

Prostate Massage Guide

A Free E-Book That Teaches Men About Their Prostate, Prostate Health And The Benefits Of Prostate Massage

www.UltimateMaleOrgasm.com

Your prostate is about the size and shape of a walnut and surrounds a part of your urethra. The urethra is the tube that transports urine from the bladder out of the body through your penile member. The prostate is part of the male reproductive system. It resides low in the pelvis, just under the bladder and in front of the rectum.

The purpose of the prostate is to assist in the manufacturing of semen. Semen is the creamy milky white fluid that transports sperm from your testicles through your penile member when you ejaculate. The prostate is also becoming known as a male sexual gland and is often now referred to as the male G-spot

In later parts of this book we will discuss about how to locate your prostate, stimulate it to produce intense prostate orgasms through prostate massage or prostate milking for better prostate health.

The Prostate Gland Changes As We Get Older

The prostate surrounds the urethra that carries urine out of the body. As a man ages the prostate normally increases in size which can cause problems with urination and a host of other prostate problems for men. The prostate can put pressure against the urethra making urination difficult or even painful as men age (often starting in their 40's).

The increase in the size of the prostate either from aging or an infection causing inflammation is often known as an enlarged prostate. Prostate symptoms don't usually develop until men are in their 50's. Below is a list of symptoms that can indicate you have a problem with your prostate gland and you should consult your medical practitioner:

1. Urinating more often than usual.
2. Feeling like you need to urgently urinate.
3. Reduce urine flow.
4. A burning sensation when you urinate.
5. Getting up more than once per night to urinate.

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The Most Common Prostate Problems

1. Infection of the prostate (prostatitis)
2. Enlarged prostate also known as BPH (benign prostatic hyperplasia). This is a non cancerous condition where an increased growth of the prostate presses against the urethra and/or bladder. This restricts the urinary flow. Another name for this is benign prostatic hypertrophy.
3. Prostate cancer

Having one of the above problems does not necessarily lead to another problem. If you have prostatitis or prostate enlargement (BPH) it won't increase your risk of getting prostate cancer. You may even have more than one prostate problem at the same time. As with any diagnosis with your health, consult your medical practitioner. He may ask whether you have symptoms and how long you've had them. They may also do a health history also includes any risk factors, pain, fever, or trouble passing urine. You maybe asked to give a urine sample for testing.

Medical Tests To Detect Prostate Problems

Three types of medicals tests can help to detect what changes are taking place in the prostate. If you get abnormal test results your doctor will be able to help diagnose the problem and help you determine the appropriate steps to take next to treat the problem.

DRE (digital rectal exam) is a medical test to examine the prostate. The DRE is a very common way a medical practitioner will check the prostate. With a latex-gloved and lubricated finger, your doctor feels the prostate by inserting his finger in you're the rectum. The test lasts about 20-30 seconds .The digital rectal exam checks the following:-The size, firmness, and texture of the prostate.-Any hard areas, lumps, or growth spreading beyond the prostate.-Any pain caused by touching or pressing the prostate. A PSA test (prostate-specific antigen) test is a blood test to help your doctor evaluate your prostate condition.

A Prostate Specific Antigen is a protein produced by normal cells and prostate cancer cells. PSA is found in the blood and can be easily measured with a simple blood test. PSA testing is still being evaluated by medical researchers to see if early cancer detection will lower the mortality factor for prostate cancer. PSA levels rise if a man has prostate cancer, but an elevated PSA is absolutely not proof of prostate cancer and many other things can also make PSA levels go up. PSA tests can give false positive test results caused by having BPH, prostatitis, or if the prostate gland is suffering from infection.

Certain factors can disturb your prostate and temporarily increase your PSA levels. This

includes riding a bicycle or motorcycle, a digital rectal exam, having a prostate massage,

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having an orgasm within the past 24 hours, a urinary tract infection, having a urinary catheter inserted, or even by a prostate biopsy or urinary tract surgery.

African-American men tend to have higher normal PSA levels in general than men of other races. As well, there are people who have prostate glands that naturally produce more PSA than others. PSA levels go up with age. Medical research continues to try to discover more answers regarding the PSA test's ability to tell cancer from benign prostate problems as well as the best approach to treatment if a man has an elevated PSA level.

At this time in medical history, male patients and their physicians are relying upon PSA results, taken several weeks to months apart, to determine if treatment or biopsies and further evaluations are needed. Rapid increases in PSA readings usually suggest cancer. If you have a mildly elevated PSA, your doctor may choose to check your PSA levels on a scheduled basis and watch for any change in the PSA velocity.

What Do PSA Results Mean?

PSA levels are determined in measurement of units per volume of fluid tested: 0 to 2.5 ng/ml is low; 2.6 to 10 ng/ml is slightly to moderately elevated; 10 to 19.9 ng/ml is moderately elevated; 20 ng/ml or more is significantly elevated. There is no specific normal or abnormal PSA level. However, the higher the PSA level, the more likely it is that cancer is present.

But because various factors can cause PSA levels to fluctuate, one abnormal PSA test does not necessarily indicate a need for other diagnostic tests. When PSA levels continue to rise over time, other tests may be needed.

Prostate Biopsy-a Test To Check For Prostate Cancer

If any of your prostate symptoms or PSA results indicate any potential for prostate cancer, your medical doctor will refer you to an urologist for a prostate biopsy. A biopsy is usually done in the doctor's office.

A biopsy consists of small tissue samples being directly removed from the prostate in a minor surgical procedure. An urologist will remove small tissue samples from several parts of the prostate gland. This procedure helps lower the risk of missing areas of the prostate that may have cancer cells. Just like with other forms of cancer, accurate diagnosis of cancer can only be reached examining tissue under a microscope. Another test that can help your doctor decide if you need a repeat biopsy is called the free PSA.

This test is used for men who have higher than normal PSA values. The test looks at a specific types of PSA in the blood. Free PSA is linked to BPH but not cancer. Free PSA is figured as a percentage of the total PSA. If both total PSA and free PSA are higher than

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normal, this usually is indicative that a BPH is, and not cancer, is present. BPH is easily treated. If a regular PSA is high but free PSA is not elevated, it is more likely that prostate cancer is present and more testing is indicated. Your doctor's use of a free PSA can help you discover precisely what type of problem with your prostate you have. This can guide your urologist in seeking the proper right treatment. Speak with your doctor about personal risk and free PSA results. Together you can determine whether follow-up biopsies are needed and when.

What To Do If The Biopsy Is Positive

Having a positive biopsy means prostate cancer is present. A pathologist will check your biopsy sample for cancer cells and will give a Gleason score. The Gleason score ranges from 2 to 10 and describes how likely it is that a tumor will spread. The lower the number, the less likely the tumor is aggressive and may spread. Treatment options depend on the stage (or extent) of the prostate cancer (stages range from 1 to 4), Gleason score, PSA level, and your age and general health. These items will be available from your doctor and are listed on your pathology report

If you wake up during your sleep to make excursions to the bathroom, or, if you realize that you run to the bathroom more than other men your own age, you could have BPH (begin prostate hyperplasia). There are many medications that can help the problem, or, if you like alternatives - you can use herbs, minerals, and diet. It's really your choice. We'll talk about them for a minute and then continue to prostate care and well being. As part of the male reproductive system, the prostate glands primary function is to secrete a slightly alkaline fluid that forms part of the seminal fluid, a fluid that carries sperm. This fluid lubricates the male urethral canal, and part of it cleanses urine and other debris from the urethra before and during the male orgasm. You've now got some basic information on the function of the prostate gland and how it does its job. But things go wrong, when you are inactive, sedentary, have a diet that is not supportive of prostate health .When BPH (enlarged prostate) occurs, the feeling in the penis is discomfort. Low urine flow, weakened orgasms, are just some of the problems that occur. Often a urinary infection will creep in because of the proximity of the swollen prostate to the bladder, and even the proximity to the bowel, E-coli could occur in the prostate. Prostatitis and BPH are easily treated and here is just a few ways of dealing with it.

Common Prostate Medications

PROSTATITIS: Antibiotic treatment for bacterial prostatitis include the use of a tetracycline, trimethoprim-sulfamethoxazole (TMP-SMX [Bactrim, Septra]) or a quinolone.

Men at increased risk for sexually transmitted disease might benefit from Trimethoprim-sulfamethoxazole (Bactrim, Septra), Doxycycline (Vibramycin), Ciprofloxacin (Cipro), Norfloxacin (Noroxin), Ofloxacin (Floxin).

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Other medications that are used for treatment of prostatitis include carbenicillin (Miostat), cefazolin (Ancef), cephalexin (Keflex), cephadrine (Velosef) and minocycline (Minocin). BPH (enlarged prostate).

Pharmaceutical treatments are available. Finasteride (brand name: Proscar) and dutasteride (brand name: Avodart) blocks a natural hormone that makes the prostate enlarge, but it does not help all patients. Another kind of medicine, called alpha blockers, also can help the symptoms of BPH. Some of these drugs are terazosin (brand name: Hytrin), doxazosin (brand name: Cardura), tamsulosin (brand name: Flomax) and alfuzosin (brand name: Uroxatral). Alpha blockers have been used for a long time to treat high blood pressure, but they can also help the symptoms of BPH, even in men with normal blood pressure

Natural Remedies: And Diet Concerns

Quercetin (can be found in onions, red wine, green tea and St. John;s Wort. Potential benefits of quercetin, are as an antioxidant, may help fight cell-damaging free radicals. It may significantly improve the symptoms associated with two forms of prostatitis, chronic nonbacterial prostatitis and prostatic dysphasia.

Zinc supplements have improved benign prostatic hyperplasia (BPH) in some males. Flower pollen may have some effectiveness in benign prostatic hyperplasia and in prostatitis.

Saw palmetto is best know for its use with benign prostatic hyperplasia (BPH) but has also been used by men with prostatitis. Studies indicate that the active constituents of saw palmetto may work to reduce inflammation.

Pygeum is another herb that shows promise for helping men with prostatitis. Pau d'arco has also been used by men with prostatitis. Studies have show that paud'arco exhibits

antibacterial effects against E.coli bacteria, suggesting that it may be of benefit to men with certain forms of prostatitis caused by bacteria.

Some natural health supplements for prostate health include Saw Palmetto, Pygeum Africanum, Beta Sitosterol 50mg, Zinc Picolinate, Nettle Root, Saw Palmetto Berries and Selenium. A prostate healthy diet includes daily whole grains like whole wheat breads, cereals, grains, rice, pasta, or beans, fruits and vegetables such as broccoli, brussels sprouts, cauliflower and others in the cabbage family. Cooked tomato products are especially high in lycopene and have an inhibiting effect on prostate cancer due to its antioxidant effect. Reduce high-fat foods: red meat and dairy products. Eating fish with high concentration of fish oils, such as salmon, may also reduce the health risk related to the high content of Omega 3 fatty Acids. Similar sources include Vitamin E. Fatty fish such as Salmon, Mackerel, Herring, Anchovies, Sardines, plus Nuts, Seeds, and Oils

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(olive, peanut and canola) are also great for prostate health. Japanese men have a 10 to 15 times lower prostate cancer rate than American men. Scientists point to soy, a major staple of Asian diets, as the likely reason why.

In lab studies, soy proteins have stopped the growth and spread of prostate cancer cells. And researchers say as little as a serving a day (a half cup of soy milk on your cereal) can make a difference. Soy products: tofu, soy milk and soy beans, may also be particularly beneficial. Soluble fiber is very important also. Men who ate more soluble fiber had lower levels of prostate specific antigen (PSA), a major prostate cancer marker. Most fruits and vegetables contain some soluble fiber as well. Oatmeal, oat bran, legumes (dried peas and beans) are great sources of soluble fiber. Nuts also have some fiber. Limit consumption of alcoholic beverages, to one drink a day, if any.

Meats provide necessary protein, vitamins, and minerals, especially iron and zinc. These nutrients are important components of a balanced diet to promote good health. 2-3 servings/ day. Choose more often poultry, such as chicken and turkey, and remove the skin and visible fat before cooking. Choose fresh/frozen fish more often, without sauce or canned fish packed in water rather than canned fish packed in oil. Choose low-fat dairy products more often than those made with whole milk or cream less often. Dairy products are good sources of protein, vitamins and minerals, especially calcium, another mineral important to good health.

As snacks, choose more often fresh or frozen fruits and vegetables and air-popped popcorn and less often pastries and deep fried foods. Be physically active (30 minutes of exercise a day if at your healthy weight, 60 minutes of exercise a day if you want to lose weight) and maintain a healthy weight. Choose reduced-calorie or low-fat salad dressings and margarines. Choose cooking methods that don't add fat to your food. Bake, steam,

poach, roast, or use a microwave oven. Cook meats on racks that drain away fats, and drain fat from the pan before making gravy. Season vegetables with herbs, spices, and lemon juice rather than with fats and salt.

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Prostate Massage-Better Prostate Health And Pleasurable Benefits

For many years doctors have also believed that effective prostate massage can provide numerous health benefits that include reproduction system improvement, and various fantastic sexual sensations that are similar to the intensity of total body orgasm. One of the concepts is that a prostate massage reduces the buildup of stagnant semen in the prostate. Other men simply state that a prostate massage is a great form of sexual pleasure and consider it to be the same sensations as the women claim they feel when their female G-spot is massaged and stimulated. During a prostate massage, the release of the semen often occurs in a flow rather than a regular explosive ejaculation. When masturbating, along with prostate massage in order to increase the quantity of semen released the explosiveness and full body orgasmic contractions are greatly enhanced. Men who take part in prostate massage should be aware that there can be risks involved if the massage is done improperly without knowledge of how to do it and proper preparation. That's why we recommend the book, Ultimate Male Orgasm, available at www.UltimateMaleOrgasm.com because it is so important for you to read before starting with massaging your prostate and milking the gland. If there is any blood present in the semen that is released during the prostate massage, the prostate massage should be stopped immediately. If the blood returns in the urine or semen, the individual should get to a urologist quickly. Also men should also be aware of any pain in their lower abdomen, as this may also be a sign that internal damage has occurred as a result of the prostate massage.

Prostate Milking

Prostate milking is a term which is used to refer to massaging the prostate gland in order to secrete semen. This process is sometimes used as a medical procedure in order to secrete what is deemed to be excess fluid from the prostate. Many medical doctors feel it is a safe and effective way to treat a condition known as benign prostate hyperplasia, which is simply an enlarged prostate. There is some speculation as to whether a prostate milking should involve a vigorous or gentle massage, however; most health professionals recommend a gentle massage in order to conduct a prostate milking as a vigorous approach has been known to cause serious and life threatening internal damage. Prostate milking massage can either be done in a professional medical office or at home. In some cases a doctor will perform a prostate milking in order to obtain a sample of prostate fluid for testing purposes. Men who are not accustomed to this procedure may feel uncomfortable with a prostate milking. The procedure can also be performed at home and

can either be performed alone or with the assistance of another person. Devices are marketed for the sole purpose of assisting an individual with performing his own prostate milking and are commonly called prostate massagers. The best prostate massagers are available at our prostate massage store. In some cases, a spouse or lover may wish to assist with a prostate milking. For this type of procedure the other person inserts their latex-gloved finger into the anus of the male, finds the prostate gland and massages it

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gently. The medical method of milking the prostate requires the patient prepares to bend forward and resting on his elbows on a table with his legs 2 feet apart. The doctor wears sterile latex gloves and lubricates the index finger with a suitable lubricant.

The free hand opens the gluteal fold apart to allow the examining finger to touch the anal sphincter. The initial response from the anal sphincter is a contraction of the anal muscles. The muscles are allowed to relax and then the index finger is gently inserted into the rectal canal. This allows the free hand to spread one gluteal fold in and gently pat it so it will further relax. Once the entire index finger is in the rectum, the free hand is positioned over the pubic area. Meanwhile, the index finger inside the rectal canal feels for the center groove of the prostate that separates the left and right lobes. There is a tremendous amount of controversy regarding prostate milking, as professionals have now concluded that prostate milking could be a way to prevent prostate gland disorders, when regular forms of sexual expression are unavailable or when a man does not wish to masturbate, possibly for moral or Sexually Transmitted Disease related reasons. The subject of prostate milking might be considered controversial, because some feel it is an acceptable medical practice. Some men find that a prostate milking is quite an erotic interaction and many people believe that a prostate milking can provide numerous health benefits. Men who participate in prostate milking say that the prostate orgasm is much more intense and last much longer.

We have covered a lot of information in the previous pages of the E-book. We have covered basic prostate function and anatomy as well as common prostate problems such as an enlarged prostate and prostate cancer. We have explored common prostate gland tests as well as lifestyle factors to improve the health and function of your prostate. If you do not care for your prostate it will give you a variety of serious issues in your life time-that is a fact for most men. Prostate massage, along with positive lifestyle factors can help you to maintain a healthy prostate. As well, many men are starting to explore the sexual pleasure they can receive from their prostate or often called, the Male G-Spot. Prostate massage and prostate milking were originally developed as a medical procedure but has also become a pleasurable technique that men worldwide are practicing to achieve intense prostate orgasms. These prostate orgasms are usually much more intense and of a longer duration than what men typically experience. More and more men are experiencing the joys and health benefits from prostate stimulation. Through out this course we have

made reference to an E-Book you can download called the Ultimate Male Orgasm available at www.UltimateMaleOrgasm.Com It is currently the most complete information resource for men looking to achieve prostate orgasms for prostate health or sexual satisfaction from prostate orgasms.

The Ultimate Male Orgasm E-Book shows and explains how to:

- Learn easily in 30 minutes how to use all of the prostate massage and prostate milking techniques in the E-Book
- What the difference is between a prostate milking and a prostate massage and which one is best
- Step by step instructions on how to perform a prostate massage with color pictures and video's
- The easy way to give yourself a prostate massage or prostate milking to yourself
- What sensations you should be feeling throughout the experience
- Three things you MUST NEVER DO during your prostate milking or prostate massage
- Four things to do before your prostate massage or prostate milking
- The best and more effective ways to massage the prostate for maximum orgasm strength
- How to master the basic strokes and massage motions for mind blowing prostate orgasms
- How you can limit your dangers of prostate cancer and prostate disease from your prostate orgasm
- Reviews of the best prostate massage toys and which ones you must not buy
- The dangers of prostate massage and how you can avoid them
- How to locate your prostate both internally and externally for two different types of orgasms
- The Ultimate Male Orgasm is an E-Book which means you can instantly download it and view it on your computer in the privacy of your own home.

To check out the E-Book, visit www.UltimateMaleOrgasm.Com for more information. We hope you found this free E-Book helpful in your quest for better prostate health or better male orgasms.

Best Regards,

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Important Disclaimer

This book is not written by a medical doctor, nor is it meant to replace the services of a medical doctor in any way. It's designed to give you advice on alternative methods that are available to help you get achieve better male orgasms.

It is our advice that you seek the services of a medical doctor, investigate the causes of any health problems you may have, and talk to your doctor regarding the use of any ideas, medications or anything else written in this book

By law medical advice can only be given by a (licensed) healthcare professional who understands your problem, condition, treatment and objectives.

The information that we present talks about a variety of male sexuality issues, as a matter of research -- not for you as a patient, and therefore we are not referring to any particular healthcare problem you have.

The U.S. Government has indicated that only a medical doctor (licensed healthcare professional) can give a diagnosis for a medical problem. Therefore, any information, and any products or treatments mentioned within this research, is only information about available alternative choices that you may choose to mention to your healthcare professional.

If you choose not to consult a doctor and attempt to self-diagnose and/or treat yourself by using the information contained herein or any of the alternative products, ideas, or self-stimulation devices for pleasure, neither the author nor the publisher will be responsible.

We advise you only to implement any program for treatment only after you have consulted with your physician who can monitor your condition and progress while under his or her treatment.

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Vitamins, nutritional supplements can, on rare occasions, produce adverse side effects. They can adversely react with other supplements and with prescription medications. They also can affect the response of prescription drugs. As with prescribed drugs, long-term effects from supplements are often unknown.

Do not exceed recommended dosages on the container unless it is done under the supervision and direction of your personal physician. If you feel or observe adverse effects stop taking the nutritional supplement immediately and contact your physician.

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