

Dick Health

April 18, 2016 | 773 upvotes | by [Clint_Redwood](#)

Intro

For the past year of being here at TRP I've seen comments and questions throughout this subreddit along the lines of guys having erectile dysfunction issues, self esteem issues, performance anxiety, lasting to long in bed and everything in between.

Yet I've never seen a post on it.

I've been messing with increasing my performance in bed way before I found TRP and today I'm going to share with you everything I know about getting the most out of your dick.

I am not a doctor, not a nutritionist, not a health fitness advisor.

I'm just a dude that experiments with shit and this is what I've found.

Edit

Apparently I didn't my make this intro clear enough. I'm in no way a nutritionist or health advisor. This is just my personal findings and what has worked for me. I've tried all of the stuff listed here and found it beneficial.

It's up to you to do the research on what you should or shouldn't take. This stuff I'm showing you today is not to be consumed mindlessly. I'm telling you to put shit in your body. The importance and risk of that should be apparent to all. It's no ones responsibility other than your own to know what that stuff is and what it does before you eat it. I've given you a brief description of benefits. I've purposefully left some of this vague so you do your own research as you all should. I repeat it constantly in this post. *"Google it, Research it, etc."* This merely a huge conglomeration of stuff I've found.

I'm not your baby sitter or your doctor. It's up to you to make sure you know what you are doing to your body or what you are putting in it.

[/u/Mooshag](#) has corrected a lot of of info on the supplement section. check the comments, he's way more qualified to advise you than me on that. I'm just a guy that tried it and saw results and decided to share them.

Supplements

There is no supplement that will make your dick bigger, sorry, no easy road. However, there is a lot of

supplements for sexual health depending on what you want.

Erectile Dysfunction (*ED*)

L-Arginine: 1,000-3,000mg daily

I love and hate this stuff. Bodybuilders and athletes use it as it increases the amount of nitric oxide in your blood(*same thing viagra does*) so more oxygen can be transported through your blood cells. It will also make your dick feel like it was chiseled from granite.

I lift so it does a double for me. The down side though, it tastes like complete ass. Like you are drinking out of a sulfur pit. To top it off, you also should take it on an empty stomach, with water and no sugar. You can find this stuff in preworkout also. Over 4,000-5,000mg a day will also activate your pituitary gland to start producing HGH(Human growth hormone), also great if you lift, not really sure if it helps for PE though. I personally haven't tested that high of an amount.

If you have ED issues. I'd start with this. But do your research on it first. It's one of the more side effect adverse supplements on this list.

Note that if you have any form of HPV, herpes, cold sores, etc. L-Arginine will make them flair up. If you fall into that category then I suggest you check out l-Citrulline. It's also highly recommended but I've never used it so I don't feel comfortable recommending it.

Ginko Biloba: 120mg

This stuff is great, not very big improvement in firmness but it's just an all around great herb. If you have bad memory, take this. It is great for your cardiovascular system.

Horny Goat Weed:

It's not called Horny goat Weed for no reason. if you have last to long in bed. check this stuff out. If you have trouble getting it up, check this stuff out.

Marijuana

I personally smoke with a purpose, not for recreation. It clouds my head and i can't think straight but if I want to plow a girl for a few hours. Weed is my go to thing. It turns me into Hercules in bed. I have no idea why but it does.

Cumshot Increasing

These are all out of a thread on Thundersplace called "*Holy grail of cum load increase*". Google it if you want to learn more.

x1 1200mg of Sunflower lecithin(Not Soy!)

Sunflower lecithin will increase your cum a lot and make your orgasms way more intense. Make sure **not** to get soy for two reasons though. One, it doesn't work as well and two, it decreases testosterone which unless you're a chick, you don't want.

x1 Zinc 50mg

Makes it a bit thicker and a bit more volume but don't take too much as high zinc is dangerous and ill also make your face really flush. I take 1 50mg every other day. It can also be hard on your stomach, take it while eating.

x2 Pygeum 100mg

Take one in the morning and one at night. Huge increase in cum and precum volume.

Bigger balls

x1 damiana leaf 400mg

Pretty simple, makes them bigger, no side effects.

Make your cum taste like sprinkles

Not really sprinkles, but your girl will definitely notice.

1x True cinnamon (*Ceylon*) 400mg

no side effects, makes it taste better.

x1 Celery Seed extract pill

same thing but also helps cardiovascular a bit.

Fruits and pineapple juice

Just improve your diet. Stay away from high sodium stuff.

Sleep

What does sleep have to do with banging bitches? Well, a lot. If you aren't getting at least 8 hours of sleep a night you are only hurting yourself. If you lift intensely like me, I'd suggest you actually get 9-10 hours

of sleep. I know when I'm doing the gym 6x a week, 8 hours isn't enough for me.

Supplements like l-arginine, ginkgo biloba, zinc are all good boosters of sleep quality but I've found a supplement that helps me out tremendously while sleeping.

Magnesium Citrate: 200mg 30 minutes before bed

If you live in America more than likely you have a mineral deficiency. A good way to tell if you do is, Do you have restless leg syndrome? A lot of studies show that if you have it, you are deficient in something. Even if you don't, I can make a pretty educated guess that probably 70-90% of you are missing something from your diet.

Dick health aside, I suggest you start experimenting with sleep quality and supplements regardless if your dick is already chiseled from granite. This stuff has helped me out in a ton of other areas in life.

According to the National Sleep Foundation's inaugural Sleep Health Index, 45% of American's don't get enough sleep or don't get quality sleep.

Trust me, just because you are getting 8 hours of sleep, doesn't mean you are getting 8 **good** hours of sleep. Start experimenting with supplements and sleep. You'll be glad as fuck you did. I don't always take all these supplements. Too much money and time but I always take magnesium citrate.

ZMA

This actually a combo supplement usually consisting of magnesium, potassium, zinc or iron. All minerals most of us are deficient in. Different brands have different stuff in it. Check the labels and test what works for you. Sometimes it has stuff called Theanine in it which personally gives me crazy ass dreams and usually results in me waking up drenched in sweat. But, a lot of people don't get that reaction and love the stuff. Find what works for you. It's an awesome supplement to start out with.

Zzzquil

One of the hardest things I've struggled with is how bad I fucked up my sleep cycle back when I was a teen. You know, staying up till 12am every night. Pulling all night benders playing video games with friends. I did this almost daily.

Well guess what, that shit does have a long term effect on you. Your body will adapt its endocrine system to release melatonin for the average hour you usually fall asleep. Go to bed at 12pm for 10 years straight during your teens and you've got some serious shit to fix.

Since I've been 18 years old I've had to get up every day at 6 o'clock in the morning. for 10 years I've been dragging ass and finally wake up around 11am-2pm. Now, i can fall asleep any time between 4pm-8pm. But as soon as the clock strikes 8pm. I'm wide fucking awake till 12pm. I attribute this fucked up cycle from my years as a teen. For 10 years, I have never fallen asleep between 8-12pm.

Eventually I figured out I could fix this. And I started taking Zzzquil every day for 3 months straight. 7-8pm like clock work. What I was doing is basically inducing my bodies sleep cycle. You don't have to do this for the rest of your life. You just need to do it till your sleep cycle gets to where you want it.

I did those 3 months a year ago. Today, my sleep cycle is still fucked up, but not nearly as bad as it was for the past 10 years. I can fall asleep now between 8-12. sometimes I need Zzzquil still but rarely and usually just a tiny sip kicks the cycle into action. Couple this with the other supplements on this list and you'll be amazed at the quality sleep you've been missing out on.

Marijuana

Like I said, I personally smoke with a purpose, not for recreation. If i want to sleep like a baby I take a few hits and some Zzzquil. Knocks me out cold.

Find What Works for You And Discard the Rest

A lot of these supplements can be copied and pasted for other benefits. Sunflower lecithin is in the cumshot category but it will also help you cardiovascular so it does improve ED. I suggest you buy one of these supplements at a time, use it for 2 weeks and pay attention to any increases. Also look up any side effects or possible issues you might have with preexisting conditions. I'm a perfectly healthy 26 year old male. No chronic ailments. That might not be the case for you. This is only my personal findings. It's up to you to test these yourself.

Use what you find useful and discard the rest.

I Last To Long In Bed or Have Trouble Staying Full Mast

A lot of guys actually have this issue. I did from the first time I fucked a girl. I actually had it so bad that performance anxiety couldn't even let me get it up. We all know of NoFap and all it's benefits but personally I've found that I can control or manipulate my erection quality and stamina just by being mindful of the porn I watch and the frequency at which I do it. It takes willpower but it is manageable.

Now, some of you may have actual physiological reasons why you last too long or bust too quick. But, from my studies it seems that the vast majority of guys with these issues aren't anything physiological, it's all psychological.

If you watch porn, it will effect your performance in bed. bottom line.

If you choose to go nofap then to each to his own. I personally don't go NoFap but do whatever you think is best for you.

Guys that last too long usually have two things in common. They watch a lot of hardcore porn, kink stuff, etc.

Or, they have something called **Deathgrip**.

Deathgrip literally is what it sounds like. You are choking your chicken way to much. You are desensetizing the nerves. Your hand feels way different than a pussy. So when you finally slip your dick inside a chick it's gonna go, *"WTF is this? I'm use to fucking something that feels like I'm wearing 20 compression shorts"*

Solution

Always jerk off with lube. Always. Always, always, always.

Buy a **fleshlight**. I know, it's weird. it was weird as fuck when I ordered one but the shit works like magic. You probably wont even cum the first time you use it or even stay hard. If that happens then I can guarantee you that you just found your problem.

Experiment with the frequency of using the fleshlight. I've done this so long I can switch between when I want to use a fleshlight or my hand and I'll notice a direct correlation to how long I last in bed with a chick. Your erection quality will also greatly increase. Using a fleshlight with some of those supplements and you'll be able to drill a chick to the center of the Earth.

Porn quality. Stop watching hardcore porn. Switch to pictures only if it's really severe. The less visual stimuli the better. I see a big difference between just using pictures vs watching soft core porn vs watching hardcore porn.

Again, experiment, be mindful of what you are watching and how much.

I Bust as A Nut Faster than a Bottle Rocket

Pretty much read the last section and do the opposite. Stop using lube. Watch more porn or more hardcore porn. be mindful of it's influence on your performance. Deathgrip more. etc.

In the next section we will be discussing some stuff that will also desensitize the nerve endings of your dick.

Penis Enlargement

Disclaimer # 1

This shit takes dedication. Like, going to the gym everyday, dedication. What I'm going to be talking about is literally workouts for your dick. If you don't see yourself as someone who can get up and go to the gym every day, you probably won't see good results from this. It takes a

minimum of an hour a day, every day. **Minimum!**

Disclaimer # 2

This shit **can** fuck your dick up, if you're an idiot.

If you're an idiot.

If you're not an idiot, it is completely safe until you get to the extreme versions of PE (*Penis enlargement*) which i won't be discussing anyways as anyone new to this shouldn't even bother reading into extreme versions for at least a full year of dedicated PE. You need to learn that stuff from long time professionals, not here at TRP. I'll be listing forums where you can check this stuff out at.

This Is BS right?

Ok, lets address the giant elephant in the room. I know half of you are about to scream, "*BS! If you could make your dick bigger everyone would do it!*". Well anyone can become a doctor or a stock broker or a rocket scientist. Guess why not everyone does those things though?

It's fucking hard.

Like I said in the disclaimer, this shit takes dedication, a lot of time and research. If this was as easy as a pill everyone would take it, but it's not, so these methods aren't terribly popular, but they do work.

How Does It Work?

Well it works the exact same way as "*Suspensory Ligament Release For Penile Lengthening*" surgery. Yes, there is a surgery you can get to make your dick longer, go google it if you don't believe me. They go into it and cut the ligaments attached to your dick. This allows it to extend further out. Typically the surgery results in 1"-2.5" of length gain.

But, the downside of that surgery is your dick won't be saluting the heaven anymore at full mast. It kind just sticks straight out since the ligaments can't propping it up.

Does this method have the same downside?

No, all we are going to be doing is stretching the ligaments, not cutting them. I went from 5.75" to 7" length and my dick can still salute the gods of Swolhalla.

Another bonus of doing this is you don't drop a couple grand to gain an inch or two. It just takes a ton of time.

Lets get started. Through the post I'll be linking forums dedicated to these techniques. If you still don't believe me, just go to one of the forums, sign up and find the "*Progress Pics & Reports*". Every forum has one and there are tons of guys with pics to prove it works. You don't have to take my word alone on this.

The Newbie Routine

The newbie routine is designed for, you guessed it, newbies. It consists of a 5 minute warm up, x2 30 second stretches in five directions(*total of 5min*). Left, Right, straight down to the floor, straight up towards your face and straight out at a 90° from your body. Then another 5min of a workout called jelqing that increases girth.

This is all directly from Thundersplace. A PE forum, go google it.

Length Gains

The way this works is the exact same results you get if you were to do [Penile Extension Surgery](#). But instead of cutting the ligaments attached to your dick, you are slowly stretching them out over time.

Heat up a rag and place it around your member for 5mins, this is vitally important for loosening up your cells which allows them to stretch and also to avoid injury.

After the warmup there are two stretches I find the most effective/easiest to do. You have your basic stretch, which needs no explanation really, just grab your shaft and pull in the desired direction. The second stretch though is called the **V stretch**. Basically the same thing but as you extend your penis, you use your other hand and place it right in the middle of the shaft and use that hand as a pivot point to apply extra force. Making a V shape out of your dick as you pull. This gives you more leverage and a greater stretch but again, be careful. The harder you pull the more chance of injury.

I've found the best way to gauge the effectiveness of a stretch is while you are doing it, do a kegel. If your dick pulls your hand back or the head of your penis retracts a bit, you are not stretching it enough. Apply a little more tension till your hand or head no longer moves backwards during a kegel.

Girth Gains

This is a bit harder to explain with just text. The basic technique is called a **Jelq**. I suggest you google it and watch a video to preform it properly.

The basic idea of it though is it pumps blood into your dick and then you clamp on it a bit to keep the blood in there. Thus expanding the cells, veins, etc. Research this technique properly because you can damage your dick. Black color is bad. Red dots after you finish is bad.

This will also desensitize your nerve endings so if you fall into the category of lasting to long. I'd fix your stamina issues first before doing jelq's.

if however you bust faster than a bottle rocket then this is the perfect exercise for you. Do this a few hours before fucking a girl and not only do you get a good pump but you'll probably be fucking like a pornstar.

Closing

Again, test and experiment. Everyone physiology is different and you many need more or less of anything I've discussed here today.

I started doing PE almost 2 years ago. I started at 5.75" x 4.8", With the newbie routine I reached 7" x 5" and with a water pump I'm currently 7" x 5.5". And yes, there is a noticeable difference in the bed and how girls handle it. It is permanent as far as I can tell. I haven't done an exercise in over 5 months and I've lost none of my gains.

Random tips

Stay away from pumps for your first year. Your dick can't handle the stress and pressure and you will fucking hurt yourself. You need a minimum of 6 months jelqing before you ever think about a pump.

I suggest you actually learn how to measure your dick properly with bone press length. It's widely talked about over at the forums that the Ideal size for a girl is 7-8" length and 5.5-6" girth. Past that and you will actually be hurting yourself more than helping. Most girls will struggle with 6" girth and past 8" length you are going to be pounding the cervix. Go check out BigDickProblems Subreddit to learn more about that. It's cool to have a 9"x6" dick but you will be limiting your pool of potential partners.

Once you hit 5.5" girth or higher, you will need lube no matter what. Don't use spit. I've tested a ton of lube, hands down **refined coconut oil** is the best thing ever. It tastes good, smells good and won't leave your bed a mess. I will never use another lube beside coconut oil.

Once you have a solid foundation of jelqing(*6 months minimum!*) and you think your dick can take it. Research pumps, don't get an air pump though. Water all the way. If you plan it right you can use the pump a few hours before sex and it will give you a temporary boost of girth. I went from 5 to 5.5" with

the pump for permanent increase but I could grab my pump, use it right now for 15mins and I'll be sitting at 5.75" for the next 6 hours. These techniques do have permanent and short term boosts. You'll notice a difference when you fuck a girl with an extra .25". It doesn't sound like a lot but it is.

Note though, you will be desensitized for those 6 hours so be mindful. I wouldn't do this unless I'm certain my EQ and stamina are on point. You risk just sitting there with a pumped up dick looking like an idiot.

Those supplements I listed, the "*Cumshot Increase*" list, those will make your flaccid dick bigger. Doesn't increase your erection size but you will look down after taking them for about a week and notice you've got a pretty noticeable hanger.

Once i hit 7" and 5" girth I had to rework my underwear drawer. If you take the "*cumshot holygrail*" supplements you will be bluging. I'm 6' 2", and i have issues sometimes with shorts and sweatpants. If you are shorter than me, you definitely will. Go over to BigDickProblems subreddit, they have a ton of resources on underwear for larger guys.

Also an issue past 6" length and 5" girth is condoms. Anyone that tells you all condoms fit any size is a fucking idiot. If you are 5" girth or higher you need large condoms, either magnums, yes magnums, or any other brand. The US sucks at condom sizes and metrics. Again check out BigDickProblems, they have a ton of info and sources for quality condoms for guys above average. There are some awesome EU condom companies you can buy through amazon to get shipped to the states. I personally use 63mm condoms at 5.5" girth.

Once you hit 7" length you will start to tickle most girls cervix, I have yet to hurt a girl but i can feel it. You will need to research and learn positions for the length you are. There are some positions that don't work well for me now. From reading a ton on forums and bigdickproblems subreddit I've found that once you hit 7.5" you do risk hurting a girl at certain positions and 8" and above you won't be able to do some positions at all and you'll have a high chance of pounding the cervix. Every girl is different though. I've found some have shallow vaginas, some have really deep ones.

If you are 7.5" or above, google, "**Posterior Fornix**". Learn how to hit that spot and massage it. You might alpha widow a chick with that technique alone.

Don't Neglect Girth! I know, having a 7-9 inch dick is awesome bragging rights. But trust me, when i finally got a pump and went from 5" girth to 5.5", it was like a whole new world for girls. There faces when you stick it in are different. They will cum from positions they usually don't. I neglected girth during my newbie routine and didn't do a whole lot of jelqs because it took more time. I wish I had only done jelqs. Length was easy for me, not always the case for some but make sure you do jelqs too, it's where the magic really happens.

6" girth or higher and you will actually find more success with girls 25 and older. If they have a kid even better for you(*I know, TRP blasphemy*). if you are 6.5" or higher, good luck finding a chick with a low N count that can take you. Learning game and getting girls turned on way before you ever get home will

take you lightyears ahead of anything in this post. When girls get aroused they do what is called, **"Tenting"**. Go google it. learn about it. learn how to turn chicks on and you'll have a way easier time with large girth.

MatterOfSize SRT

Lastly if you want to learn more on this stuff then you definitely should read SRT.

Go google **"MatterOfSize SRT"**. If you take anything out of this post, you need to read SRT. It is the best post I've ever found to date on explaining everything you'd possibly want to know about PE. It's extremely long and detailed by a guy that's been doing this for somewhere around 10-15 years. It explains the inner workings of your dick, the tissue you have to stretch after you max out your newbie routine and a ton more information.

If you have already done some PE but found you were a hard gainer. You need to go read SRT right now.

Penis Enlargement Forums

Thundersplace

PEgym

MatterOfSize

Useful Tips From Commenters

[/u/mike10739](#)

The main component in Horny Goat Weed, Icariin, works as PDE5 inhibitor, same thing as viagra. You can also find the pure extract (90-98% icariin) on the internet, it's even more effective.

Damaina leaf contains acacetin, which is an aromatase inhibitors.

If you have trouble to regulate your sleep cycle try melatonin 3mg.

Something not on your list: premature ejaculation is caused by a lack of serotonin (to make it simple).

Take tryptophan, usually 500mg before sleep. It's an amino acid, precursor of serotonin and also improve sleep.

[/u/Casanova-Quinn](#)

I would recommend L-Citrulline over L-Arginine. I've used both and experienced better erections and muscle pumps with L-Citrulline.

But don't just take my word for it:

"L-Citrulline is an amino acid. It is turned into L-arginine in the kidneys after supplementation, which means L-citrulline supplementation is a more effective method of increasing L-arginine levels in the body than L-arginine supplementation." —[Examine](#)

[/u/11128](#)

Keep a big bottle of hydrogen peroxide in your shower. ASAP after banging a ONS or any chick that could be fucking other guys, douse you dick, balls and crotch in hydrogen peroxide. Let it sit for a few minutes.

[/u/Doomsdaywasyesterday](#)

I take argine and pycogenol. 3 gram of argine and 100mg pycogenol in the afternoon (between lunch and dinner on empty stomach). Before sex I take 3 tabs of horny goat weed. Make sure it has 10% niacin (spelling?) in it. That is an inhibitor that works the same as viagra. Keeps the NO from leaving the body and keeping the erection longer and harder.

Wait 2-3 weeks before noticing anything with the argine pycogenol stack. After 3 months studies show that over 90% of men have gotten normal erections back.

Archived from theredarchive.com

Comments

Mooshaq • 513 points • 19 April, 2016 12:15 AM*

Let me start off by saying that I'm a medical student (not a doctor yet of course, but still have more than sufficient training in scientific method, research, physiology and pharmacology), and also that I've tried a TON of these supplements (many years before med school) because I had problems with ED before I found TRP. Now that that's out of the way, I have some serious issues with at least half of this post.

L-Arginine: 1,000-3,000mg daily

it increases the amount of nitric oxide in your blood(same thing viagra does) so more oxygen can be transported through your blood cells.

Over 4,000-5,000mg a day will also activate your pituitary gland to start producing HGH(Human growth hormone)

It's one of the more side effect adverse supplements on this list.

L-arginine increases nitric oxide which allows blood vessels to relax and dilate, allowing more blood flow into the penis (and muscles of the rest of your body). It does NOT allow more oxygen to be transported in your blood. That's not how it works. 4-5g per day will not activate your pituitary and cause increased HGH release...not sure where you're pulling that from. If you take 1-2g per day, it's actually one of the LEAST side effect-ridden things you posted on here. I personally found it helped a bit when I took it.

Ginko Biloba: 120mg

...If is great for your cardiovascular system.

No it's not.

x1 Zinc 50mg

Makes it a bit thicker and a bit more volume but don't take too much as high zinc is dangerous and ill also make your face really flush. I take 1 50mg every other day. It can also be hard on your stomach, take it while eating.

This is good advice.

x1 damiana leaf 400mg

Pretty simple, makes them bigger, no side effects.

I'm pretty sure anything that makes your balls bigger is going to have some kind of side effects. Your balls don't just naturally grow as an adult male unless you are testosterone deficient and then get it replaced to normal levels, or if you just don't cum for a few days. Don't take this shit.

Make your cum taste like sprinkles

Not really sprinkles, but your girl will definitely notice.

Why do you give a shit if your cum tastes good? If she's turned on enough she isn't going to give a fuck what it tastes like. If you get a girl turned on enough she'll suck your dick after you fuck her in the ass. I'm not advocating that, just saying.

1x True cinnamon (Ceylon) 400mg

no side effects, makes it taste better.

Again, why? This is a big waste of your money. Why would you want to take this many pills a day?

x1 Celery Seed extract pill

same thing but also helps cardiovascular a bit.

No it doesn't. See my above response to cinnamon as well.

Fruits and pineapple juice

Just improve your diet. Stay away from high sodium stuff.

Too much juice is also bad for you because it's super concentrated sugar.

Even if you don't, I can make a pretty educated guess that probably 70-90% of you are missing something from your diet.

That is not an educated guess, and it is super wrong that 70-90% of Americans are missing some important mineral from their diet. Poor macronutrient ratio? Yes, most Americans have that. Deficiency in key vitamins and minerals? Not as common as you think. Our foods are fortified with every fuckin mineral and vitamin under the sun now that it's extremely difficult to develop any clinically meaningful deficiencies unless you're a vegan or a chronic alcoholic (or have other things like Celiac disease, etc.).

This actually a combo supplement usually consisting of magnesium, potassium, zinc or iron. All minerals most of us are deficient in.

No we're not! We're not deficient in ANY of these. Stop making health claims. Stick to the anecdotal evidence and your own experiences, because those actually benefit people. You spouting bullshit health claims and facts about "effects on cardiovascular health" are trash. Zinc is probably the only thing you could be deficient in, and Zn deficiency is quite uncommon. Americans get plenty of magnesium and potassium, and they definitely get a ton of iron.

And I started taking Zzzquil every day for 3 months straight. 7-8pm like clock work. What I was doing is basically inducing my bodies sleep cycle. You don't have to do this for the rest of your life. You just need to do it till your sleep cycle gets to where you want it.

This is a terrible way to do this. Taking that shit every night decreases the quality of your sleep cycle. You didn't do shit to reset your body's natural circadian rhythms, you just tired yourself out for three months with meds that decrease your sleep quality, and didn't even get any longterm improvement on your sleep cycle. Just learn good sleep hygiene and force yourself to go to bed at an earlier time. You'll sleep very few hours the first few nights, then your body will quickly adjust. The biggest problem people have (especially the young guys on TRP) is that they go to bed at all different hours every night. They go to bed at 10 pm on Monday, 1 am on Tuesday because they stayed up playing video games, between 11 pm and 2 am on Wednesday and Thursday because their plate came over, and 2 am on Friday because they went out. Then they expect to be able to fall asleep again on Sunday night at 10 pm because they have to wake up early for Monday morning?

If i want to sleep like a baby I take a few hits and some Zzzquil. Knocks me out cold.

Yeah no shit. Taking Vicodin and drinking 6 ounces of whiskey knocks me out cold. It doesn't mean I should do it often or that it's good for me.

Now to address a few of the user comments you added in an edit to your post.

Something not on your list: premature ejaculation is caused by a lack of serotonin (to make it simple). Take

tryptophan, usually 500mg before sleep. It's an amino acid, precursor of serotonin and also improve sleep.

Premature ejaculation is due to hyperexcitability and lots of other complex shit, not just "low serotonin levels." Like you keep saying in your post, if tryptophan worked, everyone would take it and nobody would have premature ejaculation. It's not as simple as take tryptophan and be better. Half of these supplements are just pure super expensive placebos with much better alternatives.

"L-Citrulline is an amino acid. It is turned into L-arginine in the kidneys after supplementation, which means L-citrulline supplementation is a more effective method of increasing L-arginine levels in the body than L-arginine supplementation."

Yes it's an amino acid, but moreso in function than in structure. It doesn't function like the amino acids in your supplements and protein sources and everything. The body isn't as simple as "taking this pill of compound X makes your body have lots more compound X." The liver and kidneys alter the shit out of most of the chemicals we put in our body, so that just because we take 1g citrulline, it doesn't mean that 1g citrulline gets into our bloodstream or to our kidneys to be converted to arginine. This article (which is from "Examine.com" and not a ~~scientific source in the least~~ a primary article or good source, but just a source of tiny crappy studies amalgamated together) has no concept of the human body. Citrulline is converted to arginine, yes, but is converted in order to remove nitrogenous wastes (think ammonia) from the body. If your body doesn't have a lot of extra nitrogenous waste, it's not going to convert all this extra citrulline to arginine for the hell of it. That's not how the body works. Also I have NO IDEA how this article came to the conclusion that citrulline (which requires conversion first) leads to higher arginine levels than taking arginine itself. They mentally skipped like five steps here.

ASAP after banging a ONS or any chick that could be fucking other guys, douse you dick, balls and crotch in hydrogen peroxide. Let it sit for a few minutes.

Have fun with that. Also why the fuck would you be banging a girl that is so gross you need to use hydrogen peroxide afterward?

Before sex I take 3 tabs of horny goat weed. Make sure it has 10% niacin (spelling?) in it. That is an inhibitor that works the same as viagra.

You've got a problem if you need 3 tabs of horny goat weed before sex, and I really doubt taking a shitload of herbal supplements is a good solution. Also, no, that's not even remotely how niacin works.

The_Man11 • 121 points • 19 April, 2016 01:03 AM

I wish I had more up votes for this. OP was total broscience.

freewilltoworshipme • 23 points • 19 April, 2016 03:32 AM

Exactly, I am glad this post moved to the top. When I came in here this thread was full of retards eating up the shit this OP was spewing.

[deleted] • 15 points • 19 April, 2016 08:59 AM

It happens really frequently.

I've seen a lot of threads where the top-voted comment was either flat out wrong, or nonsense, or some combination of those.

[deleted] • 21 points • 19 April, 2016 08:58 AM

I would like to point out that this is one of the problems of endorsed user status, and one of the reasons why

everyone here needs to always think for themselves.

I'm glad that OP wrote this post. After all, it allowed us to begin this conversation in which /u/Mooshaq shared his knowledge with us.

That said, simply because OP said it and he is an endorsed user **doesn't mean that everything he said is right**.

Every now and then I see some endorsed users spouting absolute delusional horseshit nonsense theories about this or that and it gets upvoted (i'm not referring to this thread). When I see this, I can't really say anything because in any in-group there's only a certain amount of dissent which is appropriate. But the lesson remains the same:

Consider what people have to say but don't forget to think for yourself and do your own homework.

Trucks_N_Chainsaws • 16 points • 19 April, 2016 04:26 AM

Mad respect for taking the time to write up these counter-points. Doc, if you're ever around Philly, I'll buy you a beer.

[deleted] • 35 points • 19 April, 2016 02:24 AM*

This comment has been overwritten by an open source script to protect this user's privacy.

I_Am_Unanimous39 points 19 April, 2016 02:43 AM **[recovered]**

This post by OP is as full of shit as his recent squirting manifesto. Recommend re-evaluate Endorsed status.

[deleted] • 23 points • 19 April, 2016 02:53 AM*

This comment has been overwritten by an open source script to protect this user's privacy.

mike10739 • 1 point • 19 April, 2016 09:52 AM

I existed for 6 days but never commented. Come on dont be the internet neckbeard always looking for plot twists.

[deleted] • 1 point • 19 April, 2016 08:45 PM*

This comment has been overwritten by an open source script to protect this user's privacy.

vandaalen • 7 points • 19 April, 2016 06:35 AM

if tryptophan worked, everyone would take it and nobody would have premature ejaculation. It's not as simple as take tryptophan and be better. Half of these supplements are just pure super expensive placebos with much better alternatives.

Actually tryptophan might work for OPs sleeping problems. One of it effects is that your body will not produce serotonin, but melatonin if you take it at night, right before going to bed.

It used to be prescribed as an anti-depressant here in Germany, but is now prescribed for sleeping disorders solely.

It's side-effects are minimal and you actually get quality sleep since it does not fuck with your sleep phases. 3000mg will usually make me a little bit dizzy and then put me into la-la-land within 10 minutes.

freditoj • 2 points • 19 April, 2016 12:08 PM

Listen to this guy. Doctor here and can vouch.

[deleted] • 1 point • 19 April, 2016 02:54 PM

Wait, you'll actually get dizzy? Not sure if I want to do that.

vandaalen • 1 point • 19 April, 2016 03:17 PM

Yep. Not too much though and it's not like being dizzy from turning around too much or being drunk. It doesn't cause nausea. Hard to explain. Definitely bearable.

It's also just a common by-effect and not a guarantee.

RPSnuggles • 5 points • 19 April, 2016 11:33 AM

WATERMELON If you are searching for a sweet libido stimulator, then all you need is a slice of watermelon. Yes, it's 92% water. However, this fruit is filled with essential nutrients that can boost the sexual performance of both men and women. Watermelon has "Viagra-like effects" that boost libido. It also has rich levels of a phytonutrient known as citrulline, which is converted by the body to arginine. Arginine is an amino acid that increases the nitric oxide levels in the body. This, together with its lycopene content, relaxes the blood vessels the way Viagra does. It amazingly supercharges your stamina and allows you to feel every ecstatic sensation better.(2)

mugatucrazypills • 6 points • 19 April, 2016 01:53 AM

Mooshaq is on the money here, OP belongs on Dr. Oz. show.

Clint_Redwood[S] • 24 points • 19 April, 2016 03:30 AM*

Thanks for taking the time to write this out.

LazyMagus • 7 points • 19 April, 2016 05:19 AM

You are right. Without you taking the time out to write this post, we wouldn't have had such an informative conversation. Total respect and big thanks to /u/Clint_Redwood and /u/Mooshaq!

Clint_Redwood[S] • 5 points • 19 April, 2016 05:53 AM

I know, I think people think I'm being sarcastic but I'm really not.

I'm actually releasing an entire 4 part series tomorrow discussing exactly this. Ironically weird that you'd say this.

LazyMagus • 5 points • 19 April, 2016 06:17 AM

Well, you edited out the 'Cunningham's Law' bit. But I didn't find you sarcastic. Your post ended up looking wrong based on the top counter-point answer. But of course you didn't write this post just to fuck around with people. You posted what you thought was right and helpful.

Clint_Redwood[S] • 0 points • 19 April, 2016 06:32 AM

But of course you didn't write this post just to fuck around with people.

I'll actually be releasing a four part series all week starting tomorrow addressing all these controversial posts I've released this past week. It's actually been done with intent. Not malice intent though.

cynicalprick01 • 5 points • 19 April, 2016 06:51 AM

unless you can prove that you anticipated this community's reactions ahead of time and created your plan before your first post, people will never know whether or not you are just trying to backpedal after throwing out a poorly received set of posts.

Clint_Redwood[S] • 0 points • 19 April, 2016 07:42 AM

That has been one of my concerns and actually the entire series revolves around people that dismiss posts for reasons you just stated.

Go read the first two paragraphs of my post "*You Can Lean Something From Anyone*". It's the exact same thing as those first two paragraphs but much deeper.

What I'm writing about is something I've been working on for a long time. "*Learning Something From Anyone*" was my first attempt at this 17 days ago. I've tried to write on this 3 times before and failed each time and scrapped it. I got close with "*Learn Something From Anyone*" but i still consider that a failure to verbalize it clearly.

I've discussed this topic with some endorsed also and it's a very deep topic to try and cover. I attempted to condense it into a single post but it's just not possible.

yizolo • 2 points • 19 April, 2016 12:15 PM

I had heard that sleep cycles can be changed in a relatively short amount of time by changing the times at which you eat. The premise is similar to intermittent fasting in that you stop eating 16 hours before waking up and it will improve your quality of sleep and keep you from waking up in the middle of the night.

Apparently the study on this was done by Harvard researcher Clifford Saper. I haven't tried it intentionally, but I usually don't ingest anything more than a protein shake after 1:00 in the afternoon.

Another thing I didn't see mentioned was the effect of screens on sleep. The best thing I did for my sleep was to put down the phone; turn off my tv; and read, meditate or play guitar for a couple hours before bed.

Mooshaq • 2 points • 19 April, 2016 09:09 PM

I've never looked into intermittent fasting and its effects on sleep, but just remember that one study often isn't enough to fully support the theory, but can at least give some support to it.

I wholeheartedly agree on the effect of screens (and don't forget about artificial light!) on sleep. I use the Flux program on my computer which automatically dims/changes the color of my screen at night. I also now use a night light in my bathroom and bedroom (which I turn off before bed) so that I don't have to turn on a big room light right before bed. Those both have seemed to help me fall asleep faster.

randarrow • 2 points • 19 April, 2016 02:53 PM

Even if you don't, I can make a pretty educated guess that probably 70-90% of you are missing something from your diet.

That is not an educated guess, and it is super wrong that 70-90% of >Americans are missing some important mineral from their diet. Poor >macronutrient ratio? Yes, most Americans have that. Deficiency in key >vitamins and minerals? Not as common as you think. Our foods are fortified >with every fuckin mineral and vitamin under the sun now that it's extremely >difficult to develop any clinically meaningful deficiencies unless you're a >vegan or a chronic alcoholic (or have other things like Celiac disease, etc.).

No reason to argue with your article or even double check except this one, other points seem good. I have mineral deficiency issues (specifically calcium) and have always had to watch them carefully. There are

really two versions of the Standard American Diet:

1. Enriched/fortified processed food in excess
2. Strategic starvation ala dieting

In addition to vegan/celiac like you listed, if someone is strategically starving themselves, is over consuming, or has common health issues like diabetes they can easily end up with major deficiencies. Not only because of malnutrition, but insulin leeches minerals out of the blood in addition to sugar. Someone drinking a lot of sugary colas will end up with several deficiencies, even if they are eating normally otherwise. Also, diet drinks trigger insulin reactions as well.

After several years of the atkins diet I was calcium deficient and ended up in the hospital. No longer doing Atkins. Doing kind of a custom semi-low-carb shake and veggie diet. I keep a spreadsheet with my normal three day food plan listing out all nutrients I track to make sure I hit the right levels.

On my current diet, I'm mildly phosphorus deficient. This is next to impossible supposedly. The #1 SAD (Standard American Diet) has phosphorus in excess due to red meat, cheese, milk, cola, and coffee. Except I eat none of those things now on #2 strategic starvation. And, because most foods don't even report phosphorus, it's very hard to track.

Also, over-nutrition is possible as well. Too much calcium is a problem when supplementing, can trigger kidney stones. Also, iron/calcium supplements can cause electrolyte issues. Some foods like chocolate and spinach (ala oxalic acid) can serve as anti-nutrients and interfere with absorption of some nutrients resulting in (typically temporary) deficiencies. Also, if some nutrients can interfere with each other like omega fatty acids or B vitamins are not taken in the right ratios. All of these cases can result in nutrient deficiencies.

Pretty much everyone here taking red pill seriously will also be dieting and need to watch their macros/micros, and be avoiding junk food like cola. Here's a great list of issues to watch for from an old reddit soylent post . #Edit: Link removed due to auto-mod, search google for 'reddit mineral deficiency symptoms' and look at first two links#

Another problem with people doing #2, strategic starvation, is they are often over-consistent. If they are dieting only eating a few specific things, they can easily get into deficiency area.

I agree with you in a sense, Americans on SAD #1 who are not over-consuming and have good variety are unlikely to be deficient in the long term sense. But, on occasion/from day to day we are. And, people doing strategic starvation #2 are very likely to be deficient in something.

[deleted] • 2 points • 19 April, 2016 06:50 PM

ASAP after banging a ONS or any chick that could be fucking other guys, douse you dick, balls and crotch in hydrogen peroxide. Let it sit for a few minutes.

Have fun with that. Also why the fuck would you be banging a girl that is so gross you need to use hydrogen peroxide afterward?

Can you please expand on this? Is hydrogen peroxide unlikely to provide any protection/benefit after potential exposures to bacterial or viral STDs?

In today's world I just assume all women are fucking some other guy. Same logic to always wearing condoms (which I do) but all kinds of fluids go around the condom.

Also avoiding 'gross' women is kind of a weak argument. Sure if the pussy looks or smells bad, warts, herpea etc then pass but it can appear perfectly normal and still expose you to an STD. Obviously using a condom is the best thing but could a peroxide wash afterwards not potentially help?

Mooshaq • 2 points • 19 April, 2016 09:37 PM*

Can you please expand on this? Is hydrogen peroxide unlikely to provide any protection/benefit after potential exposures to bacterial or viral STDs?

Hydrogen peroxide can kill some bacteria, but won't kill gonorrhea because the bacterium causing gonorrhea has an enzyme to make peroxide not toxic to it. Whether or not it will kill the bacterium of chlamydia or syphilis is up in the air. It may work, it may not. I have no idea. These bacteria tend to get into your urethra ("pee hole"), so I doubt putting peroxide on the surface of your dick is going to do much. As for viruses, viruses are hardy motherfuckers, so I don't know that hydrogen peroxide would do much to them. But again, I don't know.

Also avoiding 'gross' women is kind of a weak argument. Sure if the pussy looks or smells bad, warts, herpea etc then pass but it can appear perfectly normal and still expose you to an STD. Obviously using a condom is the best thing but could a peroxide wash afterwards not potentially help?

It's not a weak argument because I wasn't arguing anything. I don't think peroxide would do much, no. Gonorrhea "inactivates" peroxide, chlamydia probably won't be affected by it because it hides in your cells, and syphilis might be killed by peroxide. But syphilis is way less common these days. As for viruses, I don't know. Letting peroxide sit on your dick for several minutes after every sex session is bound to do some damage to your dick by thinning the skin and possibly irritating your urethra. Hydrogen peroxide can prevent skin from healing well. Thinned skin and damaged mucous membranes (your urethra) actually increases your risk of STDs. A short wash of peroxide? Sure, why not. A long wash? I think that's a terrible idea. I prefer the soap and warm water route.

[deleted] • 1 point • 19 April, 2016 11:02 PM

Thanks for your reply. Advice like this is in short supply, usually it's just "use a condom hurrduurr" and "don't have sex with promiscuous women" BP trance-talk.

Mooshaq • 1 point • 19 April, 2016 11:17 PM

You're welcome. I hope it helps.

EscortSportage • 1 point • 19 May, 2016 02:51 PM

I was going to say, make sure you pee after sex and shower correctly when she leaves... no doctor here

pl00pt • 1 points • 19 April, 2016 04:46 PM **[recovered]**

Great post. Could you comment on this user's claim:

The main component in Horny Goat Weed, Icariin, works as PDE5 inhibitor, same thing as viagra. You can also find the pure extract (90-98% icariin) on the internet, it's even more effective.

Would horny goat weed act like a low dose viagra?

Mooshaq • 1 point • 19 April, 2016 11:25 PM

All drugs are absorbed, metabolized and distributed differently in the body. This is why there are so many drugs of the same class (e.g. PDE-5 inhibitors) on the market. Just because they have same action (inhibiting the PDE-5 enzyme), it doesn't mean they work the same in the body. That's why there is Viagra and Cialis both on the market. That's why in each class of diabetes drugs (e.g. sulfonylureas, GLP-1 agonists, insulins) there are TONS of different drugs. Each statin (high cholesterol medicine) has different efficacy/effect in the body despite them all having the same mechanism of action. Each class of

blood pressure drugs contains drugs with the same/very similar mechanisms of action, but each drug is quite different. Metoprolol, atenolol, acebutolol, betaxolol, esmolol are all beta-blockers that have the exact same mechanism of action in the body, but they are vastly different drugs.

Anyway, the point is that while icariin (in horny goat weed) may also inhibit PDE-5, that doesn't mean it has anywhere near the same effects as sildenafil (Viagra). It may not be absorbed well in the gut and thus not even enter your bloodstream (i.e. never makes it to your penis blood vessels). It may be degraded or metabolized into an inactive compound before it exerts its effect. It may be extremely weak (relative to Viagra) at the dose you take, or it may be extremely strong (again, relative to Viagra) at the dose you take. It may have less side effects or more side effects than Viagra.

So in short, it may act like a low dose Viagra, it may not. There's no way to tell based on what the above user states about its mechanism of action. If you find the side effect profile to be not dangerous and not worrisome, then go ahead and try it if you're curious.

The problem with herbal supplements is that they are not regulated, and companies can literally put 0% of a specific compound into a capsule and yet say on the label that the compound is in the product. Icariin may be just as potent as, or even better than, Viagra but it's tough to figure out how much you're actually getting.

You're better off just getting Viagra honestly - at least you know what you're paying for, and it has a fantastic side effect profile. Some of the herbal supplements may not have such a nice side effect profile.

WillyFistergasch • 1 points • 19 April, 2016 06:14 PM **[recovered]**

because I had problems with ED before I found TRP.

May I ask what you found that worked for this issue?

Mooshaq • 3 points • 19 April, 2016 09:26 PM*

Lifting and TRP mostly. Mine was psychologically driven (as it is for >90% of the guys on here) and what you need to realize is that arginine and citrulline and horny goat weed and all this crap may help the symptom of ED but it doesn't FIX the problem. It took me about 4 years of intermittent ED (I missed out on A LOT of good sex opportunities in college because I had decent game for college but couldn't perform once we got to it) before I got over it fully. There are two big things I'd recommend.

1. Don't forget about the boner test. Sometimes what you may think you find attractive, you don't actually find super attractive. I get much more aroused and have better sex with 7's that are sweet and aren't soulless cunts than I do with 9's that are bitches and have zero personality and zero hobbies (besides Netflix and Facebook of course). That's just a me thing, and it certainly doesn't apply to everyone, but I'd say give it a try. I'm quite introverted and don't love loud places and bars; turns out most of the 8's and 9's I met were extroverted and loud/obnoxious/zero personality. I know TRP often says men are visual creatures and we're not turned on by personality and whatever, but that's partially a lie. We are mostly visual creatures, but for guys that get ED, personality usually plays a bigger role for these guys than you think. There are dudes out there that are purely visual and can fuck the most annoying hot girl on the planet without a problem, but if you have ED at a young age...chances are this isn't you.
2. Sometimes you just need to work it out with a girl. This is what helped me the most. Pick a girl who is a 6 or 7 (because you want to be comfortable and not intimidated to perform well for a super hot girl) and who is just an absolute sweet girl that you enjoy being around. Start slow, make out, play with her pussy, do whatever. When it gets to her touching your dick on that first night,

stop her. Then bite the bullet as extremely uncomfortable as it is and explicitly tell her, "I've been having trouble with getting erections. It has nothing to do with you. It's getting better slowly and I'm working on it, so please be patient with me." You can add in something like, "I can still please you though" if you want. This is hard to do because it feels super unmanly, but you'll have to swallow your pride and do it. Don't listen to any TRP member that says something like, "this isn't alpha." It's okay to ask for help, just make sure you give this girl something good in return for helping you (e.g. your company since maybe she doesn't get asked out a lot being a 6). Don't beat around the bush. Tell her in explicit words like a man. The important thing is that you should not at all have her actively try to get you hard - no mouth or hand on a flaccid dick. Just enjoy her company, make out, enjoy her pussy with your fingers or mouth. Explicitly say before each session that your dick will not be involved at all. This is important because it completely takes the pressure off you. A lot of the psychologic ED is because you feel pressured to perform. If your dick doesn't work that session, that's okay because you and she were not expecting it to. But if it starts working, voilà, you're on the road to recovery. It took me about 3 weeks and 7-8 good make out/pussy-touching sessions before my dick started responding well. I also knew the girl before this and was fairly comfortable with her, so it may take you a bit longer if you don't already know her. She had to blow me and as soon as I was hard I literally pulled out of her mouth quickly and just put it in her pussy. It was softer than I would've liked but it worked, and each subsequent day got better and better until it 100% went away.

Also, condoms not fitting right can also be a huge issue. The girl I mention above had an IUD and a negative STD test (long story but yes I'm 100% certain she was STD free) so pregnancy and STDs were out of the question, so I just went in raw. I found that condoms always choked my dick and didn't fit well. Another user on this thread commented about good condom fitting and I'd check that out.

Since I mentioned TRP helping me with the ED, I'll elaborate a wee bit on that. I was always a lot more passive with girls in bed and preferred being on bottom and didn't use dirty talk or anything. TRP taught me to take what I want and to talk dirty as hell to the girl (remember, "tease, touch, tell"). It made me more comfortable telling her what to do in bed (which made me both less pressured and more aroused, which both help ED). It made me enjoy sex more, and it restored a bit of the dominant energy/feeling that I had been missing. These all together helped the ED a lot.

Anyway, if you're less than 40 years old, it's super rare that the problem is outside of your head. Find what works for you - exercise, words of affirmation, meditation, psychotherapy, working it out with a girl, whatever.

That was a bit verbose but I do hope it helped!

masnera • 0 points • 19 April, 2016 06:00 AM

I don't trust Conventional Medicine Industry...

TekkomanKingz • 0 points • 20 April, 2016 02:03 AM

You need to do research on Damiana. It has been used in Mexico for thousands of years to increase fertility. I understand you're trained by the medical establishment (Which is subsidized by Pharmaceutical companies) but I'll take a 4,000-5,000 year history of usage over a few skewed studies bought and paid for by the opposition because they can't patent something. However, in most cases no studies exist at all - Why? Because they can't make any money off it.

Damiana doesn't increase your ball size but it will sure as hell improve your libido. Try it before you knock it. Of course like anything else, you've got to cycle it.

Mooshaq • 1 point • 20 April, 2016 06:56 PM*

I understand you're trained by the medical establishment (Which is subsidized by Pharmaceutical companies)

Typical argument against someone discussing medicines when you clearly have no argument. I don't disagree that things are skewed in pharmaceutical studies...in fact, most doctors know that as we're told it all the time and experience it first hand. We interact with drug reps and we are smart enough to read between the lines. But yes, some things are skewed because you can make money off pharmaceuticals but not herbs. I'm not disagreeing with that. That doesn't mean herbs are better than pharmaceuticals.

I'll take a 4,000-5,000 year history of usage over a few skewed studies bought and paid for by the opposition because they can't patent something

People 1,000 years ago also thought tomatoes were deadly because they leeched metals out of metal plates and made people sick. Ancient wisdom isn't always so wise.

Damiana doesn't increase your ball size

If you would just read my post instead of trying to start an argument, you'll see that all I said was that damiana does not increase your ball size, and if it did, it'd probably be bad for you that that is happening...

but it will sure as hell improve your libido

...I never said it would not improve libido...

Try it before you knock it.

...and I never knocked it.

Read what I wrote before you start making counter points to points I did not make.

Of course like anything else, you've got to cycle it.

This is so wrong. Meds are not pre-workouts or anabolic steroids or BCAA supplements. You don't have to cycle everything else.

EDIT: Formatting.

GayLubeOil • 108 points • 18 April, 2016 09:34 PM

Running sprints will improve your heart's ability to pump blood to your dick.

ANGRY_ATHEIST[] • 59 points • 18 April, 2016 10:01 PM

This is about the only scientific fact stated in this entire post.

More exercise = more energy, less stress/anxiety, more testosterone, better sex.

[deleted] 19 April, 2016 12:03 AM

[permanently deleted]

Clint_Redwood[S] • 3 points • 19 April, 2016 12:58 AM

Did 1,250 kegels, gotta confuse the pelvic floor, right babe?

I_Am_Unanimous • 27 points • 19 April, 2016 01:58 AM [recovered]

Dude, you're obsessed with your dick and frankly it's bizarre

Op2mus • 10 points • 19 April, 2016 08:14 AM [recovered]

Every guy is obsessed with their dick, OP is just obsessed with dick I general, lol. Joking aside, I found the first part of OP's post to be beneficial, the PE stuff should have been reserved for a separate post.

Any man on TRP that hasn't experienced any performance issues throughout his lifetime, even if only once or twice, either hasn't had much sex or is lying to themselves.

I do appreciate OP sharing his findings. While they may be anecdotal, he has clearly done his fair share of investigative research on the subject.

I also appreciate the top comment by medical student bro. Clearly, this individual is highly intelligent and knows much more than most on how the body works; however, I have found through personal experience that some doctors are horrendously ignorant on certain medical subjects. Pain management is one area that comes to mind, I have known some individuals that were prescribed so much oxycontin/oxycodone and opana that nobody would ever be able to function on, even with an incredible opiate tolerance. Not saying medbro isn't 100% spot on here but everyone is different.

Moneyley • 4 points • 19 April, 2016 02:25 PM

We are all obsessed. Some of us just dont give a fuck and decide to post about it so it looks like an obsession. Without good dick health our essence as a man is just not the same. I care a lot about my sexual health but just never posted on it. Props to OP for introducing it to the forum. Certainly a change of pace from all the NAWALT, Blue pill example and betabux getting cheated on posts.

Mooshaq • 1 point • 19 April, 2016 09:43 PM

I have found through personal experience that some doctors are horrendously ignorant on certain medical subjects.

Medical student bro here. Like I said, I had ED for almost 4 years and tried lots of the shit OP listed, and lots of other shit that OP didn't talk about. I also continue to do reading and research on these topics so I'm up to date. I share your sentiment about some doctors being ignorant on many subjects (nutrition comes to mind), but it's just not taught (well?) to us and we some docs just don't have the time to sit down and learn it. Don't think we're lazy jackasses please. Any good doctor will admit when he/she is very weak/ignorant on a subject.

Op2mus • 2 points • 20 April, 2016 11:34 AM [recovered]

No man I wasn't implying at all that you were all lazy. In fact, I even said I thought you were highly intelligent and I personally think you are very knowledgeable on the subject. I was more just saying that sometimes people blindly accept everything a doctor will say just because they are a doctor.

There are so many different fields that nobody could be an expert on every subject. I wasn't referring to you with my comment, sorry if it seemed like I was implying you were ignorant on the subject. That wasn't my intent, I thought your post was spot on. Thanks for taking the time to respond and share your thoughts on OP's claims.

Mooshaq • 2 points • 20 April, 2016 07:00 PM

No man I wasn't implying at all that you were all lazy.

I didn't take it that way, my bad if I came off like that.

I was more just saying that sometimes people blindly accept everything a doctor will say just because they are a doctor.

Very true. There was a terrible post on the fitness subreddit describing some terrible nutrition advice, but it was written by a guy who is first year out of med school (and he wasn't afraid to announce it in every comment), so everyone believed him. I've done a lot of nutrition research and his claims were terribly wrong.

Thanks for taking the time to respond and share your thoughts on OP's claims.

You're welcome. I hope it helps.

Dr_Red_97 • 5 points • 19 April, 2016 03:17 AM

Rich Viagra is my favorite natural penis supplement.

10211799107 • 31 points • 19 April, 2016 12:46 AM

I must be the only one thinking that this post is garbage.

Track calories, eat tons of fat to promote testosterone, squat and deadlifts should be the foundation of you workout, get some sprints in to wake the heart up and sleep like a baby, as many hours as you can.

Why the fuck do guys care so much about their dicks. Unless you have a genetic problem, girls don't care that much. Micropenis is a genetic problem then you should look for surgery.

Don't be fucking fat, jacked and a healthy diet will get the blood flowing. Amongst his good posts I'm shocked this dude is "endorsed" and wrote this shit.

KumonRoguing • 7 points • 19 April, 2016 01:16 AM

Even if you don't have dick problems you can look at this as a form of self improvement just like anything on here. I have no size problems, ED, or trouble giving orgasms. However, I'll probably still play around with some of it.

10211799107 • 0 points • 19 April, 2016 01:41 AM

My opinion is if you have a micropenis or something really fucked up then yes get medical treatment. Stretching your dick and putting so much energy into this is ridiculous. If you're average dick size is the last thing you need.

cuntbh • 0 points • 19 April, 2016 11:56 AM

Why settle for average? You shouldn't be happy with an average body, an average wage, or an average partner, so why should an average penis be enough?

10211799107 • 1 point • 19 April, 2016 01:58 PM

You don't understand the difference between things you can control and things you can't. You can achieve an above average body, knowledge, game, social skills etc. Genetic things like

height, dick size and the like are not in your control. Yeah take six months and pull your dick every day and pump it will temporarily "make it yuuggeeee" but it's not permanent. Seek medical advice if you have a micropenis, if not, girls don't give a shit. The "alpha " comes as a package through dominance and how you handle her. She wants to get fucked by the package, not one piece of it.

cunth • 1 point • 19 April, 2016 04:06 PM

You don't understand the difference between things you can control and things you can't.

But this whole post is saying "this thing you thought you can't control is actually within your control". Have you ever met a really beta guy who thinks that you're naturally big and because he's naturally small he will always be small? Having a ripped body is part of the package chicks want to get fucked by, but so is having a big dick.

Also, I'm not sure if you're aware of this, but here's something for you to work on to better yourself: Either you need to stop getting pissed off at strangers on internet forums, or you need to improve your communication. Chicks don't want to get fucked by the guy who rages at imaginary people on the internet.

10211799107 • 1 point • 19 April, 2016 07:17 PM

To humour you. Let me explain and then you decide if you choose to see my perspective or not.

TRP is a toolbox that each man uses on an individual bases based on his goals, aspirations and how he wants to better his life. The core of the TRP is understanding sexual strategy in our world today, how to optimize it and also how to improve yourself to be the best version of yourself. Lifting, nutrition, grooming, style, communication and social savvyness is what you learn here. My disagreement with this dick extension is that it's not coming form a doctor, has no scientific evidence (only some dude who claims it works by measuring which in itself is prone to error since each measurement will be different based on your diet at the time, blood flow, strength of erection etc). It tells you what supplements to use, again no science behind it, and the worse one is the physical modification to it via stretching etc. Your dick is not a muscle. I don't know the exact term for the tissue but as you know it expands when blood flows into it. It's attached deep in your pelvis. My problem with this advice is that guys are in some respects, fucking stupid. You will get guys who will fuck this up, screw up their dick's function and they're left with permanent damage.

My point is, with the toolbox called TRP, you will become the best version of yourself in the above mentioned areas of your life. Like I said before, if you have a micropenis, which is a legit issue for some unlucky men, then you can seek medical help. It has been shown time and time again that the average penis size is sufficient to give a woman pleasure because you don't need to slam her fucking cervix (which in itself is dangerous for her) to give her pleasure. Again, it has been shown that all the nerves that matter are more to the front. Anal stimulation with a finger will drive her over the edge better than an extra 0.25inches or whatever.

I like the OPs other posts. I'm against giving people on the internet advice about stretching their dicks which could harm them permanently. That time you spend doing

these things will be best spent improving one or more of the areas of your life mentioned. Physical alteration of the reproductive organ should not be attempted, ever, unless it's a medical problem.

I get that guys like this post, we are more concerned with "dick sizes" because we somehow attach masculinity to dick size which is totally wrong. If you have a healthy dick and you want to improve your sex life, then lift, eat right, sprints now and then and drop body fat. Getting less chubby in its own right will increase your length because you have less fat around the base. THIS, has been proven.

[deleted] • 4 points • 19 April, 2016 03:55 AM

No it's not just you the post really is garbage.

masnera • 0 points • 19 April, 2016 06:02 AM

garbage? .. not to me, but your comment is.

[deleted] • 1 point • 19 April, 2016 06:15 AM

Then you're part of the problem. Along with your standards of communication.

masnera • -1 points • 19 April, 2016 07:11 AM

so much for that standard of your...telling someones endorsed article as a garbage when some of it goes along with others...but you are what you are, i am what i am. IDGAF. Peace.

[deleted] • 1 point • 19 April, 2016 07:31 AM

There is no such thing as an "Endorsed Article" there are Endorsed Contributors, who are fully capable of shit posting. Myself included.

The idea that an EC is right because he is an EC is not only an authority fallacy; it is paradoxical when you consider OP believes it's solid and I believe it to be a steaming pile of wank (Are Both ECs right or wrong?).

If you think the future of TRP is served best by listing spurious supplements to make your dick "work" then by all means up-vote away. I will do my part in transmitting my discontent with it in the spirit of fraternal improvement for the betterment of TRP. What you fail to grasp is there are 150k people in here thinking that due to people like you this content is all universally welcomed.

I am simply stating my position as a signalling mechanism to them. So they don't all start shit-posting as well. If it's not already too late for that.

[deleted] • 3 points • 19 April, 2016 01:22 AM

Exactly, GLO. Short-based extremely intensive aerobic activities whether on bike, up a hill, on a machine, on the heavy bag, whatever, where the heart beat reaches close to maximum 150, 160, 170 etc. beats per minute even if for just a minute, then dial back to a reasonable 125/130 or a bit lower, for a couple of intervals does wonders. Soooooo few men ever reach such heart rates in exercise on purpose. But the benefits just keep on giving. So you beginners just dial it back a bit. Patience! Shoot for 140-150 max. Take time. Eventually 175 baby. Now that's livin and dyin on 3/4 time. (thanks Jimmy Buffett for those last lyrics...)

Clint_Redwood[S] • 7 points • 19 April, 2016 02:53 AM

I left out lifting and fitness i guess cause I felt it was so core to RP guys anyways.

Probably should have mentioned it.

cuntbh • 1 point • 19 April, 2016 12:00 PM

Maybe I'm just used to pushing myself harder, but if I go for a 30 minute run, my heart rate averages over 160, with a final peak often over 180 for longer than 30s. If I'm doing intervals, my heart rate will hit 180 during the effort, and drop to 120 at the end of the rest.

[deleted] • 1 point • 19 April, 2016 02:15 AM

It also spikes your body's HGH production supposedly. Some people swear that jelqing is only worth doing if you're also doing sprints to boost your HGH.

indeydius • 45 points • 18 April, 2016 06:35 PM

Interesting advice. Not giving a fuck works too.

[deleted] • 52 points • 18 April, 2016 09:55 PM

For real. Maybe it's because I'm an older guy but damn the hoops some of you guys will jump through to slay pussy. Stretching your dick and wasting hard earned \$ on all kinds of bullshit supplements? Come on. If your dick don't work stop smoking, stop drinking, stop watching porn. If that fails go see a damn doctor cause something is bad wrong. As far as the size of my dick, if the bitch don't like it I don't give a fuck. At the point she is able to judge my size we are naked and I'm gonna get my nut. After that she can GTFO for all I care.

askmrcia • 7 points • 18 April, 2016 10:27 PM

Seriously the only thing I did that helped me was stop watching porn and stopped masturbating for like 4 days. My erection was bigger than ever, I lasted much longer and ejaculated in much higher volumes.

That's really all guys have to do

10211799107 • 3 points • 19 April, 2016 01:09 AM

I'm shocked to see how many guys are supporting this bullshit

[deleted] 19 April, 2016 01:18 AM

[permanently deleted]

[deleted] 19 April, 2016 01:41 AM

[permanently deleted]

[deleted] • 0 points • 19 April, 2016 02:10 AM

I got a tank top you can buy and some overpriced vitamins that you will piss out. Real advice, lift and don't give a shit. The advice here lately is fucking stupid.

[deleted] • 7 points • 19 April, 2016 01:18 AM

Sheep. This sub has gone to shit. If op has to resort to the measures he does to get laid he's not someone that should post any advice. I'm for Rollo but this sub has gone to shit. I stretch my dick every night so I can get pussy, Jesus. Let me put my fedora back on.

[deleted] • 6 points • 19 April, 2016 02:50 AM

Oh the boy who cried sheep.

Some men are aesthetics addicts. They obsess over grooming and muscular definition far past the point of diminishing returns to their pussy-pulling power. **Obviously** she's made the decision to fuck you long before she gets a chance to see your dick.

TRPTheRedLion • 8 points • 19 April, 2016 11:35 AM

I'm not going to fault the OP for posting this. I know he's being attacked by some, others are posting in the positive. It has led to a good discussion about what makes men who men are. Their dicks.

But I think it also helps address some things that haven't been brought up really that are the mainstay of TRP and why many on here SHOULD NOT take OP's advice. Education about erectile dysfunction, porn, no fap should be on the table. I read so many posts from younger guys with these problems and they need to be addressed. In our society, it's almost becoming a disease.

But other areas in the post are somewhat ridiculous and for an older guy I hope that some of you younger guys readdress your priorities and what you should be doing. Things like making your cum sweeter, how to get a better cum shot and, lastly, stretching your dick to make it bigger.

Doing exercises to make your dick bigger. Out of anything in this post this leaves me shaking my head and thinking what the fuck? I'm not attacking OP on this because obviously it has worked for him. An hour a day of stretching your cock and combined with huge disclaimers about how it can fuck up your dick.

Guys, I beg and plead, don't fucking do this. I'm not a doctor or a health professional either. But common fucking sense just tells me this is a bad idea. Common fucking sense also tells me there are a whole lot better options than worrying about the size of your dick.

I've never measured my dick. Don't now size. I don't fucking care. It's that simple. I'm more concerned about how to fucking use it then the size of it. I've had chicks tell me I'm probably a solid six inches. Okay, fine. Most women I've found have been more pleased with my girth. I've been told over and over it's above average. Once again, okay, fine.

All I do know is this. A dick pic has never gotten me laid and bragging about my supposed above average girth I've never measured is not the first thing, second thing or any fucking thing I ever talk about when I'm talking to a woman. They can fucking find it out when I stick it in them and then after they cum a few times they can then tell me after in bed talk about how fucking wide my dick is.

But, I repeat, fucking size doesn't matter unless it's a CC slut on experimental stage who wants to experience a big dick. So, if you stretch your dick from six inches to seven inches it doesn't matter anyway because she's want to ride some supposed 10 inch fantasy pole.

The most important things to focus on are what is preached in this sub. Gym, lifting, meditation, focusing on yourself, working on financial freedom, better grooming... These are the most important things for women and what make you an alpha male and a guy they want to fuck. Not stretching your dick for an hour each day.

Gentleman, do yourselves a favor. Just stick to TRP fundamentals. You don't need to invest time into something women don't give a shit about. If you invest into the fundamentals then women will be so enamored with you that if you have a 3 inch cock they'll act like it's the biggest fucking dick out there.

Stick to the fundamentals guys. Because if you build it, they will cum.

[deleted] • 5 points • 19 April, 2016 06:06 PM

In the defence of OP, to add a counterpoint

Guys, I beg and plead, don't fucking do this.

That's up to the readers to make their own choice.

Information here is good and well presented. Not everyone will be interested, but those who do now have the basis to do their own research.

You don't need to invest time into something women don't give a shit about.

Not all of them don't give a shit. TRP is based on harsh truth, and the "dick size doesn't matter" argument is just not true. While not that relevant for average+ and bigger guys, the readers with a small unit can benefit from this information (particularly for self confidence; most guys who do this shit do it for themselves, not the girls).

comach2 • 2 points • 6 July, 2016 01:01 AM

Going to the gym for an hour a day is okay, but stretching your dick isn't? Both can be purely to please others, purely to please you, or a mix of both. One is no different from the other, as long as you're doing it for you it's cool

magus678 • 15 points • 18 April, 2016 06:28 PM*

It may be out of the scope of this post, but Viagra isn't terribly difficult to get, and will blow all of these things completely out of the water. To boot, it also has actual science on its efficacy.

It isn't cheap, but neither is taking a regimen of a dozen different pills.

I would also suggest anyone with these problems (or just everyone really) go get their testosterone levels checked. Therapy is pretty cheap and make most of these kinds of issues moot.

Plus testosterone just makes you awesome.

wont_tell_i_refuse_ • 3 points • 19 April, 2016 04:26 AM

LPT: Viagra is available as a generic in much of the world. In some countries, you don't even need a prescription at all. I got Viagra for 2 euro a pill in Kosovo, and I have no doubt you could stock up in many other shitholes.

Worst comes to worst, you could DarkWeb it from India. Obviously take precautions, but I doubt the feds are going to give a flying fuck about a guy importing personal-use quantities of Viagra.

If you're not feeling adventurous, Pfizer has a half-off coupon on their site and Cialis offers a month of daily pills for free.

OpieBot • 3 points • 19 April, 2016 07:12 AM **[recovered]**

You don't even need to darkweb. Feds don't give a shit about it because its not a controlled substance.

The Chinese are more than happy to mail it to you disguised in other things. I bought 10 grams of pure raw cialis powder for \$10 plus \$30 shipping. Get yourself a milligram scale and that is enough for a looong time

Hit me up if you need the plug. Drop my name and they usually drop shipping from \$50 to \$30. I get my testosterone and GBL for the amazing sleep and boost in GH as well.

[deleted] • 1 point • 19 April, 2016 08:11 PM

What is GBL? Why is it called a party drug if it makes you sleepy?

OpieBot • 1 points • 20 April, 2016 01:17 AM [recovered]

It's converted to GHB by your body. You may have heard of GHB as the "date rape drug" unfortunately it got a bad rap but alcohol or benzos are the REAL date rape drugs. Anybody who plans to use it to spike a drink can fuck off and die. It's NOT safe to mix with alcohol.

In reality in lower doses it feels much like alcohol but a little bit more euphoric and a lot less "sloppy". I've also never blacked out with it. It's great for confidence in talking to women. It also make you horny as fuck and I've had some of the kinkiest sex with it.

Take a higher dose and it will make it very easy to fall asleep and induces quality REM sleep. The type of sleep that is good for muscle repair. There are several studies that find a major boost in HGH production as well.

cynicalprick01 • 22 points • 18 April, 2016 07:32 PM*

ugh, so much info but no citations for any facts other than from ppl commenting on this.

When pushing something as the truth, I really wish we had higher standards in terms of evidence needed in TRP community.

so much of this seems like pseudo science. OP even recognized himself that the things listed dont work consistently on everyone but have worked for him.

so, essentially, we have a long list of things with nothing but anecdotal evidence behind it.

Sorry, but I dont believe things based on anecdotal evidence and I wont try something for myself just to see what it does. I require more evidence to be persuaded into acting any certain way.

there are a lot of ideas and im sure many are useful, but the quality of this post would skyrocket if each of your claims had a cited source behind them leading to some peer reviewed study with publicly viewable methodology.

that will probably not happen though, as writing a list of what works for yourself is much much easier than reading 20+ peer reviewed articles and making claims based on results read.

tldr; that which is presented without evidence can be dismissed without evidence.

cynicalprick01 • 3 points • 18 April, 2016 07:34 PM

https://en.wikipedia.org/wiki/Anecdotal_evidence

[deleted] • -1 points • 19 April, 2016 06:27 AM

Thinking science is the only source of truth... Are you working in science? I do. And let me tell you, it's overrated. Science is a selling game nowadays, mostly bluepill PhDs trying to make their results appear as sexy as possible to get the paper published for their CV (that also means tweaking them).

Best practical info on nutrition is not coming from nutritionists, but bodybuilders. Best info on penis enlargement is in internet forums from guys who spent years dedicated to this shit.

Not saying some supplements in this post may not be useless, but u/Clint_Redwood did a great job and basically all advice here is good. And yes I also did read 20++ peer articles on most subjects presented in the post.

Take the info you want, try for yourself and stop putting too much credit in the established science.

cynicalprick01 • 1 point • 19 April, 2016 06:43 AM

you are obviously a troll.

no person who "works in science" feels this way.

I will not give my reasoning again for why it is stupid to try something just to see what happens when you can run studies that isolate various factors.

not surprised at all, seeing as you are a throwaway account with -5 karma.

if you want me to believe you, how about you prove that you "work in science"

[deleted] • 1 point • 19 April, 2016 07:55 AM*

Ok, let me tell you exactly what you just did: attacking the person instead of the argument behind it. That's not really how TRP works.

About science, the fact is a lot of young idealist scientist starting a phd, get strongly disillusioned by the academia. Read this link if you want to understand the mentality in science I'm talking about.

My credentials? Masters in biology in the best uni in my country, worked in 8 different labs in several countries, just printed my PhD lol.

This is a new account, and my Karma is low because I was wrong on an offside call on r /soccer and got downvoted to oblivion lol soccer is no joke there.

Feel free to think what you want though

cynicalprick01 • 1 point • 19 April, 2016 03:06 PM*

I asked you to prove it, but you just keep making claims. but i wouldnt expect someone who is lying about their education to know what I am asking for.

also, the way you speak leads me to believe you do not have the training you say you do.

and no, your karma is not so low because of soccer. it is because in 18 months your highest rated comment has 18 karma. you obviously have nothing useful to contribute and your attitude about the scientific method leads me to believe you can only be a troll.

and btw, you are not doing yourself any favors by linking me to a freaking opinion piece when trying to persuade me of your beliefs of academia.

[deleted] • 1 point • 19 April, 2016 04:18 PM

Lol you "ask" me to prove it? I have absolutely no fucking thing to prove you, I explained myself enough, now you don't believe me? Not my problem

Sigh I hate gammas, thinking they are so smart, and verbally attacking others without knowing anything about them

cynicalprick01 • 1 point • 19 April, 2016 08:32 PM*

Sigh I hate gammas, thinking they are so smart, and verbally attacking others without knowing anything about them

this is the most hypocritical thing I have read all day.

btw, if you want people to take you seriously, dont let the first thing you say to them be a straw man argument, like you did in your first response.

no one in here ever said that:

Thinking science is the only source of truth

so yea, your whole argument is predicated on a straw man argument that no one ever

made. Your lack of ability to clearly discern my argument and only argue against points I explicitly made makes me believe even more that you obviously do not "work in science" or if you do, you are just a first or second year student who has taken part in a few research studies.

seriously, look through your posts. they are filled with straw man arguments.

btw, if you dont want to prove you are as educated as you claim you are, you can at least cite those 20+ peer reviewed articles you said you read on this subject, but I believe you probably made that up too.

Clint_Redwood[S] • -3 points • 18 April, 2016 07:44 PM

I'll have the perfect post for you tomorrow

Dookiestain_LaFlair • 11 points • 18 April, 2016 05:57 PM

When you jack off you should try to take 30 minutes or so, if you do it too quick all the time you are training your body to cream faster.

Polaris382 • 8 points • 18 April, 2016 08:14 PM

Who really wants to spend that long fapping though?

Actually beating off seems to have the opposite effect though. I beat my dick like it owes me money and then cant feel shit when it comes to the real thing...that's why Ive been avoiding the masturbation.

Dookiestain_LaFlair • 8 points • 18 April, 2016 08:17 PM

You gotta set aside time for the important things. Think of it as going to an art museum. You walk though the halls and see the different styles of painting - the impressionists (women with big tits doing blowjobs) the classics (Women in their 40s taking big dongs in the shitter) and the weird avant garde stuff (hot redhead women doing milk enemas)

aguy01 • 6 points • 18 April, 2016 10:20 PM

Definitely don't do that with porn. That's how you train your body to need constant new stimulus for a boner

Dookiestain_LaFlair • 1 point • 19 April, 2016 12:23 AM*

Fortunately the supply of porn never runs out. The great folks and hot broads at Goo Girls, All Internal, and many other sites are taking loads up the shitpipe every day!

ATrashMan • 3 points • 18 April, 2016 11:37 PM

a note on melatonin - only use 300 mcg, NOT 3 mg.

[deleted] • 1 point • 19 April, 2016 08:14 PM

What so like making an already tiny pill into more tiny? How would it even register in the body at such a small amount

ATrashMan • 1 point • 19 April, 2016 08:38 PM

I mean you could just buy a regular sized 300 mcg pill

<http://www.amazon.com/Sundown-Naturals-Melatonin-Tablets-tablets/dp/B001G7QWBW>

thefisherman1961 • 7 points • 18 April, 2016 06:19 PM

I must emphasize on doing research on some of those supplements before taking them. WebMD and Examine.com are great resources. Some of those are not good to take in the long run (like Horny Goat Weed, Ginko Biloba).

fredianogb • 5 points • 18 April, 2016 06:27 PM [recovered]

I'm sort of confused about the science behind the PE. I agree that stressing the penile ligaments will lead to tearing and eventual lengthening of the tissue. However, just as ligaments will lengthen when needed, they will also shorten. This is, for example, why bad posture can lead to pain and reduced range of motion in the head and neck.

To maintain whatever gains you get from stretching your penis you will likely need to continue these exercises forever.

anooblol • 2 points • 19 April, 2016 12:44 PM

Think of a guy whose been going to the gym for 10 years, and amassed a considerable amount of muscle. If he cold turkey stops working out, he **will** lose muscle. But he won't just suddenly lose all of his gains. It will take a considerable amount of time to shrink down to where he once was, and on top of that, if he starts working out again he will blow up like a balloon due to muscle memory.

Clint_Redwood[S] • 4 points • 18 April, 2016 06:52 PM

That might be the case but I've been on 5 months now and hasn't shortened at all.

I think the maintenance of keeping your gains is pretty much minute. Maybe a week of stretches every year, if that.

I have read on forums of some guys losing their gains before. but they usually do something really radical which causes it. Like crazy experiments on themselves or purposefully testing fringe methods of PE.

The average day to day users rarely every say they lose gains.

[deleted] 18 April, 2016 08:08 PM

[permanently deleted]

-OMGZOMBIES- • 1 point • 18 April, 2016 11:10 PM

Shit, I guess I should just stop lifting since my muscles will never grow.

[deleted] • 1 point • 19 April, 2016 06:30 AM

[https://en.wikipedia.org/wiki/Kayan_people_\(Myanmar\)](https://en.wikipedia.org/wiki/Kayan_people_(Myanmar))

Works for the neck, works for the ears, and works for the dick as well

[deleted] • 21 points • 18 April, 2016 05:58 PM*

Finally! A great post on this touchy subject.

Started 3 months ago, already gained 0.4 inches length and some girth too. Not even focusing on length as I want more girth (<5 min streches per session + 100/200 jelqs). Few tips I wished I knew :

Don't jelk up to the head! Stop 1 inch before, the link between the shaft and head is fragile... I got injured and had to take a 2 weeks break...

Start SLOW AND EASY. Every other day is perfect. 2 months later, you will be able to workout much more,

like 2 days on 1 day off with more volume. You need to learn how to perform the exercises.

Coconut oil is perfect for jelqing.

Check goodlookingloser for tips and videos, and the PE forums of course. +1 inch length and +0.5 inch girth is attainable in 1 to 2 years for most people...

Fedora_Tipper_ • 7 points • 18 April, 2016 07:23 PM

Say you stop jelqing after you got the size you wanted. Do you slowly revert back to your original size after?

Clint_Redwood[S] • 3 points • 19 April, 2016 01:00 AM

I haven't done anything in 5 months, still held my size.

Some guys do report a lose over time but it's minute. Like you just need to do exercises a week out of the year.

Check out the forums I listed, they have all the info you want.

aguy01 • 1 point • 18 April, 2016 10:19 PM

Depends how long you were doing it for. Some people claim after 2 years they are permamanet, others say you need to do a light maintenance routine.

[deleted] • 1 point • 19 April, 2016 02:14 AM

Will jelqing give me a disgusting tri-color animal dick like the GLL has? Or did he get that from pumping? I'd rather keep my aesthetically pleasing average sized dick than have a mutilated-looking bigger one.

[deleted] • 1 point • 19 April, 2016 07:59 AM

His looks bad indeed, apparently pumping (with high pressure) is what causes decoloration. Personnaly, no issues with jelqing until now.

idgaf- • 1 point • 18 April, 2016 06:40 PM

Shit, grats, newbie routine didn't do shit for me for years. Started hanging/pumping and it looks promising.

Joseph_the_Carpenter • 1 point • 18 April, 2016 07:02 PM

There's a post on mattersofsize that OP's post led me to, saying the biggest issue is the tunica (the membrane surrounding the squishy veiny area inside the penis) isn't being properly stretched or is but isn't maintained afterwards and then regresses (such as doing a routine but putting on compression shorts).

<http://www.mattersofsize.com/forum/penis-enlargement-forum/64036-srt-the-fastest-way-to-a-massive-penis-and-a-perfect-body.html>

idgaf- • 2 points • 18 April, 2016 07:07 PM

isn't maintained afterwards and then regresses

That might explain why I feel so good after pumping at night: the engorged penis last all night and into the next day, allowing it to heal in the large state.

Clint_Redwood[S] • 1 point • 18 April, 2016 07:18 PM

Yes, google, "*MatterOfSize SRT*", it talks about all this.

The Tunic is only like 5% elastic so it takes forever to stretch. It's possible, just takes fucking so much more time compared to newbie routines.

Thotwrecker • 5 points • 18 April, 2016 08:39 PM

Because I was retarded in college, I went raw for a long time because it felt amazing and I wasn't thinking clearly. I rationalized as "well most other guys are using condoms, so it's OK if one guy doesn't" or "she said I could stick it in w/o". Like it is a goddamn miracle I didn't get anything, I don't know what I did to luck out, but I didn't get anything. For like 2 years I was fucking chicks and only using condoms when they insisted.

I hated condoms. Couldn't bust nuts in them unless I jackhammered for like 30+ minutes. They were choking down on my head, the most sensitive part, and I couldn't feel shit. They have a drying effect on the girl too, so unless I got the girl flooding first, it would chafe a little. So I just hamstered. Fuck it, I don't give a fuck, I might as well enjoy this shit.

This is cancerously dumb mentaity - this is so stupid, but so common. So many girls will go raw with you if they think you're high SMV enough. So many guys are too stupid to use condoms or don't on a girl they think looks clean and trustworthy. So many of my bros were going raw, or would use condoms for obviously ratchet ass thots, but not for their oneitis / girl that was "different".

The world is terrible about condom use. And by probability, the types of girls who go raw with you are the types of girls who go raw with other guys. Thus the most likely to be carrying shit.

Let's think about the guys they go raw with. The high SMV guys. The players. These higher T individuals with higher risk tolerance, they are the most likely to ALSO be going raw with other girls. When girls go raw, chances are they are doing it with a guy that gets other ass too. AKA the guy more likely to infect her.

It's just a probability clusterfuck that you have to avoid.

You gotta use condoms. You gotta go raw.

I only learned after a really, reallllly terrifying pregnancy scare. It was the fuel behind my post on how to get girls to abort when they you knock them up.

You don't want to go through that, you gotta wear condoms.

Here's how I fixed my condom issues:

1) US Condom sizing is retarded. Most condoms are sized at 50-53mm, and that's just too damn tight if you have anything more than an average girth or head. If you're width is 1 std deviation above the mean, these condoms are constricting your shit and that squeeze isn't a good squeeze like a tight pussy.

The reason I say US condom sizing is shit is because magnums are not really better, it's just marketing. They are LONGER, but not wider. Doesn't help, it's only better for long slim jim guys.

Magnum XL (at least 4-5 years ago) is only marginally better, like 57mm.

You need to establish your penis shape. If you have a chode, a short fat dick, you need to order specialized condoms. Measure your penis properly and get the right size condoms. They should go up to your hilt when you roll them on.

They should be nontapered if you have a penis that doesn't flare out much at the head. IE stalk width roughly equals head width. If your head is wider, then you need condoms that have a "bulb" type shape, so your head gets more room. This was my issue, my head was getting squished, which would soften my erection and make me lose sensitivity, so I'd have to fuck forever to cum. I knew it wasn't mental, because this would happen when I was totally immersed and aroused through the roof by a girl.

Then, you need to either use a good lube or you need to eat pussy - or at least finger her until she's dripping.

Condoms are the anti-lube, I don't know how they are so goddamn lube-absorbent, but they are. Even lubed condoms with their gross ass lube on the outside seem to cause a reduction in the smooth wetness you want.

So get her significantly wet first; this also loosens her up a little so if you are a quick buster, you'll be OK.

The other thing you can do is masturbate with condoms on. (I know, I know...) Just do it with some lube, or fuck a fleshlight with a condom on. It's beneficial to practice getting "hands free erections" where you can maintain your hardon in a condom with no manipulation. IE you don't have to keep stroking yourself to stay hard, just the mental or real life visualization can keep you erect.

After you do all that, condoms become a lot better. Still miserable, but they really aren't optional.

Please everybody just follow the #1 rule of dick health:

USE CONDOMS ALL THE TIME

O_Son • 0 points • 18 April, 2016 09:16 PM

I agree, I made a comment reply to one of the top comments above about how I use and recommend the custom condom business TheyFit.co.uk which is a bit tricky to order from in the US bc of crazy laws but I explained how to order.

The first few times I had sex I used lifestyle condoms and they choked the hell out of my chicken. Even magnums don't fit me right, they're too long but not wide enough. Different guys wear different shoe sizes (length and width) so if you think condoms don't matter start wearing a random friend's shoes for awhile and see how you like it.

QPRCHOC • 11 points • 18 April, 2016 06:20 PM*

Awesome. This is just what I need.

I would also recommend people be careful with Nofap. Believe me, I've probably been trying that shit for longer than anybody else on here (about 7+ years). Spending too much time on it, especially on hardmode, can condition you to think of porn negatively. That might not sound too bad but this can eventually progress to negative reactions to other sexual stimuli and even women in real life ("I've got 90 days to aim for on hardmode, I can't ruin this streak"). This can lead to anxiety and some dodgy conditioning, so take it easy. I'm beginning to think a healthy masturbation routine might be the best thing to do.

Great post mate.

[deleted] • 1 point • 19 April, 2016 01:10 PM

If I'm not mistaken, keeping it to once a week is the best to promote testosterone. Test builds up during the time you don't fap but it can only go so far.

knightSwolaire • 8 points • 18 April, 2016 06:31 PM*

"Always jerk off.."

Stopped right there. Quit jerking off.

Edit: Not helpful comment I realize. Here's the deal: This is a post on penis health. Jerking off, especially using Porn, needs to be less than moderation. Needs to be very infrequent.. Or goodbye to the health of your penis and mind. lol you newbies and your downvotes. if you're still watching porn twice a day, you don't understand TRP.

Also ZMA... Seems great for some. I seem to get zinc thru food. ZMA only causes me to wake up middle of night to shit liquid.

Clint_Redwood[S] • -2 points • 18 April, 2016 06:49 PM

Every person is different. What works for you won't work for someone else.

I jerk off twice a day and can still bang girls fine. I watch porn still too. I have an extremely high libido and I've never been able to go more than 2 days nofap. But that's just me, everyone is different.

knightSwolaire • 5 points • 18 April, 2016 08:55 PM

You have an addiction. It might not affect you now..

BCFtrip • 4 points • 18 April, 2016 07:43 PM

Glad you covered the enlargement.

As far as the chemical enhancement side, I've been using ghrp stuff and mk677 now for a little while, and there's been a marked girth increase. For reference, I'm 21.

That stuff releases growth hormone, so I'm getting those benefits, such as improved sleep/recovery and skin quality. Also dick girth.

karmalizing • 1 point • 19 April, 2016 01:14 AM

How often do you take those? Every day? What dosage? Right before or after PE exercises?

Interesting stuff, thanks.

BCFtrip • 2 points • 19 April, 2016 02:10 AM

I generally don't do any PE exercises. Just some incidental gains I've noticed. People who use mk677 take it daily, I use 12.5mg a day. Also increases hunger btw. I'm from the nootropics/performance enhancement world mostly.

ItsTheHomeWrecker • 1 point • 19 April, 2016 03:18 AM*

deleted

BCFtrip • 1 point • 19 April, 2016 06:18 AM

If you ain't in the land of the black boxes in any field of interest you're not trying hard enough. Do you mean pge1? Vial of it in my fridge RN.

I have a healing kit coming next month with several vials of TB in it. It'd make sense to do intense stretching while using that drug, but I'll look into it more.

I've used pge1 dropped down the urethra before, 50mcg starting low.

ItsTheHomeWrecker • 1 point • 19 April, 2016 08:19 AM*

deleted

[deleted] • 1 point • 19 April, 2016 10:55 PM

Wait a second, so there ARE penis growth chemicals?

ItsTheHomeWrecker • 1 point • 20 April, 2016 01:17 AM*

deleted

Il128 • 14 points • 18 April, 2016 04:56 PM **[recovered]**

Keep a big bottle of hydrogen peroxide in your shower. ASAP after banging a ONS or any chick that could be fucking other guys, douse you dick, balls and crotch in hydrogen peroxide. Let it sit for a few minutes.

SecularNotLiberal • 26 points • 18 April, 2016 06:34 PM

Please tell me you're using a condom. If you can't trust her not to give you a disease, you sure as hell can't trust her to take care of birth control.

II12821 points 18 April, 2016 06:39 PM* **[recovered]**

Of course I am. The problem is condoms don't go all the way down and any skin to skin contact down there can transmit everything from Herpes to HPV to Thrush.

Never let your junk stew in her juices.

TheSupr3m3Justic3 • 11 points • 18 April, 2016 08:28 PM **[recovered]**

This dude knows his shit.

And after you eat a bitch out, wash your fucking mouth/nose/cheeks(depending on how messy it got) with soap and try and use mouth wash if possible.

Do not let pussy juice manifest on your face.

PliskinRed • 2 points • 18 April, 2016 11:04 PM

mouth wash if possible.

Better yet, get a bottle of Betadine from the pharmacy. It's effective against bacteria, viruses, fungus and yeast.

[deleted] • 4 points • 19 April, 2016 06:18 AM*

"oh damn babe, going down on you was so hot... now brb, I gotta wash my face and mouth with medical grade antiseptic"

PliskinRed • 2 points • 19 April, 2016 12:31 PM

I'm not suggesting you wash your face with it, just swish it around your mouth for 20 seconds.

[deleted] • 3 points • 19 April, 2016 02:08 AM

I can't be nuking my oral ecosystem with that shit as often as I eat pussy tho

TheSupr3m3Justic3 • 1 points • 18 April, 2016 11:14 PM **[recovered]**

Can you rinse your mouth out with it? I've only ever used it topically.

PliskinRed • 4 points • 18 April, 2016 11:27 PM

Just to be clear, you have to use the one that's actually called "Betadine Mouthwash/Gargle"!

PliskinRed • 2 points • 18 April, 2016 11:25 PM

Yes. For daily use it's recommended to dilute it with water, however I just use it like a mouthwash after oral sex.

SecularNotLiberal • 2 points • 18 April, 2016 06:46 PM

Whew. And yes, you're right, it doesn't protect against everything.

rockinhard130 • 2 points • 18 April, 2016 08:18 PM

I once got thrush from a BJ because I couldn't wash my dick for an hour afterwards, and I'm uncut.

SecularNotLiberal • 1 point • 18 April, 2016 09:22 PM

Thrush is a fungal infection. I hope this never happens to you again but if it does, go buy a tube of Monistat (or generic form of it, same thing but cheaper) and use it on your genitals for 3-7 days.

rockinhard130 • 1 point • 19 April, 2016 12:37 AM

I did tea tree oil and it cleared up.

SecularNotLiberal • 3 points • 19 April, 2016 12:56 AM

That's good. Tea tree oil has some anti fungal properties in addition to bacterial. I find it harsher than monistat personally but I'm glad it works for you.

[deleted] • 10 points • 18 April, 2016 06:39 PM

real talk, condoms don't stop everything, you're banging crotches not just genitals

[deleted] • 2 points • 19 April, 2016 02:07 AM

You technically shouldn't be trusting any westernized woman to not give you a disease these days. Gotta roll the dice anyway and just enjoy life sometimes...

grewapair • 46 points • 18 April, 2016 08:09 PM

For god fucking sakes, it's one thing to do something to yourself with no research to back it up, it's quite another to tell everyone else to do the same thing.

It turns out that the Herpes virus can turn Hydrogen Peroxide into its component parts, so that it's basically useless against the virus.

Rubbing alcohol kills it instantly. Lyssterine takes 5 minutes, but kills it too.

For god sakes, do some research before spouting off. It took me all of one minute to A)prove you wrong and B)find the right thing that actually works.

III128 • -2 points • 18 April, 2016 08:23 PM **[recovered]**

You're so wrong.

It's not a treatment for an active infection. It does however kill the virus on skin and surfaces.

[deleted] • 1 point • 19 April, 2016 03:36 AM

I'm pretty sure hydrogen peroxide just cleans, not disinfects. You'd need rubbing alcohol for that.

[deleted] • -7 points • 18 April, 2016 09:01 PM

Calm down bro. Dont be an asshole to anither brother here

grewapair • 19 points • 18 April, 2016 10:32 PM

If I told you that saying three hail Mary's before having sex would protect against getting the girl

pregnant, would I be a bro, or a jerk for giving you a ridiculous, unsupported, false sense of security?

augizz999 • 16 points • 18 April, 2016 06:46 PM

Won't peroxide damage your dick?

gmflag • 1 point • 18 April, 2016 09:21 PM

no. from my understanding as a medical student, the free radicals produced are similar to the ones produced in our body which are active in our innate immune system.

edit: however, you have to be careful like u/grewapair mentioned, herpes virus can make use of hydrogen peroxide.

jolly--roger • 1 point • 18 April, 2016 11:13 PM

herpes virus can make use of hydrogen peroxide

misinterpretation. It says the HSV-1 contains catalase, that breaks hydrogen peroxide into water and oxygen, rendering it ineffective (non-toxic). not quite the same as "making use of it".

Mooshaq • 1 point • 19 April, 2016 09:45 PM

the free radicals produced are similar to the ones produced in our body which are active in our innate immune system.

But the free radicals produced in our body are produced inside white blood cells equipped to deal with them, and in a very controlled environment. This doesn't make them okay everywhere in/on our body.

In addition, hydrogen peroxide is super bad for skin healing.

O_Son • 7 points • 18 April, 2016 07:34 PM

Also, make sure you're getting condoms that fit right or they won't protect you as much as they should and you'll be less likely to wear them. The first few times I had sex I used lifestyle condoms and they choked the hell out of my chicken. Even magnums don't fit me right, they're too long but not wide enough. Like OP said, US has crazy condom laws. Different guys wear different shoe sizes (length and width) so if you think condoms don't matter start wearing a random friend's shoes for awhile and see how you like it.

I order custom condoms from TheyFit.co.uk, they have a spokesperson on Reddit somewhere I believe.

Basically you print out a dickfitter® from this link <http://www.theyfit.co.uk/pages/print-a-fitkit>

Then you measure your meat, but make sure that your printer isn't scaling the printout by placing a standard ID card on the lower portion of the printout.

The bad thing is the US prevents them from selling/shipping their condoms here directly bc their laws say that condoms can only be certain sizes for some reason. So I found a company in the UK that will forward UK mail to US addresses, you give them your name and address info and they send you an \$8 PayPal charge and then after you pay it they send you their PO Box info which you use as your own address with TheyFit. This is their link:

<http://www.afewbucksfwd.com/>

Then you click on your condom size on the link below to order them. Here's a coupon code that I found for first time orders which you enter at the checkout page- CSIZER :

<http://www.theyfit.co.uk/pages/choose-your-size>

I think that's everything, now you're the James Bond of condoms and can humblebrag about how difficult it is for you to order your condoms from hundreds of miles away.

baron_von_f • 3 points • 18 April, 2016 05:23 PM

Tea tree oil also does a good job as a disinfectant.

III128 • 5 points • 18 April, 2016 05:32 PM

Peroxide is better against Herpesvirus.

GetrichonIMP • 3 points • 18 April, 2016 05:52 PM

Or molluscum contagiosum, it's much worse although it does go away eventually

[deleted] • 5 points • 18 April, 2016 06:10 PM

Tea tree can be pretty strong for that sensitive an area.

[deleted] 18 April, 2016 08:02 PM

[permanently deleted]

SecularNotLiberal • 1 point • 18 April, 2016 09:23 PM

You have to dilute it heavily with water before you can use it on a sensitive area, or most areas for that matter. I can't even have it straight on my face. Definitely dilute or you will burn yourself!
The smell won't be as strong either but the anti-bacterial effects will still be there.

Mildly_Sociopathic • 2 points • 18 April, 2016 06:45 PM

Douse it how? Just pour it on, area at a time or use a cotton pad/tissue?

All I can imagine is pouring the entire bottle onto your crotch when you're sitting on the shitter.

III128 • 2 points • 18 April, 2016 07:00 PM

Most squirt these days. If not pour. The bottle I get at Walmart is plastic and has a small hole for squirting.

Mildly_Sociopathic • 1 point • 18 April, 2016 07:08 PM

Do you have to rub it in or just cover it all over and leave it?

[deleted] 18 April, 2016 07:21 PM

[permanently deleted]

NDiscretion • -2 points • 18 April, 2016 07:55 PM

It's urine. And if you know anything about a woman's orgasm you also know it has more to do with her and very little to do with you. Wrong mindset and she's not getting off, period.

Derive1334 • 2 points • 18 April, 2016 08:35 PM

I've always used mouthwash down there after some fun. I figured the alcohol has to help kill bacteria. Peroxide probably works better but listerine down there makes you feel minty fresh.

Havikz • 1 point • 18 April, 2016 08:36 PM

I don't know why but the idea of that scares me. It must be because the labels are loaded with warning symbols.

db0255 • -1 points • 18 April, 2016 07:36 PM

Hydrogen peroxide smells like shit.

GetrichonIMP • 5 points • 18 April, 2016 05:51 PM

I use the bathmate, before going out to the clubs and the gym, nothing wrong with giving the ladies an extra reason to check you out. When using the bathmate take it easy at the beginning. 1 day off and one day on and do it for 10 mins max although the instructions say 15 mins to avoid penile pain.

Clint_Redwood[S] • 6 points • 18 April, 2016 05:55 PM

I would recommend avoiding pumps till you have done jeqls for a good 6 months. Major risk of injury and you won't be able to pump enough pressure to make gains because your veins aren't strong enough yet.

To give you an idea of how long it took me just to max out my bathmate x30.

I did PE for a year, jeqls for 6 months. Then bought a bathmate. It took me every day, 10 minutes a day, for a month straight before I could max out that bathmate pressure and not have too much pain.

Pumps put serious pressure on your member, be careful and don't rush it.

yldwhisper • 3 points • 18 April, 2016 09:00 PM **[recovered]**

Speaking from experience, I damaged my dick with a bathmate. Listen to OP. It took months for me to get the sensation back in my cock and even now it's not as strong as it used to be - I wish I had started with exercise. But even following good looking losers newbie routine I still managed to fuck up

[deleted] • 1 point • 19 April, 2016 06:14 AM

wtf did you do to damage your dick?

drallcom3 • 1 points • 18 April, 2016 08:19 PM **[recovered]**

Pumps are fine, but you should not go above 4-5 HG. It just damages your dick, no matter how advanced you are. It's a marathon, not a sprint.

PantsonFire1234 • 1 point • 21 April, 2016 06:14 PM

Does that shit work? What if you're already hung?

GetrichonIMP • 1 point • 21 April, 2016 07:38 PM

if you're already hung, don't bother. I'm only doing it because I find most women to be a little too loose. Guys who are already well hung generally don't complain about women not being tight.

PantsonFire1234 • 1 point • 21 April, 2016 09:22 PM

Women aren't my concern. It feels good to be hung though, so I figured it'd be like lifting. Getting some gains is always a plus. I like the way women react to it.

So say you're 18-19 cm, is 21 feasible?

GetrichonIMP • 1 point • 22 April, 2016 04:17 AM

Hypothetically, I only started on my journey. I'm 5.7 inches erect. I plan on making it to 6.5 - 7. Wish me luck XD

PantsonFire1234 • 1 point • 22 April, 2016 12:08 PM

I hope you found some good sources besides this post man. About if this is possible or feasible at all.

[deleted] • 2 points • 19 April, 2016 01:21 AM

You can get Bromelain (the enzyme responsible in pineapple for the "nice" taste) in pill form, easily available on amazon

ggihhpy • 1 point • 19 April, 2016 02:20 AM

yep. Wife said it had the effect but not as sweet.

[deleted] • 2 points • 19 April, 2016 02:11 PM

Damn I'm about to be fucking down everything in sight from the fucking placebo effect alone

KermitTheeFrog777 • 2 points • 19 April, 2016 06:42 PM

Now we know the source of your name.

Also,

CLINT_REDWOOD 2016

MAKE AMERICA GIRTH AGAIN

TheSupr3m3Justic3 • 15 points • 18 April, 2016 05:42 PM **[recovered]**

Bro, your post quality and topics are on fucking point. This is the type of shit that never gets talked about but you know all guys are thinking about.

freewilltoworshipme • 44 points • 19 April, 2016 01:34 AM

Bro is the correct word. This post is absolute shit full of broscience and the responses to it are embarrassing. I would have thought people would be more discerning of what they believe in this forum.

[deleted] • -5 points • 19 April, 2016 02:05 AM

This place gets more like the rest of reddit every time I come here.

Whining and bitching about an OP; general dissent = automatic upvotes. Redditors worship criticism.

Scientifically deconstruct his post if you're going to call broscience, faggot. You might be right but you need to back up your shit instead of just farting out some fedora-twirling for upboats.

freewilltoworshipme • 6 points • 19 April, 2016 02:14 AM*

There is really no point since the onus is on the Op. With that said, some med student did it below scroll down. A post full of zero citations and you want someone else to back up their shit? You don't seem very bright. Carry on kid.

Edit. Sorry now its scroll up since that comment moved to the top.

[deleted] • 4 points • 19 April, 2016 04:58 AM

Edit. Sorry now its scroll up since that comment moved to the top.

Where it rightfully belongs because **he backed his shit up**

Spoiler

[deleted] • -5 points • 19 April, 2016 02:35 AM

I could give a shit about how "bright" I'm perceived on the internet. Try getting some sources of validation in your life that aren't sweet upboats and reddit gold.

freewilltoworshipme • 4 points • 19 April, 2016 02:46 AM

Way to deflect. I don't need any validation thanks. Try using some logic in your post.

TheSupr3m3Justic3 • -1 points • 19 April, 2016 04:07 PM **[recovered]**

You and your upvoters need to get the fuck banned out of you from this subreddit, I would rather have bro science than some fucking cunt like you speaking one fucking word to me.

thor_away92 • 4 points • 18 April, 2016 09:38 PM*

Consuming vitamin supplements isn't really a good thing...at all. It's very easy to overdo it and vitamin and mineral toxicity can cause various adverse effects. And also be incredibly bad for your long term health. Just eat nutritious foods. All of them. That's how you reach homeostasis.

PROTIP: If you are a tense person you probably consume too much sodium (very easy to do on a bulk)

If you are consistently yawning or sighing and tired you are low on Magnesium, incorporate more dark leafy greens.

A proper diet is going to fix 99.99% of your issues. The rest is psychological.

EDIT: leave it to reddit to downvote actual science.

Enjoy your heart issues when you're older.

DirtJellyBeanz • 2 points • 18 April, 2016 06:54 PM

Just so everyone knows, make sure you supplement with L-lysine when taking Arganine if you get COLD SORES!

[deleted] • 2 points • 18 April, 2016 08:07 PM

I'm happy without all of these. No porn, rarely faping, and my dick is hard every morning plus few times a day and erections are ROCK HARD. And it works everytime. I'm 28 years old.

Size? 16 cm, 17 if I'm pressing the bone. I guess average girth and nice shape. And almost ALL of chicks I fucked came back for more. Young, old, after pregnancy, chicks who had guys with bigger dicks and so on.

My advice would be to get more dominant and don't forget women will enjoy sex better if she perceives you alpha. Except if you have really small dick - I guess below 14 centimeters then do smth about it.

knightSwolaire • 2 points • 18 April, 2016 09:28 PM

I am really shocked today. A lot of these guys are advocating banging fleshlights in the shower... Also so many supplements here I wonder if the dude has room to eat.. calories? This is a weird ass post for sure but its being praised like crazy.

[deleted] • 3 points • 19 April, 2016 07:47 AM

Like a lot of things here. I agree with red pill knowledge about women's nature, that's shared here, but when it comes to advice how man should act, we are talking about really slippery slope. I'm pretty sure lot of red pillers are fucking weirdos.

knightSwolaire • 1 point • 19 April, 2016 03:50 PM

Agreed as well. Women's Knowledge, sexual strategy, and the priority to lift weights is my biggest take away. Also I never had any issues being small, flacid, not lasting in bed anyways. This info not for me but glad if it helps others.

10211799107 • 1 point • 19 April, 2016 01:04 AM

My thoughts exactly. And so many "endorsed" users supporting this myriad of supplements to "make your dick bigger". Fucks sake, squat, deadlift, eat healthy, sleep, some sprints and your body will do its thing.

knightSwolaire • 1 point • 19 April, 2016 03:53 PM

my gods. Thank you. Exactly my thoughts. This post shows an almost obsession with dick size and sexual performance.. not necessarily bad but doesn't come off as an alpha who just doesn't give a fuck. it's too much giving a fuck.

10211799107 • 2 points • 19 April, 2016 07:20 PM

See my response to the user here called "cuntbh". I like the OP's other posts and learned quite a bit from him and the others. This time, the whole "dick size is masculine you need a big dick to fuck womynz" got out of hand.

knightSwolaire • 1 point • 19 April, 2016 07:54 PM

true enough. I am sure OP earned his TRP Endorsed status for sure. He recently posted about Making Books your Bitch which I found very good. OP is a good dude.

10211799107 • 2 points • 19 April, 2016 07:56 PM

Agreed. They're all human and have flaws which I get. But also am shocked that none(or some) of them endorsed his post. But that's my opinion. I can voice my disagreement, but people will choose what they agree with, whether it's dangerous advice or not.

[deleted] • 1 point • 19 April, 2016 12:08 AM

As Teddy Roosevelt: Do what you can, with what you have, where you are.

Though I'm not entirely sure he was talking about his dick...

SpaceTimeinFlux • 0 points • 18 April, 2016 08:46 PM

It's not the size of your bat, it's how you swing it.

nigga_Im_bored • 2 points • 18 April, 2016 10:32 PM

The soy thing is a myth. Complete bro-science. It won't turn you into a woman.

Also L-Arginine doesn't really do much. If you want to get it up, try Cialis or Viagra...herbal supplements do very little, if anything. I've tried them all.

Clint_Redwood[S] • 2 points • 18 April, 2016 10:38 PM

I've always kinda believe that, but then I look at the general physique across Asia and question if it's really bro-science.

Asian guys are typically more feminine. They've lived their for thousands of years. Their diets consist of a lot

of soy.

I also hate soy so there's that.

nigga_Im_bored • 1 point • 18 April, 2016 10:41 PM

Well they did scientific tests on it. Soy has phytoestrogens, not mammalian estrogens, so they don't actually raise your estrogen levels.

I started using a Soy powder protein supplement because it was very cheap on amazon. After about 12 months of nearly 40g of soy protein a day, I still get healthy boners and don't have tits.

mike10739 • 5 points • 18 April, 2016 05:59 PM

The main component in Horny Goat Weed, Icariin, works as PDE5 inhibitor, same thing as viagra. You can also find the pure extract (90-98% icariin) on the internet, it's even more effective. Damaina leaf contains acacetin, which is an aromatase inhibitors. If you have trouble to regulate your sleep cycle try melatonin 3mg. Something not on your list: premature ejaculation is caused by a lack of serotonin (to make it simple). Take tryptophan, usually 500mg before sleep, even if i didn't have PE i noticed it makes me last longer. It's an amino acid, precursor of serotonin and also improve sleep.

Clint_Redwood[S] • 0 points • 18 April, 2016 06:03 PM

premature ejaculation is caused by a lack of serotonin

interesting, would HTP-5 help with that? I left it out of the list because i didn't see any effects with sex on it. It's also dangerous to take continuously.

Damaina leaf contains acacetin, which is an aromatase inhibitors.

E1 or E2? we talking AI level for steroids or just very minute AI?

mike10739 • 0 points • 18 April, 2016 06:17 PM*

Yes, serotonin synthesis is actually tryptophan > 5-HTP > Serotonin. Now i remember also vitamin B6 is involved in triptophan metabolism and so in serotonin synthesis. (in fact the real ZMA formula contains zinc monomethionine, magnesium aspartate and B6).

Don't remember much about Damiana. There are stronger natural AI but still a good thing. Anyway nothing close to steroid level AI like letrozole or anastrozole obviously.

Edit:

"It's also dangerous to take continuously"

Tryptophan is safer. As every supplement it needs to be cycled but has no side effect at all.

Doomsdaywasyesterday • 4 points • 18 April, 2016 06:09 PM

As far as performance anxiety, I've had that. It sucks. Personally I got over it with help from a girl. I was in front of her limp dick in hand, she was spread open and said "what's wrong? You're supposed to fuck me like a dirty whore. My pain shouldn't deter you!" My dick almost grew 3 miles. She was right. If you change your mindset, view them as objects. That's what they are. They're made to be fucked hard and you're fucking them for your pleasure not theirs, use them like whores, keep them Cumming so they get addicted to you. Just my 0.2.

_the_jews_did_911 • -5 points • 18 April, 2016 08:11 PM

Sure Grandad, but I'm only 12!

aDrunkenWhaler • 2 points • 19 April, 2016 02:19 AM

Did 8 months of jelqs about 10 years ago and gained about 2cm in length and 1cm in girth. 6 days a week, ~40min workout per day. Best part is that the gains stayed to this day, so this shit is definitely legit. I have a video with an ex giving me a blowjob from back before and it's like I don't even recognize my penis in it.

You did a fine job with this post. Even convinced me to go for another 2cm/1cm run. I stopped because the gains were enough for me then, but I was a fool, I should have stayed on it for another year to double my gains. But better late than never.

[deleted] • 1 point • 19 April, 2016 11:04 PM

Wait, seriously? Only 2 centimeters? I would be excited if you said inches, but that could mean you just pushed the ruler a little harder in than the first time

aDrunkenWhaler • 1 point • 20 April, 2016 06:13 AM

Haha. 2cm might not seem much, but I can assure you it makes a huge difference. If you don't believe me, you can believe math: if go from 15 to 17 you're basically going from being in the 50% percentile into the 85% percentile (arguably, depending on study). So you'll go from average joe to one of the biggest, if not the biggest in any room you'll ever be and whomever you're screwing ever had. Another way to look at it, from 15 to 17 you basically increase your size by 13.3%. That's like bulking up from 75 kg to 85 kg. Huge difference.

PantsonFire1234 • 1 point • 21 April, 2016 06:20 PM

I'm 19 and basically got told I'm not that big. Now I got incredibly insecure and I want to make gains for 21 cm. This troll post got my hopes up but dang.. that Clint.

Doomsdaywasyesterday • 2 points • 18 April, 2016 05:44 PM

I take arginine and pycogenol. 3 gram of arginine and 100mg pycogenol in the afternoon (between lunch and dinner on empty stomach). Before sex I take 3 tabs of horny goat weed. Make sure it has 10% niacin (spelling?) in it. That is an inhibitor that works the same as viagra. Keeps the NO from leaving the body and keeping the erection longer and harder.

Wait 2-3 weeks before noticing anything with the arginine pycogenol stack. After 3 months studies show that over 90% of men have gotten normal erections back.

I researched this for about 6 months and it works real well. You're welcome lol

Clint_Redwood[S] • 0 points • 18 April, 2016 05:51 PM

I'll check out niacin, B3 vitamins right? I know I've needed to try them just haven't had the time.

Doomsdaywasyesterday • 1 point • 18 April, 2016 05:55 PM

Yeah any b vitamins help really. Plenty of water and bananas help with producing more cum also. Main thing I noticed is no nicotine obviously and very low to no caffeine. They both constrict tiny blood vessels which isn't helpful

dragonfangxl • 1 point • 19 April, 2016 01:08 AM

You should do one on sex positions. I know when i first started being sexually active, i had no idea what the easiest positions were or how much hip action i needed or if i one person is supposed to do all the work.

rideweeds smokebikes • 1 point • 19 April, 2016 01:11 AM

Horny goat weed...?

Did you try tigers blood yet?

Clint_Redwood[S] • 1 point • 19 April, 2016 02:10 AM

I use Sex Panther by Odion. Made with real panther, so you know it's good.

TheSKSpecial • 1 point • 19 April, 2016 01:57 AM*

I take yohimbe/yohimbine, 1000mg once a day as an alternative to L-Arginine. Helps with the blood flow (granite dick) and (combined with kegels) shortens the refractory period.

Claude_Reborn • 1 point • 19 April, 2016 01:58 AM

You missed out the bit where erectile dysfunction might be an indication of problems with your heart / circulatory system.

If you're having dick issues, get a full physical first. Especially if you have a family history of diabetes and / or heart disease.

user6688 • 1 point • 19 April, 2016 02:00 AM

I've never had an issue but as I'm getting older I feel it's starting to effect me a bit more.

I also heard doing kegels can increase the strength of your cumshot, if that's important to you

Simply_Sherlock • 1 point • 19 April, 2016 03:48 AM

Yeah, not crazy about the supplements. I take ZMA currently for zinc since I am deficient in that, and whether it's a placebo or not, I've been feeling better, and sleeping better, which is really all that matters (barring long term health effects, but I think ZMA is pretty well-established as safe at this point).

And I'll admit I'm intrigued by the idea of correcting my curved dick. It's always been a subtle, nagging thought in my head that I'd like for it to be straightened out, and if that means trying this... Jelqing shit, I don't see any reason to oppose. Looks like jacking off anyways lol.

boscoist • 1 point • 19 April, 2016 05:33 AM

If you're going to use sleep aids. The STUPIDEST THING TO BUY IS ZZZQYUIL. ITS LITERALLY BENEDRYL. BUY GENERIC BENEDRYL INSTEAD. That said, sleep aids are generally a bad idea, you should only use them as a last resort.

masnera • 1 point • 19 April, 2016 05:59 AM

100 percent agree with you about Marijuana...lolz... but i do canna butter, the effect on smoking last only 30 minutes tops...it really enhances the experience. But can't confirm if it works on most people though.

Firespit • 1 point • 19 April, 2016 06:52 AM

A stamina and aphrodisiac recipe for males taken directly from the ancient medicine system Ayurveda:

Mix 1tsp Ashwagandha and 1tsp Ghee with 1 glass of warm milk and drink it in the evening. No side effects. It is a tonic and helps you sleep better as well, etc.

Other natural things you can add to this drink: Garlic (1 tsp), Nuts (unsalted, like walnuts, cashews, sunflower or pumpkin seeds), raisins or dates, spices like dried ginger, cinnamon and pepper for better digestion.

Do NOT put any fresh fruits or salt into this drink!

The go to herb for your girl is Shatavari (instead of Ashwagandha).
And remember: Your sexual health is dependend on your whole body.

[deleted] • 1 point • 19 April, 2016 08:07 AM

Heat up a rag and place it around your member for 5mins

OP, heat it up with hair dryer? warm water? Please advice.

Clint_Redwood[S] • 1 point • 19 April, 2016 08:14 AM

Go to one of those forums I've listed and find the newbie routines.

This post is just a short summary of stuff I've found useful.

KM31548 • 1 point • 23 April, 2016 02:36 AM

Realistically how long did it take you to get to where you were at. And did you just stick to the basics?
I've tried it but never stuck to it.

Clint_Redwood[S] • 1 point • 23 April, 2016 11:53 AM

I went from 5.75-7 in about 3 months but it was constant dedication. Newbie routine every single day.

[deleted] • 1 point • 19 April, 2016 10:01 AM

1. Wouldn't recommend zinc intake since it really improves sexual function and also strength training but only in case of zinc deficiency otherwise no effect. Although would recommend in case of blood pressure issues like if you take ACE inhibitors
2. Strength workout improves testosterone level + improves cardio function. SO you got more massive erections but you also would go to fight scenario e.g. fast come. Basically, no problem there since most of the girls will come after 20 seconds but if you worry you need to go to 3.
3. Cardio workout. Improves erectile function + prolongation of sexual act.

[deleted] • 1 point • 19 April, 2016 10:02 AM

And I forgot about pubic area self massage - this will improve blood flow to the penis in case of any problems.

[deleted] • 1 point • 19 April, 2016 10:20 AM

I often just have a quick masty with a dry hand. Fuck.... Time to buy some lube. Thanks for the post, op.

DwightWolftail • 1 point • 19 April, 2016 11:37 AM

Can you have sex the same day you have done your penis workout ?

[deleted] • 1 point • 19 April, 2016 12:18 PM

Awesome post. I thank you and my junk thanks you.

Moneyley • 1 point • 19 April, 2016 02:20 PM

I think all the supplements here are great, but personally, I just dont think anything tops beet juice. Beet juice is not only great for dick health but helps significantly with athletic performance (endurance). I started taking beet

juice about 2 years ago and almost immediately I started getting morning wood again, like if Im a teenager (Im 33). Additionally, Im a dedicated runner and notice that there have been improvements in my distance but also helps with my strength training. Though I've never had any issues getting hard; once I passed the age of 30 I rarely got morning wood. Since I started with the beet juice, I wake up that way almost every single day.

<http://www.ncbi.nlm.nih.gov/pubmed/23846159>

<https://www.teamusa.org/USA-Triathlon/News/Blogs/Fuel-Station/2016/January/12/How-Beetroot-Juice-Can-Improve-Your-Performance>

<https://youtu.be/yxPYldfoAWM>

KermitTheeFrog777 • 1 point • 19 April, 2016 07:00 PM

What's the easiest way/place to get it? Thanks

Moneyley • 1 point • 19 April, 2016 07:21 PM

health food stores. In my area we have Whole Foods, Sprouts and some supermarkets even sell it. Also, if you have a juicer, it would be better (I dont) but if you do, then you can just by the beets outright at any supermarket and make you some fresh pressed beet juice. It tastes like sour, moist, dirt but you get used to the taste over time.

Below is the one that I buy. I take like 1 small cup (whiskey glass) sized every other day. Its absorbed in your body pretty quick. Your piss will turn pink and your poop will turn red. Its ok though, just your body filtering the nitrates.

http://cdn2.bigcommerce.com/n-d57o0b/6zlg1w/products/202935/images/194735/81NsFrPtrWL._SL1500___03324.1415911130.500.750.jpg?c=2

ClericJohnPreston • 1 point • 19 April, 2016 06:16 PM

Have started/stopped jelquing like 4-5 times. Can't seem to stick with it. I usually get about 2 weeks worth of sessions in about every other day. Not enough to see size gains BUT.....HUGE INCREASE OF ERECTION QUALITY AND FREQUENCY. As another commenter also noted. It seems to switch something "on". I noticed I woke up in the middle of the night with raging boners. I did love/hate that aspect.

I just can't seem to stick with it. I have to ninja do it. Can't let people in house know. If I disappear too long I get asked questions. Maybe I can start again. It seems like 5-10 minutes in the shower isn't enough. Ain't nobody got time for 2x 40 minute sessions per day 6 days a week like someone else said they did. No way.

DZAIA • 1 point • 19 April, 2016 09:19 PM

For the category of "Lasts too long in bed" I would add the condition of Phimosis for uncircumcised men. Google it for more information, but I will give a simple primer below.

Phimosis is a condition where the foreskin can't be retracted fully over the glands of the penis. Sometimes it can be partial retracted to expose some of the penis and other times you can have what's called pinhole Phimosis where the skin is so tight that nothing can be exposed at all and a small pinhole is where urine or ejaculate can escape from the penis.

This is an issue as the glands or head are the most sensitive portion of the penis and having skin over it dramatically decreases sensitivity especially during sex. I am currently dealing with Phimosis and can speak from experience that I don't feel very much during vaginal sex, (however I have no problem while masturbating i can actually feel something with enough pressure.) While orgasming during sex is difficult I have no trouble maintaining an erection and can last for hours without issue. Usually what I'll do is make sure my partner orgasms a few times then pull out and jerk off until I shoot a load into her mouth.

As far as I know treatments for Phimosis include:

Circumcision (I am not a fan. This solution results in a loss of sensitivity to the glans of the penis and loss of some sexual function)

Stretching the opening of foreskin or Phimotic Ring until it can comfortably slide back and forth easily over the penis. (This is currently what I am doing to try and correct my Phimosis. I am at the point where I can easily retract the foreskin over my penis while erect, however it is very uncomfortable and feels like a stranglehold around my dick. I've been at it for about 2 months and my doctor explained it should take about 6 months for easy sliding back and forth while erect)

ECTD • 1 point • 20 April, 2016 02:29 AM

If you get cold sores/herpes be careful with l-arginine, that shit exacerbates break outs. Just saying.

EmperorAurelius • 1 point • 20 April, 2016 03:01 AM

So what if you just bust way too quick? Like anywhere from 5-10 strokes?

[deleted] • 1 point • 18 May, 2016 11:32 PM

Soy Lecithin will not decrease your test levels. Soy has estrogen. But the levels found in one pill of soy lecithin, if taken daily, will not lower your test levels. Both men and women produce testosterone and estrogen.

Obviously, women rely more on estrogen and men rely more on testosterone. If you're really that worried about it, you can offset with some Vitamin D3.

I know this because I've been taking soy lecithin because I'm allergic to sunflower lecithin which is often found in almond milk. Makes me break out in hives.

spxmgb • 1 point • 27 September, 2016 07:46 AM

You got great points. For me I've been on size genetics for a couple months now and the result is ok I am reading about Jelqing and as you've said check some videos to make sure to do it correctly will take your advice also this will be a good addition to your post on what penis extender to choose goodluck everyone

<https://www.penetric.com/penis-extender/>

[deleted] • 1 point • 15 October, 2016 03:03 PM

it's 28 too late to start with PE?

Casanova-Quinn • 1 point • 18 April, 2016 06:16 PM

I would recommend L-Citrulline over L-Arginine. I've used both and experienced better erections and muscle pumps with L-Citrulline. But don't just take my word for it:

"L-Citrulline is an amino acid. It is turned into L-arginine in the kidneys after supplementation, which means L-citrulline supplementation is a more effective method of increasing L-arginine levels in the body than L-arginine supplementation." —Examine

Clint_Redwood[S] • 1 point • 18 April, 2016 06:19 PM

L-C is generally regarded as better. If you have any form of HPV, herpes, etc. L-A will make those flair up more.

I can't remember the exact reason i choose Airginine of Citrulline but there was a reason. I haven't tried Citrulline so i didn't add it to the list.

[deleted] 18 April, 2016 05:59 PM

[permanently deleted]

idgaf- • 1 point • 18 April, 2016 06:38 PM

Grats on your gains! I've been PE'ing for a while and the newbie routine didn't do shit for me. I'm a hard gainer apparently.

I started hanging & pumping and the gains are now coming slowly (mostly flaccid gains), maybe 0.1" or 0.2" erect gains so far. The fact that you started below my length and reached 7" is encouraging.

Something I'll add to the post is tadalafil (aka Cialis). Buy it in liquid form, experiment with small doses first. You must also work on dick health through natural methods (quit porn, etc) to avoid dependence. But if you ever need a boost with a new chick this shit is the bomb. Sometimes I'm physically tired at 3am but that doesn't matter. I'm never unsure if I can rock her world in bed. You can be super hard, fuck multiple times, in any position. Really sets up a strong plate relationship right off the bat.

Clint_Redwood[S] • 1 point • 18 April, 2016 06:56 PM

Have you tried more intense stretches like the V? There are also lever tools you can buy that allow you to put more force on the ligaments.

Once I hit 7" it was a dead stop, wall, don't collect 200, don't pass go.

I've found that as I've been getting stronger from lifting, doing the ligament stretches to be easier. It might be you just aren't able to generate enough force.

idgaf- • 1 point • 18 April, 2016 07:08 PM

Interesting. I've found a good system now using a hanging product and all-day extender. Also pumping at night before bed.

My flaccid size has exploded in the last 6 months so I'm suspecting once my flaccid is nearly as long as my erect, the two will start growing together.

[deleted] • 1 point • 18 April, 2016 06:39 PM

Now do one on why my prostate always aches no matter how much I cum.

NaughtyFred • 1 point • 18 April, 2016 06:42 PM

6.5" (bone pressed length) x 5.75" naturally...should I bother with PE routines or just the supplements?

Clint_Redwood[S] • 1 point • 18 April, 2016 06:46 PM

up to you man. It's entirely a personal thing. You are good really.

I'm personally aiming for about 7.75" x 6" maybe a little more girth but to each to his own.

NaughtyFred • 1 point • 18 April, 2016 06:58 PM

Do you (or anyone reading this) have an opinion of larger dick size making up for other physical shortcomings?

38 here, my face and hair did not age well due to drug fuelled 20's. I'd consider PE if I thought it might balance things out.

(already lifting, grooming dressing well etc.)

Clint_Redwood[S] • 2 points • 18 April, 2016 07:07 PM

It's up to you man. It's all a personal choice. like anything it's just one more toolbox in your garage of life.

Sex for women is 80% mental. Framing, how you handle them. A lot of guys don't realize that. Dick size helps but it's not like how guys love bigger tits. I didn't really see a difference in girls between 5.75" length or 7" length. I can just do a few more positions and deep dick it.

Girth is where the magic happens.

cheeky_throwaway101 • 1 point • 18 April, 2016 07:53 PM

Anyone here got a Bathmate x30? I bought one the other day, and for the life of me I can't get the suction to stay on my dick. I only have a shower so I'm trying to do it in there, but I keep losing suction and it feels as if I pump it anymore it's gonna rip my dick off. So I just sort of stand there holding it in place which is annoying as fuck.

I keep the black pip in the middle and then move it to the side after squirting out the water. Keep the valve locked up the top etc. I just can't seem to do it right.

Clint_Redwood[S] • 1 point • 18 April, 2016 08:20 PM

It's a pain. I think they make a strap for it. Also shave all your shit down there helps with the suction.

Other than that you just have to move slowly or sit down in the tub.

cheeky_throwaway101 • 0 points • 18 April, 2016 08:23 PM

I have shaved, and not having much luck with the strap but I'll persevere I guess. Tomorrow I'll try some vaseline around the rim as I've read that helps. Do you even bother with the hand pump, seems a bit unnecessary to me? I kinda wish I'd bought the older model as apparently it has a better cushion around the base.

ClericJohnPreston • 1 point • 20 April, 2016 04:19 PM

Sounds wrong. You should keep the black pip locked to one side, then press it on. In that position it's a one way valve. You should be able to turn the whole device point down with no water draining out, move it into position, press, water displaces out, and suction sets in.

If the pip is in the middle hen the valve is in a two way position and you'll have air leaking into the tube during a split second at the end of your water press. It should sick on tight man. You must be dong something wrong because mine sticks like gangbusters. You do not want any air in that thing at all. Fill it full of water and let only your dick displace any water until you press it on.

cheeky_throwaway101 • 1 point • 20 April, 2016 04:23 PM

Good point. I'm gonna try it again tonight.

probpoopin • 1 point • 18 April, 2016 07:55 PM

I have rls bad and haven't been able to find relief in anything. Exercise, had my iron levels checked, took mag supplements, and on and on. I can't find what is causing it and have no idea what to do about it. Thinking about a full nutritional panel and see if I am deficient in anything. I've tried so much with no results. Any help is appreciated. I think it is secondary, or caused by something and not primary. Just can't find out what.

Mooshaq • 1 point • 19 April, 2016 12:27 AM

I have rls bad and haven't been able to find relief in anything.

So go to a doctor, not fuckin' Reddit! Get your BMP (basic metabolic panel), magnesium and phosphorus levels checked. If they're normal, it's not a mineral deficiency. Just have the doctor put you on something like Requip that will stop your restless leg syndrome.

If exercise doesn't help and those three labs don't show any deficiencies, stop hunting for all the obscure shit and talk to your doctor.

probpoopin • 1 point • 19 April, 2016 06:37 PM

I've gone at least 5 times for this. They throw their hands up and put me on gabapentin. I have insurance through the VA, disabled vet, so I have no problem getting to a doctor. They just either haven't dealt with it much, or think it is something I'll have to live with. Which I am very against because of how severe it is.

Mooshaq • 1 point • 19 April, 2016 09:40 PM*

They just either haven't dealt with it much, or think it is something I'll have to live with.

I'm sorry about that.

Neurontin (gabapentin) is usually second line to Requip (pramipexole) because it doesn't work as well, but it does usually have less side effects.

Do you exercise? Some people get lots of improvement from exercise. It's rare to have mineral deficiencies causing it, especially if your calcium and magnesium are not low. If you're an anxious person, try reducing your anxiety. If you consume lots of caffeine, try and cut down a bit. If those don't work, try meditation and yoga. If that doesn't work...I don't know what to tell you. Medications or learn to deal with it I guess.

In any case, I hope you find the answer.

O_Son • 1 point • 18 April, 2016 09:06 PM

The full panel is a good idea, I have horrible insurance and it even covers the most important stuff once a year. If you Google local testosterone (or hormone) replacement centers then they're usually really good about wanting to check nutritional/vitamin levels and test levels. I'm not sure of your age, but if you're less than 40 don't let them convince you to do test replacement unless your levels are real low (under 300 or so ng/dl) or you've researched test replacement in detail and are willing to deal with the side-effects and whatnot. If you aren't eating a healthy diet and getting enough sleep, then you need to fix that before attempting any quick fix.

RLS is usually caused by magnesium and trace level deficiencies from what I remember. What kind of water do you drink?

probpoopin • 1 point • 18 April, 2016 10:22 PM

I drink plain old tap water. City of olympia. I'm also a veteran, no other insurance. So I'm kind of bound to only using VA facilities. They have basically thrown their hands up. One even called me a liar. Like, why would I lie about having rls? That's fucking stupid, I just want it to stop. Had my testosterone checked, it was over 800. Doc said it was one of the highest he has seen. So I don't think it is that. Iron is borderline low, supplementing didn't help the symptoms, so that got ruled out. All that I think is left is a full panel. Even then I worry that if I'm not symptomatic at the time, nothing will show. I exercise, at the gym now breaking between a set and eat a decent, not spectacular diet. I cleaned up my eating for a year, like really strict what I ate, still, no improvement. I've been desperate with this. Don't know if I'll need dopa class drugs. Have heard those can just make it worse anyways over time. It sucks and the doctors

have either done minimal testing, or basically say learn to live with it.

BaLLiSToPHoBiC • 2 points • 19 April, 2016 01:16 AM

Have you tried squatting? I have rls to the point you can see individual muscle fibers twitching 24 hours a day. I have been on requip also, which did nothing at all. 4 months ago i started only squatting for a workout. It has helped tremendously.

Focus on 85 to 95% of 1rm, 7 to 8 sets of 3 to 5 reps, twice a week.

I also had my test checked before i started all this. Beginning was 530, end was 650. Squat is life.

probpoopin • 1 point • 19 April, 2016 06:36 PM

I'm on a lifting program that is kind of a mix of starting strength and Greyskull. I squat a lot. Three times a week usually, plus dead lifts, and power cleans.

mrincon • 1 point • 18 April, 2016 08:43 PM

Can't thank you enough. Always good content from you.

Dookiestain_LaFlair • 1 point • 18 April, 2016 08:48 PM

I remember in Recruit Training I didn't jerk off for like a month and a half, then the night before pre-quals (pre-qualification shoot for marksmanship rating) I jerked off. I managed to get a score that was the lowest of the three ratings but that was better than not qualifying and having to go back for remedial training. So after the shoot our Primary Marksmanship Instructor says "Whatever you did today, make sure you do the same thing tomorrow. If you had syrup on your pancakes this morning, have syrup on your pancakes tomorrow morning." So of course I had to jack off again. Also the only reason I was able to do it is because the stalls in weapons training battalion had doors on them.

[deleted] • 1 point • 18 April, 2016 11:15 PM

I have been quietly enlightening a few TRPers about PE for the past year or so,

I have gained about half an inch length and about .25" girth.

My PE routine is a little different than the one you recommended and I think your sounds like over training.

Just like lifting is damaging your muscles and making them grow back bigger, same goes for jelqing/clamping/stretches.

I find that two sessions a day 4 days a week at about 20 minutes each is my best bet.

My favorite is the slow squash jelq.

Also worth mentioning is if you are one of those guys who either wants a curved up dolphin dick to hit certain spots better or a guy who through too much death grip fapping or just from birth has a curved/torqued bent dick, jelqing can almost certainly set you proper.

Another side not is that some guys who had terrible ED for years or even decades were able to get boners after doing enough jelqing. Other guys stopped taking their ED medicine. For some reason jelqing seems to jump start something in your jammy and gets it ready for action later.

Overall excellent post though.

Whisper • 0 points • 18 April, 2016 08:21 PM

Well written, but....

pineapple juice

No, no, no, no.

Do not drink fruit juice of any kind. It is a heinous poison straight from Satan's asscrack, and it will destroy your metabolism and make you fat.

Dookiestain_LaFlair • 2 points • 18 April, 2016 08:44 PM

Why would someone drink a mixer without alcohol?

Schveen15 • 1 point • 19 April, 2016 12:48 AM

[Pineapple juice] is a heinous poison straight from Satan's asscrack, and it will destroy your metabolism and make you fat

All that is true. That being said, he did only recommend it as a way to give your pimp juice a slightly sweeter taste. For that purpose, I've heard that it is somewhat effective and more cost effective than buying heaps of pineapples or canned pineapples (canned pineapples being just as sugary as pineapple juice).

In any case, if the person reading this article decides that they want sweet tasting semen and decides to consume pineapple juice to reach that end then all power to them

[deleted] • 1 point • 18 April, 2016 09:03 PM

Let me be the first one...

"B-B-BUT Whisper....Pineapple juice only has 150 calories per 8 ounce"

UrsusG • 0 points • 18 April, 2016 09:14 PM

What?

You mean packaged fruit drinks that pose as fruit juice and contain heaps of added sugar and other stuff, right?

Because freshly pressed apple / orange / grape / whatever juice is godly.

popthatpill • 1 point • 19 April, 2016 10:03 PM

You mean packaged fruit drinks that pose as fruit juice and contain heaps of added sugar and other stuff, right?

Your liver can't tell the difference between "added" sugar and naturally occurring sugar.

Whisper • -1 points • 18 April, 2016 10:07 PM

No, I mean fruit juice period.

Sugar in soda, juice with sugar added, HFCS in soda, natural fruit juice, it's all equal.

All equal. All bad. All poison.

<https://www.youtube.com/watch?v=dBnniua6-oM> <https://www.youtube.com/watch?v=ceFyF9px20Y>

10211799107 • 1 point • 19 April, 2016 01:01 AM

Get a subscription to Alan Aragons research. All the hype about sugar and all that shit have been debunked. Anything is okay in moderation.

Whisper • 3 points • 19 April, 2016 02:59 AM

Oh, do you mean like this:

<http://www.alanaragonblog.com/2010/01/29/the-bitter-truth-about-fructose-alarmism/>

Read it.

I find his objections spurious. Mostly because that long bichem section in the middle of the video is something I am actually equipped to understand.

Aragon proceeds to construct a strawman of Lustig's arguments, and then proceeds to beat that, in some cases "refuting" them by saying some of the same things Lustig said, and then pretending he said the opposite.

I'm not an endocrinologist, but I do have enough from pre-med to understand them when they talk, and I know the difference between science, broscience, and FUD.

Is Lustig's talk alarmist? Of course... *if* you interpret it on an individual level. But he's talking about populations. He's looking at this thing epidemiologically.

He's not talking about whether some yogymbro like us bounces between 16 and 12 percent, and how that happens.

Because yes, fruit juice will send you 16-ward, but he doesn't give a fuck. Because that's not a crisis. 16 is healthy. 12 just looks better naked.

He's talking about our population, in America. He's talking about obesity and metabolic syndrome. And as a population, we are *fucked*, and the sky *really is falling*, chicken little. We are in the midst of a public health crisis here.

Many people who think they are redpillers HATE Lustig, because his message runs counter to "personal responsibility". He's telling fat people it's not their fault.

But the red pill isn't "personal responsibility", it's "it is what it is". If the evidence says it's not fat people's fault, then it's not their fault.

However, it is still their problem, and they need to be the ones to fix it. First step, avoid sugar.

10211799107 • 1 point • 19 April, 2016 03:12 AM

Right and I'll be the first to admit I don't have in depth knowledge that docs who do this for living do, you seem to know a lot more based on your premed studies.

Looking at it from the perspective you laid out makes sense. Looking at the population vs individual and yes it's a very big problem. But you also should remember that normal levels of sugar isn't bad. If you follow a good diet and now and then have a bowl of ice cream or whatever won't make you obese nor will your systems shut down and you die. Breaking sugar down and doing all the chemical math is great, but in the grand scheme of things what about pollution? Chemicals you touch and eat every day that is "poisenous"? Surely they all have different levels of effects but this guy makes it sound like if you eat sugar you'll kill all your systems and you're fucked.

I'm not saying he's lying, he's clearly smarter than me, but I also don't think it's that far to the right either.

Aragon is an independent reviewer that's why I like him and he's shown that almost all of the dietary scares are myths. Like he says, the guy leaves out dosages and context.

The average population has no clue about nutrition and most obese people chunk down sugary shit like it's the end of the world.

Whisper • 2 points • 19 April, 2016 09:12 PM

Chemicals you touch and eat every day that is "poisenous"? Surely they all have different levels of effects but this guy makes it sound like if you eat sugar you'll kill all your systems and you're fucked.

Ooooooh, I see.

This is about the word "poison".

When most people say "poison", they mean *acute toxin*. Something that damages you with just one small dose. Cyanide. Arsenic. Ricin. Snake venom.

When biochemist says "poison", he means *acute OR chronic toxin*. Something where exposure causes damage, and damage can build up over time. Alcohol is a poison. So is meth. So is sugar.

So:

If you want heart disease, diabetes, high blood pressure, no energy, weak muscles, and a flabby physique, eat what typical westerners eat.

If you want to be 16% body fat, don't eat prepackaged foods with added sugar/HFCS. Don't drink soda.

If you want to be 12% body fat, don't drink juice. Don't eat desserts except on the occasional cheat day.

If you want to be 10% body fat, be the sugar nazi.

I assume that most TRP men do not wish to be mediocre.

10211799107 • 1 point • 19 April, 2016 09:58 PM

Good point. So would you say that sugar is a poison that damages in the long run, even if you check calories etc? Like on a chemical level in the body, which then gives that guy merit?

I wish TRP discussions were more like this. You gave me a different perspective.

db0255 • 0 points • 18 April, 2016 07:35 PM

Good thing you stopped writing when you did, you almost wrote too much!!!!

hugoFstiglitz • 0 points • 18 April, 2016 05:10 PM

I've heard good things about l-arginine. Thanks for putting this together!

raj_thundercock • 0 points • 18 April, 2016 08:34 PM

I'm almost 18 years old and my dick is 6.5*5.5. I think I'm still growing length wise. Do you think I should start PE?

SliztheLizWiz • -1 points • 18 April, 2016 10:26 PM

If you're going the route of drugs, I wouldn't recommend Marijuana as it can turn you in to a goofy ass motherfucker. Cocaine, on the other hand, will make you a champ in bed and give you those dark triad traits that slay pussy, along with enough energy to throw her around and be active.

[deleted] • 0 points • 18 April, 2016 06:23 PM

Where the hell do you find a doctor to do the surgery??

[deleted] • 0 points • 18 April, 2016 06:32 PM

So you're telling me your dick started out as 5 inches long? What was it's girth?

Cronyx • 0 points • 18 April, 2016 08:09 PM

Just a quick disclaimer about L-Arginine. If you're prone to getting cold sores / fever blisters, this stuff will make your mouth explode into an acrid, ulcerative pit of despair. Take L-Lysine instead for preventative maintenance. 1000mg a day, and you'll never get one as long as you stay the fuck away from L-Arginine.

PantsonFire1234 • 0 points • 18 April, 2016 08:29 PM

L-Arginine

So I don't have to take this when I take ZMA/Pre workout?

Clint_Redwood[S] • 1 point • 18 April, 2016 08:30 PM

You need to do your own research. This is just a compilation of stuff I've found useful.

PantsonFire1234 • 1 point • 18 April, 2016 08:38 PM

Allot of this correlates with what I take for libido and athletic performance. One last question though. Say you are 7,4 inches, is it advisable/feasible to work your dick out?

I'm a sucker for self improvement stuff but I'm pretty happy with my current shape, will these exercises truly only increase length or do they come with unwanted side effects? (shape, girth variance etc). Also, is this permanent or do you need to keep it up like lifting/stretching?

Clint_Redwood[S] • 1 point • 18 April, 2016 09:03 PM

Do your own research on this stuff, This is just a list of stuff I've found to be useful.

I haven't seen any shape changes.

PantsonFire1234 • 0 points • 18 April, 2016 09:17 PM

Thanks for sharing, I will look further into this.

InspireAndAdmire • 0 points • 18 April, 2016 08:36 PM

I use L-Arginine 500mg x2 before working out. I don't think it makes a difference with boners, unless of course you're attracted to someone or triggered due to sex or porn.

As for working out I notice the pump. I'm taking the pill form. I'll try to take x4 to see where that'll lead me.

InspireAndAdmire • 0 points • 18 April, 2016 08:39 PM

Also, will taking L-Arginine be an issue when I stop? Because my body becomes used to it?

WomboComboFool • 0 points • 18 April, 2016 08:43 PM

can confirm, fleshlight saved my life

Tamarin24 • 0 points • 18 April, 2016 08:52 PM

Reducing saturated fats and cholesterol well help to increase blood flow to the penis. Also cardio helps.

ThePounder • 0 points • 18 April, 2016 08:58 PM

Use unrefined coconut oil instead of the refined variety. Refined coconut oil has been bleached and it will likely contain chemicals, you do not want to expose your private parts to that for obvious reasons.

Unrefined coconut oil is pure. Smells great too.

The_Man11 • 0 points • 19 April, 2016 01:11 AM

I am not a doctor, not a nutritionist, not a health fitness advisor.

You certainly are not. Everything you just wrote was total broscience with not a single credible source to back up your claims. Your claims are no better than snake oil salesmen peddling essential oils and rhino horns to treat legitimate medical problems.

What is the active ingredient and mechanism of action for these remedies you tout? Answer that and you may have a leg to stand on.

Clint_Redwood[S] • 1 point • 19 April, 2016 02:10 AM

Yes, because I'm actually making money off this

[deleted] • 0 points • 19 April, 2016 01:33 AM

Well written post, sir. I've done the L-Arginine supp. I've also done the L-Ornithine complimentary supplement for Arginine and it does aid in recovery, etc.

What I did experience were muscle gains, mild anabolic effects (not wild like steroids, but certainly improvements, and solidness).

So the combo, or singular does seem to work, but you gotta be working out, you can't just take the stuff, right?

Side affects. Growth hormone did increase. I became bigger, and started noticing more scar tissue, and some lesions on odd parts of the body which appeared as birth marks, moles, skin separations like oval stretch marks on places like the chest, back, and such.

I got these checked by a dermatologist, but nothing seemed amiss. Except he questioned why I'd take such supplements.

After I backed off the supplements, the marks receded. But I did feel I was experiencing accelerated growth. As horny as a mountain goat, too.

Taste, as Clint says, is awful. Find a way to gulp it down. But yes. this isn't homeopathy. This really does work and kick hormones (i.e. hgh human growth hormone) into action. Be reasonable with it right?

redpillbanana • -1 points • 18 April, 2016 06:14 PM

Great post, I'm definitely going to do more research on these supplements.

1x True cinnamon 400mg no side effects, makes it taste better.

I assume you're talking about Ceylon cinnamon, the stuff from India/Sri Lanka. This is the good stuff.

Cassia cinnamon is the stuff from China and is much more commonly available. Cassia cinnamon has higher levels of coumarin which is a blood thinner and is toxic to the liver and kidneys.

Clint_Redwood[S] • 2 points • 18 April, 2016 06:16 PM

yes, there is good and bad cinnamon. I take Ceylon. I'm not a nutritionist and I forget half the stuff I research. I just remember i found the good cinnamon.

Again, this is just my list, everyone here should do their own research and not just blindly follow 1 TRP post.

[deleted] • -1 points • 18 April, 2016 07:35 PM

the amount of arginine needed to increase GH production is 17 grams, studies show.

also u could have put in natural T boosters so ED. (tribulus. d-aspartic acid,vitamin d, etc.)

NDiscretion • -1 points • 18 April, 2016 08:04 PM

Great stuff here. I was one of the Morons who got into the Enzyte bandwagon early on. I did see results, but as soon as I stopped taking it, ...like a balloon loosing it's air. Worse than I started with and almost zero stamina. That was almost a decade ago. Mid 30's and a few bad health habits are huge factors, but I'm in a routine now to improve my overall health and I'm going to add a few supplements and see how it goes. Best of luck to any out there who need it.

[deleted] 18 April, 2016 08:05 PM

[permanently deleted]

Clint_Redwood[S] • 5 points • 18 April, 2016 08:18 PM

I wouldn't smoke weed before sex then

DoesNotMatterAnymore • -1 points • 18 April, 2016 09:51 PM

I find it interesting that foreskin restoration is not on the list. Since you Americans are mostly cut.

isthiscrazyhuhuhu • -2 points • 18 April, 2016 07:07 PM [recovered]

Hey, 21 year old guy with a 8 1/2 inch 6 1/4 inch girth here. I've once gotten to 9 inches exactly, but that was because I took 2 of these boner pills called Hot Rod 5000, was high as fuck on weed edibles and sniffing poppers.

I'd like to make several statements: I'm going to give, and I'd really appreciate it if someone would respond to my question in a reciprocal sense.

Chiefly being statement number 1, L-Citrulline is a superior supplement compared to L-Arginine. I used to take L-Arginine, and I loved it. I'm a huge med/anatomy/physiology nerd, so I eventually stumbled across L-Citrulline, which is everything that L-Arginine does, but better. It tastes better, even though the taste is bad. It's like getting to drink a 75% water 25% diarrhea smoothie instead of a full on 100% shit smoothie, if that helps in any way. I eventually replaced L-Arginine with L-Citrulline entirely.

<https://examine.com/supplements/citrulline/>

Some key quotes being:

"It is turned into L-arginine in the kidneys after supplementation, which means L-citrulline supplementation is a more effective method of increasing L-arginine levels in the body than L-arginine supplementation."

"After supplementation, L-citrulline is converted into arginine in the kidneys. Supplemental L-arginine provides a spike of L-arginine in plasma, while supplemental L-citrulline increases arginine plasma levels over a longer period of time."

"L-arginine and L-ornithine are subject to reduced absorption when supplemented in doses of 10g or more, which can result in diarrhea. L-Citrulline does not have this side-effect, and since it increases plasma levels of all three amino acids, it is generally preferred as a supplement over L-arginine. "

The second statement that I'd like to make is in regards to PE exercises. As I stated before, I naturally have a

pretty big dick. I tend to reach around 8 1/2 inch 6 1/4 inch girth My dick was 7 1/2 inches when I was 15 years old. Over time it kind of grew, I have no idea how, but it did (wasn't jelqing when it grew). I didn't really start jelqing until I was like 20.

To the guys who are experienced with PE, I thought jelqing increased both length and girth? I already jelq, at minimum I'll do 200 very slow jelqs perfect a day, everything totally proper. Sometimes I'll hit 400 jelqs. I don't do it absolutely religiously, but I will do it like 4 or 5 times week at minimum. Are you telling me that jelqing only increases girth? I've been trying to get my dick to hit 9 inches, but I've only been able to do it once under certain conditions. Are you telling me that there's a completely different exercise that I've been neglecting? I've also been toying with the idea of purchasing a bathmate. Is that truly any good?

Also, finally, does anyone have any experience with trimix/bimix? I literally have not been able to find ANY information or any personal experiences of people who have used this. Trimix was talked about reddit once, if you search "Trimix" over all subreddits. It's this injection that you inject into the base of your penis that apparently makes you hard as FUCK, but from only a wikipedia article and that one reddit post, I can't find any other information.

Clint_Redwood[S] • 1 point • 18 April, 2016 09:26 PM

Jelqing will give you a slight length increase because the cells expand in every direction but you will get much better length from ligament stretches and tunic stretches.

Look up **bundle stretches**. It's pretty much a must for larger guys. It loosens up the tunic and allows for better girth and length gains.

[deleted] • -3 points • 18 April, 2016 07:24 PM*

I've been jerking off pretty frequently since september, I have a high sex drive. Normally I have chicks who are dtf, but I've been watching porn though because I've been grounded the whole year, haven't had any way to chill with chicks and fuck (I literally cannot leave the house and my mom always has a roommate home so girls can't come in). Normally I hit around 7-8 inches on my boners, lately I've been hitting like 5-5 1/2. I started no fap today & I'm probably never going to watch porn ever again. What else do y'all suggest to get back to my regular size besides no fap?

(The biggest I've ever been was 8 1/2, I'm 16)

doctormisterjohn • 2 points • 18 April, 2016 11:22 PM

hahaha you're so full of shit

[deleted] • -1 points • 18 April, 2016 11:37 PM

Really not, just blessed with a long schlong. Do you have any advice?