

# GUIDE TO PREMATURE EJACULATION

Guide developed  
by MYHIXEL's Sexology professions

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# WHAT IS PREMATURE EJACULATION?

Were you aware that at least **1 in 3 men** has experienced premature ejaculation at some point in their lives? This is characterized by a **loss of control during climax**, leading to ejaculation sooner than desired or within an average of less than 3 minutes.

Surprisingly, only 20% of men dealing with this issue actively seek assistance from a specialist or confide in someone close to them. This reluctance is largely attributed to the prevailing taboo surrounding the topic. Nevertheless, **it's important for you to understand that there are viable solutions available.**

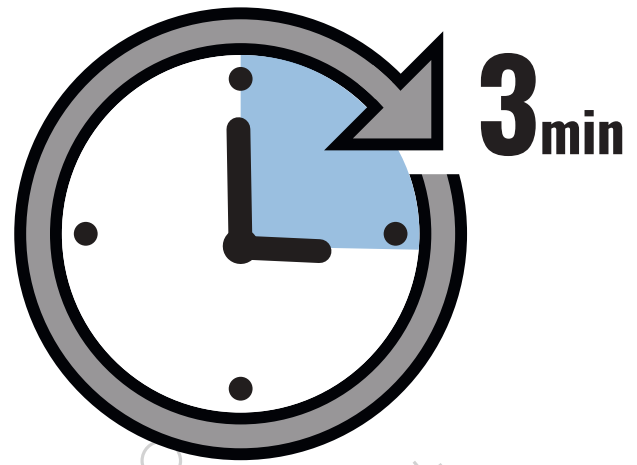


## HOW LONG IS CONSIDERED PREMATURE EJACULATION?

Despite mentioning a **3-minute** timeframe in the introduction for distinguishing between premature and non-premature ejaculation, these durations are relative.

It's essential to note that some men last longer than 3 minutes but still experience a sense of incomplete ejaculatory control. Consequently, premature ejaculation can be defined as a **lack of control** or the **perception of a lack of control**.

Now, **what exactly is ejaculatory control?** It refers to the ability to decide when to ejaculate, enabling the shortening or prolonging of encounters while fully savoring the pleasure during **sexual activities**. Are you eager to learn how to gain control?



You're on the right path! Here, we will impart **the most popular techniques to boost your confidence and gain control**. However, before diving in, it's crucial to identify the potential cause behind your situation.

## WHAT CAUSES PREMATURE EJACULATION?

Looking for a simple reason? Well, just so you know in advance that there can be more than one (simultaneously). It's most common for it to be a **combination of both mental and physical factors**.

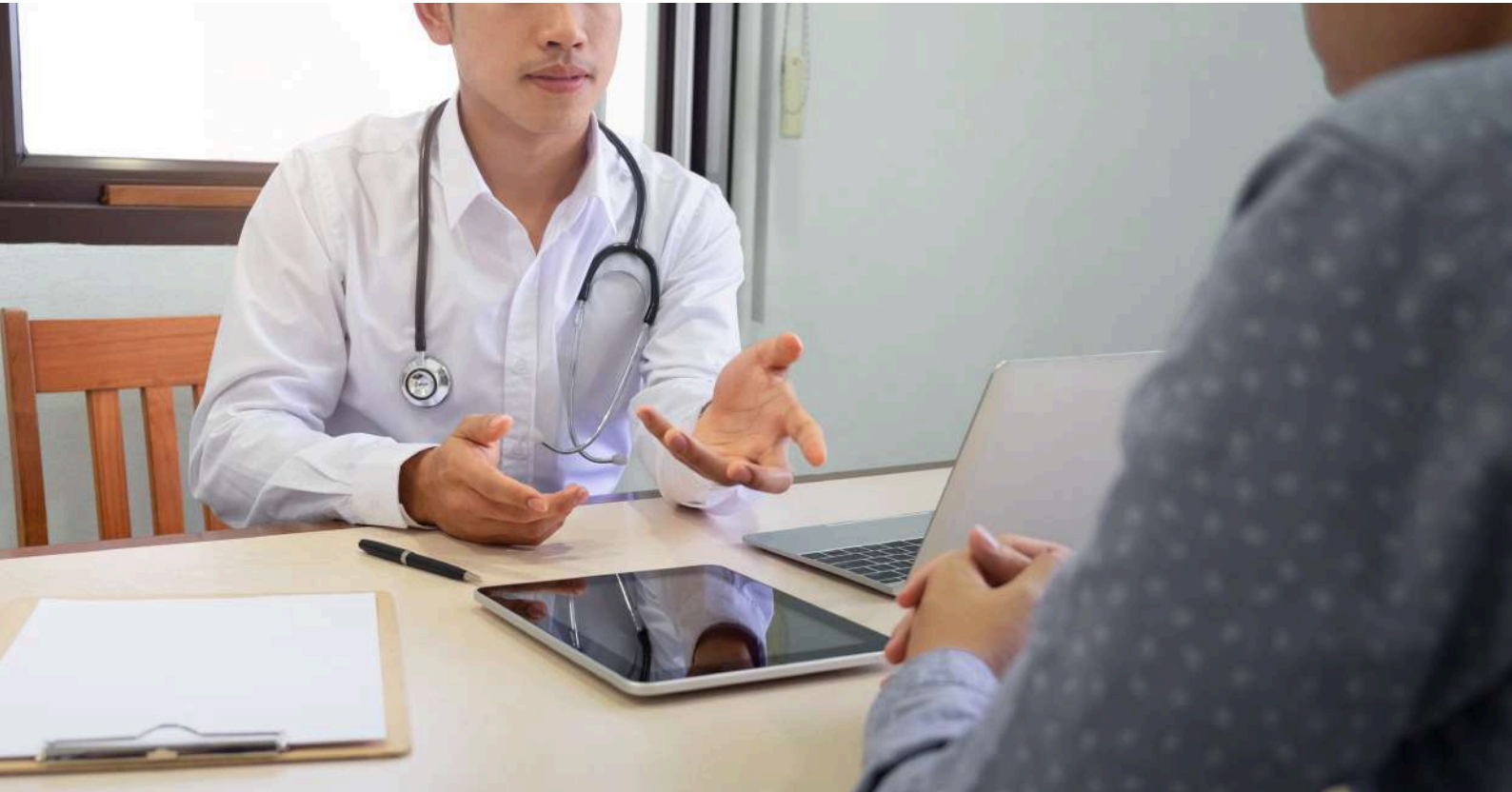
If we delve into the physical aspects, it could be attributed to cardiovascular issues, hereditary situations, etc. **Hypersensitivity** is also a potential reason, causing premature ejaculation. However, in most cases, premature ejaculation is more **closely linked to psychological factors** than physical ones, and here's some good news: there are lasting and natural treatments for these cases.

Now, **what about the psychological causes?** There are three key pillars: **lack of sexual education, anxiety, and stress**. Yet, these aren't the sole factors at play; your self-esteem, arousal level, or even your masturbation habits can also contribute. Furthermore, some individuals point to **over-excitement** (eagerness for an intimate encounter), **inexperience**, and even the **use of alcohol and other drugs**.

But here's the comforting part: **these issues don't have to be permanent and can be effectively addressed**.

# WHAT TO DO TO END PREMATURE EJACULATION?

The recommended first step is to **consult with a urologist or andrologist** to rule out any potential physical issues. Although some individuals seek guidance from various psychiatrists, the reality is that there are not many medical professionals specifically trained in addressing premature ejaculation. Unfortunately, this can lead to the prescription of drug-based treatments with a lengthy list of **side effects**, which are best avoided. While numerous treatments exist, here are the **five most common**:



## Medications

Some of these include Zoloft, Prozac, or Lexapro—antidepressants known for their ability to delay ejaculation. Additionally, popular options like Viagra or Cialis, primarily used for erectile dysfunction, can also assist in delaying ejaculation.

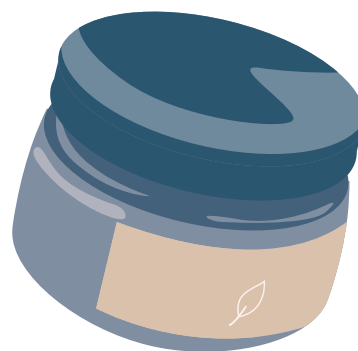
However, it's crucial to note that these medications may come with side effects such as **nausea, headaches, drowsiness, or a loss of sexual appetite**. We do not recommend them as a first option.



# Anesthetic Creams and Lotions

Certainly, there are anesthetic creams designed to delay ejaculation by numbing the penis. The application is straightforward—apply a **small amount of lotion to the penis about 10-15 minutes before engaging in sexual activity**. Some condoms already include it.

However, it's crucial to remember that they come with side effects, such as a temporary loss of sensitivity and pleasure. As it's not a lifelong solution, you must apply it each time you want to achieve this effect.



## MYHIXEL Control: Cognitive-Behavioral Method

Cognitive-Behavioral Therapy (CBT) is a therapeutic method that can lead to **long-term change** through practices where your body learns to control ejaculation with various activities when approached with an expert professional in the field.

Cognitive-Behavioral Therapy (CBT) is a therapeutic approach that fosters **lasting change** by teaching your body to control ejaculation through guided practices with a sexual health professional.

Currently, the exclusive solution incorporating this method and guiding you through each step is **MYHIXEL Control**. It combines an app with guided activities and a stimulation device that simulates real penetration. This solution helps you increase the duration of your encounters up to 7 times. You can get more information on the website:

[CLICK HERE](#)

# Squeeze Method

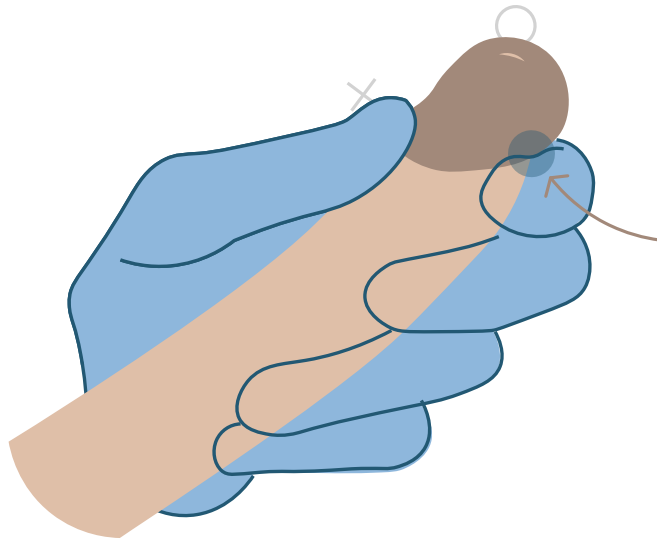
This method involves two steps:

1. Engage in sexual activity until you feel **you are approaching the point of no return** (the moment of ejaculation).
1. 2. Then, **press the base of the glans** just at the beginning of the prepuce for the necessary time to stop the sensation of ejaculation.

You can employ the technique as many times as you desire during the encounter, though some experts caution that **it demands considerable self-control**.

Therefore, it's advisable to "train" your body to become accustomed to this technique. It's important to note that, in some instances, excitement may diminish, and the mood may be disrupted, making it less than an ideal solution.

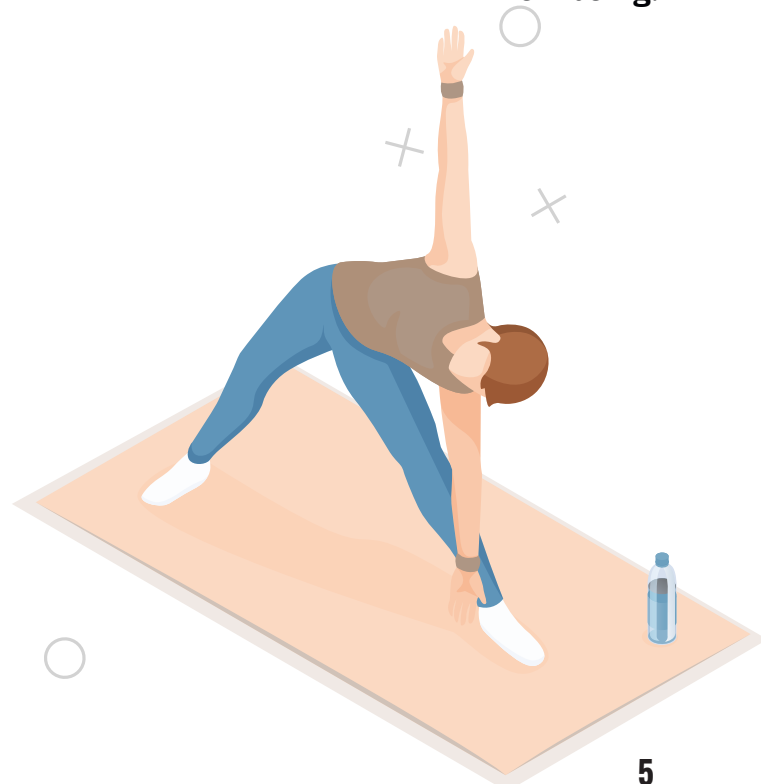
And that concludes this brief **guide on premature ejaculation and its solutions**. Have you tried any of them? Do you want to know more? Feel free to [contact us](#) with any questions you have about **male sexual well-being!**



## Kegel Exercises

**Kegel exercises** are designed to strengthen the pelvic floor muscles and are known to help with various issues such as **urinary incontinence** and **sexual problems**. Regarding premature ejaculation, it's important to note that this is primarily related to psychological and neurological factors rather than the strength of the pelvic floor muscles.

However, in some cases, practicing Kegel exercises may be part of a **comprehensive approach to treating premature ejaculation**, especially if pelvic floor weakness is believed to contribute to the condition. If you are considering doing Kegel exercises, consult a **professional pelvic floor physiotherapist for specific guidance and a tailored treatment plan**.



The background is a dark, almost black, space filled with various geometric elements. In the top right and bottom left corners, there are large, curved sections filled with fine, parallel lines that create a sense of depth and texture. Scattered throughout the dark space are several small, light-colored symbols: plus signs (+), crosses (x), and circles (o). The central focus is the word 'MYHIXEL' in a large, bold, white, sans-serif font.

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