Penis Building Secrets

Must Know Facts About Penis Enlargement

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Disclaimer

This book is not for everyone, so I strongly recommend you to read disclaimer that you see below. Also, this system is not for you if you need overnight / immediate results. Please close and delete this ebook now.

The information in this e-book can't be considered professional medical advice. I strongly recommend you to see your doctor before starting taking pills or exercising.

I warn you of the dangers of excessive or improper supplement & product usage. I also underline that there is a need to follow all the instructions specified to achieve the necessary result. Also there can’t be any overnight miracles, because what I offer is a change to the lifestyle behavior and hence obtain not only sexual welfare, but also strong physical and mental health. The results will be visible only in a few months.

I don’t offer you a magic cure that will help you overnight, but a system that will give new meaning to your life and will lead you to achieving more success in all the spheres of life.

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Myths And Realities Of Male Enhancement

Considering the fact that you’re now reading this book I can guess that you’re experiencing certain problems with your little friend, phallus, or penis. Don’t be all too worried – you’re not alone, and the best thing is that there are solutions to your problems.

There are a lot of men that are trying to find the solution. Certainly, it’s extremely hard to share this problem even with your doctor, and it’s almost impossible to talk about this with your friends. Your wife is a good advisor, but I’m sure you’re feeling too shy to talk with her about your size, because you might think that she’ll never tell you the truth.

Really, all these intimate problems regarding the size of your penis, or the problems with erection (most often they’re connected) make you feel weak and, what is worse, make you have a lack of self-confidence. It’s very difficult to cope with this, especially when you’re an adult, you might even have kids, you have a job, you are dealing with people and now you can’t even deal with your own body. Does this scenario sound familiar?

From now on everything changes. There is a need to remember however, that I don’t offer you an instant cure, but instead I propose a long-term penis enlargement program. The program includes taking pills, doing exercises, and changing your diet and life style. Yes, it’s hard to fulfill all the recommendations, but this will only be tough at the beginning (I know from own experiences, that everything works only when performed in combination, strictly following the schedule. You should be patient and diligent). In a couple of weeks you’ll feel the difference and you’ll never want to go back to your previous life. You’ll notice appreciable result in only a few months.

Before I begin with my program, there is a strong need to understand the principles of erection and the basic causes of the penis’ length to enlarge it and make your erections stronger. I’ll discuss all these important things in the following chapters.

**IMPORTANT NOTICE: read this small ebook VERY carefully; don’t go directly to the exercises videos. It’s really important to understand the basics of the enlarging process and thus avoid any mistakes, so you do not harm your health. This system is all about free male enhancement exercises but to get best and quickest results I strongly recommend you to combine manual exercises and male enhancement pills as well. I’ve checked the results of taking these pills on myself and now I can assure you of their efficiency. Also, be sure to read all the notices and instructions before performing exercises to prevent any damage to your health.**

I’d like to start by giving you the main idea behind male enhancement. There are a lot of prejudices around male enhancement and some are true while others are false. In order to give you some clarity I’ll discuss some of them below. So here goes - myths and realities of male enhancement:
Not The Size Of The Penis Matters, But The Sexual Techniques Do

This is only half true, because it’s hard to make a girl satisfied when having sex with a man with a penis of 2 inches (5 cm) long. On the other hand, if you have a big penis, let’s say, over 8 inches (20 cm), but can’t use it well, your girl would be more disappointed than when you have a small one, but use it incredibly well. There are many women out there that also say that a penis that is too large can actually hurt them, however, a penis that is smaller than 6,5 inches (16 cm) during erection is usually considered as ‘smaller’ by most women.

Men With Small Penises Can’t Satisfy Their Partner

Total myth! At first, there is a need to define what size of penis is considered to be small. Investigations show, that the majority of men have a penis of 6-7 inches (16-17 cm), a very small part of questioned men have a penis smaller than 5,5 inches (14 cm), and very few men have a larger penis of 8 inches (20 cm) and more. Due to the medical definitions, penises of 4,5 inches (11 cm) and less are named little sized penises, penises a length between 6 and 7 inches (15 and 18 cm) are normal sized and penises with a size of 7.48 inches (19 cm) and larger are considered to be large penises. Regarding average sizes of women vaginas which are 4-5 inches (10-12 cm), not every woman is pleased with a penis in the larger category. So the length question is a very individual one.

The Thickness Of The Penis Is More Important Than Its Length

It’s true, because women feel more satisfaction when having sex with a partner with a thick penis, even if it’s somewhat shorter. Vice versa, it’s harder to wear your partner out with a thin but long penis. Good news is that you can enlarge both the thickness of your third leg and its length by taking pills and exercising, and/or using special sexual techniques.

A Big And Strong Erected Penis Is Associated With Manhood And Aggression

There is definitely some truth in this. A penis is the main “tool” of a sexually active man in bed, if its size is big it can tell a thing or two about the confidence of its owner. In addition, a big penis indicates having a lot of testosterone, which is a good sign for having kids, and this, together with having more pleasure in bed, is why women are naturally more eager to select somebody with a bigger penis.
Masturbation Leads To Decreasing Of Penis

This is a bad and old myth. It’s even so that jerking off is one of the exercises needed to increase the length of the penis. You might not know about this, but a lot of boys consider this a possibility to enlarge their penises, and men’s forums confirm this fact. Moreover, a lot of doctors recommend jerking off to make the erection stronger, because masturbation increases the blood circulation in the penis, hence making it bigger and erections stronger (I’ll talk about anatomical issues in the next chapter). On top of this, if you don’t have sex regularly and do not jerk off either, problems with your prostate and other parts of your manhood can start occurring.

The Penis Can Be Enlarged By Exercising And Without Any Surgery

This is definitely true. There are a lot of cases recorded where men enlarged their penises while following a system that combines natural pills and exercises. I suppose that you are aware of the fact that there are natural components that increase the amount and quality characteristics of penile tissue, hence enlarging the penis.

Now that you’ve seen that there are a lot of wrong statements when it comes to the penis, you should feel a little bit relieved because plenty of things appointed by nature, can be changed by people.

Certainly, it’s not as easy as it seems but there is a certain system of exercising and taking pills, which enables you to get the best results in a few months and have it forever.

The only thing you need to do is to read attentively and to follow all the recommendations below strictly.
Myths And Realities Of Products & Supplement Over Compensation And Mismanagement

Very often you can find different attractive advertisements on the Internet, promising to increase your shafts’ length to unimaginable dimensions. Most often these commercials consider taking magical pills or creams, gels or other medicines. However, you mustn’t blindly trust these adverts.

Also remember that the most important thing to do before starting penis enlargement is to visit your doctor and to undergo complete medical examination, because problems with your penis size can be easily caused by a lack of testosterone or other hormonal problems.

Besides, your doctor is the best professional to discuss the general state of your health with. I understand that it seems inconvenient to cure this problem, but if you feel bad because of the improper size of your penis, than you obviously have to do something about it.

When you see offers of surgical methods of penis enlargement, think of possible complications. At first, the price for such surgery isn’t very affordable; secondly, the effect from it is in fact unpredictable. I remember the case, when there was a surgery with a guy who couldn’t wear the extender after the surgery at all, because his penis was unpredictably swollen.

The ligaments, which are displaced in the process of the surgery, can hurt for about a year. Moreover, the surgery provides penis enhancement of only a couple of centimeters in length, but the size of the erected penis remains the same. Are you ready to experience surgery to get unpredictable results and suffer from stitches for a long time?

Unfortunately there are a lot of people in the world having extremely small penises due to different diseases. Such penises are named micro-penises (with a size of nearly 0.4 inches or 1 cm). Some of these men created the organization named “little root” to help men with small penises feel more comfortable. The organization was founded in the US in the period of punk culture flourishing.

Today the amount of members of the organization has already reached 200 thousand people, who live in different countries all over the world. They have their own newspapers and magazines, clubs and other social groups. In fact, the most significant role of the “little roots” is to provide information, support and advices on how to make their penis look bigger.

All the members feel themselves better experiencing a possibility of spending time together, enabling to talk over their main problem and be comprehended.

The smallest penis, noticed within the organization was only 0.1 inches (0.25 cm) long. Moreover, all the penises over 2 inches (5 cm) length are considered normal ones by the official medicine. Even smaller
penises allow a sexual life and having children does not have to be a problem, but at the same time this indicates some health problems, which of course can be solved.

But how can guys like you and me change from being the laughing stock in the changing room to being a confident stud? Let me tell you how I did it and believe me, I’m no different than you. I didn’t have a miniscule penis but I just wasn’t satisfied with the length and thickness of it, and even though my girlfriend said that it was just fine, I had problems making her come sometimes and whether that was because I had a lack of confidence or my penis wasn’t big enough, I don’t know.

I think that my girl just didn’t want to make me feel any worse but at some point I thought it would be better if she would have told me the truth earlier on so I would look for an answer to my growing psychological problem faster and would feel how I do now months ago. In this e-book I hope to give you a lot of info regarding male sexual health in general and how I actually did it is as follow.

When I’m talking about male enhancement, you should think of a long and complex process, with no quick and rapid solutions to your problem. Remember, that only a complex of different measures can help you. Don’t trust any people or websites that offer a rapid cure to your problems – there can’t be any miracles in this field. What is worse is that you can lose your health if you follow the wrong path.

Remember however, that practicing professionals admit that it’s possible to increase your penis size about 0.4 inches (1 cm) per month. Otherwise, the process gets out of control and your health can be seriously damaged. This however, is good news since you can gain quite an amount of centimeters in several months.

There are a lot of men that have enhanced their schlong by taking pills, wearing an extender, massaging and exercising, me being one of them. The most interesting thing is that as soon as you get your results, your life will seem better in multiple aspects. From more confidence, which usually shows by improvements in one’s career and social life to a better sex life, all can be accomplished by making use of a program as mentioned above.

Unfortunately, if you want to enhance your penis, you have to work hard on it; exercising, taking pills on a regular, often daily basis, having a healthy lifestyle, with plenty of physical activities and a proper diet. The most important thing is to make sure that the pills you’re going to take are natural ones so there won’t be any harmful side effects for you.

In fact, there are a lot of medicines on the market that offer a quick and stable result. Believe me; these pills are harmful, because they obviously act as Viagra, are often extremely expensive and can cost you not only your money, but your wealth too.

After a couple of years of taking such drugs you can really gain serious problems with almost all systems in your organism. I even ended up with a kidney problems by making use of a product that I thought would help. Luckily I found another product and after that an even better one (it’s called VigRX Plus, but I’ll tell you more about that later on.) Together with the exercises I picked up I was able to make changes to my penis and my life in general.

What Works And What Doesn’t And Why? 5 Common Types Of Products

Don’t you dare deny the fact that when you saw an advert on Penis Enlargement on the last page of a men’s magazine where an interesting device was shown with a huge headline: "Enlarge your penis easily!" the following crossed your mind for a moment: "May be I should try this?"

The most surprising thing is the fact that the majority of leading surgeons and urologists agreed with the thought, that there are a lot of men who are in a strong need of a psychologist, but not a surgeon.

But common sense still isn’t the main reason for decision-making. Due to our constant thirst for self-improvement, penis enlargement advertisements can be found on every corner. Commercials promoting peddle pills for penis enlargement are widely broadcasted on television. More than 10,000 men in the U.S., possibly much more, did surgery to increase their penis size.

First, even if you are strongly assured that you have a small penis, in fact, it may have a normal size. The average erected penis is about 6.30 inches (16 centimeters long). The length of erected penises is different from non-erected ones.

Even you might have noticed someone with a huge penis in the locker room, his penis is unlikely to be significantly greater in the erected state, and vice versa, small non-erected penises can become giant erected ones. Really, erection is a great equalizer.

Secondly, if you still continue to think that you have a small dick, and the ruler indicates the opposite fact, you can obviously get a diagnosis of mental health: dysmorphic upset about the penis. This diagnosis is close to a distorted perception of their body by the people, suffering from anorexia (when a boy or a girl continues to consider himself or herself thick, even when he or she is really very thin).

According to the social investigations, the majority of men undergoing surgery to increase their penis are still dissatisfied with their size and they keep searching for another surgery.

All the advantages of different methods of penis enlargement will be discussed in further chapters, let’s think of the disadvantages and shortcomings of the popular methods of male enhancement for now.

#1 – Manual Exercising

Firstly, you have to remember: you cannot overextend penis exercises, as is the case with your biceps in example. The reason for this is that the penis is not a muscle. However, some devices and types of stimulation can stretch the skin and penis’ tissues, and extend the penis itself.
One famous example of exercising techniques is Jelqing - a set of pulling or "milking" exercises. Also, there are other well-known exercises such as stretching and Kegel’s. Please keep in mind that exercises require time, effort and self-control, however results will not disappoint you for sure.

I will tell you more about male enhancement exercises within the course. I have good videos that will guide you as well.

The Good:

- Permanent Results
- Little Or No Side Effects
- Free (if you follow my system)

The Bad:

- Takes time

#2 Penis Increase Pills

There is quite a bit of controversy surrounding the subject of penis pills. For one reason, there have been a number of less than flattering lawsuits surrounding those manufacturers who were guilty of false advertisement. For example the brand called Enzyte (click here to find out more about this fraud product on Wikipedia)

The unfortunate problem here is that not every manufacturer of these pills is a shyster. The truth is, when combined with a solid manual enlargement exercise program, high quality penis pills will aid in enhancing the size of the penis MUCH MUCH quicker. Up to 2x quicker.

The way penis pills work is very simple. The natural ingredients in quality pills help increase the flow of blood to the chambers in the penis. If the chambers of the penis can be enlarged, then they can hold more of the blood the pills provide.

The pills can stress the chambers somewhat, but it is manual squeezing and stretching exercises that effect the chambers and the penis tissue the most.
By combining pills and exercises, however, the size of the penis will become much larger over time.

**The Good**

- Up To TWICE Faster Than Exercises Alone
- Permanent Results
- No Side Effects If You Chose 100% Natural Product
- Top Products Come With Good Selection Of Bonuses (free shipping or free extra packs for example)

**The Bad**

- Not Free
- Buy Via Official Website Only

### #3 - Weighting And Other Techniques

Another method of penis enlargement is wearing a special device on the penis (AKA penis extender), which stretches it. The device gives weight to the penis and this should stretch it eventually.

However, there are serious risks regarding this method and these include damage to the skin tissue, rupture of blood vessels and other problems.

**The Good:**

- Can cure Peyronie's disease (also known as Curvature of the penis)

**The Bad:**

- Not Safe
- Devices Can Be costly (up to $500 for certain brands)
- Possible Skin Damage

### #4 Vacuum Pumps
It is a classic device in the genre of penis enlargement. The penis should be put into the cylinder which is connected to an air pump.

Due to the impact of the vacuum, the penis gets more blood, thus you’ll be having a stronger erection. Then you pinch the penis by the ring, intended to prevent reverse blood flow.

Such pumps are used in medicine for the treatment of sexual dysfunction. But the effect of increasing penis size disappears quickly if you don’t stick to any system of exercises. Once you remove the ring, the penis will return to normal size.

The ring is worn for a maximum of 20-30 minutes, if applied longer, tissue damage might occur.

**The Good**

- Quite cheap if you compare to other products such as penis extenders

**The Bad**

Potential risks of its use include:

- Temporary impotence
- Ulcers
- Bruises
- Damage to blood vessels (and the skin is most likely to lose its natural color and become thinner)

#5 - Penis Enlargement Surgery

Penis enlargement surgery can be effective and it doesn’t require any efforts from you. It only costs loads of money, especially if you don’t want a doctor with half a brain and fake diplomas, you should prepare to open your wallet, big time.

Even with surgery, which sometimes works, there are a lot of risks involved and on top of that the result may not be as impressive as you might have hoped. In 2006 the investigation in European Urology was published, indicating that the average penis length, which was added during the operation is less than 0.79 inches (2 cm), see Mark P. Solomon, MD, a plastic surgeon who noted that the results are modest, but a little better than before the operation.

The healing process however, takes a lot of time and the penis doesn’t always looks as nice as it did before, which might be a turn off for yourself and your wife or potential spouse. Knowing that taking pills and doing exercises altogether can increase your penis size by more on the long run, you should not consider taking this type of risks.

Talking about the risks, before going on the operating table, it is important to think about possible risks. None of the respectable medical organizations recommends such operations to men with normal penises and there are many reasons for it. The American Association of Urology emphasizes that such operations are considered neither safe nor effective.

Several studies that have been done in this area, do not add any optimism. A study conducted by the European Association of Urology, which studied 42 cases of penis enlargement surgeries showed that only 35% of patients were satisfied, while 40% continued their search for other solutions to increase their penis and 25% was dissatisfied!

If you are still hoping to find a better way to increase your penis size, do not despair. Just be cautious. Most methods to increase penis size are a waste of money. Surgical procedures are expensive, risky and often only lead to setbacks.

Look at it this way: there are a lot of methods to enlarge the penis and all of them helped for different people. Every man has his own anatomical peculiarities, enabling or disabling him to increase the length of the penis, change its shape, etc. Therefore I talk about different methods of male enhancement. The chapters with exercises offer variants of the exercises, enabling everyone to find the system which works best for him.

**The Good**

- Almost Instant Results

**The Bad**

- VERY Expensive
- Very Painful
- Takes A Lot Of Time To Fully Recover
- Side Effects
Preparation, Directives And Engagement

Due to the fact that I can welcome you in this chapter, you’ve already made the first step towards improving your overall and sexual status. I’m extremely pleased to thank you for your attention and patience. Also I realize that the issue of penis enlargement is extremely touchy. Therefore, I have prepared this program for you and want to share my successful experiences.

Please carefully follow the instructions listed in my email, and I’m sure that these exercises will bring you the maximum results. Be sure to read my instructions carefully before you start implementing any exercises or techniques to understand their specifics, as well as possible unintended consequences that may occur because of incorrect program execution. Do not try anything until you are completely familiar with the information.

Also, I offer you a lot of different efficient exercises to enable you to choose the ones you like best. So, you should create your own schedule of exercises and stick to it carefully. Believe me it’s better to have one, than waste your time implementing irregular exercises and feel yourself frustrated because of negative results.

Really, the most important factor of the exercises to be effective is their implementing regularly. In addition, it’s much easier to stick to a schedule if you have it in front of your eyes. It doesn’t matter, whether you use Google Calendar, your notebook, different stickers on your fridge – just have it and stick to it so you can see your stick flourish.

Penis enlargement is just the tip of the iceberg of my program. I assure you, that your life can be changed if you want it badly enough. This program will give you confidence and enables you to gain more self-esteem.

There is a need to be a little patient, and you will see that the system works! Do not expect that the results will be visible in a couple of days, but after 1-3 months of regular training and taking pills such as VigRX Plus you will achieve real success.

I want to help you and make your life and the lives of millions of other men and couples more wonderful and satisfying. It is my goal today - to improve your life by giving you information regarding exercises and supplements that work.
Do This Next...

Now that you understand what you should be doing in the next few weeks, the next step is to follow my simple 3 steps male enhancement exercises program:

Step 1: Jelq Exercise

The 1st exercise is called Jelqing / Milking. It’s a very simple technique (the video is about 2 minutes long) and I’m sure it will save you HOURS of researching / reading various blogs.

Please check out this “how to” video on my blog:

http://getinchesfast.com/howto/video1-stretching-exercise.html

I’ll send you the link for the next 2 steps shortly. Please monitor your email