


## Pills and Supplements

**esatu**

**Tel: +27810122467**

- ✔ Gain 1-3 inches of length
- ✔ Increase Penis Thickness
- ✔ Boost Self Confidence
- ✔ Increase Sexual Stamina
- ✔ Intensify Your Orgasms
- ✔ Straighten Out That Curve
- ✔ Enlarge your Penis Head
- ✔ End Premature Ejaculation
- ✔ Helps with Erectile Dysfunction
- ✔ May help with Peyronie's disease

A muscular man with short brown hair and a light beard is posing shirtless. He is wearing black patterned briefs with a gold-colored waistband. He has his right hand on his neck and his left hand on his hip, looking directly at the camera. The background is plain white.

Location

## Mpumalanga, Breyten

<https://www.freeadsz.co.za/x-320291-z>



## Non-Surgical Methods

## Exercises (Jelqing, Stretching)

Some claim these techniques improve size over time, but there's little scientific evidence to support significant gains.

Overuse can cause bruising or damage.

## Pumps (Vacuum Devices)

Can temporarily increase size by drawing blood into the \*\*\*\*\*.

Used medically for erectile dysfunction but does not provide permanent enlargement.

Usually contain herbs or vitamins that claim to boost blood flow or testosterone.

Most have no proven effect on size and may have side effects.

## Traction Devices (Extenders)

Some evidence suggests that prolonged use of VR while exercising may lead to slight weight gain and a slight increase in

Requires 6 months of consistent use.

**Surgical Options**

**Ligamentolysis (Suspensory Ligament Release)**

Increases flaccid length but not erect length.

Risk of complications like scarring or erectile dysfunction.



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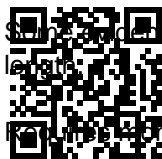


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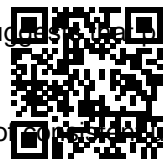


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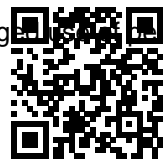
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Increases flexibility and suppleness of ligaments



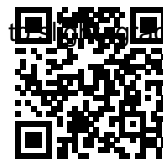
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#### Fat Transfer or Fillers

Increases girth by injecting fat or fillers.

Results vary, and some may need touch-ups.

#### Penile Implants

Typically used for severe erectile dysfunction rather than enlargement.

#### What Actually Works?

Weight Loss: If you have excess fat in the pubic area, losing weight can make your \*\*\*\*\* appear larger.

Optimizing Blood Flow: A healthy lifestyle (exercise, good diet, avoiding smoking and alcohol) can improve erections and overall function.

Would you like more information on any of these methods?