

# **Penis Enlargement Bible**

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A complete list of the supplements and herbs mentioned in this book can be found in a reference table near the end of this book. Not all supplements and herbs are required or recommended. Always consult your doctor, and/or the supplement label before using any supplement mentioned in this document.

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## **Introduction**

This e-book will change your life. I am not exaggerating; I'm being deadly serious and completely sincere. You are not happy about something regarding your penis.

Maybe you consider it to be too small; maybe you're impotent; maybe you ejaculate too fast; this is all going to change - with special emphasis on causing penis growth.

By using science you are going to dramatically improve the health of your penis.

Within eight to ten weeks you can expect to see real, natural growth, improved endurance, orgasms and hardness of your penis (depending on how healthy you are right now, at the start.) Some will see results sooner, maybe after 6-8 weeks. Some may take a little longer. All you have to do is follow this guide and you will attain the penis of your dreams.

The closest we get to perfection with regards to penis health is the man at the end of puberty. The penis has grown to the longest it will ever be, before shrinking as we age. It is also at its most responsive. At this age one can, however, have problems with premature ejaculation (something which I know how to combat.)

I am giving you the power to decide for yourself where you want to improve your penis health. If you want to stop premature ejaculation as a priority then this guide will tell you exactly what to do. If you suffer from erectile dysfunction, and solving this is the main purpose of you buying this guide, jump right in and solve that first. I have made all of this simple. At the end of the Penis Enlargement Bible I have tabulated what you should take and how much (depending on the severity of your problem). If you want to get a bigger penis and that's your priority, I make it simple. If you aim for all of the above then you're still reading the right guide!

## Other Vital Nutrients for Rock-Hard Erections

The final problem may be iron deficiency. Iron helps to take oxygen through the blood in the red blood cells. If you smoke you need to evaluate what is more valuable out of great sex or cigarettes. If you can't stop at least cut down for improved performance. The FDA recommends that you don't take more than 45mg of iron per day.

So, for a harder, more sensitive penis you require:

- ⌘ Clean oxygen
- ⌘ [Acetylcholine](#) (from [choline](#))
- ⌘ NO/cGMP
- ⌘ [HGH](#), [L-Ornithine](#) and [L-Arginine](#)
- ⌘ Iron and Phosphorous
- ⌘ A good [multi-vitamin/mineral formula](#)
- ⌘ A protein-rich diet

Remember, you need very hard erections because they help with penis enlargement.

your thumb and forefinger (the same "a-ok" symbol used in our other methods).

Pulling the penis directly in front of you. You put the penis out directly in front of you from 30 to 40 seconds. As you stroke the penis from the base toward the head, maintain a firm grip and stretch the skin as best as you can.

Stretch two: you put the penis directly down for 30 to 40 seconds.

Stretch three: people the penis directly up for 30 to 40 seconds.

Stretch four: you pull the penis directly to the left for 30 to 40 seconds.

Stretch five: you pull the penis directly to the right for 30 to 40 seconds.

Stretch six: you rotate the penis all the way in a circular movement for 30 to 40 seconds.

Repeat each direction 2-3 times. With these six stretches all you have to do is four sets of each everyday. Only do this after you have warmed up correctly.

After you've finished the exercise you can release the grip on the base of your penis.

You should feel the blood begin flowing again. Go ahead, you may ejaculate at this point if you feel the urge.

Remember to use a firm grip and enough lubrication, always exercise caution! Do not grip your penis too tight so that you lose the circulation. If you are in pain or feel any discomfort, then you are doing the technique in the wrong way. Read the instructions again and retry the technique slowly.

### **Jelqing**

Stretching exercises are useful for lengthening your penis. But in order for one man to

## ***The Penis Enlargement Bible***

Similar to the Double-Handed Girth Jelq, the object of this is to force your hands closer until they almost touch. The time spent on the movement from each end of your shaft to the center point should be 30-45 seconds.

You can concentrate on different parts of your penis shaft while doing this. If you want to see more gains at the base than simply don't move your base and. If you want to see more gains closer to the tip, then don't move your upper hand. You can mix up the exercise depending on whether your girth gains are level or different at different points of your penis.

Important things to remember: 95% erection. Ensure that you warm up.

### **Warming Down**

Each step of exercises should be ended with a gentle massage and a warming down session with the help of a hot towel. When you give a massage to your penis and apply some heat to it, it helps healing and rebuilding of the cell tissue.

You see, heat promotes faster growth of tissue cells and it restores the sensibility problems you may have had during your enlargement exercises. So after each exercise, you have to massage your penis softly for about 1 minute.

You should perform a soft and circular motion with your forefinger and middle finger along the base and the shaft of the penis. Be very gentle with your moves here since your penis has just been through some serious hard work out.

Following the massage session, you should apply another hot towel around your penis, just like you did for the warm up. This part of the practice is as essential as the first one because the heat will stimulate the damaged parts and will make them function well again.

## **Chapter IV: Increase Your Ejaculate Volume**

## Properties of Each Supplement

### 5-HTP

5-Hydroxytryptophan comes from the amino acid tryptophan. Upon reaching the brain it converts to that all important biochemical, Serotonin. We already know that.

Serotonin is vital to feeling happy, relaxed and for erasing premature ejaculation from your life.

If you eat a protein-rich diet of milk, cheese, fish, bananas, dried dates and turkey, you should get 5-HTP naturally.

The cycle to Serotonin is: tryptophan – 5-HTP – Serotonin. Without this cycle occurring, not enough Serotonin is produced; the results of which can be disastrous.

Don't believe me? Here's a list of a few (certainly not all!) of the effects that a lack of Serotonin can cause:

- ✧ Headaches
- ✧ Bulimia
- ✧ OCD (Obsessive Compulsive Disorder)
- ✧ Depression
- ✧ Insomnia
- ✧ Anxiety
- ✧ Post Menstrual Syndrome (not something most of you are afflicted with, but I thought I'd throw it in there anyway!)

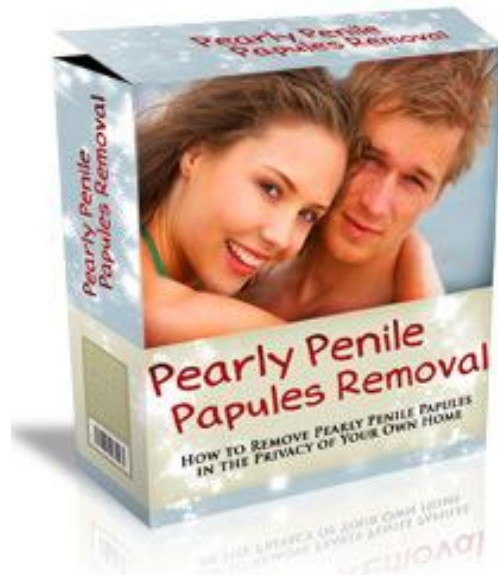
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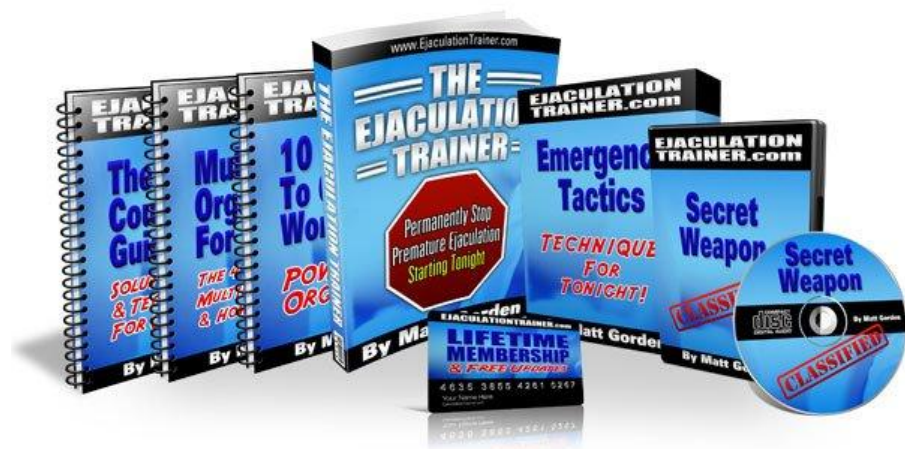
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