

Prostate Gland

According to ancient texts, the prostate is a source of Kundalini or core energy, and the essence of male spirit. More recently it has been referred to as the "Male G-spot." However it is described, the prostate is a central area for many nerves, muscles and glands. The prostate produces, stores and pumps seminal fluid out of the body via the urethra. Testicles produce millions of sperm, but seminal fluid from the prostate is most precious.

Semen contains super-concentrated, vital life fluid requiring days to produce; the older you are the longer it takes. Seminal fluid includes 30 calories of mostly proteins, hormones, amino acids, vitamins, and minerals. Older men can benefit the most from prostate massage and conserving the vital prostate fluid. The prostate gland is one of the greatest sources of energy and inspiration, so stimulating it can also feel really good!

Prostate Health

Most men are expected to experience some kind of prostate issue sometime in their life, but prostate massage can help. Medical doctors have prescribed and applied non-sexual prostate massage to patients for centuries. The prostate may become inflamed, engorged (B.P.H.), infected (prostatitis), or tumorous. This is sometimes due to lack of use, or over use.

An enlarged prostate can be painful and it puts pressure on the urethra: the result is feeling the frequent need to urinate but not being able to. Other symptoms may include dribbling or burning urine, weak erections, and Erectile Dysfunction (E.D.). It is common to tense the pelvic floor muscles throughout the day without being aware, this can create additional irritation. Sitting on hard chairs for long periods can also cause irritation.

A gentle 10 to 20 minute massage at least once a month and as often as once a day, has been proven to lead to a more healthy gland. The prostate works with the bladder and other organs which all require exercise, nutrition, and hydration to stay healthy. Activate the body's cells first thing in the morning and throughout the daytime with as little as a cup of pure water each hour. Then reduce fluid intake before sleeping to help reduce the need to urinate

Reference

"Prescription For Nutritional Healing"

by Phyllis A. Balch

"Prostate Health In 90 Days"

by Dr. Larry Clapp

"Common Sense Health and Healing"

by Dr. Richard Schultz

"The Definitive Guide To Cancer"

by W. John Diamond, MD

"Essential Oils Desk Reference"

by Gary Young

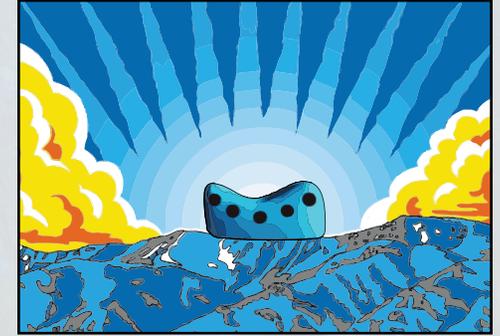
"The Art of True Healing"

by Dr. Isreal Regardie

"The Art of Peace"

by Morihei Ueshiba

The Revolutionary PROSTATE CRADLE™ EXTERNAL MASSAGER



PROSTATE HEALTH GUIDE

The Prostate Cradle™ is a powerful high-tech apparatus invented by a massage therapist for safe, easy, and effective prostate massage – And it can make men feel wonderful! Body weight creates soft and gentle pressure for a stimulating massage. The Cradle can be used for personal pleasure and with a partner. It's the perfect beginner's prostate massager that the experts also enjoy. The Cradle works even over light clothing. It is discreet, no one can tell when you are using it. The Cradle helps men improve physical and sexual health. Prostates can benefit from gentle massage monthly, weekly, or daily. Sessions usually last between 10 and 20 minutes, but may last much longer, if so desired.

The Prostate Cradle™ represents a breakthrough in external prostate massage, combining ancient knowledge with modern research. It works as an alternative and a complement to traditional internal rectum massage. The Cradle's unique anatomically correct design avoids sensitive areas, while stimulating the perineum and prostate. The Cradle is manufactured using 100% pure high quality silicone, non-toxic, environmentally friendly & phthalate-free silicone with no smelly off-gassing.

Caution: For adult use only. Improper use may cause discomfort - simply stop and consult a physician. Carefully read this entire guide before use.

This guide is the first step toward a new world of discovery and freedom from ordinary experiences!

Information contained in this booklet is intended for adult educational purposes only and is not intended to diagnose, prescribe, or treat any illness of the body. Responsibility for use is solely that of the user.

Please consult with as many physicians as possible.

90-DAY SATISFACTION GUARANTEE.

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Directions For Use

The prostate is one of the most sensitive areas of the body, therefore care must be taken during massage.

1 Empty the bladder before use. Drink a cup of pure water and take a few deep breaths.

2 Begin with extra cushioning over the massager. Place the Cradle on a cushioned chair or surface. Use extra cushion at first. Place a soft towel folded a few times over the massager until you can barely feel the massager. Then reduce the number of folds to discover your personal cushioning preference. Too much cushioning and you can't feel the massager. Too little cushioning and the massage may become too intense.

3 Begin with the double bump end of the Cradle positioned about an inch in front of the anus. The Cradle has a reversible design to also use the single bump end for more focused stimulation. The area about an inch in front of the anus is called the External Male G-Spot. To find the spot, place two fingers at the base of the penis, then follow the penile bulb back until the base of the penis meets the rectum wall — That is the spot! The prostate is most easily felt as it pulsates during Kegel exercises and during orgasm. Stimulating this area is beneficial for men's health and it can help men feel better than they ever dreamed possible!

4 Slowly and gently ease into each massage session. No rocking is required, but it may feel good. Apply light pressure to one area at a time. Explore different areas to the left and right. Travel back toward the tailbone, but not too far forward, the base of the penis is a very sensitive area. Pause for extended periods where it feels good. Try different positions while alternately flexing the "Kegel" or pelvic floor muscles. These muscles hold back urine flow, so it is important to keep them healthy!

Optional: Use in a reclining position with a folded or rolled towel placed under the Cradle. Also use in a hot bath with sea salt and therapeutic oils to combine massage with hydrotherapy.

Prostate Massage

PHASE ONE of the massage may feel slightly uncomfortable as a new experience for a beginner. Men who are already familiar with prostate massage generally learn faster. The Cradle can be placed on a book for deeper massage, or a pillow for a softer caress. The upper-front of the prostate gland can be massaged by gently depressing your hand in a circular motion over the belly, below the navel and above the pelvic bone. This should feel good!

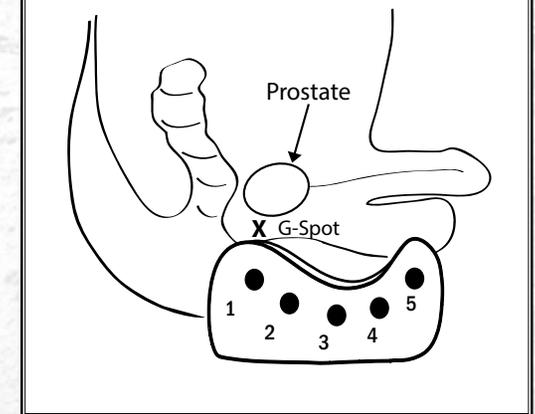
After a few minutes of massage the prostate slightly expands and becomes very sensitive. With practice you can feel the prostate expand. This lets you know the massage is working. PHASE TWO is when the prostate begins to feel really good. The urethra may become lubricated as evidenced by drops of seminal fluid leaking from the tip. This is "prostate milking." The flow may form a single drop or sometimes none at all. However, the massage is still working to increase blood supply, providing nutrients and oxygen to enrich the gland.

One or more mini vibrators can be inserted into the Cradle's cushioning holes for extra stimulation. Begin with hole number one or two nearest to the P-spot. Try different holes for more variation.

There are many muscles which surround the prostate. As you sit on the Cradle you can feel these muscles slowly begin to relax. During a full-drainage prostate massage, apply mostly continuous pressure while allowing for occasional interruption: It is important **not to completely restrict blood supply to the prostate.** Therefore slowly releasing then carefully re-applying pressure can be beneficial and pleasurable! Take breaks during longer sessions. Avoid quick movements. Slowly reduce pressure after each massage. If pain is experienced, simply stop and consult with your physician. Take your time, don't over do it.

Illustration

Prostate Cradle™



High Praise For The Cradle:

"An excellent solution..." - Dr. Ann Hupe, D.O.

"The massager performs very well."
- Dr. Heins Shulz

"Amazingly simple yet elegant"
- Jack Johnston, Sex Educator

"Don't let anal phobia stop you...try the Prostate Cradle." - Charlie Glickman, Author

"Now there is a noninvasive option...Cradle It!
And prostate massage can cause more intense orgasms." - Muscle & Fitness Magazine

Notable Quotes

"Know thy self."
Oracle of Delphi/Socrates

"Good health does not come easily;
you must work for it."
Charles Simone, M.D.

"All prescriptions should be combined with massage."
Hippocrates, "father of western medicine"