

Manual de jelqing para el alargamiento y agrandamiento del pene

Hola a tod@s, antes que nada un saludo y comparto el Manual, en Internet no aparece, ya he mandado varios por correo pero como no tengo mucho tiempo para enviarlos prefiero dejarlo aquí en el foro, así es mejor para tod@s y quien lo quiera tener lo puede guardar. Primero la historia:

HISTORIA DEL METODO JELQING:

El método para agrandar y alargar el pene, conocido como Jelqing, era practicado hace siglos por árabes beduinos como un rito cultural masculino. Poseer un órgano masculino bien dotado era una indicación de fuerza y virilidad, atributos al que las mujeres árabes encontraban un enorme atractivo. Cuando los varones árabes jóvenes de esa cultura alcanzaban la edad de pubertad, ellos eran instruidos por sus padres en el método de Jelq u ordeñando para agrandar su pene. Ellos practicaban el jelq durante unos 30 minutos diarios, una práctica que normalmente continuaba hasta la edad adulta. El tiempo que utilizaban para practicar el jelqing se reducía una vez que la madurez fuera alcanzada, a tan solo 3 veces por semana, y solamente para retener la vitalidad adquirida y el tamaño. Acompañado por la respiración rítmica e imaginación mental, este ejercicio se realizaba durante 30 minutos por día.

Hay reportes de hombres árabes que alcanzaron los tamaños de más de 18 a 20 pulgadas en la longitud y 8 pulgadas alrededor.

Practicando el Jelqing durante un año en forma consistente, la longitud del pene de cada muchacho alcanzaba un tamaño de más de 10 pulgadas en estado erecto y 6 pulgadas alrededor. Si es aplicado con un cuidado similar, este ejercicio puede aumentar el tamaño del pene más allá de lo que usted pueda haber pensado posible. Es la acción de ordeñando la que se aplica al pene y produce el aumento en el tamaño debido a la compulsion de sangre en las membranas celulares (localizada en la Corpora Cavernosa) la cual permanece constante en el tamaño a menos que se estimule por esta acción ordeñando. Después de un Jelqing prolongado, las membranas en el pene continúan extendiéndose, rompiendo las celdas más exteriores de la Corpora Cavernosa. Con la aplicación consistente de esta técnica, las membranas celulares continúan su expansión, mientras que utilizan el tiempo durante el cual usted está dormido, para sanar.

Así surgió el método Jelqing y llega a la cultura occidental hace muy poco tiempo. Si bien el método Jelqing no es reconocido por médicos, éstos tampoco pueden negar sus resultados y hoy en día es no solamente el método más seguro para agrandar el pene, sino que es el único que ofrece resultados reales y sin peligros de medicamentos extraños que puede a veces tener efectos secundarios indeseados.

El método Jelqing no es ni una pastilla, ni un artefacto, ni algo mágico. Jelqing es hacer ejercicios para trabajar el pene. Jelqing es estar decidido a lograr un objetivo en determinado tiempo. Jelqing es concentración y dedicación.

Gratis Jelqing Manual

Hussin A.Rothana



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