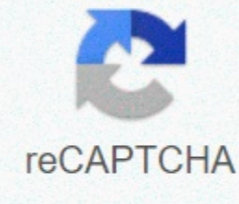




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## How to increase seminal fluid quantity

Since the beginning of time, it seems that humans have been fixated on the beauty and power of the penis. A symbol of masculinity, strength, domination and success, the penis and all its functions have prominence in the art and imagination of cultures all over the world. But all the attention given to penis size, erection ability and lasting power is really pretty much a complement to the real moment of truth: orgasm. After all, isn't that the real goal of all penis-centered concern, to have bigger and more potent climaxes? That may explain why the spotlight has focused on recent ejaculation. Men consider not only the intensity or strength of orgasms, but how their volume of ejaculate affects many aspects of their sexual identity and enjoyment. Overview of ejaculation To get a sense of the vital role of a healthy, abundant volume of ejaculate in male pleasure, let's take a look at how male climax works. First, semen collects in the ejaculation channels during sexual stimulation. Male orgasm happens on top of sexual pleasure, when the various muscle groups contract simultaneously: rhythmic contractions of the pubococcygeus muscle (pc muscle) occur along with contractions of sphincter, rectum and mineu, and ejaculation channels and muscles around the penis. The

contracting muscles are the key to delivering the load of semen. The first contractions are intense and close to each other, which occur at about 0.8 second intervals. As orgasm continues, contractions decrease in intensity and duration and occur at less frequent intervals. The exact amount of ejaculate is determined by a number of factors, including heredity, diet, overall health, frequency of sexual activity and age. However, the content is roughly the same for all men: the ejaculate contains sperm and a long list of components that read as a vitamin pill label: ascorbic acid (vitamin C), calcium, chlorine, cholesterol, choline, citric acid, creatine, fructose, glutathione, hyaluronidas, inositol, lactic acid, magnesium, nitrogen, phosphorus, potassium, purin, pyrimidine, pyruvic acid, sodium, sorbitol, vitamin B12, and zinc. Each of these ingredients, however, represents only a small amount - and the total measure of a typical load is somewhere between 1.5 ml and 5 ml. The majority of the ejaculate volume is fluid from the prostate and seminal vesicles. The taste of semen varies greatly from one man to another, again affected by diet and overall physical health. The range goes from salty to sweet, can be bitter or mellow, and sometimes creates a very mild numbing effect on the lips and tongue of the taster. The taste can be deliberately changed, according to a number of online and doctor's sources. Healthy ejaculate will appear either translucent whitish or grayish to opaque white. Men who have had a will have lighter, more transparent transparent lacks the typical 15 to 20 million sperm of a common ejaculation. Although a variety of textures and appearances are within the healthy range, most people equate very white, dense and more extensive ejaculate with a healthier and more potent male. Influences on ejaculation volume When should a man be concerned about his volume and potency? Sometimes a dramatic decrease in ejaculate volume may indicate blockage of one of the ejalata-tory channels. Duct obstruction is diagnosed with prostate ultrasound. Other possible causes of decreased volume include retrograde ejaculation or a prolonged infection of the prostate (chronic prostatitis). Reduced semen volume may simply be a normal part of aging and may not necessarily result in reduced fertility. If there is concern about the amount, appearance and consistency of the ejaculate, it may be advisable to consider semen testing by a qualified physician. The standard semen analysis measures sperm volume and pH, microscopic analyses for debris and agglutination, assesses sperm concentration and morphology, counts spermaleukocytes and identifies immature germ cells. Usually this is performed after two to seven days of sexual abstinence, on a semen sample collected at the doctor's office. The doctor will probably also want to conduct tests to rule out urinary tract infection, gonorrhea and chlamydia. In many cases, semen analysis produces results that are technically within the normal range, but men may still feel dissatisfied with the contracting power of orgasms, the volume and appearance of their ejaculate and their fertility. For them, and for men who simply want to experience the added confidence and joy of higher sperm volume, there is an excellent natural preparation called SemenaxÂC (www.Semenax.com) that holistically tackles the problem. SemenaxÂC has been shown to increase the volume of ejaculate by as much as 500 percent, and improves the quality of sperm, motility of sperm, total sperm count, and effectiveness of sperm and sperm production. Benefits of increasing volume The benefits of orgasming with greater volume and power are many. By increasing both the volume of fluid and the quantity/health of sperm, the load is not only greater, more impressive and more enjoyable, but much more potent as well. The greater the volume of fluid and semen available for each orgasm, the more contractions it takes to shoot everything - and each contraction is stronger and more intense. The male orgasm, usually a fairly short event, can become a much longer life span experience. Potency and fertility are of interest to all men, but especially those with an immediate desire to impregnate their partner. Infertility is increasingly common, and a product like SemenaxÂC is a good help in this area. Finally, there are significant benefits to a man's confidence when he can increase volume and power. Sexual self-confidence is tied not only to success in romantic endeavors, but to many other types of success as well; studies show confidence in sexual identity carries over in every aspect of a man's life. How volume-increasing products work Volume increasers vary a lot in formulation, cost and manufacturing methods. Here we'll look at a very popular and proven choice, SemenaxÂC, to show how it works. SemenaxÂC was developed by a group of health professionals to improve every aspect of sexual function and enjoyment for men. The focus is on volume increase, due to its many related benefits. Formulated by natural ingredients with centuries of anecdotal evidence in many cultures worldwide, semenaxÂC the product contains plants and natural ingredients to toemthe and support ejaculate channels, epididymis, testes, prostate gland, seminal vesicles and vas deferens - that is, every part of the male reproductive system. SemenaxÂC is manufactured in a cGMP Certified Pharmaceutical plant (something to look for when shopping for volume products), and its ingredients include the amino acids L-arginine HCL, L-Carnitine and L-Lysine to increase testosterone and sperm count and motility; herbals epimedium sagittatum, catuaba bark and South American maca to increase libido and potency; and nutrients to support testosterone synthesis and prostate health. When shopping for a volume boosting product, check for manufacture in a cGMP Certified Pharmaceutical facility, statements that certify testing and research, and laboratory controlled dosing. © 1996-2014, Amazon.com, Inc. or its affiliates Does lecithin have any effect on semen? Lecithin is a substance consisting of a mixture of fatty acids. Many of its components are naturally found in your cell membranes, bile, and plasma. Although there are plenty of online anecdotes about men who use lecithin supplements to increase their load, there is no scientific evidence to suggest that lecithin has any impact on sperm or ejaculate. Nevertheless, some people feel that taking lecithin is worth a try. Continue reading to learn more about its safety, potential side effects, and clinically support ways to increase sexual function. Lecithin can help promote healthy digestion, lower cholesterol, and improve overall heart health. Because of this, the substance is added to many foods. Food quality lecithin is produced using processed oils of soybeans, corn, and safflower. It is listed as soy lecithin on ingredient lists. Most manufacturers use food-grade lecithin to create over-the-counter (OTC) lecithin supplements. In theory, OTC supplements can offer the same health benefits as lecithin that is found in your food. But remember: There is no scientific evidence to suggest that supplements will have an effect on the amount of semen you produce when you you In most cases, food-grade lecithin is safe to eat or take as a supplement. Its U.S. Food and Drug Administration (FDA) designation is widely recognized as safe (GRAS). This means adding lecithin to your diet has not been shown to cause any adverse health effects. However, it is worth noting that the FDA does not regulate dietary supplements. Although pure lecithin supplements are generally safe for consumption, there is no way to know if a supplement is composed only of lecithin. You should always read the ingredient list carefully before use. You should also talk to your doctor before adding any supplement to your diet. Some supplements may interact with OTC and prescription medications, or have a negative impact on certain underlying conditions. For example, you should not take lecithin if you use topical diclofenac (Voltaren Gel) for joint pain. Research conducted on rats suggests that it is safe to intest up to 84 grams (g) of lecithin per day. Most recommended doses are well below this. You should always follow the dosage information on the product label. Lecithin usually does not cause side effects unless taken at high levels. You should always follow the dosage information on the manufacturer's label. In some cases, lecithin can cause:diarrheaabdominal painnausealts side effects should subside as your body adjusts to the supplement. If your symptoms worsen or persist for more than a few days, see your doctor. You should seek urgent medical attention if you start to experience symptoms of anaphylaxis. This is a life-threatening allergic reaction. Anaphylaxis symptoms include:swelling of the mouth, throat, or face difficulty breathingwheeziingslurred speechlow pulseYou should keep your doctor informed about any supplements you're taking. This allows them to monitor for changes and help reduce the risk of complications. For example, the results of an animal study suggest that taking too much lecithin for a long time can cause parathyroid hyperplasia and myocardial fibrosis. Scientists suspect this is due to an increase in phosphate in the body. If you are not open with your doctor about your supplementation, they will not be able to monitor your intake and its potential effect on your health. The amount and quality of the semen you produce in each ejaculation is related to a combination of several factors. This includes:Testosterone levels. Testosterone is a sex hormone that is responsible for your fertility and sex drive. Sperm count. The amount of sperm your body naturally produces can affect how much sperm you producePerm motility. Healthy sperm is measured by how well and how fast they can swim in your sperm. This may affect your sperm volume. Erectile dysfunction. Your ability to get and hold an erection can affect how much semen you produce. Libido. Your desire to have sex can affect sperm volume. Some research suggests that some supplements may help improve these factors to increase semen volume and overall sexual performance:D-aspartic acid (D-AA) supplements may help increase testosterone. Fenugreek herb supplements are also linked to increases in testosterone. Ashwagandha is thought to increase sperm volume, sperm motility, and sperm count. Maca root can help reduce cases of erectile dysfunction and increase sperm count and motility. Zincmay help balance your testosterone levels and sperm quality. If you are interested in trying one of these supplements, talk to your doctor before use. They may be able to recommend certain products and offer information about dosage and side effects. You can try one or more of the following to improve sexual function and potentially increase semen volume:Get regular exercise. Exercise or do physical activities for at least 20 to 30 minutes a day. Exercise can improve blood flow to the penis, which can have major effects on your overall sexual health. Get enough sleep. Sleep at least six to eight hours a night. Not getting enough sleep can reduce your semen quality. Eat a balanced diet. Not getting enough nutrients can affect your physical health, which can lead to sexual dysfunction. Boost your vitamin and mineral intake. Your vitamin C and Vitamin D levels can affect your fertility and levels of testosterone. Take supplements or regularly eat foods enriched with these vitamins. Reduce your alcohol intake. Alcohol is known to lower testosterone levels, which can affect semen quality. Maintain a healthy weight. Being overweight or obese can lower your sex drive and may increase the risk of infertility. Stay relaxed. Use relaxation techniques, such as meditation, yoga and breathing exercises, to keep your stress levels low. Reduced stress levels can help increase your semen quality. Lecithin has not been shown to increase semen volume, but it is generally safe to take. It also offers some health benefits that have nothing to do with sexual function. You should always talk to your doctor before adding any supplements to your diet. Some supplements may interfere with medication or underlying health conditions. If you want to increase your sperm production or otherwise increase your sexual function, talk to your doctor about proven techniques. They may be able to recommend certain medications or certain lifestyle changes that will help you achieve your desired results. Results.

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