

“How to make your penis bigger”

100% natural techniques to enlarge the penis

Can you tell me how to make my penis bigger?

Sure! Once you know the best ways, you will find it really *easy* to enlarge your penis.

This guide explains exactly how to enlarge your penis using 100% natural techniques.

By the time you finish reading this guide you will know all the best techniques of making a penis bigger.

Please note: throughout this guide, you will find links to useful sites for making a penis bigger. All these links are personally tested and approved. By following the links in this site, you will avoid any penis enlargement frauds and assure your health and safety.

PUBLIC DOMAIN COPYRIGHT NOTICE

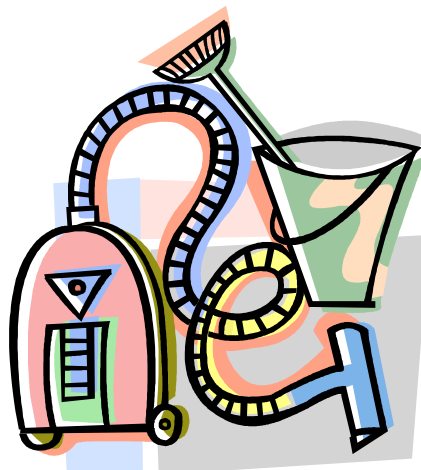
You may freely distribute this guide so long as it remains unedited and the links remain intact.

Table of Contents

“How to make your penis bigger”	1
100% natural techniques to enlarge the penis.....	1
Can you tell me how to make my penis bigger?	1
Pumps to Enlarge the Penis	3
Penis Enlargement Exercise.....	3
Penis Enlargement Hypnosis.....	5
Muscle Exercises for Penis Enlargement	6
Other resources for making a penis bigger	7

Pumps to Enlarge the Penis

When you want to know how to make your dick bigger naturally penis pumps might be the first thing you think of – not because they are the most effective, but simply because they are the most well known technique for making the penis bigger.



Comedy movies such as Austin Powers have mentioned penis vacuum pumps, we have seen household items that supposedly enlarge the penis, and companies such as Dr. Kaplan have made millions selling them as sex toy novelties.

Do penis pumps really work for enlargement? Have you ever heard the saying “nature abhors a vacuum”?

The way a penis pump is it sucks all the air out, and your penis is forced to expand to fill the space.

Penis pumps are a risky way to make your dick bigger because it is very tricky to stay within a safe vacuum pressure level.

Also if you did make your dick bigger with a penis pump the increase in size is only due to swelling and the penis will return to normal.

Rating: 

Consider a penis lengthening device instead.

NB: A 1000% better alternative to pumps is the new Size Genetics extender device. This easy way to make your penis bigger enlarges your penis in the same way as a pump but without the danger of a vacuum. Because it uses traction the results are permanent because it makes the cells in the penis divide and multiply in order to adapt to the gradual stretching.

Recommend links:

[Size Genetics](#)
[Size Genetics](#)

Penis Enlargement Exercise

Does jerking off make your penis bigger?

Simple masturbation is a very good technique to enlarge the penis because it encourages testosterone-rich blood to expand the spongy tissues in the penis (known as the corpora cavernosa).



There are testosterone receptors in the penis that will grow and multiply when they come into contact with testosterone-rich blood.

Penis enlargement exercises are therefore all a good way to make your penis bigger and especially good way how to enlarge the penis glans for that mushroom effect.

Advanced penis enlargement exercises do exist. The Penis Health website contains more than 30 advanced techniques that all offer different benefits, for example one penis enlargement exercise may target girth whilst another targets length.

Also there are traditional Arab penis enlargement exercise techniques. These traditional techniques to make the penis bigger have been passed down from generation to generation for thousands of years. Do you think the knowledge would have been preserved for so long if penis enlargement exercises didn't work?

If you would like to make your penis bigger then penis enlargement exercises are a great way to start.

Rating: 

Recommended technique for a bigger penis.

Recommended links:

[Penis Health](#)
[Jelqing Exercises](#)
[Jelq Device](#)

Penis Enlargement Hypnosis

An increasing number of guys who want to enlarge their penis are turning to hypnosis and Neuro Linguistic Programming for the answer.



Hypnosis is proven to correct small penis problems by increasing blood flow to the genital areas.

The same principle as penis enlargement exercises, the improvement in blood flow causes new DHT receptors to form, making the penis bigger.

Hypnosis is a very good way to enlarge the penis naturally and the advantage over exercises is there is absolutely no effort. All you need do is relax.

Penis enlargement hypnosis recordings may also contain other suggestions helpful for making your penis bigger – such as removing any limiting beliefs that could be making your penis smaller than it could be right now.

It is well known that hypnosis and NLP help people to reach their true potential because they get to the unconscious mind and tackle the root cause of the problem.

If you believe your penis should be bigger then download a penis enlargement hypnosis session and see what a difference changing your beliefs about your penis size can make.

Rating: 

Recommended for making a penis bigger without effort.

Recommended hypnotists:

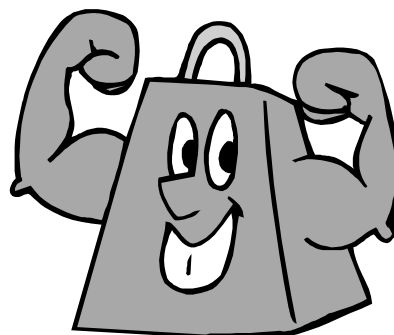
[Wendi Friesen](#)

[James Goodman](#)

Muscle Exercises for Penis Enlargement

One good way how to make your penis bigger is through exercising other muscles rather than exercising the penis itself.

Muscle exercises for penis enlargement have been known about for a long time. A popular exercise is called the PC-Muscle exercise (Pubococcygeus).



The PC muscle is the one that controls flow of urine. It has been found that flexing this muscle can help you to hold off ejaculation longer however no solid links have been proven with penis size.

Another muscle called the VIP Muscle was first identified by Alan Ritz. He found that this other muscle, when exercised, dramatically increases penis size, circumference, and length.

You can find out how to make your dick bigger using muscle exercises for penis enlargement in his book "Male Multiple Orgasms" and in the VIP Muscle eBook which explains in greater depth how to find your VIP Muscle and how to enlarge your penis using the VIP Muscle technique.

Muscle exercises are perhaps the best way to enlarge the penis naturally, especially the VIP Muscle exercise, as it is a fast and simple way to enlarge your penis 100% naturally without needing any pills or gadgets of any kind.

Rating: 
Highly recommended.

Recommended Links:

[Alan Ritz Male Multiple Orgasms](#)
[VIP Muscle eBook](#)

Other resources for making a penis bigger

You can find out more information on how to make your penis bigger at the following recommended sites:

[Enlargement Reviews](#)

User ratings of all the most popular techniques to make the penis bigger including penis pills (not mentioned in this guide).

[Enlarge Your Unit](#)

Discussion forum on how to enlarge the penis using 100% natural techniques, foods you can eat that makes your penis bigger, plus seduction tips and tips to get your dick bigger sent in by other readers.

