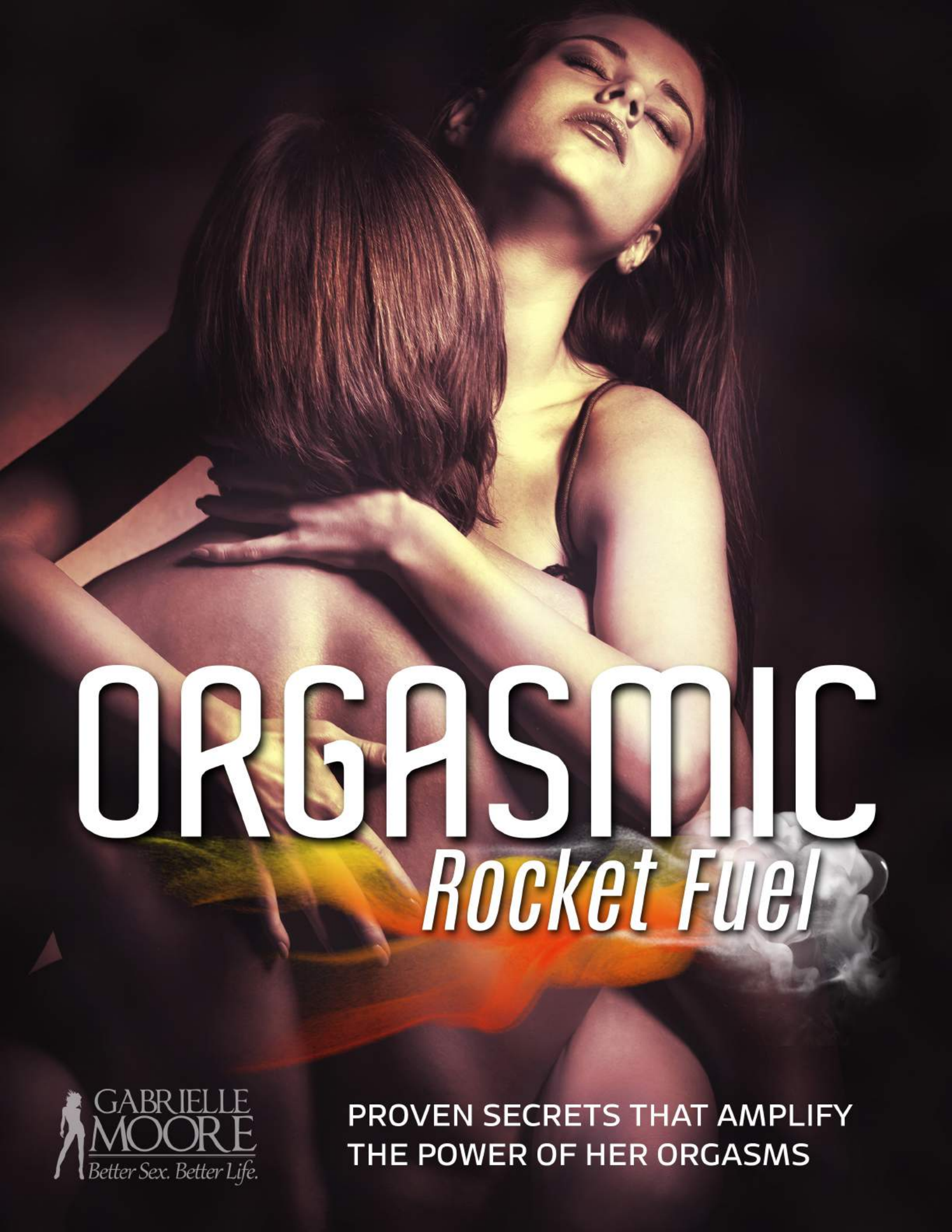
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PROVEN SECRETS THAT AMPLIFY
THE POWER OF HER ORGASMS

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Introduction

All good men want their partner to have better, more intense orgasms. Part of guaranteeing that is going to come down to your performance, but like all things related to women, it's not just that simple. We are complicated creatures and that includes in the bedroom. There are many things a woman can do to intensify her orgasm. Some of it is going to fall into your hands, but other things will be up to her.

Sex is extremely important in a relationship. It allows you to connect on a level that you don't connect with anyone else on. When you are with someone that you love sexually, you open up and show another side of yourself. You allow yourself to be vulnerable. It creates intimacy within the relationship. It's easy for a couple who has been together for a long time to begin to fall into habits and routines when it comes to sex. On one hand, it's nice to have someone know you so well and know exactly what you like. Yet on the other hand, variety is the spice of life. Changing things up and improving your sexual relationship with your partner can really help to bring you closer as a couple.

If you could, you would probably jump at the chance to help your partner have better sex and more powerful orgasms. Even though it's not just up to you, you can certainly help out. Do you want to get all the facts about helping your partner meet this goal? Read on, this eBook will be dedicated to giving you all the helpful information you and your partner need to amplify the power of her orgasm in no time.

What You Can Do With Your Partner To Intensify Her Orgasm

The great news about this first technique is that it will help to intensify your own orgasm and increase your pleasure as well as your partner's. You're going to learn a technique that will teach you to slow down the sexual experience and the results will be fantastic.

You and your partner might not have time for a long sex session every time you want to have sex, but if you really want to intensify her orgasm then a quickie probably isn't going to be the way to do it. You might not be able to take your time every time, but you should make it a priority on a regular basis.

The Extended Orgasm

When you and your partner experience an orgasm your body tenses up, your breathing becomes faster and more labored, and when you finally come it feels like a huge release. Some experts say that this isn't the way to do it. By tensing up and breathing in this way, you are restricting the amount of oxygen and blood running through your body. This makes your orgasm shorter and less intense. Don't get me wrong, you might be very pleased with your orgasms and

your partner could be too, but what if they had the potential to be much, much better? Using these extended orgasm tips can help you have just that.

The idea of the extended orgasm is to bring each other to the brink of orgasm and then dial it down so that neither of you actually climax. Then you will continue to bring each other to the brink of orgasm again, also dialing things back again right before the orgasm. This requires a lot of good communication on both of your parts. You will both need to be able to tell the other when to slow things down and how to do so. Once the sexual tension has lessened, you can start to build it back up again. Finally, when you're both ready you can allow yourselves to orgasm. Prolonging the pleasure you're both experiencing will give you longer lasting and much more intense orgasms.

- **Relaxation is key** - Remember how we talked about how your tensed up orgasms aren't allowing either of you to orgasm at your full potential? Well, relaxation is a key part of making sure you don't have another one of those tense orgasms. Take a deep breath and enjoy yourselves.

- **Tease each other** - Explore each other's erogenous zones, don't just focus all your attention on the genitals. There is so much more to sex than penises and vaginas! Giving attention to other erogenous zones also increases blood flow throughout the entire body, which will prepare you for a fabulous extended orgasm. Your partner's anticipation will build up during this time as well, which will increase her sensitivity when you finally start touching her genital area. Try swirling your tongue around her breasts, slowly getting closer to the nipple with each circle until you reach it. When you're ready to head south, kiss and lick her inner thighs and slowly make your way to her genitals. Once you have arrived, don't touch the clitoris, but begin to lick and suck on her lips and vaginal opening and slowly make your way to her clitoral hood. Tease her there for a bit.

- **Use both hands** - Even when it's just your mouth or penis doing the work, make sure you're using both of your hands to touch or stimulate her in other areas. This will give her a multi-sensory experience. Grab hold of her hips, massage her breasts, shoulders or back, run your fingers through her hair, do anything that will add extra stimulation.

- **Change up the speed** - In order to make sure neither of you go over the edge and orgasm, it helps to vary the speed of your sexual activity. If you're touching her genitals or giving her oral sex, slow way down and then intensify your technique, then slow down and lighten your touch again. If you are having sex, try making love very slowly and then allow yourselves to go faster and more intense, but remembering to slow it down before it becomes too much for either one of you.

- **Stop and Start** - Instead of going from the typical foreplay-oral-penetration-orgasm, try switching it up between these different methods of pleasure. During sex, stop and go back to manually stimulating each other, kissing naked (without sex), or oral sex. Then return to penetration when you're ready.

- **Have her try these techniques just when she is about to orgasm:**

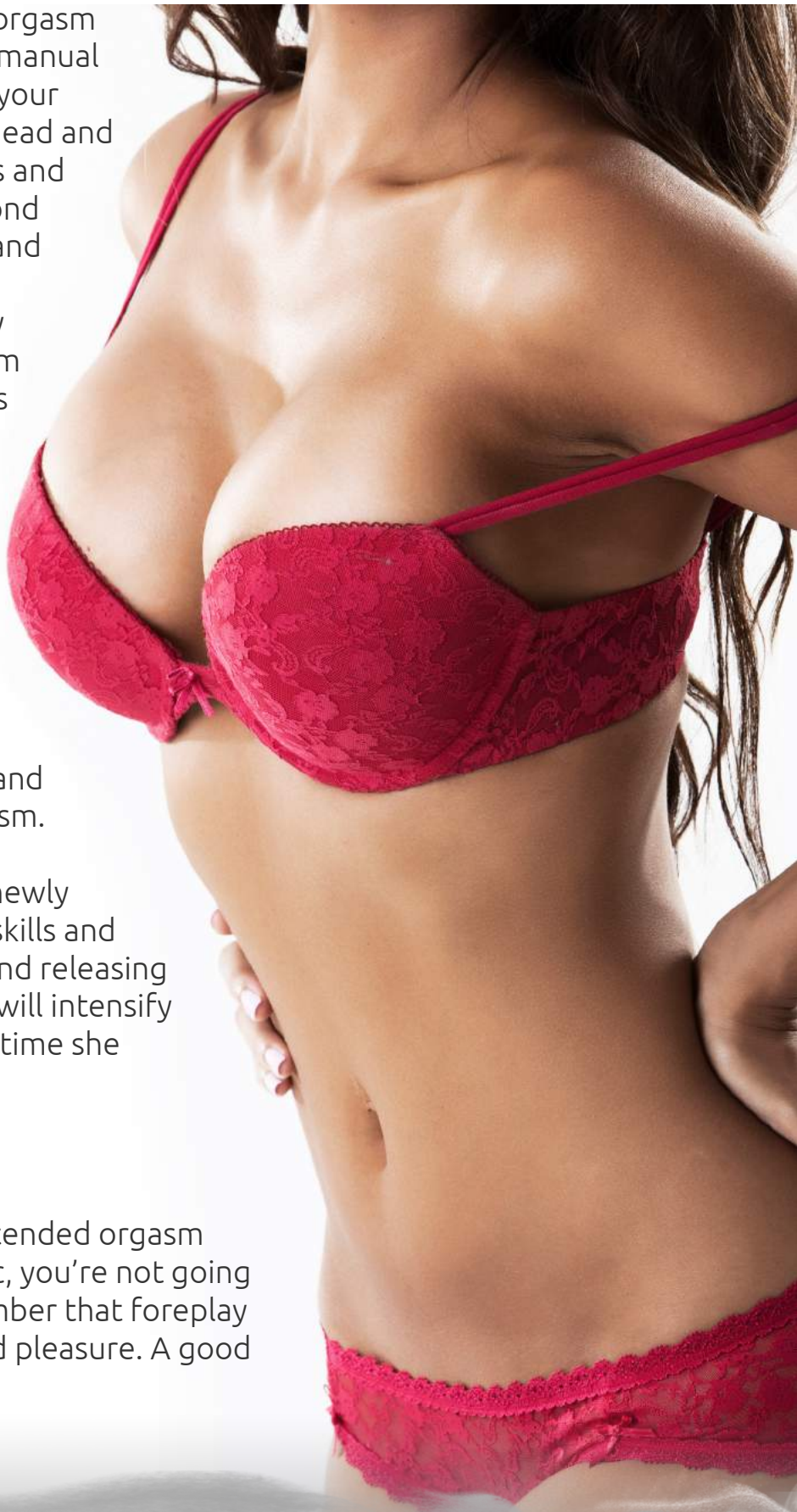
    - Relax and breathe. It's natural for her breathing to speed up and become more shallow. She should try to stay calm and take long, deep breaths. She should make sure she isn't holding her breath either.

    - Try interrupting her orgasm for a split second by stopping what you're doing very briefly and then beginning again. When you start up again the feeling will be even more intense for her. Make sure you don't wait too long or she might lose her orgasm all together. Just half a beat will be enough to intensify things.

    - In the coming section we will discuss Kegel exercises. Once she has these mastered she should squeeze and release her pelvic floor muscles a few times just as she is beginning to climax. This will makes her orgasm last longer and become more intense.

- **Try these techniques for yourself when you're about to orgasm:**

    - Employ the same breathing technique we covered for her.



- If you're going to orgasm during oral sex or manual stimulation, wrap your hand around the head and shaft of your penis and squeeze for a second (or have her hold and squeeze for you). You're temporarily pausing the orgasm and when it begins again after a second, it will be much more intense.

- Instead of speeding up during orgasm, slow way down. This will intensify and prolong your orgasm.

- Have her use her newly discovered Kegel skills and begin squeezing and releasing as you come. This will intensify your orgasm each time she squeezes you.

Foreplay

If you don't have time for the extended orgasm every time… and let's be realistic, you're not going to always have time for it, remember that foreplay can also intensify her orgasm and pleasure. A good

amount of foreplay should be mandatory for every time you have sex. If you don't have time to dedicate to foreplay, then don't even try to have sex. Unless she's demanding a quickie, sans foreplay, you have no excuse for skipping out on it. Most women need time to warm up and get in the mood for sex. The longer foreplay lasts, the more excited she will be and the more intense her orgasm will be. Learn more about foreplay at http://www.turnheronfaster.com/.

Mutual Masturbation

Use mutual masturbation to really get to know what your partner likes. This will allow you to give her better orgasms because you will have learned all the tricks she uses to get herself off. With mutual masturbation you can both masturbate in front of each other and demonstrate how you really like to be touched. Not only is it an amazing learning experience for both of you because you can observe exactly what your partner does to pleasure herself, but it's also extremely sexy and intense to watch each other in this way.

Watch how she touches herself from start to finish and take note of how it changes as she gets more and more excited.

Start out facing each other in comfortable positions. You can both touch yourselves at the same time, but I would suggest that you slowly touch yourself in a way that doesn't require a lot of attention on your part so that you can focus all your attention on learning about her body and how she pleasures herself. Watch how she touches herself from start to finish and take note of how it changes as she gets more and more excited. Take note of the amount of pressure she uses, where she touches herself, how she touches herself, how fast, how deep, and every other little detail that you can learn. This will help you out the next time you get to be the one giving her the orgasm.

Extra Tips to Intensify Her Orgasm

- Use a water-based lubrication - Even though she produces her own lubrication, having lube on hand is always a good idea. Things just feel better when they slide along without friction.

- Make a pact - Don't do things that either of you are not comfortable with. Being relaxed and at ease is key to being able to have an amazing orgasm. If she's not comfortable with some aspect of your sexual activity, she's not going to be able to relax.

- Have her show you exactly what she likes, how she likes it, when she likes it, and whatever other details you can get in order to get to know her body really well. Ask her to give you feedback during sex. It doesn't have to be anything formal, a simple, "keep doing that," "yes, right there," or "touch me here" will do the trick.

- Try unique foreplay techniques like sensual massage, taking a bath or shower together, or bathing her alone.

- Have her focus on her sensations and block out everything else.

What She Can Do To Intensify her Orgasm

Kegel Exercises - The Simple Exercise That Will Make Sex Better For Both of You!

This is a simple and FAST exercise that your partner can do every day in just 2 minutes or less and will have a huge benefit to both of your sex lives. Kegel exercises have been around since the 1940s and they have various amazing benefits for women (and even men!). They were first developed by a gynecologist named Arnold Kegel to help his patients who were suffering from urinary incontinence, but it was soon discovered that the benefits went way beyond this important usage. The current benefits list for women are as follows:

- **Urinary/Stress incontinence** - More women than you might imagine struggle with this. It's estimated that nearly half of older women struggle with urinary incontinence. Stress incontinence is very common in younger women and might be cause by pregnancy, vaginal childbirth, injuries, or past surgeries. Kegels give women strength in their pelvic floor muscles, which allows them to have more control over their bladder functions.

- **Benefits for pregnant women** - The pelvic floor muscles can be stretched, stressed, and weakened during pregnancy and childbirth. Doing Kegel exercises throughout a pregnancy and after allows women to have an easier childbirth (stronger muscles where they need it most) and avoid problems like stress incontinence. It also helps women regain elasticity in their vagina after childbirth, which makes sense more pleasurable.

- **Sexual benefits** - Now here is the really exciting benefit. Kegel exercises strengthen the muscles in the pelvic area, which is obviously an extremely important part of the body when it comes to sex and sexual pleasure. Just like running a 5K is a lot easier and more enjoyable with strong, toned legs, sex is better in a number of different ways if your partner's pelvic floor muscles are strong.

    - Her benefits: The pelvic floor muscles (aka PC muscles) form part of the orgasmic platform, so doing these exercises is said to intensify women's orgasms and increase their vaginal sensitivity. The muscle around the vaginal opening can be strengthened greatly through Kegels, and it just so happens that this is the area with the highest amount of nerve endings (i.e. the most sensitive!) in the vagina. Kegels also increase blood flow and circulation to the vagina, which is important for orgasmic function.

    - Your benefits: You may have heard stories about women who do Kegel exercises every day. The rumors are true! A stronger vagina means that she will be tighter and be able to grip your penis more during sex. Men have said that having sex with a partner who does Kegel exercises is like having sex for the first time.

Kegel exercises improve strength in the pelvic floor muscles, which is a muscle group that surrounds and supports the urethra, bladder, uterus and rectum.

How to do Kegel Exercises

Unfortunately women have to practice this one almost exclusively on their own, however I will mention a fun way you can incorporate Kegel exercises into your sexual play at the end of this section.

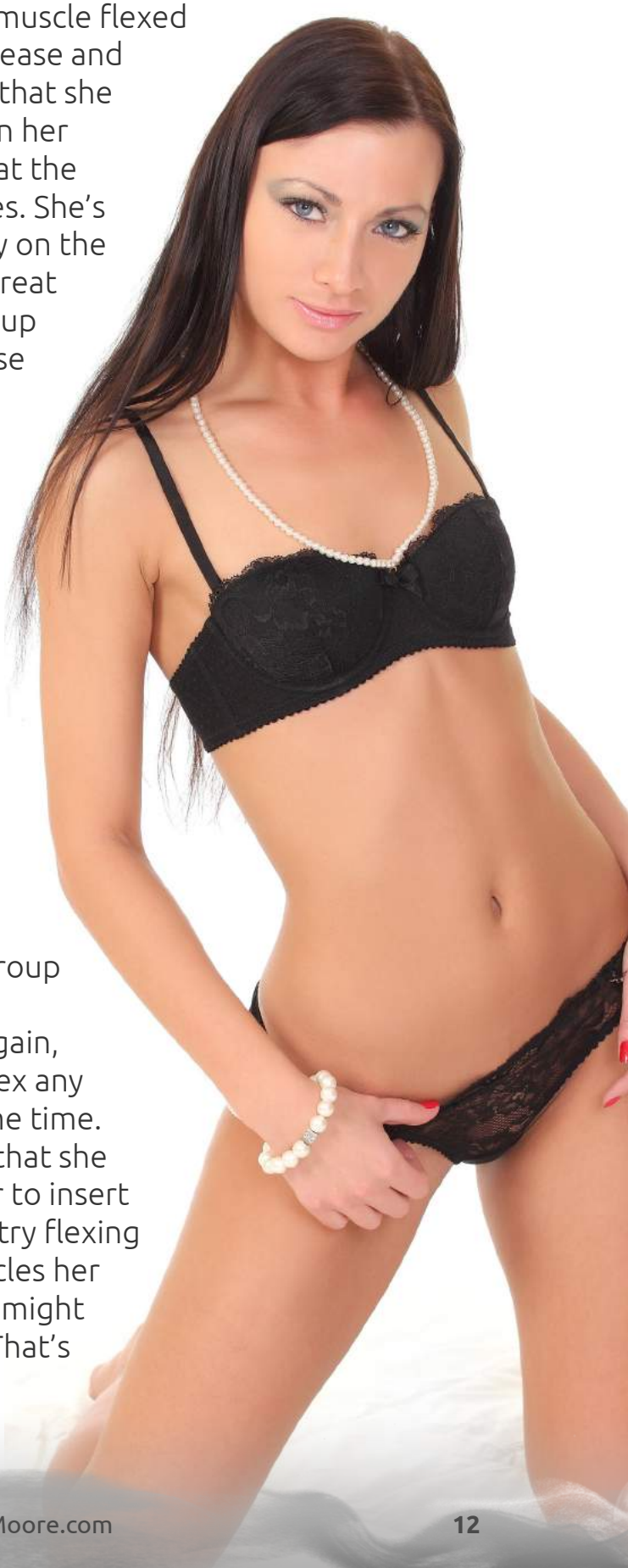
Kegels will get incredible results, but your partner needs to be committed to doing them every day in order to get the results you both want. Just trying them once or twice isn't going to do the trick. It's like getting any muscle group in shape, you need to train, but luckily the training only takes a minute or two per day. I think we can all dedicate one or two minutes a day to better sex, don't you?

Here's how it's done:

1. Finding the correct muscle group is extremely important. It's really easy to confuse the pelvic floor muscles and end up flexing your stomach, buttocks, and/or thigh muscles. This won't help you get the results you're looking for. Here are two techniques your partner can use to make sure she has located the right muscle group:

    a) She should try to stop or slow the flow of urine in mid flow the next time she's going to the bathroom. Once the flow has

stopped, she should hold this muscle flexed for a few seconds and then release and finish urinating. It's important that she not flex or tense the muscles in her thighs, buttocks, or abdomen at the same time as the Kegel muscles. She's going to want to hone in solely on the pelvic floor muscles. This is a great way to identify the muscle group that she wants, but this exercise should only be used to make sure she is exercising the right area. Using this stop and start technique on a regular basis can create other urinary issues.



b) Another way to locate the muscles is for your partner to lie on her back, with an empty bladder, completely relaxed. She will imagine that she is trying to stop the flow of urine and keep herself from passing gas at the same time. When she flexes this muscle group she should feel a squeeze and lifting sensation in the area. Again, she should be careful not to flex any other muscle group at the same time. A great way for her to ensure that she has the right muscles is for her to insert her finger into her vagina and try flexing again. If she has the right muscles her vagina will hug her finger. She might not feel a strong grip at first. That's

okay. Over time and with practice her PC muscles will become much stronger.

2. Once she has located the correct muscles and is sure that she is not flexing any other muscle or holding her breath, she is ready to practice a Kegel exercise set. If she is new to Kegel's and doesn't have a lot of pelvic floor strength yet, she can start by holding the muscle flexed for 2-3 seconds. Then she can release and rest for the same amount of time. She should hold and release for a series of ten. She should do a set three or four times a day, which she can disperse throughout the day. It's helpful to have a routine so she can guarantee that her sets will get done. For example, she can commit to doing a set first thing in the morning as she lies in bed, once at lunchtime, and once before bed.

3. A great alternative exercise that is a little more advanced is to squeeze and release as rapidly as possible in a flutter-like motion. Quickly squeeze and release 10 times in a row. Take a rest afterward. She can also do 3 or 4 sets a day of this exercise.

4. In the beginning your partner might not have a lot of strength in this area, so it's important that she knows to keep up with the exercises and she will start to see a difference in about 3 to 6 weeks. Again, this is like any kind of muscle training, it takes some time and dedication to get results. The best part is that the time she dedicates to this is extremely minimal and she can do these exercises anywhere, anytime. No one will even know she's doing it!

5. Don't forget to breath! One common rookie mistake when it comes to Kegels is that the woman holds her breath as she is holding her muscles in. She should make sure she is relaxed and breathing throughout her sets.

Other Exercises That Will Work Your Kegels

As a bonus, we'll share some other exercises that will help tone your partner's pelvic floor muscles, as well as tone and sculpt other parts of her body.

1. While standing she will tilt her pelvis forward and backward. As she thrusts forward she should contract her abs and glutes and exhale at the same time. When she thrusts backward she should release and inhale at the same time. She can do 8 slow reps, followed by 8 fast reps.

2. Do the same exercise as above but moving the hips from side to side instead of back and forth. Both of these exercises will help open up her hips and increase blood flow to the pelvic area.

3. Engaging her buttocks and lower abdominal muscles, she will roll her hips in one direction 8 times, then in the other direction 8 more times. This is also a great hip opener.

4. If your partner practices yoga, she might already be familiar with this one. In yoga it's called bridge pose. She will lie flat on her back with her knees bent, feet flat on the floor, hip width apart. She should lift her pelvis up in the air going into the bridge pose. Here is where is gets more interesting. When she is at the top of the bridge pose she should squeeze her pelvic floor muscles. With the muscles engaged she should lift each foot off the floor slightly and then put it down as if marching. Be careful not to squeeze the butt muscles in this position. Lift each foot 5 times (left, right, left, right), release the pelvic floor muscles, and lower the pelvis. Rest for a moment and then do the same set two more times.

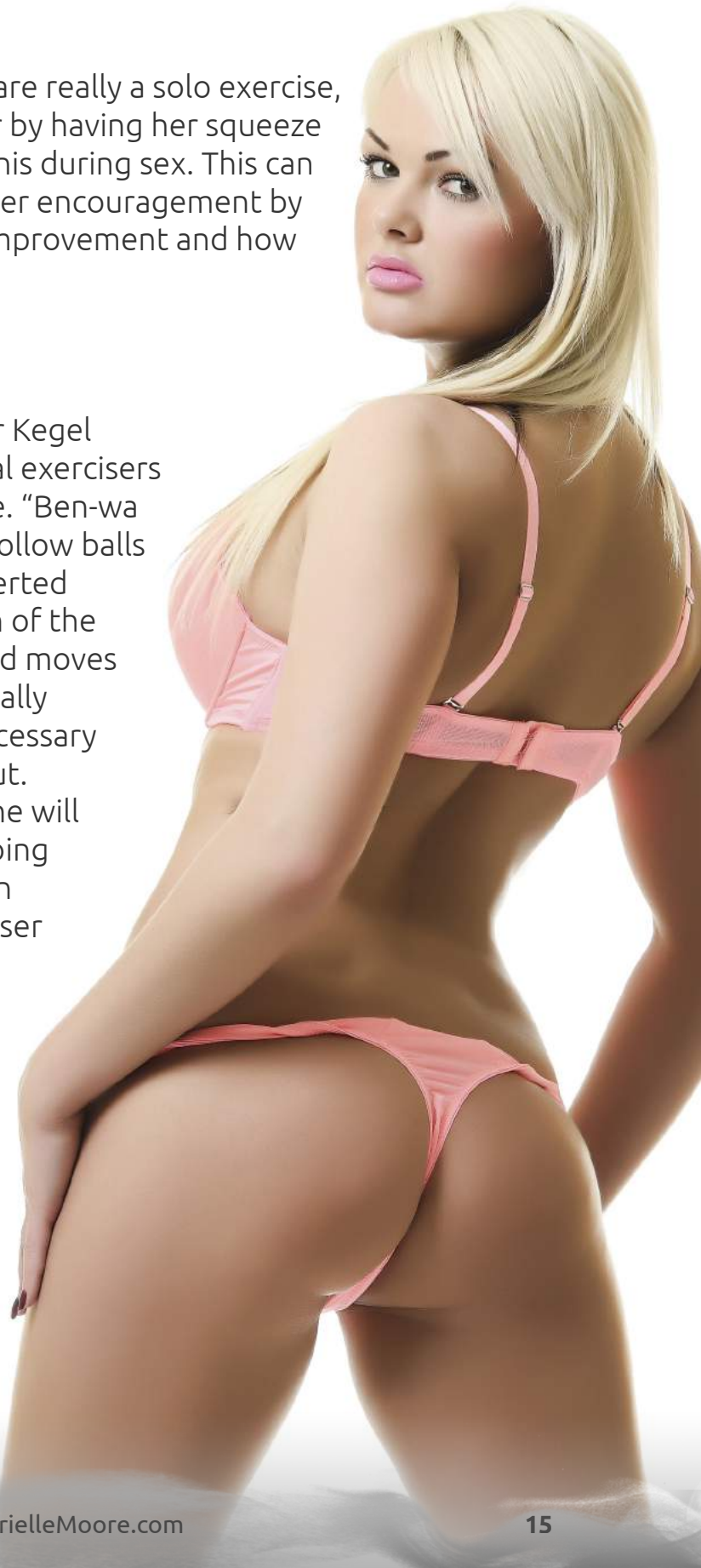
5. In this next exercise she should lie on her side with the bottom leg slightly bent and the top leg extended straight out. Raise the top leg up 5 times, contracting the PC muscles each time the leg lifts. Do another set with the top leg positioned slightly in front of the bottom leg. And another with the leg positioned slightly pointing back. This is great for Kegels, her butt, and her abs. Once she has completed one leg, she can flip over and do the same set on the other side.

Guys, join the fun!

As I mentioned before, Kegel exercises are really a solo exercise, but you can chart her progress together by having her squeeze your finger during foreplay and your penis during sex. This can be really exciting for both of you. Give her encouragement by telling her how much you can feel the improvement and how great it feels.

Kegel Exercisers

If your partner isn't sure she is doing her Kegel exercises the right way, there are several exercisers out there that can help get the job done. "Ben-wa balls" are one such exerciser. They are hollow balls with a weight inside. These balls are inserted into the vagina and held by the strength of the pelvic floor muscles. The weight rolls and moves around with her movement which naturally forces her muscles to contract when necessary in order to keep the balls from falling out. When her muscles get strong enough she will be able to wear them while standing, doing things around the house, and even when she goes out. No one will ever be the wiser that she has them in! There are other Kegel exercisers in the market, like the Kegelmaster, Kegel exercise weights, Kegel barbells, Kegel exercise cones, and many others that people have used to exercise this special muscle group. However, your partner is able to do her free exercises right from home without the aid of anything but her own body if she so chooses.



General Tips to Improving Orgasms

What a woman can do to intensify her orgasms doesn't just come down to sexual activity and Kegel exercises. Things like diet, exercise, and lifestyle factors can all play a role in the intensity of her orgasms and her desire in the bedroom in general. You've probably guessed it already, the healthier she is in mind, body, and spirit, the better sex will be for her and the more she will want it.

- ***Limit alcohol use*** - She might love to wind down with a few glasses of wine after a long, hard day, but it's not in her best interest when it comes to her enjoyment of sex. Alcohol numbs the body's sensations and can dull down her orgasm. She can still enjoy a little wine at the end of the day, but she should limit it to one glass if hot sex is what's for dessert.

- ***Commit to an exercise plan*** - She should pick a form of exercise that she enjoys and practice it at least three times a week. Many people dread exercise and that's what keeps them from actually following through with an exercise routine. She can considering yoga, hiking, walking, jogging, running, dancing, swimming, or joining a gym and participating in group classes or working out there on her own. What is good for her health and body is also good for her sexual self. Stress is a big factor when it comes to poor orgasms or the inability to orgasm. Exercise has been proven to greatly reduce stress. Exercise also increase circulation and blood flow, which aids in sexual response and orgasm.

- ***Check the medicine cabinet*** - There are a lot of medications that can interfere with orgasm and sexuality. However, it's very important to remember that she should consult with her doctor before changing any prescribed medication. Some medications that have been known to have a negative effect on sexuality are antidepressants, birth control pills, antihistamines, cholesterol medications, and blood pressure medications. If your partner takes one of these medications and is concerned about the effects on her sex drive, she should make an appointment with her doctor to talk about alternatives.

- ***Keep the instrument well tuned*** - This means that your partner should feel free to masturbate and pleasure herself on those days when you don't have sex or she's just in the mood. The more she engages with that part of her, the more sexual she will feel in body and mind, and the better the circulation will be in that area.

- ***No pressure*** - This one goes for both of you. One thing that can kill the mood in the bedroom is too much pressure. Whether it's pressure to perform, to orgasm, to get pregnant, or whatever else, pressure is an orgasm killer. She might still get there, but it won't be as amazing or intense as it would be if she felt at ease.

- ***Stress-free life*** - Yes, you read that right. I know that living a stress free life might seem impossible, and the truth is, it probably is impossible, but that doesn't mean that you shouldn't be striving to attain it. Help her to destress by helping around the house. Make sure that the bulk of the home responsibilities don't fall on her shoulders but are shared within the family. Give her time alone to do a personal activity or hobby that isn't related to you, work, or your kids (if you have them). Explore different ways to decrease stress together. Sex is a great way to reduce stress, of course, but you can also exercise together or plan relaxing activities.

Healthy Diet, Healthy Sex Life

Having a healthier diet in general will help your partner enjoy a better sex life. Our health is directly related to how our body feels and how well it functions. Those things will also affect how well our bodies react and feel sexually. The healthier a person is, the better their sex life will be. Just as healthy foods can give our sex lives a boost, unhealthy foods can have serious negative repercussions. Excess body fat can also cause poor blood flow, and healthy blood flow is essential for arousal, sensitivity, and orgasm. Eating poorly can lead to weight gain and serious health problems. It can affect a person's confidence and self esteem. By following a healthy diet you will both not only feel better, but you will look better too, and that will give you added confidence.

- ***A balanced meal*** - It's surprising how many people these days don't know how to properly proportion their meals. In order to have a well balanced mean you should have a balance of protein, complex carbohydrates and fats. Try a combination of 40% protein, 35% complex carbs, and 25% fat (only 10% of that could be saturate fat). Balanced meals help a perons to lose weight and improve stamina (sexual and otherwise).

- ***Small meals*** - Consider eating 5 smaller meals with your partner instead of 3 big ones. This helps your metabolism run at a steadier rate than spreading your meals out over longer periods of time. Having a small meal will also ensure that you don't overeat and feel way too full to have sex later that night.

- ***Don't skimp on the protein*** - Protein should be an important part of your diet. It is important for things like giving you much needed energy, regulating body processes, supporting the immune system, and producing vital bodily substances, such as hormones and enzymes. Try chicken, lean beef, fish, nuts, tofu, eggs, dairy, and quinoa to incorporate more healthy protein into your diet.

- ***Eat fruits and veggies*** - You should have between 5 and 10 servings of fruits and vegetables per day. Aim to eat nutrient- and antioxidant-rich ones and they will make a huge difference in your short and long term health.

- ***Drink lots of water*** - Water is actually a stress reducer, plus there are a ton of health benefits. It boosts your metabolism, cleans the body, and keeps toxins at a minimum by helping you to eliminate them through your urine. Being hydrated also reduces body odor and enables a woman's body to be able to lubricate properly.

- ***Say no to bad foods*** - We all have our vices, but they aren't doing us any good but providing instant gratification. Then we suffer for our indulgence later. We feel guilty or even physically bad, and that's not very sexy. Make a list of unhealthy indulgences and then work on another list of healthy things you can replace them with.

- ***Shop right*** - Try to buy locally grown fruits and veggies from your nearby farmers market or farm stand. Then skip out on the processed foods and spend a little more time in the kitchen cooking from scratch.

- ***Change it up*** - Try cooking a new meal every week. The Internet is chock full of cooking blogs, websites, and healthy eating sites. It shouldn't be too tough to find a new recipe each week. This will allow you both to explore new foods and it will guarantee that you won't get bored with your new eating plan.

Even though you can't 100% change how she sees herself, you can help by showing her how YOU see her.

- ***Omega-3 Fatty Acids*** - Eating plenty of these will help you have a healthy heart, which is important for healthy blood flow throughout the whole body, including the genitals. You can get Omega-3 fatty acids by eating salmon, walnuts, tuna, sardines, and flaxseed.

- ***Limit saturated fat and avoid trans fat*** - Saturated fat can be found in things like fatty beef or whole-fat dairy. Trans fat can be found in margarine and processed foods. Instead, go for heart-healthy polyunsaturated and monounsaturated fats like avocados, olive oil, and nuts.

Healthy Mind

For women, healthy and happy sexuality involves many different factors and one of them is their body image. Many women suffer from low self esteem and body image. This is a challenging subject because you alone won't be able to change the way that she thinks of herself. If she has a positive body image and a healthy self esteem, she will be able to enjoy sex more and have better orgasms because she will feel more at ease in her body and more confident in the bedroom. You love your partner and think she's gorgeous, is there anything a guy can do to help out? The answer is yes. Even though you can't 100% change how she sees herself, you can help by showing her how YOU see her. Try these tips:

- Couples that have been together for a long time sometimes forget to keep complimenting each other and telling each other what they like

about the other person. Tell her something nice about herself every day. It doesn't always have to be something physical that you like about her, but it should be a genuine compliment that comes straight from the heart.

- Compliment her in the bedroom. You know all those thoughts that run through your head during sex about how hot your partner is, how lucky you are to get to be with her, etc? Well start sharing those things with her. It will make her feel great and give her a little confidence boost in the moment.

- Ban negative self talk. Men do it too. We put ourselves down. Make a pact to ban negative self talk. Each time one of you says something negative about yourselves, you have to replace it with three positive things. This will help to start reverse the negative thoughts that undermine confidence and self esteem.

Herbs for hotter orgasms?

There is some debate on whether or not certain herbs and foods could be considered aphrodisiacs. The herbs on the following list have been around for many, many years and have been historically used to improve sexuality. They can be taken in tea or pill form several hours before the sexual experience.

Do not take any of these herbs without first consulting your doctor, as some herbs might have side effects or conflict with other medications for certain people. It's always best to get a professional medical opinion first before taking any new supplement.

Here is the list of herbs to try out:

1. **Yohimbe** - This is a bark that has been used for centuries to increase pleasure and performance. It has an energizing effect and has been shown to increase blood flow to the genitals. It is also said to increase sensitivity, sensation, libido, and stamina.

2. **Damiana** - Damiana has been a recognized aphrodisiac for centuries and centuries. It was once used by the Aztecs as a sexual stimulant. It is said to increase blood flow to the clitoris, increase bodily sensation, and restore the natural sexual desire, especially for tired or stressed individuals.

3. **Horny Goat Weed** - This plant has been used for thousands of years in Ancient Chinese medicine. It has been used to treat sexual dysfunction and to increase the libido for men and women. It is said to increase desire, improve endurance, and enhance sexual satisfaction. It's recommended to use the herb one to two hours before sex.

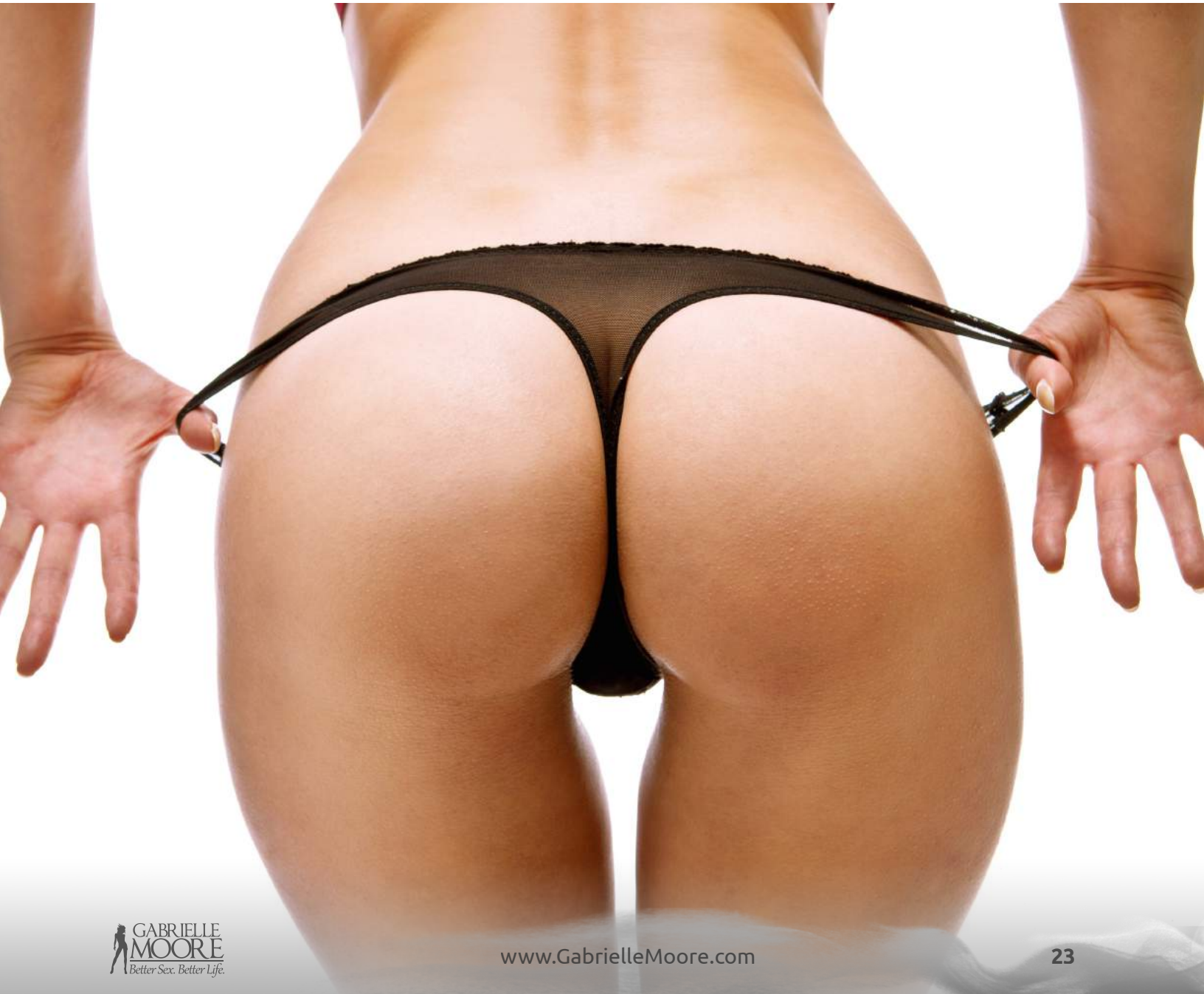
4. **Maca** - The Incan people believed so much in the power of Maca that only royalty was allow to have it. For women, maca is said to enhance libido and increase energy and the sensation in the clitoral area. For men, it is believed to also enhance libido, increase energy, stamina and endurance, but it's also said that maca increases sperm count, testosterone levels and helps with erectile dysfunction.

5. **Oatstraw** - Oatstraw has also been around for many years. It was originally used to calm and soothe the nerves and nervous system. However, research done at the Institute for Advanced Study of Human Sexuality have shown that oatstraw also works as a natural aphrodisiac by freeing up testosterone. It's said to be useful for both men and women, allowing them to become more relaxed and receptive to sex. It also is believed to increase lubrication in women, and increase testosterone in men.

In Closing…

There are many ways to increase pleasure for your partner and intensify her orgasms. From sexual techniques to Kegel exercises, to diet and exercise and state of mind. Most things that can be improved in a person's life will aid to making their sexual life even more rewarding than it already is.

So go ahead and try some, or all of this techniques and amaze your self with the new found power to enjoy together more intense, bonding, breath taking orgasms!



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