

# Jelqing

## Penis Jelqing - What is it?

Penis Enlargement is not a new idea, but it is something more commonly discussed these days, thanks to new medical advancements, including penis enlargement capsules and penis enlargement devices. You may have also heard of a technique called jelqing or power jelqing, and wondered what that was all about. Basically jelqing involves "milking" or stretching exercises involving the penis, with the ultimate goal of increasing the length of your penis. It can be done by hand, or with the aid of machines or equipment, which is often referred to as "power jelqing". We will discuss these methods, as well as alternatives, on the road to your goal of achieving a longer penis.

## Penis Jelqing - How does it work?

Penis enlargement exercises, over time, have come to be called jelqing. Some people say that jelqing originated in Arabia where fathers would prepare their sons for sexual relationships by using a massage technique (jelqing) which increased the size of the penis. Whatever the source, jelqing has come to be the most common term for a number of natural penis enlargement exercises. The jelq exercises which can increase penis length/girth can be very time-consuming, taking as much as 45 minutes in a single jelqing session. Despite this, jelqing is one of the most tried natural penis enlargement technique in the world.

Jelqing has been found to have some disturbing effects when repeated for a period of time. Such side effects include: pain of the penis, surfacing of the veins, permanent erection damage, and discoloring of the penis head. Jelqing should be immediately ceased if any pain is felt or discomfort becomes apparent has gained a great deal of popularity via the internet within the last couple of years.

## How does jelqing enlarge the penis?

Jelqing exercises work in two ways: rebuilding and expanding the spongy bodies in the penis known as the corpora cavernosa and the corpus spongiosum, and, lengthening the ligaments of the penis, the main one being the suspensory ligament. A good example of ligament stretching can be seen in the women that belong to the Padaung tribe of Myanmar. Referred to as "Giraffe Women", they are known for their extremely elongated necks. From an early age, these women wrap metal coils around their necks. Over time, as more coils are added, the necks are stretched ten inches or more in length.

## What is the best jelqing exercise for increasing penis length?

In manual stretches, nothing beats the "Tension Stretch". Why? The penis is anchored to the pubic bone by several ligaments. In order to stretch these ligaments, it's necessary to perform a stretch that taxes all of the ligaments involved. By "rotating" the stretched penis, you are effectively stretching all the ligaments without cutting off circulation.

## What about increasing penis girth?

The easiest and most common exercise for increasing girth would have to be the jelq. As a beginner's exercise, it's fine, but for more advanced penis enlargement, I believe the jelq to be highly overrated. My recommendation is "the squeeze" exercise. Many men, after jelqing for several months and doing hundreds of repetitions a day, report an even better result by doing the squeeze for just a few dozen repetitions. The squeeze will expand the the spongy tissues of the penis and stretch the tunica (the elastic-like casing of the penis). I'd like to make clear the distinction between the "uli" exercise and the squeeze exercise. The uli involves the use of only one hand squeezing the base of the penis. The squeeze however involves the use of both hands, one at each end.

## How long before I see results from jelqing and other exercises?

Many men start seeing changes in penis size within a few weeks. Some men have added up to an inch or more in less than a month. This is uncommon but not impossible. How quickly you see results is entirely dependent on keeping up the exercises and following instructions closely.

## How big can I make my penis?

Some advanced users stop making gains because they fall victim to the "more is better" mode of thinking. They say, "Hey, I did 50 repetitions of 'the squeeze', and my penis is a half inch bigger. If it only took 50 repetitions to add that half inch, then with 100 repetitions, I should be able to add a whole inch!" This a fallacy and men should ensure they follow the routines as instructed. The penis needs to be treated with care and good jelqing routines are designed to avoid discomfort and injury.

**Do jelqing exercises take a long time to do?**

For beginners, the exercises shouldn't take more than 30 minutes a day. For more advanced levels of penis enlargement, an hour or more is not uncommon. Taking some of the time you normally spend watching TV and using it for penis enlargement is a good way to start.

**Who can I get jelqing help from?**

Finding a good program is very important. Does the program offer consultation services? How is their support? How long do they take to answer emails? Is the info regularly updated? Are there various routines to choose from? Are the guidelines easy to follow? Good jelqing programs should also offer message boards and discussion forums for members to discuss routines and results.

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