

Increase Penis Size Naturally - 4 Top Tips to Get the Best Out of Penis Enlargement Exercises!

Just like a large percentage of guys, I turned to penis enlargement exercises to increase my penis size. I found that it was a slow process, but most importantly it produced some great results! Although I still have a long way to go, performing penis enlargement exercises has contributed to me adding an inch in length and half an inch in girth over the past few months.

In this article I wish to introduce you to the things that helped me get the most out of completing my penis enlargement exercises.

1) Set a time and stick to it - Exercising to naturally increase penis size is not something that you can talk to many other people about. When I originally started I didn't mention what I was doing to my partner for fear of humiliation! I found that performing exercising in the bathroom just before my morning shower was the best time. I had privacy and knew I wouldn't be disturbed. Find the best time of the day to perform your exercises and stick with it.

2) Learn to be patient - Unfortunately you cannot increase your penis size at the drop of a hat! It takes time and dedication. It is important to continue exercising and not lose heart. So many guys start using penis enlargement exercises and then give up within a few weeks because they see no positive results. It's true that many men have added an inch or even 2 to their penis size within a month, but these are pure genetic marvels. If you continue to exercise correctly you will get bigger, but it does take time!

3) Eat healthy foods - Using exercise to naturally increase penis size has much to do with increasing blood flow throughout your penis. Anyone with health concerns will know that there are certain foods that can constrict blood flow. Usually fatty, stodgy and foods that you know are bad for you can hinder your gains. Eat plenty of fruit and vegetables and lean protein such as, skinless chicken, turkey, salmon, tuna and mackerel. Also ensure that you are drinking plenty of water a day to flush those harmful toxins out of your body!

4) Invest in a decent exercise program - If you do a quick search on the internet you will find millions of websites dedicated to penis enlargement exercises. However, this doesn't mean all the information you read will be good! By following a decent and reputable exercise program you stand a far better chance of naturally increasing your penis size. Some of the best programs not only provide step-by-step guides but also have invaluable support. Let's face facts, talking to others about your penis size is not the easiest thing! So the more like-minded people you come across, the better!

About the Author

CAUTION: Now I need you to pay very close attention to this:- If you're ashamed of the size of your penis and the thought of surgery scares you half to death you need to do something about it right now! The next page contains some of the most shocking information about how to [Make Your Penis Bigger](#) that you will ever read. You simply cannot afford to miss this - [Click Here](#).

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