

Taking It Easy And Nice And Slow

Written by Richard Simmons | Saturday, 31 October 2009 | There are 0 comments

“ Learning to relax before sex can make all the difference ”

Good sex and good erectile function are normally just taken for granted by young men until the day that they start to notice subtle differences in their hardness and duration. Men should not panic at this point but just take note of any external factors that could be playing a part in producing weaker erections. Stress and anxiety could be the reason that things are not 100% and it is important to deal with this rather than immediately trying to get a prescription for [Viagra](#), [Cialis](#) or [Levitra](#).



Learning to relax before sex can make all the difference and you should set time aside for this. Rather than trying to fit in sex around your busy schedule you should prioritise it and give yourself at least a couple of hours. There is tons of literature around about meditation, relaxation and basically just chilling out and you and your partner should make use of it. It might be music, breathing exercises, a massage or just a little bit of peace and quiet which could do the trick and get you back in the mood.

Take time to get in the mood with a long hot bath, turn off your mobiles and maybe even book yourself into a hotel room for a change of scenery. All these little things will help you to relieve stress and you may notice big differences in your erectile function. As well as poor erectile function, stress is also known to be one of the reasons that men suffer from premature ejaculation.

Remember also that good sex can create a virtuous circle which relieves stress in itself and thus produces a clearer mind and a better erection. You should also be aware that communicating your stress is one of the best ways of relieving it and Ukmedix News has published previous research which shows that you are statistically more likely to solve any sexual problems you have if you [communicate](#) them with your partner. http://www.ukmedix.com/impotence/taking_it_easy_and_nice_and_slow5014.cfm