

Tips for women to achieve orgasm:

I have classified three essential stages for women to achieve vaginal orgasms:

1. Warm-up stage:

The vaginal/vulva warm-up time is about 5-10 minutes including clitoral foreplay, vaginal massage and screwing sex with a warm penis.

<http://www.actionlove.com/love/screw.htm>

The Finger Pliers method with a gentle force can be used for clitoral/vaginal simultaneous massage.

<http://www.actionlove.com/love/fgpliers.htm>

Avoid skin abrasion and friction during this stage. If there is a lack of vaginal secretion for lubrication of the vulva and vagina, please use VIP Cream to stimulate release of vaginal lubricant.

Women with high sexual energy and pre-engorged clitoris and G-spot can achieve vaginal orgasm with the Finger Pliers massage, screwing sex, or 3-point excitation position in this stage.

<http://www.actionlove.com/love/method.htm>

However, men should provide a hard, hot penis for their partner to power up (to erect) and to sensitize the G-spot. The penile heat can activate the g-spot nerves and stimulate the vagina to release its natural lubricant. Our studies show that the penile firmness and temperature are more important than the penile size. The G-spot and vaginal erection produce a tight gripping (or vaginal suction) force against the penis. It is like a suction force produced by a penile pump.

2. G-spot/vaginal ballooning (power-up)stage:

Generally, it will require about one-thousand vaginal thrusts to wake the G-spot nerves. The thousand vaginal thrusts will be carried out over 15-20 minutes with an in-and-out speed (stroke) at about 75 or 150 rounds per minute (rpm) and with 1-2 minutes intermission every 5 minutes for changing the love position. Alternating the thrust speed between 75 and 150 rpm produces the best and most effective result in powering up the G-spot and penile erection. After accepting the thousand vaginal thrusts, the woman will develop a very sensitive (itching) spot around the G-spot area, which is responsible for triggering the ultimate orgasm; and, at the same time, the man should also bring his penis into a 2nd-stage erection, which is very hard, hot and shiny and fully ballooning. A ballooning, hot penis can help the clitoris, g-spot and vagina to engorge and power up and heat up the g-spot nerves for itchiness (with extra histamine and prostaglandins release). A ballooning clitoris is very large, a ballooning G-spot is very protrusive, and a ballooning vagina is very tight with a suction force against the penis. Don't change the love position too often. When the woman feels very good and sensitive in a love position, stimulate her vagina and G-spot with 300-400 continuous strokes without intermission, but alternating the stimulation speed between 75 rpm and 150 rpm. Persistent stimulation on the erectile, spongy tissues (and nerves) between the vagina and the urethra without taking a break is essential to increase the release of histamine and prostaglandins which produce the G-spot and vaginal ballooning effect and sensitization, leading to orgasm. That is why I recommend to have 300-400 continuous strokes for each love position.

3. Orgasm stage:

Generally, women need a simultaneous stimulation on the clitoris, g-spot and epicenter with a rhythmic pressure of 3-6 PSI to achieve the ultimately explosive orgasm. In this regard, the Finger Pliers stimulation or the 3-point excitation love position with a ballooning, hot penis will bring women to get there.

<http://www.actionlove.com/love/method.htm>

<http://www.actionlove.com/love/fgplier.htm>

<http://www.actionlove.com/love/resonant.htm>

This stage usually take about 3-5 minutes. The entire vulva and vagina should be under a rhythmic pressures at a stimulation speed of 75 rpm (0.8 seconds per cycle) or 150 rpm (0.4 seconds per cycle). The high-speed thrusting with 150 rpm is preferred..

Overall, it will take about 20-30 minutes with a proper stimulation help women achieve orgasm. The

man has to maintain a hard erection and to balloon his penis into the 2nd stage erection for such a duration without premature ejaculation. If the man ejaculates a little bit too quickly, don't worry; pull out the penis and continue vaginal/G-spot and clitoral stimulation with the Finger Pliers Method to finish the job - bring her to orgasm. Under these conditions, women will have about 99% chance to experience orgasm. If a man can last than 40-50 minutes, with help of the Finger Pliers Method, he will be able to take care of 2 women at the same time.

A Hint for Vaginal Orgasm: Erection of the urethral/vaginal/cervical/uterine erectile tissue is the key for vaginal orgasm without an over-stimulation of the urethral nerves, the so-called G-spot stimulation. With a sizeable erection or painless inflammation or enlargement of the cervix and uterus, women can experience auto-rhythmic orgasm upon the cervical/uterine repositioning (moving) against the Epicenter's L1/L2/Vagus nerves when walking, running, driving, sleeping or sneezing (On Persistent Sexual Arousal Syndrome for too much sexual orgasm - <http://www.actionlove.com/cases/case13217htm>) . It is interested to read this example - <http://www.actionlove.com/cases/case11569.htm> . So, under the same principle, if you want to experience vaginal orgasm during sex, you have to erect your the urethral/vaginal/cervical/uterine erectile tissue during sexual arousal, where the L1/L2/Vagus nerves will relay signals to your dopamine nervous system which triggers your hypothalamus/pituitary gland to flood your body with the orgasm hormone oxytocin for induction of vaginal/uterine orgasmic contraction upon a proper vaginal-urethral nervous stimulation (with a resonant speed and rhythmic pressure as given in <http://www.actionlove.com/love/resonant.htm>). That is, women need an erecting clitoris and G-spot (actually swelling vulva, vagina, cervix and uterus), a hard erecting penis which can last about 30 minutes, and [a simultaneous stimulation of the clitoris, G-spot and Epicenter, with a rhythmic pressure](#)

at about 3-6 PSI, as shown below -

The Tools for orgasm:
 1. A powered-up penis
 2. An engorged vagina
 3. Loving minds
 to please each other!

Gentleman:

**Don't Ejaculate before
 you can power your
 penis UP!**

**You must train yourself
 for YOUR and HER Orgasms.**



A Fully Powered-up Penis is
 slightly curved up

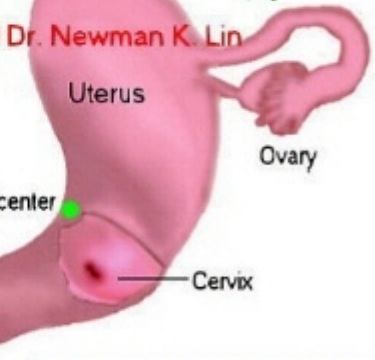
With a fully tightened Scrotum!



Engorging the Clitoris and
 G-spot/Epicenter is the pre-
 requirement for the female
 sexual orgasm.
 Grow your Clitoris, G-spot and
 Epicenter? Yes!
 The **Finger Plier Method**
 plus **ViaGrowth-III** and
Paragon or **Heat Tea**
 can help you out!

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Note: 20-cycle multiple
 orgasms was recorded.



To achieve this,
 women need a
 balanced power of
 DHEA, testosterone
 and estrogen to pop
 the Clitoris, G-spot and
 Epicenter.

Use a finger to check the
 the degree of the G-spot
 engorgement before having
 a hard drive for orgasm.
Work smart, no hard.



Overall, the penis/clitoris/G-spot must be hard and hot; the vagina must be hot (and tight) and naturally lubricating. This link tells you that all you need is a hard erecting, 6-inch (15-cm) penis which can last for 20-30 minutes without ejaculating since the vaginal length is about 6.5 cm - 12.5 cm (2.58 inches - 4.96 inches) with an averaged length of 9.6 cm (3.81 inches) and a standard deviation of 1.5 cm (0.6

inches), based upon 50 female genital structures of the age from 18 to 50, with a mean age of 35.6 around 2004-2005 in the Department of Gynaecology, Elizabeth Garret Anderson Hospital in London, UK..

<http://www.newviewcampaign.org/userfiles/file/BJOG%2005-normal-genitalia.pdf>

The sexually-arousal vagina can expand to 15 cm (6 inches) or so.

This study confirms Dr. Lin's Finger Pliers Method can stimulate the Epicenter near the front ending of vagina, around the cervix, as described in <http://www.actionlove.com/love/g-spot.htm>, <http://www.actionlove.com/love/fgplier.htm> and <http://www.actionlove.com/love/resonant.htm> . Based up the Finger Pliers method, it is recommended the penis should erect to an 1-2 o'clock position, so that it can exert a rhythmic stimulation pressure (3-6 PSI) on the G-spot and Epicenter -

<http://www.actionlove.com/love/clock.htm>

The vagina can be mechanically dilated and stretched according to <http://humrep.oxfordjournals.org/content/22/7/2020.full.pdf+html> . Frequent vaginal dilation and stretching may help sexual responses and satisfaction via the vagal nervous stimulation in the vagina, cervix and uterus. It may also improve uterine prolapse symptoms. Therefore, practicing Dr. Lin's screw method (<http://www.actionlove.com/love/screw.htm>) with a deep penetration to push the cervix and uterus inward and to stretch the vagina may also improve uterine prolapse symptoms. We also find the labia minor length is about the maximum penile diameter that a vagina can take without over-expanding (tearing) pain. According to that report, the averaged labia minor length is 6.02 cm (2.39 inches) with a standard deviation of 0.94 cm (0.37 inches).

Tips of female orgasm. How to help women develop an itching, sensitive point inside her vagina for orgasm responses. and how to improve the uterine support strengthen of a tilted uterus for orgasm ==> <http://www.actionlove.com/cases/case16324.htm>

The role of cervix in the Epicenter's sexual orgasm - the brief history of Dr.Lin's discovery and the other researchers' studies on the vagus nerves to the cervix, uterus, G-spot and clitoris. Save your vagus nerves, uterus and cervix for sexual orgasm if possible

==> <http://www.actionlove.com/cases/case14852.htm>

Formula for vaginal rejuvenation, clitoral and G-spot enlargement and more sexual orgasm

==> <http://www.actionlove.com/cases/case15299.htm>

He said 'she feel that my penis is bigger and coupled with your products and VIP cream she is very high with me and when we have sex she will come around 2-3 times every day at around 30 minutes sex. Really thanks for your products' How to last longer than 30 minutes?

<http://www.actionlove.com/cases/case16763.htm>

He said ' TI from India, read your site some 4 years back and also used your finger plier technique to satisfy my wife. Thank you for this technique.' Power the erection, balloon the penis, and practice anal breathing to prolong sex. The artificial progesterone in the birth control devices, injection or pills causes vaginal dryness.

==> <http://www.actionlove.com/cases/case16300.htm>

[To read more cases of how our products help women achieve powerful orgasms, please click here.](#)

Pregnancy, orgasm disorders (due to high placenta's progesterone) and penile erection; the high estrogen and progesterone level in the pregnant woman's vaginal secretion can shrink the penis and disable the erection; the natural protection of pregnancy