

LAST ALL NIGHT



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STAMINA SECRETS

Are you wondering how to improve your sexual stamina, otherwise known as sexual endurance.

Increasing sexual stamina is something most men think about frequently. In average, a man lasts 6 minutes during intercourse, excluding foreplay. For many, there is a real pressure to last longer.

This increase in pressure is a direct result of the era we live in. For instance, pornography has shown us performers that can last for up to 30 minutes or even hours. When in reality, these actors shoot a 30-minute video in a day, if not more. In addition to this, men want to ensure that their sexual partner enjoys a satisfying experience.

Furthermore, most men tend to worry about the size of their penis and their ejaculation power. To balance these anxieties, there's an emphasis on being a performer or in other words, being able to stay engaged as long as possible during penetrative sex.

Having the ability to improve sexual stamina is something that can significantly boost confidence and fortunately, it can be achieved with natural means.

While there isn't one-size-fits-all answer to boosting stamina, there are several things that can be implemented to increase sexual endurance.

HERE ARE THE BEST TIPS TO BOOST SEXUAL STAMINA IN MEN:

1. **Staying Active:** Practicing a regular cardiovascular physical activity, such as jogging, swimming or cycling, can do wonders for your stamina. If anything, it's the single best thing to boost your endurance. Make sure to exercise at least two to five times a week to see positive changes. Moreover, sex in itself is great cardiovascular exercise. So, the more sexually active you are, the better!
2. **Having a Diet Rich in Vegetables & Fruits:** A healthy diet is paramount to ensure good stamina. Upping your vegetable and fruit intake, and reducing unhealthy foods will naturally boost your endurance. Additionally, make sure to eat plenty of foods rich in nitrates and amino acids to boost your performance, such as watermelon, pomegranate, beets and leafy greens. Also, fatty fish is rich in omega-3, a fatty acid that can boost your overall health and thus, your endurance.
3. **Reducing Stress Levels:** Stress can be disastrous for your sexual health. It increases blood pressure and reduces libido – which has a definite negative impact on sexual performance. Moreover, chronic stress can lead to erectile dysfunction and premature ejaculation. As such, learning stress management techniques, including meditation, stoicism, yoga, tai chi or qi gong can be particularly useful.
4. **Stopping Smoking:** It's nothing new, when we say that's smoking is terrible for your health. However, giving up tobacco may significantly increase your sexual and overall stamina. Furthermore, smoking decreases libido and the quality of erections.
5. **Reducing Alcohol Consumption:** Too much alcohol can also be negative when it comes to sexual performance. So, if you are planning a smooth evening, reduce alcohol consumption to

ensure that you can get it up and... you can keep it up. On a more serious note, reducing alcohol intake can increase libido, improve blood flow, make you lose a few extra pounds and boost overall health.

6. ***Rationalizing Anxieties***: Often, in an anxiety-laden brain, we forget the most basic things. For example, that our partner needs are also important and focusing on these may ease our own insecurities. By concentrating on your partner, you can redirect your stress and turn it into something positive which will arouse your partner and... yourself in the process. Don't hesitate to extend foreplay and lose yourself in the magic of the moment.
7. ***Trying Different Sexual Positions & Techniques***: When it comes to sexual positions, we are all different. For instance, some positions will make us ejaculate faster, while others will allow us to keep on going longer. If the position is too stimulating, try switching to something less powerful. Many men find that having their partner on top allows them to last longer. Also, changing thrusting patterns can make a world of difference. Go slow for a bit then, accelerate a bit and go back to slow. If you feel like going hard...then, do it for a minute and take it slow again.
8. ***Improving Breathing During Intercourse***: Focusing on breathing during penetration can help you do several things. First, it can help you boost your endurance by ensuring your body gets plenty of oxygen. Secondly, it can also increase pleasure on both sides by anchoring you in the present moment. Finally, focused breathing is also a great tool to reduce anxiety.
9. ***Supplementing to Boost Endurance***: Supplements, such as magnesium, potassium and zinc can improve your endurance. Magnesium is an essential nutriment that is highly beneficial for muscle repair, energy levels and brain function. Potassium keeps your muscles and cells hydrated, and boosts metabolism – essential things to keep up stamina. Zinc deficiency can affect muscle function and thus, endurance. In consequence, supplementing with these minerals may be helpful to improve stamina.
10. ***Sleeping like a Baby***: Sleep is crucial to boost endurance levels and sexual stamina. If you need help to balance your natural biological clock, try supplementing with 5-HTP or melatonin. Additionally, research shows that sleeping enough is linked to higher libido and better stamina. So, if you want to improve your sex life, make sure your sleeping time is on point.

Incorporating a few of these tips and techniques into your current lifestyle will lead to improved stamina. However, to see long lasting changes, you will have to keep going at it. And that's particularly true, when it comes to staying active.

Physical activity, especially cardiovascular sports, is a must to keep and boost your stamina – whether that's in the bedroom or out of it.

This isn't the easiest thing. However, a little effort, day by day, will make your sexual life a lot better on the long run. And remember this, intercourse is the union of two beings. So, whenever it feels like too much, remember that you aren't alone and your partner also has anxieties too. It's okay, not to be perfect. You can always improve upon it!