

# Move Over Viagra – The Latest Gadget For Men That Is Set To Turbo-Boost Sex Lives Everywhere

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50% of men over 50 will have trouble achieving or maintaining an erection. That's half of our men who struggle to... live up... to their partner's expectations. Who wake up lacking in morning glory. Who rely on Viagra to get their kicks and spend 3 days straight struggling to hide their unrelenting excitement...

Last week we were brought news of a Columbian man who had to have his penis amputated as a result of overdosing on Viagra. His little man turned gangrenous after standing to attention for several days. Ouch...

Other than a very persistent erection there are other side effects of Viagra too, including headaches, dizziness, problems with vision and colour perception, muscle pain and tinnitus. Heart attack and stroke are very real risks also, particularly in men who are unaware that they have underlying medical problems. But despite all this hundreds of thousands of men in the UK are still prescribed Viagra as a way to strengthen their erections.

Leading pelvic health brand Kegel8 (<http://www.kegel8.com>) have a new and innovative method for tackling underperforming tackle... Do Your Kegels!

Kegel exercises aren't just for girls. The male pelvic floor (<http://www.kegel8.co.uk/kegels-for-men/mens-kegel-exercises/male-pelvic-floor.html>) is an important band of muscles that often gets neglected, even by the weight-lifters down the gym. It is essential for healthy sexual function. Recent clinical studies found that six months of kegel exercises are as effective as Viagra in treating erection problems, without any side effects. Plus, you could combat premature ejaculation too...

In a clinical study 60% of men were completely cured of premature ejaculation just by doing their pelvic floor exercises. So men can get stronger erections and last longer without having to take drugs with dodgy side effects, and enjoy a whole host of other benefits too...

Male pelvic floor exercises help to reduce prostate problems because the movement of the muscles gently massages the prostate and release unhealthy toxins. Kegel exercises will also help you maintain healthy bowel function so you can reduce the risk of constipation, piles and prolapse, and avoid urine dribbles, a problem more common than most men would like to admit.

Kegel8 (<http://www.kegel8.com>) are on a mission to improve the health of men across the country. They've created a unique electronic pelvic floor exerciser just for men which makes it easier than ever for the blokes to join their other halves in doing their Kegels.

The Kegel8 V For Men (<http://www.kegel8.co.uk/kegel8-v-for-men-kegel-exerciser-and-erection-enhancer-82217.html>) has a collection of programmes designed by physiotherapists to stimulate the correct pelvic floor muscles via

mild electrical stimulation. There have been other electronic pelvic floor exercisers on the market which are suitable for men to use, but V For Men is different because it is compatible with surface skin electrodes rather than just an anal probe. For many men the thought of a probe is daunting, but with V For Men you can stimulate your muscles via nerves on your back, buttocks, perineum or ankle with surface skin electrodes. When used on a daily basis men will see significant improvements in the strength and longevity of their erections within months.

#### Kegel8 V For Men

(<http://www.kegel8.co.uk/kegel8-v-for-men-kegel-exerciser-and-erection-enhancer-82217.html>) retails at £149.99 and is available from Kegel8 (<http://www.kegel8.com>). For more information and press enquiries please contact [Heather@Savantini.com](mailto:Heather@Savantini.com) or call 01482 888785