

A close-up, high-quality portrait of a man with dark, wavy hair and a well-groomed beard with some grey. He is smiling, showing his teeth, and looking slightly off-camera. The background is a neutral, light grey. The image is partially cut off by a curved yellow line at the bottom.

THE ULTIMATE GUIDE TO
PENIS ENLARGEMENT
BY **MALEEDGE™**

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Chapter 1: Introduction

At Maleedge™ we believe information is power. That means getting to know your penis. Being well-educated about how penis growth and the organ itself works will help you to get the most out of our guide and natural, permanent penis growth.

How Our Guide Can Help You

The Ultimate Guide to Penis Enlargement is here to answer any questions you might have about the process of stimulating growth and how it works. It also contains useful information surrounding the topic of penises that should prove both reassuring and enlightening.

Where enlargement is concerned, it can be difficult to get the information you need to make an informed decision about the best treatment for you. At Maleedge we value our customers. We believe in being transparent and clinically oriented, providing all of the information we can so that you can rest assured you made the right decision.

In this guide, you will get the real answers to every question you had about penis enlargement.

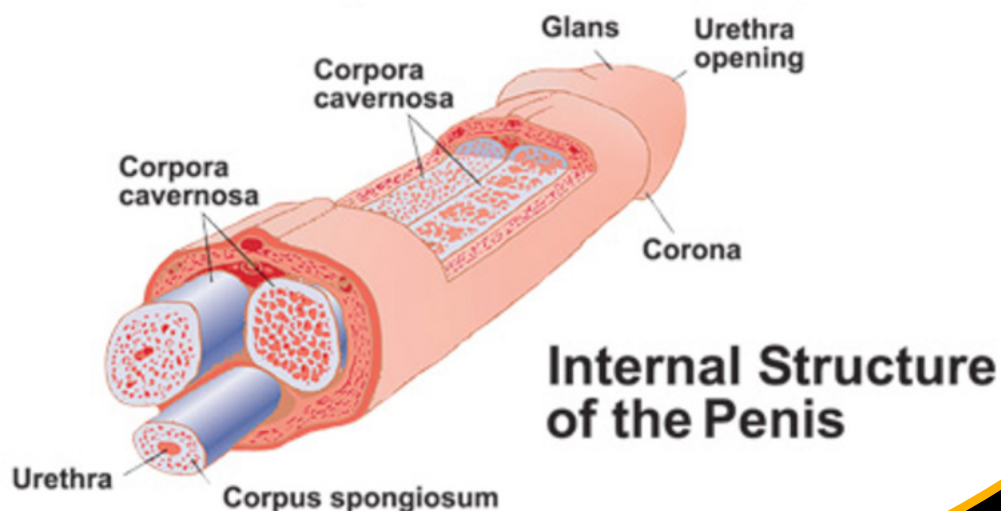
Get To Know Your Penis

Every man has one, but it's surprising how few men actually know the structure of their penis, or even how it works. Before you start growing your own penis successfully, it's a good idea to learn how this is possible in the first place.

Most men know that, despite the common nickname "boner", there are no bones in the penis. Even though some people call it the Number One Muscle or variants of this name, the penis actually isn't a muscle either. Think about it. Is it possible to flex your own penis to

make it hard instantly? Of course not! The makeup of the organ is actually a lot more complicated than it might appear at first.

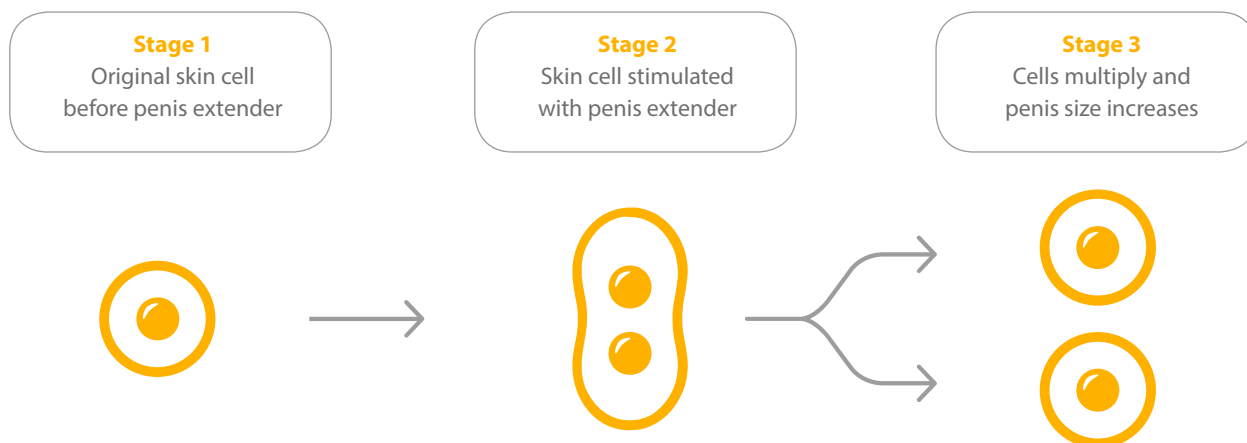
The most important functional parts of the penis are the urethra, which transports urine and semen out of the body, and the corpora cavernosa. These are tubes made of a spongy tissue which engorge with blood to produce an erection.



The Science Behind Natural Growth

Penis traction enlargement is a clinically proven technique that results in natural, permanent penis growth. Exposing a part of the body, in our case the penis, to a constant stretch naturally results in cell division in this area of the body – a process

called cytokinesis. Maleedge™ clinically proven device applies a steady stretch to the shaft of the penis, causing tissue cells to divide and create new tissue. This cell growth results in a longer and thicker penis, in a matter of weeks or months.



Patience And Commitment

Your Maleedge™ device is a proven effective method for permanently increasing the overall size of the penis, but only if used on a regular basis. Patience and commitment are therefore two essential virtues to remember when using your device.

Cell growth is proven effective when a larger penis is desired, but there is a limit to how fast it can occur.



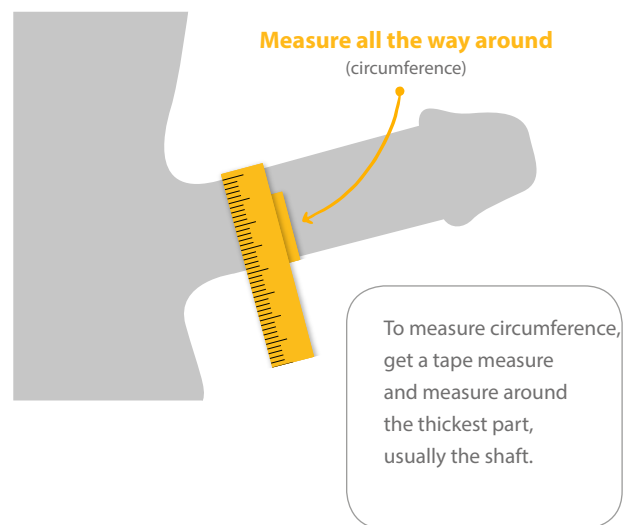
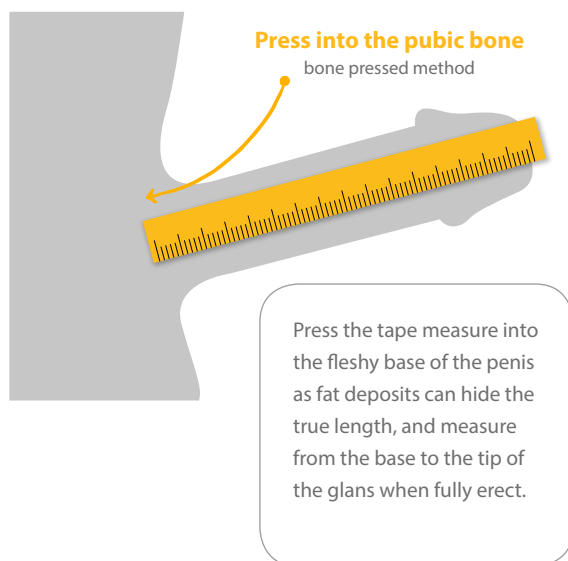
Chapter 2: What Size Are You?

At some point in their lives all men have wondered how they measure up to their friends, coworkers, or even the rest of the world. This chapter will teach you how to measure your penis with accuracy.

How To Measure Your Penis?

If you're reading this, chances are you've already spent a fair amount of time trying to accurately measure your own penis. A lot of men will try to "cheat" by

using various techniques, such as measuring from the underside. Using a tape measure is best as this accounts better for curve.



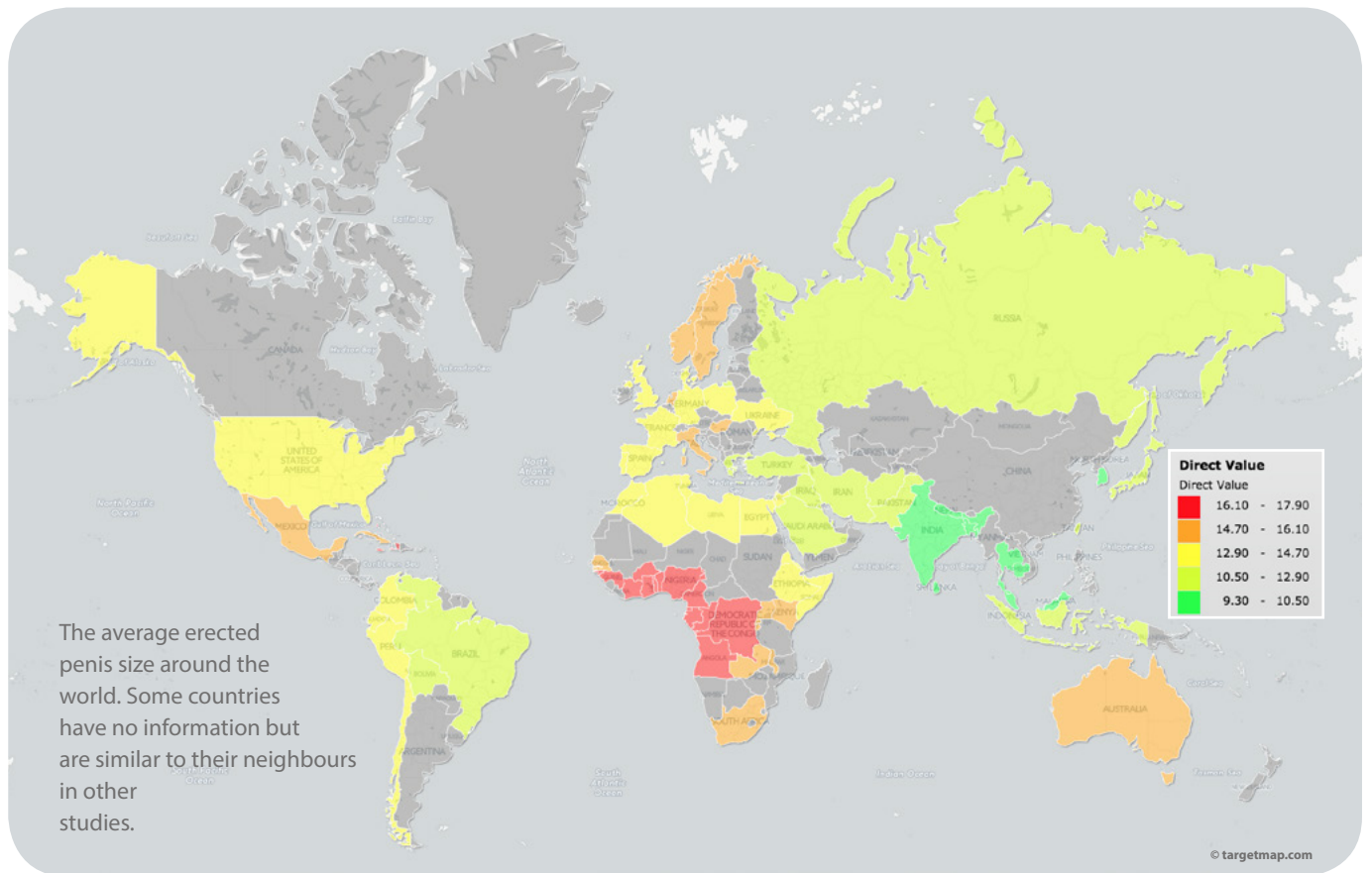
Using this method outlined above is a good approximation, however for the best, most accurate results the Maleedge™ way described below is king:

The only real way to measure length

In order to measure your penis accurately, you will need your Maleedge™ device, and a ruler or tape measure. The perfect method is as follows:

- Put on your Maleedge™ device and apply 1800 gr. of traction.
- Using a ruler, measure the length from the pubic bone to the tip of the glans.
- This stretched flaccid length is identical to erect length.

Using this method, you will be able to precisely and accurately determine your measurements. Now that you know your size with accuracy, you can make goals for what size you want to achieve based on realistic measurements.

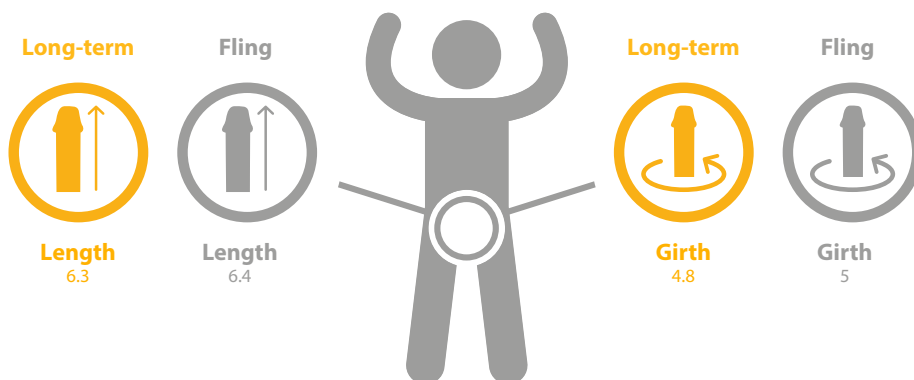


What Is The Ideal Penis Size?

The age old question. It has haunted many men at some time or another: Am I the right size? Surprisingly for some, the answer is usually "yes!"

According to studies interviewing women about their preferences, women generally prefer a penis 6.3 inches in length and 4.8 inches around for a long-term relationship. For a fling women prefer a very slightly larger penis, 6.4 inches long and 5 inches in girth.

This might come as a shock for some men thinking that most women want huge penises to be satisfied in bed, but in reality this size is only slightly above the average size.



Worldwide the average penis is roughly between 5 and 6 inches long, very close to what women perceive as ideal. This makes sense if you consider it. A very large or very small penis can be problematic during sex, so it stands to reason that the majority of women prefer a size near to the average.

So, length isn't as important or as necessary as most men think. In fact, most women are most interested in sufficient girth when talking about what's important. One study of 50 young women found that 90% of them thought a wider penis provided more satisfaction than a longer one. However, it's important to take this conclusion with a grain of salt, as the sample size was relatively small. Girth is most often overlooked in statistical studies, but if you're a wider gentlemen, this should be some encouraging news.

So, now we know what women want from a man's penis- but what about the men themselves? It will amaze no-one to hear that men tend to be a lot less confident about their penis size and how satisfactory they are than women. One study, published in the British Journal of Urology International, found that a whopping 45% of men were unhappy with their own size, believing themselves to be small. Yet the vast majority of the men surveyed were actually within normal limits for penis length and, medically speaking, were not considered small at all!

In order for a man to have a micro-penis, he must be at least two standard deviations away from the median. In layman's terms this means he must be smaller than about 97.5% of men. Medically speaking, this is 2.9 inches when fully erect. This also means that 95% of men have penises between 3 and 7.5 inches long. During intercourse, the vagina stretches to fit the penis it's interacting with, meaning that in all honesty, size is often less of a problem than we might think.

So, most men who believe themselves to be inadequate are actually perfectly capable of satisfying their sexual partners. Of course, it's best to be closer to the ideal, and of course all women have their own personal preferences. There are some women who prefer small and elegant, and others who only care about size- the bigger the better for these women! But, most women have a preference somewhere between the two extremes of size, tending towards larger rather than smaller (but still not huge like a lot of men falsely think).

So, what if you're not blessed with an ideal penis size? Well, there's still good news. Most experts and many women agree that being a skilful and creative lover are extremely important when it comes to enjoyable sex. So, as long as your penis is large enough not to cause problems, and you know what you're doing in the bedroom, women will have no complaints!



Locker Room Syndrome

It's natural for humans to compare and contrast, and nowhere is this more prevalent than in the locker room and places like it.

Research suggests that the majority of men who believe themselves to have a small penis are actually within the limits of what constitutes "average" or "normal". Penis size is actually more important to men than it is to women, and nowhere is this more prevalent than in the "locker room." This doesn't have to be an actual locker room - it's more of a metaphor for how common it is to see other men's penises in the modern age.

Pornography and other media play an important role in locker room syndrome. Men can see huge penises on their computers or televisions at any time, and they start to think that this kind of size is average and necessary to satisfy a lover. (Hint: it isn't at all).

This is reflected in the fact that in studies, men typically say that the ideal penis is larger than what women actually prefer.

Unfortunately, the cure for locker room syndrome (or small penis syndrome) is not as simple as having a larger penis, although it is likely to help with confidence. The only real cure for locker room syndrome really is to stop worrying about it. Remind yourself that a larger penis doesn't make someone better than you, and while it can help a man be more confident, it isn't the only thing there is to life. It's quite likely that some of the most confident men you know could be lacking a few inches downstairs, or might not know how to please a woman! The truth is, there's no way to tell, and no reason to think about anyone's penis size other than your own.

On rare occasions locker room syndrome isn't a mild worry or unease- it can actually be pathological. If this phenomenon affects you to such an extent that your life is adversely affected, it might be the right time to seek professional help.



Chapter 3: Penis Enlargement At Its Best

This chapter is a summary of the major benefits of penis enlargement in general. We also explore each of the most common methods of enlargement currently on the market, and weigh up the pros and cons of each.

What Are The Benefits Of Penis Enlargement?

Penis enlargement has a wide range of benefits. Not all of these are physical; what's more, these non-physical benefits can be useful in the bedroom, in the locker room and even in everyday life.

Besides a larger penis, if penis enlargement is done correctly then you can expect stronger erections and increased sexual stamina, which allows you and your partner to enjoy intercourse more. Result: more satisfying, enjoyable sexual encounters and a better sex life overall. The advantages of this should be pretty obvious to anyone in the world!

More important than all of this, however, is the self-confidence that having a larger, better-working penis can give you. This benefits more than just the locker-room syndrome sufferers. It really can be the kick-starter to being a more outgoing and self-assured person. Research shows that men with larger penises are more likely to be influential members of groups such as sports teams (find that study that claimed this and maybe some more.) Self-confidence is one of the most important traits a man can have, in the bedroom and in day-to-day life.

Penis Enlargement Solutions Compared

	Sensitivity	Stronger Erections	Intermediate Growth	Permanent Growth		
Surgery	No	No	No	Yes	Growth documented limited	No money back
Penis Extenders	Yes	Yes	Yes	Yes	Growth documented unlimited	Double money back
Pumps	Yes	Yes	Yes	No	Growth not documented	No money back
Pills	Yes	Yes	No	No	Growth not documented	No money back
Creams/Lotions	Yes	Yes	No	No	Growth not documented	No money back
Jelqing	No	Yes	No	No	Growth not documented	No money back

Surgery

Penis enlargement surgery typically takes two forms - lengthening the penis by cutting the ligament attaching it to the pelvic bone; or widening it by injecting fat or silicone to add mass to it.

There is some documented evidence that penis enlargement surgery does yield permanent growth results, especially for men with micropenises. Unfortunately, for most men the benefits are unsatisfactory. In one European Urology study, only 35% of men interviewed after lengthening surgery were happy with the results.

At best, surgery doesn't give the patient better sensitivity or stronger erections. At its worst a poorly-done surgery can permanently damage the penis, possibly leaving it misshapen or even not working. Typically after a surgery you would need to take a week off work or significant physical activity, and it would be up to six weeks before you could engage in any sexual activity. Effectively, it would be up to six weeks before you had demonstrable, useful results you could be proud of.

No major medical association approves of these surgeries as viable options to induce growth. Surgeries are usually very expensive and badly researched, and the side-effects can be major. Unfortunately, they are also very common. They can include nerve damage, infections, and even erectile dysfunction - what use is a longer penis if it doesn't work properly?

Pumps

Penis pumps work by creating a vacuum around the genitals, drawing blood in to produce an erection. A ring is then placed around the shaft to prevent blood from retreating back inside the body. Since they force the penis to fill up with blood, pumps can be effective as a temporary treatment for ED, and the vacuum effect does make the penis temporarily larger. This can be useful for some men who want natural help getting a stronger erection. More blood flow into the penis can make it more sensitive as well.

However, the effect only lasts for as long as you can safely keep the ring on (about 30 minutes). This might be good enough for some men, and they are reasonably effective if used just for this temporary purpose.

However, some men decide to use penis pumps for too long a time or with too much pressure in an attempt to make it permanently larger. This is a risky strategy as it can cause permanent damage to the penis. What's more, there is no scientific evidence that penis pumps have any permanent effects on size, no matter how they are used.



Pills

We've all heard of the well-known pills designed to help men with erectile dysfunction achieve an erection. These are medically well-researched and approved for this purpose, and only this purpose. There are no medically recognised pills that are proven to cause permanent growth. It's important to use common sense here. Every man in the world has thought about having a larger penis, so if there was a safe, effective pill that could help them achieve this, everyone would be taking it and the inventor would be not just famous, but excessively wealthy. Anyone claiming to have invented such a pill is a snake-oil salesman looking to con a few desperate men out of their money. At best, they won't do much - at worst, they might actually be harmful. Avoid these pills unless your doctor prescribes them.

Creams/Lotions

Urologists have some pretty harsh words to say about these treatments. Jennifer Berman, an expert from Beverly Hills, said "I think it's safe to say that all of that stuff is complete nonsense." The best that can be said about creams and lotions is that they should help you achieve an erection, and long-term they are unlikely to cause significant damage to your health. They don't cause long or short term growth in erect penis size, and shouldn't be considered an option for men seeking actual results.

Jelqing

Jelqing is a natural method men use to try to grow their penises naturally. The most common technique is to form an "ok" sign with your thumb and forefinger and apply pressure to force more blood into the penis. In theory, this can make the appendage bigger. In practice however, there is no evidence that it works on a permanent basis, and it can actually cause discomfort, pain, scarring, and even damage to the blood vessels in the penis. Squeezing too much blood into them too quickly can make them rupture, causing pain and bruising. In addition, jelqing has not been shown to give the user increased sensitivity during sex. If you take care, there are reports that jelqing can improve erection strength for a short time - just don't expect any miracles and be careful if you do decide to attempt it. Don't overdo it!



Penis Extenders

Penis extenders are the best researched method to stimulate penile growth. They are the most common method for doctors to recommend, and the only evidence-based technique to achieve real, measurable growth.

Traction-based penis extenders such as Maleedge™ devices carry a range of advantages over other methods. Apart from surgery, tractions based penis devices are the only method medically proven to permanently increase penis size. Unlike surgery, however, with a Maleedge™ device you can start improving your penis size from day one without having to take any time of work and while still being able to use your penis!

Studies from the British Journal of Urology have shown that penis growth from traction based devices might be unlimited. This means that as long as you continue to use the device, you can continue to safely and comfortably grow your penis. Users of traction-based devices also experience increased sensitivity, as blood and nerve vessels grow naturally with the rest of the tissue without risk of injury.

Not only that, but Maleedge™ devices are rigorously tested to ensure safety, and feature a double money-back guarantee!

Summary

When they are all compared together, there is only one obvious choice. Surgery is proven effective at increasing the size of the penis to some extent, but it has by far the highest cost and has potentially nasty side effects. Pills and creams can help you get an erection, but have no other bonuses. What's more, most of them aren't well-researched and could be dangerous. Penis pumps are a useful tool for achieving stronger erections for a short time (although without the extra bonus of sensitivity). However, they don't increase size for more than about thirty minutes, and can be hazardous if used in the wrong way.



Why Maleedge™ Was The Best Choice You Could Make

Maleedge™ is a market leader in traction-based penis enlargement for over a decade now, and it is this consistent attention to quality and real, measurable results that make us the best choice you could make.

It is a certified medical device under Medical Device Directive 93/42/EEC.
That means that our devices' safety and effectiveness is under constant scrutiny.



Our results show that after 400 hour of treatments at 1800gr. of traction force, the average man experiences a 10% increase in erect penis length. It's important to remember that the variation in growth is significant. Some users reported reaching the 10% milestone in only 200 hours, while some others took much longer. With continued, regular use however, realistic goals will be met. (For first-hand accounts of this, real testimonials and before-after pictures are available on Maleedge™ official website).

Scientific Evidence Of Non-Invasive Penis Enlargement

The matter of penis enlargement is interesting to urologists, men who worry about their size, and even men who don't (although let's face it, most of us do at some point in our lives). However, the market is saturated with products that are either not proven to work- or worse, proven not to work at all.

Of the methods mentioned before, only penis traction and surgery are proven effective at permanently enlarging penis size. Surgery is expensive, however. More importantly, it's invasive and can have unpleasant and unintended side effects ranging from pain to erectile dysfunction, as mentioned before.

That leaves penis traction. Research from the British Journal of Urology, the Journal of Sexual Medicine, and the European Society for Sexual and Impotence research have all undertaken studies to test penile traction as a form of treatment.

Results consistently showed a measurable, permanent increase in penis size on the men tested. In addition, patients suffering from Peyronie's disease noted a significant reduction in penis curvature. A review of experiments done for the journal Therapeutic Advances in Urology found penis traction to be a safe, tolerable approach to improve straightness and length with dedicated use.

The medical backing of penile traction as a non-invasive treatment sets it apart from all the other methods as the safest and most effective. According to the British Journal of Urology, "it seems that penile extenders represent the only evidence-based technique of penile elongation."

Hence, you can rest assured you made the right choice when you opted for Maleedge™.



Chapter 4: Round-Up

This is summary of every major point in this guide, conveniently arranged into ten answered questions about penis enlargement.

10 Answers To Penis Enlargement Questions You're Afraid To Ask

1. Does penis enlargement really work?

Yes, it does. However, not all methods are created equal. Only traction devices and surgery are clinically proven to be effective at increasing the size of your penis. Other methods are a waste of time if permanent growth is your goal.

2. Am I too small?

Actually, it's unlikely! Most men who think they have small penises are actually close to average. Small penises are much rarer than you might think. However, having a larger penis can make you more confident, which is the real reason a lot of men think bigger is better.

3. Does surgery work?

Yes, it does. Surgery is beneficial to correct issues such as Peyronie's disease and can be a way to extend the length of the penis by up to an inch.

4. Is surgery a good idea?

Sometimes. For sufferers of Peyronie's disease or other, more serious medical problems, surgery is a viable option for treatment. To extend the size of the penis, however, surgery is expensive, risky and not as effective as some other natural methods for penis enlargement such as traction.

5. Will traction methods make my penis wider as well as longer?

Yes, it will. The science is less conclusive about penis traction as an effective way to increase girth, but most users report a noticeable increase in the width of their penises with sufficient use.



6. Does penis traction hurt?

If done correctly, no. Maleedge™ devices are designed to be comfortable to use for long periods of time. Assuming you follow all instructions, pain should not occur. If it does, there might be another problem besides the device itself.

7. Is penis enlargement via penis traction permanent?

Yes, it is. Traction triggers permanent cell growth which doesn't go away even after you stop treatment. This means that the penis will stay the same size once treatment is finished.

8. Is it possible to extend my penis naturally without a traction device?

Probably not. Jelqing and other exercises are suggested by some men as options to permanently increase the size of the penis, but there is very little scientific evidence that they have any kind of permanent effect.

9. What about pills and creams?

These do not work. There is no evidence that any of the multitudes of creams and pills claiming to increase penis size work permanently, or at all. In fact, most of these products have never been tested at all and could actually be dangerous.

10. Why should you use a Maleedge™ device?

Maleedge™ has been a market leader in non-invasive penis enlargement methods for over ten years. Doctors and scientific studies recommend penis traction devices for men seeking real, measurable results.

Final Words

We hope you enjoyed this Ultimate Guide to Penis Enlargement. More importantly, we hope you found it educational and useful. At Maleedge™ we are proud of our products and want you to get the most out of them by using them to become a more confident, successful you.

**Penis enlargement takes time, effort,
and patience, but for many men it is a worthwhile
journey. We wish you every success on yours.**



MALE  EDGE™

EXPLORE YOURSELF