

Penile Enlargement Exercises, Weight Lifting, Bending Or Stretching with extreme forces for Penile Damage and Collagenization ([Click Here for Natural Penile Rejuvenation from Damage;](#) or [Click Here for Natural Penile Rejuvenation and Repair](#))

We know you will **stupidly beat up your penis for Inflammation (Swelling), Collagen-Scarring and Destruction of erectile nerves/tissues and blood vessels, in the name of Penile Enlargement. No joke!**

There is no muscle in your penis!! Your initial damage is in the [tunica albuginea sheathing spongy corpus cavernosa and Corpus Spongiosum !!](#) For solution of penile damage, please click here to [save your penis \(Thank You! Your penile enlargement exercises help us grow our business; that is, after shrinking or damaging you penis with penile enlargement exercises, stretching or pumping, you will enlarge your penile veins, and then, of course, our bank account in order to save your penis and love life!! Here is how!\)](#)

Chronically inflammatory damage of the erectile tissues by mechanical stretching, bending, vacuum pump or vibrating forces will stimulate collagen protein release and activate the transformation growth factor beta-1 and -2 genes for scar development, in particular under stress or a lack of hGH and beta endorphin. If you scarred your erectile tissues, nerves and blood vessels in your penis (or clitoral and G-spot), you have to rejuvenate your neuro-endocrine action to emulate your puberty state and reduce your stressors cortisol and epinephrine release first. The solution is: improve your blood flow down there, upgrade your DHT and 5-alpha reductase receptors in your erectile tissues, increase your hGH production to activate the somatic stem cells, boost the release of beta endorphin, and activate the genes cytokeratin 16 and transformation growth factor beta-3 for embryonic scar-free healing and cellular growth!

Modulation of type I and type III collagen production in normal and mutant human skin fibroblasts by cell density, prostaglandin E2 and epidermal growth factor -

[http://www.ncbi.nlm.nih.gov/pubmed/6295694?log\\$=activity](http://www.ncbi.nlm.nih.gov/pubmed/6295694?log$=activity)

Chronic inflammation will promote tissue scarring (penile exercise induced inflammation will destroy the erectile tissues with excessive collagen proteins that harden the penile erectile tissues, nerves and arteries):

Role of Cytosolic Phospholipase A2 in Prostaglandin E2 Production by Lung Fibroblasts

<http://ajrcmb.atsjournals.org/cgi/reprint/30/1/91>

Penile damage risk factors:

PGE1 suppresses the induction of collagen synthesis by transforming growth factor-beta 1 in human corpus cavernosum smooth muscle.

<http://www.ncbi.nlm.nih.gov/pubmed/7861547>

Cyclic AMP modulates TGF-beta 1-induced fibrillar collagen synthesis in cultured human corpus cavernosum smooth muscle cells.

<http://www.ncbi.nlm.nih.gov/pubmed/9788104>

Stretch-induced collagen synthesis in cultured smooth muscle cells from rabbit aortic media and a possible involvement of angiotensin II and transforming growth factor-beta.

<http://www.ncbi.nlm.nih.gov/pubmed/9588872>

Stretch-induced proliferation of cultured vascular smooth muscle cells and a possible involvement of

local renin-angiotensin system and platelet-derived growth factor (PDGF).

<http://www.ncbi.nlm.nih.gov/pubmed/9328803>

Angiotensin II stimulates collagen synthesis in human vascular smooth muscle cells. Involvement of the AT(1) receptor, transforming growth factor-beta, and tyrosine phosphorylation.

<http://atvb.ahajournals.org/content/19/8/1843.full.pdf+html>

Effect of elastic fiber alterations in the tunica albuginea of the penis on erectile function of diabetic rats

<http://www.ncbi.nlm.nih.gov/pubmed/17425970> or

<http://www.j-smu.com/pdf2/200703/200703276.pdf>

Transforming growth factor beta 1 stimulates type V collagen expression in bovine vascular smooth muscle cells.

<http://www.jbc.org/cgi/pmidlookup?view=long&pmid=8144547>

Phenotypic modulation of corpus cavernous smooth muscle cells and its influencing factors

<http://www.ncbi.nlm.nih.gov/pubmed/20369559>

Transforming growth factor-beta 1 and the development of vascular hypertrophy in hypertension.

<http://hyper.ahajournals.org/cgi/pmidlookup?view=long&pmid=9535425>

Penile Enlargement essentials: the superhormone DHT with prostaglandins E-1/E-2/E-3 grows your penis and stimulate your penile cellular multiplication, while neurotransmitter acetylcholine and its derivative Nitric Oxide (NO) constantly dilate the penile arteries for a constant penile blood circulation to supply testosterone/DHT, oxygen and 5-alpha reductase enzyme to the penile tissue; Prostaglandin E-1 allows your penile erectile/elastic tissues, nerves and blood vessels in the tunica albuginea and its sheathing spongy corpus cavernosa and Corpus Spongiosum to expand and stretch without inducing collagen release; Oxytocin and prostaglandin E2 (not a bad guy when its level is not high, and grows your bone with Ca/Mg/Zn/Vitamin-D and sex hormones too) stimulate the testicular function to produce more testosterone and DHT; the cardiovascular system has to work harder and pump more blood into your penis. Without prostaglandins E-1 and E-3 and Nitric Oxide, penile stimulation (including masturbation, pumping, stretching and jelqing) will induce excessive prostaglandin E-2 release for inflammatory pains and abrasion, leading to collagen scarring of the penile erectile tissues for penile shrinkage, although DHT and prostaglandin E-2 can grow penile cells (actually any androgen-hormone receiving cells, good or bad (tumors or cancers), so do prostaglandin E-2 and estrogen for any estrogen-hormone cells). It is very similar to pregnancy-induced enlargement of breast and abdominal/uterine tissues under the orchestrating action of prostaglandins E-1/E-2/E-3 and estrogen, without producing collagen scar. For the penile, clitoral and G-spot enlargement, it requires the orchestrating action of prostaglandins E-1/E-2/E-3, Nitric Oxide (cGMP) and DHT.

Penile Busters: Excessive stressors epinephrine or/and cortisol, excessive blood sugar, excessive prolactin and estrogen, medication or street drugs, alcohol, cigarette chemicals, deficiency of insulin, deficiency of oxygen, deficiency of androgen hormones (hGH, DHEA, testosterone, DHT and oxytocin), and deficiency of electrolytes will thin and harden (reduce the elasticity and expansibility of) the tunica albuginea and its sheathing spongy corpus cavernosa for erectile dysfunction, penile shrinkage and collagen scarring. Mechanically penile damage will induce collagen scarring of the erectile tissues. You have to think 3 times before doing penile exercises - stretching, bending or pumping your penis. You should read the following articles first. If you don't believe it, please go to the

[Historical Lessons](http://www.ncbi.nlm.nih.gov/sites/entrez?db=PubMed&cmd=Retrieve&list_uids=10962334&dopt=Citation) session, although historical lessons told us you don't believe the historical lessons. When history repeats itself, we will have no choice, but profit your penile exercise damage! Are you ready for penile enlargement exercises????? OK. please read this link before torturing your penis - http://www.ncbi.nlm.nih.gov/sites/entrez?db=PubMed&cmd=Retrieve&list_uids=10962334&dopt=Citation

Skin is a Peripheral Neuroendocrine organ. This is why penile ballooning can help your penile skin and tissues convert DHEA and testosterone into DHT, and omega-3 and -6 into prostaglandins E1/E2/E3, for growing your penis when the penile bloodstream contains enough hGH (human Growth Hormone) or factors, oxytocin, and sufficient enzymes such as 5-alpha reductase and COX-1/2 for the hormone or biogenic amine productions under the powerful sympathetic nervous action and stimulation on the androgenic beta receptors in the penis. Penile milking, jelqing, stretching, pumping and clamping can kill the penile **Peripheral Neuroendocrine function.**

He said 'Your products for 5 months know and I feel much better, my erections are getting stronger and with higher angle then it was before.' and got recovery from his penile damage for better sexual orgasm

==> <http://www.actionlove.com/cases/case15168.htm>

He said 'My penis became a lot more numbed, in one night 4 years ago, because of sleeping with a lengthening device. I took your pills before, and it had many positive effects, ..' Repair the penile nervous damage induced by the penile extender lengthening device

==> <http://www.actionlove.com/cases/case16453.htm>

Jelqing injury - no Corpus Spongiosum and glans inflation, no spontaneous and nocturnal erections - due to hardening of erectile tissues by collagen proteins as a result of increasing the collagen-erectile tissue ratio.

==> <http://www.actionlove.com/cases/case16536.htm>

Jelqing penile exercises ruined his erection and love night for no sexual orgasm

<http://www.actionlove.com/cases/case16768.htm>

A chronic over-ma

jelqing penile enlargement exercises give him erectile dysfunction and premature ejaculation.

==> <http://www.actionlove.com/cases/case16742.htm>

Rejuvenate penile damage due to cock ring constriction or/and penile pump over-expansion, with release of hGH, prostaglandins E1 and E3, nitric oxide and Transforming growth factor beta-3

==> <http://www.actionlove.com/cases/case16734.htm>

3-year manual penile enlargement has grown his flaccid penis, but experienced erectile dysfunction, killed spontaneous erection, and retracted his erectile penis into his body - due to the change of erectile-collagen tissue ratio.

==> <http://www.actionlove.com/cases/case16535.htm>

Dick damage by an intense stretching exercise - collagenization of the penile nerves, arteries and erectile tissues for weak erection and no more orgasm

==> <http://www.actionlove.com/cases/case16836.htm>

Over-masturbation, penile enlargement jelqing exercises, and PC muscles exercises result in penile

injury, weak erection, premature ejaculation and no spontaneous erection at age 21

==> <http://www.actionlove.com/cases/case16675.htm>

Penile weightlifting exercises resulted in urinary stinging pain

==> <http://www.actionlove.com/cases/case16561.htm>

Practicing penile enlargement jelqing exercises with Over-masturbation results in scarring penile erectile tissues, nerves and blood vessels

==> <http://www.actionlove.com/cases/case16669.htm>

Penile jelqing stretching exercises results in penile damage, leading to erectile dysfunction.

==> <http://www.actionlove.com/cases/case16525.htm>

Penile enlargement jelqing exercises numb and bend his penis for no sexual orgasm

==> <http://www.actionlove.com/cases/case16513.htm>

3-week penile enlargement exercises gave him erectile dysfunction, bruises, fracture and bending for no more sexual orgasm

==> <http://www.actionlove.com/cases/case16442.htm>

Penile enlargement exercises, weightlifting and stretching damaged his penis, resulting in penile pain.

==> <http://www.actionlove.com/cases/case16422.htm>

Chronic over-masturbation at young age resulted in hair loss, retarded growth, premature ejaculation and a hypersensitive glans

<http://www.actionlove.com/cases/case16406.htm>

Penile enlargement exercises resulted in penile shrinkage with lost damage for the post traumatic soft glans and no more erection.

==> <http://www.actionlove.com/cases/case16385.htm>

jelqing penile enlargement exercises with PC exercises induced penile burning penis for no more erection and sexual orgasm

==> <http://www.actionlove.com/cases/case16253.htm>

Penile enlargement stretching device damages and shrinks his penis for erectile dysfunction and no more sexual orgasm, even PDE-5 inhibitor erectile drug won't work.

==> <http://www.actionlove.com/cases/case16363.htm>

He became impotent at 26 due to stretching exercises/penile weight lifting/penile pumps, and has experienced depression, stress, body heat, anxiety, panic disorders, sleeping disorder, cold hands/feet, asthma, ear ringing, heart racing, difficult breathing, short breathing, suicidal thought, in particularly after masturbating.

<http://www.actionlove.com/cases/case16215.htm>

Penile jelqing enlargement exercises gives him penile pain!

==> <http://www.actionlove.com/cases/case16336.htm>

Good Old Days Sexual exhaustion causes persistent body pains, patellar tendinitis (knee pains, ankles aches, buzzing ears, eye floaters, depression, anxiety, broken penis by CowGirl wild ride, jelqing penile damage, premature ejaculation, hair loss, weak erection (going limp), penile shrinkage and ADD, even if you cut down sexual frequency.

==> <http://www.actionlove.com/cases/case16170.htm>

Pornography addition, pre-puberty over-masturbation, penile exercises, and weight lifting stressed his hypothalamus-pituitary-adrenal and -testicular axis for sexual exhaustion symptoms: weak erection,

premature ejaculation, penis shrinkage, prostate pain, semen deficiency, penile bending, blurry vision, post-sex headaches, urethral pain and semen leakage

==> <http://www.actionlove.com/cases/case16197.htm>

2- month Jelqing penile enlargement causes his erectile dysfunction

==> <http://www.actionlove.com/cases/case16109.htm>

Penile pumping and penile exercises causes inflamed thrombosed vein, weak erection, and weak ejaculation; chronic over-masturbation during age 14-21 results in depression, procrastination, sexual addiction (persistent sexual arousal), memory loss, no concentration, cloudy mind and frequent urination.

==> <http://www.actionlove.com/cases/case16039.htm>

Jelqing penile enlargement exercises enlarges his penile and testicular veins and gives him testicular pains

==> <http://www.actionlove.com/cases/case15960.htm>

Drug abuse (methamphetamine, marijuana and alcohol) and over-masturbation result in severe depression, social anxiety, body pains, buzzing ears, eye floaters, dizziness, memory loss, persistent muscle tremors (parkinson's disease), severe ADD, penile numbness, prostate pain, hypertension, masturbation addiction (persistent sexual arousal), penile deformation and no more orgasm; Penile enlargement exercises, jelqing and stretching hardened his erectile tissues for no more erection.

==> <http://www.actionlove.com/cases/case15837.htm>

A penile enlargement exercise and stretching victim said ' Let the people watching your webpage be te wise, and stay away from bogus enlargement techniques that could kill the most precious part of our body.'Chronic over-masturbation induced Female ejaculation without sexual orgasm

<http://www.actionlove.com/cases/case15123.htm>

The similarity between the penile jelq-induced damage and heart failure as a result of increased collagen synthesis for no more sexual orgasm - A special Penile Enlargement advice

<http://www.actionlove.com/cases/case14906.htm>

The role of DHT, prostaglandins E-1/E-2/E-3, and Nitric Oxide in the penile (clitoral) enlargement for more sexual orgasm

<http://www.actionlove.com/cases/case13917.htm>

Penile stretching exercises resulted in poor low body blood circulation, penile nervous damage and erectile dysfunction for no more sexual orgasm! OK, healing with prostaglandin E-1 and Nitric Oxide!

<http://www.actionlove.com/cases/case14274.htm>

Solution for multiple penile/prostate/bulbourethral damage due to penile enlargement jelqing and PC muscle exercises for premature ejaculation (3 sec after penetration!), frequent urinary urgency, penile bending, random prostate/PC muscle spasms, severe precum flooding, varicose veins, cold glans, impotence, penile sensationless, and no more sexual orgasm

==><http://www.actionlove.com/cases/case14734.htm>

The historical lessons of Penile Exercises: No Joke! Only a stupid man will beat up his penis for no more sexual orgasm in the name of penile enlargement! If you hate your penis so much, why not simply chop it off!

Warning: You have one and only one penis. If you screw it up, you are about to end your love life, physically and psychologically! You don't have to kill or torture your penis for enlargement by inducing

COX-2 expression for penile tissue/blood-vessel/nervous inflammation with a protein collagen release for penile scar formation inside the penile erectile tissue! Particularly, don't pull your glans penis or hang a weight on it since it is the external ending of the fragile Corpus Spongiosum which embeds the thin, hollow urethral tract that connects the prostate and bulbourethral glands (please read <http://www.actionlove.com/image/abrasion.jpg> or <http://www.actionlove.com/image/fig6-17b.jpg>). Pulling the Corpus Spongiosum with a force will damage the nerves in your urethra, bulbourethral glands and prostate for erectile dysfunction and premature ejaculation with a flooding of precum discharged from your bulbourethral glands or with a frequent semen leakage when you get excited. It may also damage the connection tissue between the Corpus Spongiosum and the Corpora Cavernosa, resulting in penile deformation. If you damage any erectile spongy tissue and blood vessels, your penis will shrink and deform and you will get penile vein enlargement , varicose and spider veins & chronic venous leakage (valve damage!); if your stretching or bending force damages (inflames) your prostate and urethra, you will experience urination sensation. Remember that the mechanical penile enlargement negatively affects the tissues, nerves and blood vessels in the urethral, bulbourethral glands and prostate too when the local tissues can not produce enough prostaglandins E-1/E-3 and NO to support the mechanical stress and strain! If you damage any one of them, you will need a long-term penile repair with [ViaPal-hGH-P \(or ViaPalhGH-J for young men\)](#), [PinealTonin](#), [L-Arginine \(500 mg 3 times day\)](#) (new product [ArgiNOx](#)) and [Fish/Borage Oil \(1000 mg with each meal\)](#) in boosting the prostaglandin E-1/E-3 and Nitric Oxide for healing and rejuvenation.

The historical lessons of Penile Exercises for no sexual orgasm. -

<http://www.actionlove.com/cases/case13503.htm>

The fact is that there is no muscle in the penis for you to exercise. When your penile spongy tissue produces insufficient Prostaglandin E-1, your penile tissue, nerve and blood vessel become inelastic or inflexible. Under this condition, the strain induced by your penile exercises , stretching or bending will stimulate the tissue to stimulate fibrogenic cytokine over-expression. Fibrogenic cytokine will stimulate collagen release for the scar tissue and fibroblast cells to grow over the damaged erectile tissue, leading to the erectile nervous dysfunction and the restriction of the penile blood flow in addition to damaging your penile nerve and blood vessel. Only prostaglandin E-1 and Nitric Oxide can help dissolve the collagen scar and restore nerve and blood vessel. Frequent abrasion of the penile tissue will also trigger the over-expression of enzyme COX-2 for an excessive production of the harmful prostaglandin E-2 and an over-expression and release of histamine in the tissue. Prostaglandin E-2 will inflame, but not enlarge, your penis after you beat up your penis for a few days, and then killed your testicular function and manhood! Therefore, if you damage or abrade the delicate penile spongy tissue and nervous fiber or ending, your penis will deform and weakly erect, or even lose your erection. Your penis is your 2nd head. Don't damage your heads.

He said ' I have tried most of you advices on orgasm and they work!' How about Penile enlargement exercises? increase the elasticity of the erectile tissues, nerves and blood vessels in the tunica albuginea and its sheathing spongy corpus cavernosa first. Penile ballooning is a friendly penile enhancement method for sexual orgasm