

THE PROSTATE MASSAGE MANUAL

What Every Man Needs
To Know For Better
Prostate Health and
Sexual Pleasure

RONALD M BAZAR

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Medical Disclaimer

This book contains information about health. It is not intended to replace medical advice by your doctor. It is recommended that you ask your doctor about prostate massage and its suitability for you. You, the reader, are responsible and not the author for any medical outcomes that may occur as a result of applying the methods found herein.

Ronald M Bazar is the author of six other books on the prostate including:

- [Healthy Prostate: The Extensive Guide to Prevent and Heal Prostate Problems Including Prostate Cancer, BPH Enlarged Prostate and Prostatitis](#)
- [Prostate Cancer Prevention Diet](#)
- [The Prostate Health Diet](#)

As well as:

- [Your Perfect Diet: How to Customize Your Diet for Weight Loss and Great Health](#)
- [Sleep Secrets — How to Fall Asleep Fast, Beat Fatigue and Insomnia and Get a Great Night's Sleep](#)

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Introduction

Prostate massage is a new world for most men.

Why?

Most of us have not learned enough about the prostate and its importance for great health in general and sexual health for men, in particular, let alone for ultimate sexual pleasure and sexual stamina.

And only a relative few of us have learned about ways to massage the prostate for health and stimulation.

Prostate massage and sexual instruction isn't something men generally talk about over beer. Let's face it. It's been a bit of a taboo topic. Thank goodness that is changing.

And if you thought prostate massage was a gay men's thing, you'd be missing out on its benefits. Prostate massage is good for men of all ages and sexual preference.

Some men may think that they shouldn't do prostate massage.

Such thinking would be a mistake for two reasons:

1. Prostate massage, when done correctly, can be a very healthy thing to do for your overall prostate health.
2. When sexual stimulation is intentionally added to the massage if desired, the resulting sexual male orgasm can be exceptionally powerful. Who wouldn't want that?

Western men are facing prostate problems in epidemic proportions. Every year, approximately 6.5 million American men visit doctors for an enlarged prostate. In 2016, another 250,000 will be diagnosed with prostate cancer in the USA. In the same year, over 30,000 men will die from prostate cancer.

Plus, prostate problems are not an old man's disease any more.

More and more men are dealing with prostate disease at ever younger ages. Western males are particularly at risk and are 30

to 50 times more likely of getting prostate cancer than an Asian, Indian or African man — worse if you are an African American, who have the highest rates in the world.

With stats like this, you can't take the chance of not knowing how to take care of your own prostate. Time to stop making prostate massage a taboo subject, guys!

And for the best in sexual orgasmic pleasures, your prostate is the switch that can take you on a new journey of discovery. Time to learn all about that male G-spot gland at any age, especially if you want to last longer and help heal any erectile dysfunction problems you may have.

Did you know that prostate massage was practiced in ancient times by Tantric and Taoist temple priestesses, courtesans and geishas for they knew of its wonderful health benefits and pleasures for men?

For you to have optimal health, your prostate must be kept healthy. One of the best ways to do that is through prostate massage.

Look at our modern lifestyle. We sit for so many hours each day, which causes congestion in our prostate. We eat foods filled with harmful ingredients that we can't pronounce, and we use a myriad of toxic household and body care products most days.

I go into more depth about these topics in several of my other books on prostate health ([Healthy Prostate](#), [Prostate Cancer Prevention Diet](#), [Prostate Health Diet](#)), but prostate massage is something that you can be doing right now for your prostate's health.

Our prostate is one of our body's filters and it stores some of the above-mentioned toxins and stagnant fluids. If you're middle aged and you've never done prostate massage, that's years of accumulation! And our prostate is our most sensitive gland, needed for our health and sexual fulfillment.

There's no shame in taking care of your health. Therapeutic prostate massage is a very beneficial skill. It is becoming essential for better health and sex in this modern age of exposure to so many toxins.

Even if you don't have prostate problems, you might want to begin to think about what you can do to prevent these from happening to you. Prostate massage is just one simple way to maintain prostate health or to help your prostate regain its health if you have a problem.

And — an added bonus — prostate massage can open up a whole new world of incredible sexual prostate orgasms if you are so inclined. As a side benefit, it can help alleviate erectile difficulties by strengthening the pubococcygeus or PC muscle and by stimulating the prostate erection nerves so you can get it up. It will also help minimize premature ejaculation problems by strengthening the prostate muscles giving you more control than ever before.

Prostate orgasms are way more powerful than regular orgasms. They last longer, more ejaculate is released, and your whole body thrives from the intensity.

If you suffer from erectile or sexual difficulties, then prostate massage will help to overcome the problem by increasing blood flow to the prostate area thereby strengthening the prostate and pelvic floor muscles naturally. You see, the prostate is both a gland producing secretions and a muscle that pumps ejaculate.

And if you use a specially designed prostate device, you actually squeeze the prostate further thus strengthening all the muscles that control erections. It is the prostate and its prostate erection nerves that stimulate erections not the penis when you add sexual arousal. This massage will help to get it up and keep it up longer, solving the problem at its source.

Although I direct this book to men, it is also for women who want to further understand the prostate and to learn ways to support men in their quests for better prostate health. It may also be useful to women to increase mutual sexual pleasure and to give

your man explosive longer-lasting orgasms (no longer the exclusive domain of women!).

My advice is that before you start doing prostate massage, check with your doctor or healthcare practitioner to see if it is okay for you to do, especially if you have an acute prostate condition.

In this book, we will begin by learning all about the amazing functions of the prostate.

I will discuss the benefits of massage in greater detail so you can decide if it is something you want to do.

I will describe prostate exercises, which are a form of prostate massage through special exercises.

I will then describe how to do external prostate massage and finish with internal prostate massage.

Lastly, we will talk about sexual prostate massage and techniques so you can reap the rewards of incredible prostate orgasms.

All along you will be guided with exact details to do your prostate massage safely, easily and very comfortably. No pain. Just gain.

Function 1: Gland

The primary job of the prostate is to produce and secrete about 30–35% of the seminal fluids during ejaculation. Being alkaline, the prostate fluid, which is milky whitish in color, helps the sperm survive in the acidic vaginal environment. The prostate is considered to be a gland since glands secrete something.

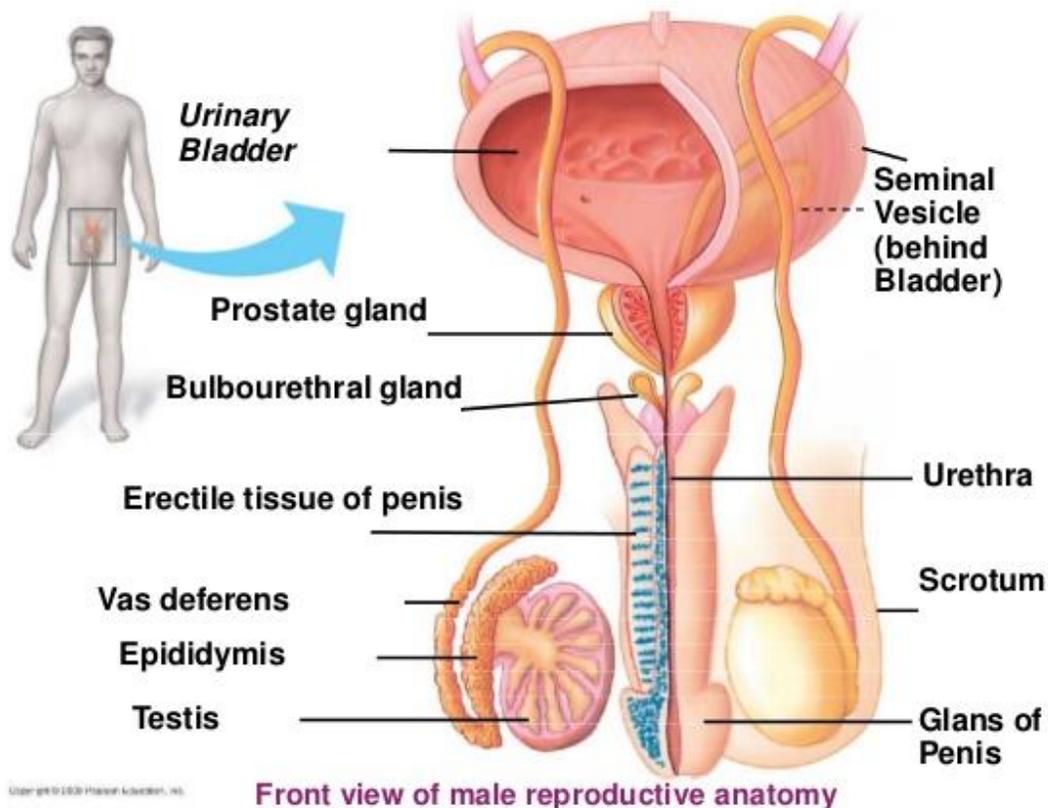
By the way, your penis is *not* a gland as it doesn't secrete anything. It is just a superb delivery vehicle — and a fun one at that! (At least when it is working properly!)

Function 2: Mix Master

The prostate mixes its fluids with those from the seminal vesicles to transport the sperm made in the testicles. Together these fluids surge through the prostate into the urethra during ejaculation. The urethra doubles as the semen tube during ejaculation and as the urine tube from the bladder, both fluids exiting the tip of the penis. The section of the urethra that runs through the prostate gland is called the prostatic urethra and is about 3cm (1½") long.

Prostate-specific antigen (PSA) is a fluid produced in the prostate and plays a key role in enabling the sperm to swim into the uterus by keeping the semen in liquid form. PSA counteracts the clotting enzyme in the seminal vesicle fluid, which essentially glues the semen to the woman's cervix, next to the uterus entrance inside the vagina. PSA dissolves this glue with its own enzyme so that the sperm can dash into the uterus and impregnate an egg if it is there.

It is this same PSA that is tested during the PSA blood test, a very controversial test because of the many factors that can cause the results to vary widely.

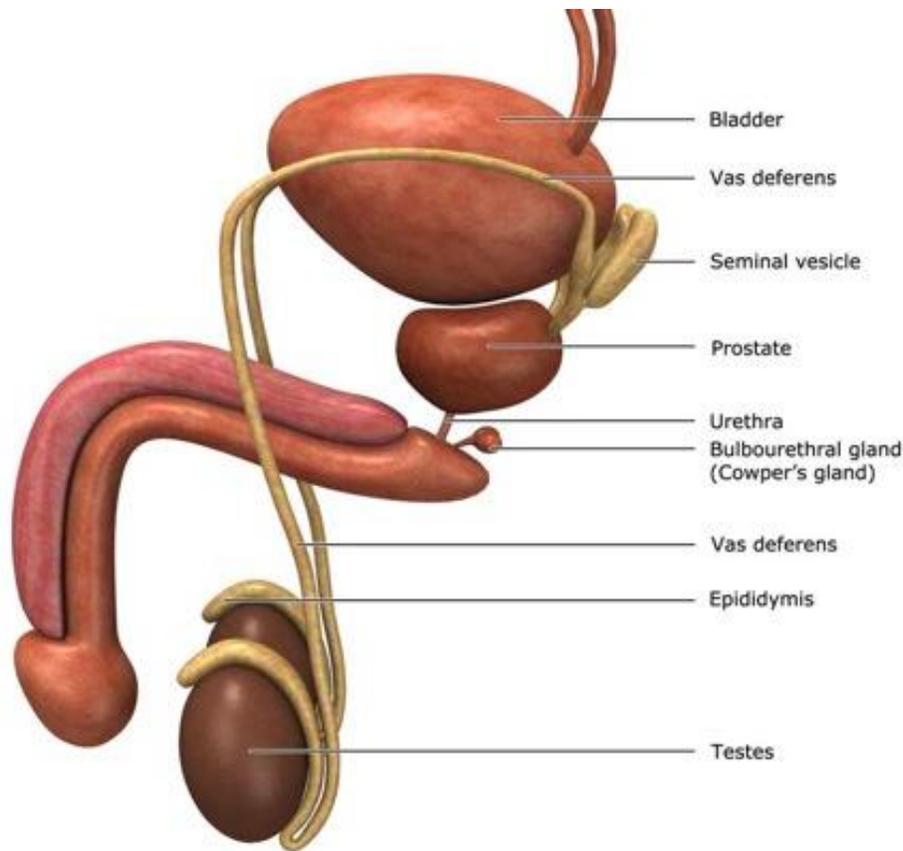


Function 3: Muscle

The prostate is also a muscle that pumps the semen out through the penis with enough force to enter into the vagina to help the sperm succeed in reaching the cervix and to help ensure procreation of the species.

Function 4: AH!

An added bonus for males — the pumping action of the prostate sure feels good, making sex desirable and thus helping procreation.



That's the prostate under the bladder...

The 2 little sacks on the right of the bladder are the seminal vesicles that produce about 60% of the seminal fluid that is pushed into and through the prostate when you ejaculate. The prostate adds another 30-35% of the total ejaculate. Those gonads or testicles (testes) produce the sperm.

Function 5: Male G-spot

The prostate is the male G-spot. Prostate stimulation can produce an exceptionally strong sexual response and intense orgasm in men that are receptive to this sexual technique.

The ability to control ejaculation with the prostate can also lead to prolonged orgasms and "injaculations" when no semen is expelled. This is done in advanced Taoist and Tantric sexual practices to contain the sexual energy internally. If you want to

learn more about this see the Resources section at the end of the book.

Strengthening the prostate gland's muscles by doing prostate exercises helps with sexual function, erection control and ejaculation mastery.

Function 6: Filter

The prostate also filters and removes toxins for protection of the sperm. Healthy sperm enhances the chance of impregnation and ensures that men seed with robust sperm.

This is perhaps the prostate's most important function and, at the same time, can be one of the main reasons for the growing epidemic of prostate disease and cancer as men deal with more and more toxins in food and the environment.

If you can't remove those same toxins from your prostate gland, they accumulate and can begin to create prostate disease. Yes, your lifestyle choices have something to do with waking up multiple times every night to pee!

These days, we ingest and absorb more and more toxins than ever before. Toxins are in our food, water and body care products. Don't let them take up residence in your precious prostate. Please read more about how to improve your diet in my other book, [*The Prostate Health Diet*](#).

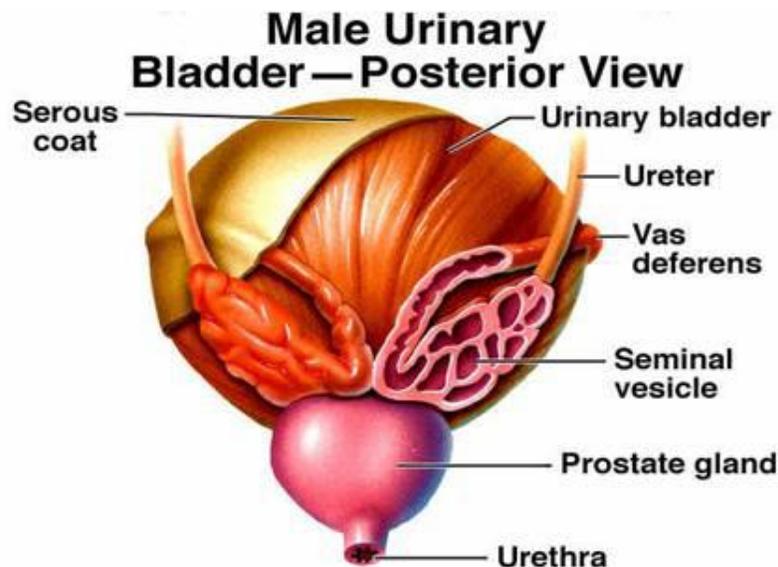
One of the main reasons I've written this book is to help you learn how to flush these toxins from the prostate.

Function 7: Erections

The prostate erection nerves are responsible for erections. These nerves trigger the penis to swell and harden with extra blood flow into it, producing an erection.

If these nerves, which attach to the sides of the prostate, get damaged then erectile difficulties are guaranteed. That is why many medical prostate procedures — surgery or radiation — have an unwanted side effect of erectile difficulties or impotence.

One relevant benefit of prostate massage is that it can stimulate these nerves thereby helping erectile function.



Function 8: Secretions

Prostatic secretions also play a valuable role by protecting the urethra from urinary tract infections, which as a result seem to be much rarer in men than in women.

Function 9: Valves

Just below the bladder, the prostate surrounds the upper part of the urethra tube, also known as the prostatic urethra. At this location, the prostate prevents urine from leaving the bladder, except when released by urination. It also prevents urine from damaging ejaculate during orgasm by being shut tight! It thus controls the flow of urine.

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