAPE SO **YOU WILL LOVE IT**

If you're ashamed of the way your body looks, that should be a clue of something you need to address if you want to increase sexual stamina. Whether it's been months or years since you actively exercised, you need to start right now. Otherwise, you don't have a prayer to be successful getting hard and staying hard.

If the mast is standing tall and proud on a sailboat, but everything below it is leaky and falling apart, how far do you think that boat will get? How long can it last? Just like that boat, your cock can be trained and fed supplements and maybe look and work a little better than it did before, but it will stand alone while the boat sinks. It may be the last thing to go under, but why allow that to happen?

When you start exercising after a long period of neglect, don't overdo it with newfound enthusiasm. Instead build up slowly. If you want to get to a point where you swim laps for a mile three times a week, start with just a few and add to the number each week. If you start out swimming a mile from scratch, you'll tire out and demotivate yourself. Same if you're running. Start with a quick jog around the block, build up to the marathon.

Being in top physical condition is sexy. You look good in a pair of running shorts and a t-shirt when your gut is gone, and catching a glimpse of yourself in the mirror at the gym is a turn-on. Maybe you can even rock a Speedo. Playing basketball with a bunch of guys, where everybody gets all sweaty and physical causes your testosterone to rage. A long hike is a great opportunity to center yourself and breathe deeply. And, if that hike is to a remote enough area, it might even lead you to a great place to strip naked and lay on a warm rock, tightening your PC muscle, jacking on in the sun.

Jack on, brothers.



EDGE Bioactives