

Over Masturbation

You might not really want to hear this... But!

The effects of masturbation and over masturbation upon a mans body was recently looked at.

And what exactly did they find?

Frequent masturbation and ejaculation stimulate acetylcholine/parasympathetic nervous functions. Excessive stimulation can result in over production of sex hormones and neurotransmitters such as acetylcholine, dopamine and serotonin.

Abundant and unusually large amount of these hormones and neurotransmitters can cause the brain and adrenal glands to perform excessive dopamine-norepinephrine-epinephrine conversion and turn the brain and body functions to be extremely sympathetic. In other words, there is a big change of body chemistry when one excessively masturbates.

Note: Masturbation is a healthy sexual behavior. Like other behaviors, when over practiced or addicted it can lead to both psychological and physiological imbalances.

Side-effects of Masturbation

Other than an immediate need for a towel or tissue, the effects of masturbation upon the male body were:

- Fatigue. Feeling tired all the time
- Lower back pain
- Thinning hair / Hair Loss
- Soft / Weak Erections
- Premature Ejaculation
- Eye floaters or fuzzy vision
- Groin / Testicular Pain
- Pain or cramp in the pelvic cavity or/and tail bone

When to say when is enough

How much is too much masturbation (and sex for that matter)? That depends but it's suggested men keep their ejaculation frequency down to 2-3 times a week. However, sexual activity can be experienced more often if men learn how to orgasm without ejaculation. Doing so can actually store bioenergy into your system and make your penis firmer, your erections last longer, and your ejaculate volume bigger.

Over masturbation participants experience problems with concentration and memory. This is a dangerous side effect of over masturbation and signals that the brain is being over drained of acetylcholine. Over masturbation drains motor neurons and neuro-muscular endings of acetylcholine, which is eventually replaced. Over masturbation can lead to absentmindedness, memory loss, lack of concentration, and eye floaters. To fight these symptoms, the chemical levels in your body needs to be balanced.

The plethora of problems associated with over masturbation come from the fact that your body is drained of important nutrients and hormones from over masturbation.

Bottom line.... As with all things nice, do it in moderation!