

Kegel Exercises

A well developed pubococcygeal muscle is essential for male and female sexual health. This muscle runs between the pubic bone in front and the coccyx (tailbone) in the back. To locate this muscle work up a good flow of urine and while the flow is full close it off. The muscle you automatically tighten is the pubococcygeal muscle. Muscles grow strong with exercise and become flaccid without it. This muscle needs to be well developed to maintain sexual control and keep the prostate supple. As the muscle is exercised, a greater flow of blood services the genitals and the supporting organs. As the muscle grows stronger, erections come more easily, sexual endurance is increased and the prostate gland is strengthened and toned.

Back in the '40s a gynecologist named Arnold Kegel developed an exercise program to help women who had problems with bladder control. It was soon discovered that these exercises not only created good pelvic health facilitating control of bowels and bladder, but they also helped develop and nourish the entire genital system, in men as well as women. Routine performance of Kegel exercises is one of the finest techniques for increasing reproductive organ health, sexual performance and pleasure.

A man or a woman can do Kegel exercises anytime, anywhere, while standing in a long line waiting to get seats in an overrated movie, while waiting for teenagers to get out of the bathroom, while stuck in traffic or when just hanging out reading comics. Probably the best time to do Kegel routines is while lying in bed, just before or just after sleep. Lying still, you can comfortably concentrate, visualize and experience the entire set of genital apparatus being exercised. You can feel Kegel exercises reach right down and touch the prostate, bringing invigorating massage and circulation to the often stagnant terrain lying in the mature male gland, tilling the prostatic soil so the actions of the therapeutic foods and herbal formulas can more easily take root and nurture the male gland. Think of this as "genital jogging" without the need to buy a lot of expensive equipment (well, maybe a walkman). Pardon me for going on and on about this, but I want to get your attention here. This is probably the single most important, simple, self-healing action you can provide for your prostate, your fertility and your sexual potency.

There are three parts to these exercises:

- *Slow clenching* of the PC muscle. You squeeze and clench the PC like you do when stopping urine. Hold it clenched for a slow count to three, then relax.
- *Rapid clenching*. Repeatedly clench and relax the PC as rapidly as you can.
- *Pushing out*. Bear down with moderate pressure as if forcing urine or a bowel movement. This uses a number of abdominal muscles along with the PC.

Like any muscle, the PC tires quickest when weak. Begin with a small number of repetitions then gradually build up the count. Quit before tiring the PC, but give it some good daily exercise. At first you might find that you cannot keep your PC tightly clenched during the Slow Clenches or you cannot do the Rapid Clenches very smoothly. This is because the PC is weak; you've gotten to it just in time. It might be best for some individuals to scatter the exercises throughout the day rather than doing them all at once. Begin conditioning your PC muscle by doing 10 Slow Clenches, 10 Rapid Clenches and 10 Pushing Outs. Consider this to be 1 set of exercises, and do 5 sets every day for the first week. In the second week increase each set to 15 Slow, 15 Rapid and 15 Pushes, and continue to do 5 sets a day. Continue increasing each set by 5 of each exercise until a set includes 30 of each exercise. Then continue to do at least 5 sets a day each day to maintain muscle tone and prostate massage. You will experience healthy changes quite soon.