

1st Edition

## **BONUS GIFT #2**

### YOUR SEXUAL FANTASY GUIDE AND TESTOSTERONE PRODUCING TIPS



BY BRANDON THOMAS  
COPYRIGHT 2008 ALL RIGHTS RESERVED

## ADDING TOYS TO YOUR FOREPLAY

I am always looking to try new and creative things sexually. For the longest time, I avoided using different sex toys with my partners. It just seemed weird to me.

However, a few years ago I started experimenting with them a bit more with a girlfriend who was really into using toys. I must say, it was really fun.

If you are looking to spice things up a bit in the bedroom, I suggest you trying using some. You can start off slowly, trying something that maybe your lady already has, or you can pick something out together. It can really bring you closer together and make hooking up a lot more fun.

Over the past decade, the adult toy industry has grown to a \$500 million dollar a year industry. Stigmas that were once attached with using toys during foreplay have loosened. Using toys during your moments together is completely healthy and normal.

They are not meant to replace you or your partner or to be used all the time. Rather they are meant to spice things up as a couple and can be viewed as goofing around, or can be used to fulfill a fetish.

It is important to first see if she is comfortable using them. You need to make it clear to your lady that toys are not meant to replace her, or you. They are to be used with the two of you together.

You need to tell her that you are completely comfortable with her and the freedom that you share together. Bringing something new to the table is a natural part of intimacy.

There are plenty of things you can introduce. Adult videos, vibrators, dildos, fun sex games, or cock rings. These are just a few of them. You can also play strip poker together, or incorporate a sporting event on television into an erotic game. You are in control.

Adult videos are fun because you can try and replicate what you are watching. This can be very fun and exciting. Try creating your own porn together, while watching the movie. You can even film it if you want to add to the whole experience.

## VIBRATORS

If you are interested vibrators, they come in all shapes and sizes, but generally they are in the shape of a penis. Some can be loud and others can be very quiet. It is up to you what you want.

If you are worried about children or roommates, you most likely want one that doesn't make much noise. Again, they are not meant to replace you or her. They are used to enhance your partner's pleasure, and in some cases they can even relax her or introduce her to new feelings and sensations she has never felt.

Now guys, don't think that once you use a vibrator with your partner that she will dump you and start dating the machine. That is a huge myth. Can she use it alone for masturbation purposes, sure. If she is comfortable doing that, let her.

External vibrators are used to stimulate the clitoris and other sensitive areas of the vulva. They are wonderful at providing enough pleasure to bring women to orgasm. They can also be used on a lower setting to pleasure a man's penis or testicles.

If you are new to using vibrators, start by using it as a massage device on your back, neck and arms. Once you become comfortable with it, start using it in the more intimate areas.

You can also find vibrators that can turn your fingers into a pleasure robot. These are great to keep on a hand for a whole foreplay session since they are small enough to not interfere much.

If you are not interested in external vibrators, which some women don't like, you can try internal vibrators that are designed for insertion into the vagina. There are vibrators out there that are shaped for optimal "G-spot" stimulation. If your partner is uncomfortable with a device that is

shaped like a penis, or even resembles a penis, there are plenty of models out there to choose from. Many women like the egg-shaped vibrators.

It is very important to always keep your toys clean so you don't pass any germs or infection. Always keep toy cleaner on hand if you are going to be using them regularly. Remember, you can always place a condom over a vibrator as well.

## DILDOS

These devices date back a long time, and they are meant to mimic the penis in function and form. Again, they in no way shape or form take place of a real penis, so don't worry gentleman.

They come in all kinds of shapes, colors, sizes and textures. Most dildos are held with a hand, but some strap on to a device that can be worn around you or a partner.

You can choose a dildo in any color you can imagine. Realistic human colors, red, blue, pink, silver, anything. When it comes to shape, some women prefer dildos that look like a real penis.

Other women want dildos that are smooth, without ridges or things that appear to look like veins. There are dildos that are shaped oddly to easily stimulate the "G-spot" as well.

Dildos come in many different materials, but the most common are rubber, plastic, or silicone. Silicone dildos are very easy to clean, but generally more expensive than ones made of other material.

## COCK RINGS

AKA, constriction rings, these devices are bands or straps that are placed around the scrotum and shaft of the penis and keep blood from flowing out of the penis.

Sometimes they can help men stay erect, or even have larger erections than normal. It is important to not wear one for too long because they could potentially cause injury. Never wear one more than 30 minutes.

**IF YOU HAVE A CAMERA, AND ARE UP FOR FUN, TRY FILMING YOURSELVES. YOU DON'T NEED TO WATCH IT IF YOU FEEL UNCOMFORTABLE, BUT IT CAN BE A LOT OF FUN TO PLAY MOVIE DIRECTOR. YOU CAN WEAR COSTUMES, ADJUST THE LIGHTING, AND CHOOSE WHAT ROOM YOU WANT TO MAKE THE MOVIE. THIS WILL ALSO INTRODUCE YOU AND YOUR PARTNER TO NEW EXPERIENCES AND SEXUAL FANTASY THAT NEITHER OF YOU PREVIOUSLY KNEW YOU HAD IN YOU.**

## TEN WAYS TO NATURALLY PRODUCE MORE TESTOSTERONE

### **#1: Get enough sleep time.**

If you don't get enough sleep, your body's cortisol levels will raise, and that means lower testosterone levels. Plus, getting at least 7-8 hours of sleep every night has tons of benefits. Helping with testosterone just happens to be one of them.

### **#2: Eat smaller, more frequent meals.**

Most people eat 3 meals a day. However, if you want to increase your testosterone production, start eating 6, smaller meals a day. This keeps your body in a muscle building, anabolic state, which produces more testosterone.

### **#3: Avoid drinking too much alcohol.**

I know everyone likes having a good time, and going out drinking now and then is a part of having fun. However, try and limit your drinking. Testosterone is lowered when you consume alcohol, and that is something we do not want.

### **#4: Raise your sexual activity level.**

Having more sexually related activities can raise your testosterone levels because of a rise in oxytocin and endorphins in the body.

### **#5: Limit stress in your life.**

Stress raises cortisol levels and lowers testosterone levels. If you are constantly worrying about work, bills, family, or any other outside stressor, try and begin activities that can lower those stresses. Meditation is very good for lowering stress.

### **#6: Keep those balls cold.**

If your testicles are exposed to prolonged heat, your sperm can literally start to dry up. That is why your scrotum hangs lower than your body. Your testicles need to stay cooler than the rest of your body.

### **#7: Eat less estrogen.**

You get estrogen from foods you would never realize. Soy is a huge estrogen promoter. Store bought poultry has lots of estrogen too. Many of those chickens are fed foods with high levels so they can get nice and plump.

### **#8: Eat cruciferous vegetables.**

Studies have shown that these vegetables raise your testosterone levels more than any other vegetables because they contain indole-3-carbinol, which suppresses estrogen and produces more testosterone. Some of

these vegetables include Broccoli, cabbage, kale, mustard greens, and collard greens.

**#9: Drink plenty of water.**

For your testicles to be fully healthy, they need to be properly hydrated. If you are not taking in enough water, your testes are some of the first things to start functioning improperly.

**#10: Get that butt moving.**

Aerobic exercises like jogging boost the amount of oxygen in your bloodstream and improve the flow of blood throughout your body. Having increased blood flow and circulatory system will give you better and harder erections.





