



# THE "MEGA LOAD" METHOD

How To Shoot **MEGA LOADS** That Show Her Who's Boss In The Bedroom



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## INTRODUCTION

Hey man, who doesn't love **GREAT SEX**?

That's something pretty much everybody can agree on, right? Sex is awesome and it feels amazing.

For guys, the ultimate moment of any sexual encounter is the orgasm. Women are a bit different because they can have multiple orgasms, but after a guy shoots his load, that's it for at least a little while. His body needs at least a few minutes to rest and recharge for round two.

All that to say, **WHEN** a guy cums, he wants it to be impressive! Part of this comes from watching porn. After all, when you watch porn, and you see all these well hung porn stars shooting **MASSIVE** loads (also known as the money shot), you kinda start doing some mental comparisons, right?

*It's natural, and odds are good that when you DO start to mentally compare, the size of your own loads...well, come up a little (or maybe a lot) short. They're just not as impressive as what you see on video, and they're certainly not as impressive as you'd like them to be.*

This guide has the answers for you! Within these pages, we'll teach you the tricks, tips, and secrets that will enable you to cum like a porn star. Before we get started though, a word of warning! This book was written BY a man, FOR men. We're going to be talking about sex here (obviously) and we're going to use explicit language (cock, pussy, ass, tits, etc.). If that bothers you, or if you find it offensive in any way, HIT CLOSE NOW! This book is not for you. If you're cool with that though, then let's get right to it!





## CHAPTER 1: WHY BIG LOADS MATTER

Some guys just want to be able to shoot a bigger load for aesthetic reasons. It just LOOKS better, especially if you're planning on cumming on your lover's face, tits, stomach or ass.

That's all well and good, but there are actually a lot of other reasons for making the necessary changes to shoot bigger loads, and they're pretty important. For example, shooting a big, creamy load is a sign that you are in good physical health.

Now, your lover may not say anything about that, and honestly, she may not even be consciously THINKING about it, but the sight of your load on her body sends an unmistakable message that YOU are a virile, dominant man!

Women are hardwired to respond to this sort of man, so whether it's a conscious thought or not, when she sees your load on her, she's going to do some mental comparisons of her own. You don't want to be the guy who comes up lacking in that mental comparison she makes.

That tells her that a) you're not a healthy man, and b) because you're not a healthy man, she may be making a mistake by being in a long term relationship with you.

### THAT TELLS HER THAT

A

*you're not a healthy  
man,*

*and*

B

*because you're not a  
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by being in a long term  
relationship with you.*

This is going to at least plant the seed in her mind that she should look elsewhere for a better man. A more powerful, virile man to give herself to. She may never act on that thought, but the seed will be planted, and the point is going to be driven home every time she sees a pathetic little dribble of a load from you.

Why do that to yourself? Why run the risk of screwing up an otherwise perfectly fine relationship, just because you're not projecting masculine strength and virility? That seems like a fairly stupid thing to do, right?

Besides that, as you will soon see, the strategies you'll employ to be able to SHOOT bigger loads will make you healthier in general. As you get healthier, you'll feel better, and that's going to be projected outward into the world everywhere you go, and with everything that you do. You'll just have a healthier glow about you that people will pick up on.



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Then there's the fact that shooting a big, impressive load does good things for your own self-confidence and self-image. You see that and start really **FEELING** like a strong, powerful, virile man. People pick up on that newfound self-confidence in you and start responding to it.

Before you know it, simply because your mindset has started to change, **YOU** start to change for the better!

When that happens, people become increasingly drawn to you and your confidence, and c'mon – you know what I mean, when I say **"PEOPLE"** I am talking about all people of course, but let's be honest – **WOMEN** will become increasingly drawn to you, and that's exactly what you want, right? Of course it is!

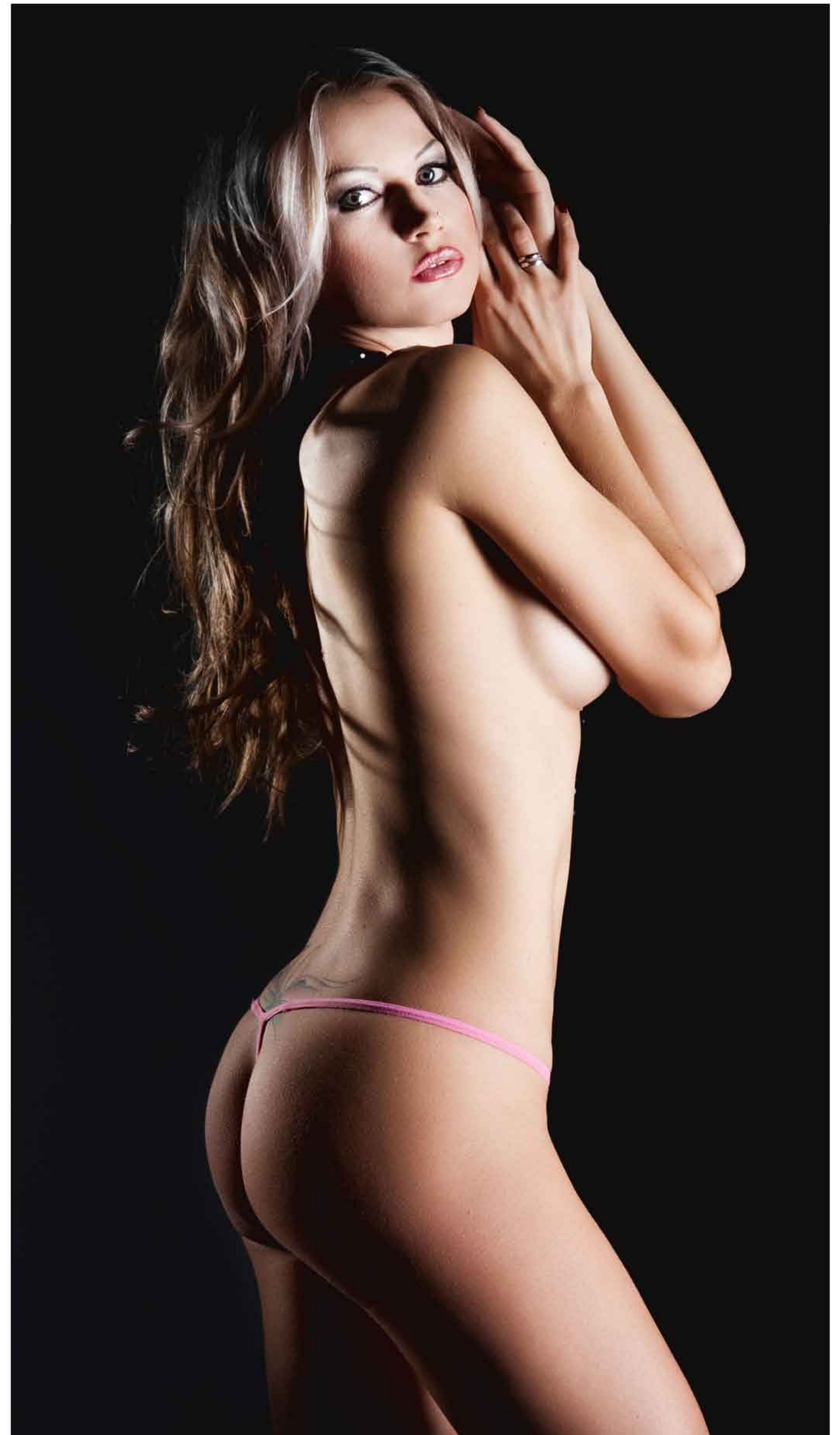
## WHY BIG LOADS MATTER – FROM THE WOMAN'S PERSPECTIVE

We talked about some of this above, but the rest of it deserves a sub-section of its own.

I've dated hundreds of women, and I'm **REALLY** interested in every aspect of sex, so when I'm dating someone, I ask lots of questions. What does it feel like for a woman when she gets penetrated? What does it feel like to cum? When did they have their first orgasm? That kind of thing.

One of the most interesting things I discovered along the way is this:  
**MOST WOMEN LOVE WATCHING A MAN CUM.**

Now, these women may not necessarily want you to cum **ON** them (but most don't mind it), and there may be some parts of the body that are off limits. Most won't mind you cumming on their belly, ass, or tits, but many women draw the line at having you cum on their faces or in their hair, so don't be a dick about it – **ASK FIRST!**





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But no matter where they draw the line in terms of parts of their body they want you to cum ON, they almost always enjoy **WATCHING** you cum. That got me thinking – **why? What is it about that sight that's such a turn on?**

I mean, it's a turn on for us because it feels amazing, but they don't get any of that. From their perspective, it's got to be a bit like watching someone piss low fat milk mixed with Greek yogurt, right?

Not at all.

The women I've interviewed all said that it makes them feel **EXTREMELY** powerful, sexually, because they know that **THEY** made you cum like a fire hose.

That **THEY** made you feel that good, and watching your load come blasting out of you – that's the physical evidence and embodiment of all the pleasure the two of you shared.

That has stayed with me for years. I had no idea it was that powerful and that much of a turn on for women. I mean, I always knew I loved cumming all over a woman's tits, because it looked and felt amazing. I just never realized exactly how much of a two-way street it was until I started asking around about it.

## Something else amazing I learned about the woman's perspective was this:

The more you cum...the bigger your loads and the harder you can make it shoot out of your cock (which you can control, at least to a certain degree by way of the intensity of the sexual encounter), the farther you'll be able to **SHOOT** your loads.





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**That matters, especially when you cum inside a woman.**

True, you don't get to see it splattered all over her, but if you've got a huge load built up, and you let it loose inside her, she'll usually be able to feel it. Warm and sticky, shooting into her. Most women say that the sensation just makes them cum on the spot.

I never knew that either, until I started asking around about it, but sure enough, that seems to be the consensus. Interesting stuff, and it's worth knowing, because my hope is that it will give you the motivation to take this stuff seriously. **It's got bigger rewards than you might imagine!**

All that to say, big loads matter, and for reasons other than just the fact that they look good. Read on, and we'll start showing you exactly how to get them!





## CHAPTER 2: THE ANATOMY OF SEMEN

Before we can get into specifics, we have to spend a little time talking about semen itself. I'll avoid too much in the way of techno-gibberish, and keep it simple.

**Where your cum is concerned, we're looking at three things in particular:**

- **Viscosity** (thickness vs. runniness)
- **Volume** (how much of it there is)
- **Taste/Flavor** (not important to you, but you can bet it matters to your lover!)

Your load is actually made up of two components: **The sperm itself, and your seminal fluid.** In general, the more sperm in your load as compared to the amount of seminal fluid, the thicker the load.

We'll tackle these in reverse order, and we'll knock "**TASTE/FLAVOR**" out in this chapter because there's actually not a lot to say about it. The other two, we'll be covering, each in their own chapter.

### TASTE/FLAVOR

So let's talk about this for a second. Again, it's not something you're going to care a lot about from a personal standpoint, but you like oral sex, right?

You like it when your lover goes down on you, and it's probably a HUGE turn on when she swallows your load, so one way or another, how you taste matters, if not to you directly, then indirectly because you don't want your lover to be disgusted by the flavor of your cum.

Believe it or not, they've actually done studies on this. What they found was that men who eat tons of red meat have strong, acidic tasting cum, while men who are mostly vegetarian have very mild, more pleasant tasting cum.





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No, I'm not saying you should immediately stop eating meat and become a vegan. **You probably wouldn't listen to me even if I did say that, because who doesn't love a big juicy steak?**

Still – there's one simple trick you can do without changing your diet around a lot that will improve the flavor of your loads. Pineapple juice.

Learn to love the stuff. The more you drink, the better your loads will taste. It will cut the acidity if you eat a lot of red meat, and give you a slightly sweet flavor.

Even if you don't like pineapple juice, choking down a glass a couple of hours before you have sex will still give you some benefits, but again – more is better than less, so if it's something you can learn to love, that'll put you ahead of the game where flavor is concerned, and who knows? Maybe by improving your flavor, you can get your lover to go down on you more often. That's certainly worth trying!

**And that's literally all there is to say about flavor. Easy!**





## CHAPTER 3: INCREASING VISCOSITY

As we talked about before, viscosity is a matter of thickness versus runniness. The more actual sperm in your loads, the thicker those loads are going to be. Thicker is generally better.

**So how do you increase your sperm count?** Some of this is easy, and some of it isn't. There are a couple of things you can do right off the bat that will help. For one thing, ditch the tighty whiteys! Yes, believe it or not, wearing underwear that's too tight can decrease sperm production!

Think about it:

There's a **REASON** that your balls are on the outside of your body. It's too hot on the inside! If your balls were inside you, they'd never actually be able to produce sperm, because the heat would kill them as fast as they were manufactured

(fun bit of trivia: Your body makes an average of 1500 sperm PER SECOND!).

But when you wear tight fitting underwear, you're reintroducing the heat problem. Free the nuts! Either go commando (just make sure your pants aren't too tight), or wear boxers. Anything to give those babies room to breathe and stay cool.

I know that hot tubs feel amazing, but if you're looking to increase the size of your loads, the hot tub isn't doing you any favors, and for the same reason that the tighty whiteys hurt you. The heat. That just KILLS sperm production.





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If you HAVE a hot tub, by all means, still enjoy it. It would be a shame to spend all that money and then have to give it up, but be aware that when you DO use it, you're killing sperm. That means, if you jump out of the hot tub and have sex later, your load is going to be smaller than if you'd just skipped the hot tub altogether.

If you do use it, use it in moderation, and stay away from it for a couple to a few days before you plan on having sex to build your army of little soldiers back up.

It's the same story when you sit for extended periods with your legs crossed. That's having the same basic effect as wearing tight underwear, and it's going to reduce the amount of sperm you're carrying around with you. If you're in the habit of crossing your legs during the day, **BREAK THAT HABIT!**

These sound almost silly, but honestly, they'll make a big difference. The bottom line is, hot balls = less sperm. It's just that simple.

So those are the easiest change to make, and they will help almost immediately, but there's something else you can do that's almost as easy, and that is, **STOP MASTURBATING!**

This is just about math, and you've seen it in action yourself. When you're with your lover, the first time you have sex, you get a fairly big load. The second time, a little later that evening, you get less of a load, and the size diminishes every time you have sex.

**Well, that's logical though, right?** Your body is cranking out sperm at an average rate of 1500 per second, but you're shooting MILLIONS of them every time you cum, so your body just doesn't have enough time to "reload the gun" so to speak.

That's why you should lay off the masturbation, or at least cut back on it. If you know you're going to be having sex a few days from now, just say "no" to masturbation and let your supply build up. That's going to guarantee that you'll have a nice, healthy load to give her when you get together.

Now, there's another thing to consider with this. The average "shelf life" of sperm is about two weeks, so that means, if you go longer than two weeks without having sex, you probably need to do a little housekeeping, and get rid of the aging sperm so you can start rebuilding your supply (**old sperm = less impressive load**).

So occasional masturbation is okay, especially if you're only having sex sporadically, but bear in mind, if you can hold off for up to two weeks (which is about how long it takes your body to reach maximum capacity), the bigger your load is going to be, and the thicker it will be!

Sperm production is governed by your testosterone levels, so the higher your levels, the more of them you'll make. Fortunately, there are some great, natural ways to boost your testosterone levels (also called "T-levels" for short).



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Some of these are direct, and some are indirect. These indirect methods work by providing your body with the precursor ingredients it can use to make testosterone on its own.

Here's a fun fact though: Recently, scientists did some experiments on monkeys. They wanted to find out what happened to the T-levels in monkeys when a new Alpha male took over the pack. Typically, the leader of a troop of monkeys is the male with the highest testosterone level.

## He's the alpha. He's in charge.

But if some other monkey challenges him, that monkey's T-levels were lower when the challenge was issued, so the question was – **did it somehow get higher after he became the new Alpha? Surprisingly, the answer was yes!**

The new Alpha's T-levels increased by as much as 20% just by being in charge.

Since the initial experiment, the scientists have done a number of other studies on this issue, and they found that simply spending two minutes a day adopting **"POWER POSES"** will boost your T-levels by as much as 5% (in both monkeys and humans!)



## What are power poses?

You've seen them in any movie featuring an action hero or a high powered executive. **"The Superman stance."** Feet on desk, hands clasped behind head. Arms extended in victory. All of these poses make you FEEL powerful, and by feeling powerful, you actually BECOME more powerful.

**A 5% gain for just adopting a few poses for a couple of minutes a day is nothing to sneeze at!**

Where foods are concerned, we've got a whole section on diet that covers all the different things you'll want to eat to enable you to shoot bigger loads, so that's coming, but it just made sense to keep all the diet stuff in one place. **For now, it's enough to say that there ARE foods you can and should eat if this is your goal!**



## CHAPTER 4: INCREASING SEMINAL VOLUME

Sperm are only one part of the equation. The other part of the equation is the seminal fluid that carries the sperm. Collectively, these make up "your load." Too much sperm and not enough seminal fluid, and you'll get a load that's too thick to actually shoot very far, so you want a balance.

Too much seminal fluid and not enough sperm, and you get a weak, runny load that just kinda dribbles out. You want lots of **BOTH!** You already know the basics of increasing the amount of sperm in your loads, so let's talk now about the seminal fluid.

Here, it's pretty simple and straightforward. This is all about hydration. The more water you drink, and the better your hydration is overall, the more seminal fluid you'll have at the ready when you have sex.

To that end, you should be drinking water all the time. Water should become your "go-to" drink of choice.

Not coffee. Not soda. Not alcohol. Just plain old water.



COFFEE



SODA



ALCOHOL



PLAIN WATER

I know what you're thinking. Water isn't very sexy. It has no taste. It's boring.

Yeah, whatever, but your body was **DESIGNED** to run on water. That's really the only drink you need. Anything else invariably adds chemicals to your body that you don't need. Alcohol is essentially a poison. Yes, it lowers your inhibitions and makes you feel good in the short term, but it doesn't actually help you in any way and makes it harder for you to perform sexually.

The only other thing to talk about here is caffeine. Yeah, I know what you're thinking...I can't survive without my morning coffee either, but here's the thing: Caffeine dehydrates you! Most people living in the United States are actually marginally dehydrated, and a lot of that comes from the fact that we drink HUGE amounts of coffee.



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Now, I'm not going to be a hypocrite here. I just admitted that I drink coffee too, so I'm not going to say **"STOP DRINKING COFFEE."** What I will say is this: Since you now KNOW that hydration is important to increasing the size of your load, and since you KNOW that caffeine dehydrates you, if you don't want to give up coffee, don't. But DO drink more water to offset the dehydration effects.

Start with at least 3 8-ounce glasses of water per day, and make a deal with yourself. For every cup of coffee, add another half cup of water. Do that, and you can have the best of both worlds. So now that we've talked about the three major facets that matter when it comes to your loads, let's get down to brass tacks and particulars and start talking about the specific things you can eat (and not eat) to start moving the needle. **That's up next!**





## CHAPTER 5: DIET AND LIFESTYLE

This is going to be a big chapter, because there's a lot to cover. I'll keep it organized though, so it should be easy to follow. If your goal is bigger loads, then your diet and lifestyle choices REALLY matter. If you're serious about shooting big loads, you'll take this stuff to heart. None of this is difficult, but it's all necessary. The more of this advice you follow, the better your results will be.

**Now, nobody can MAKE you do any of these things obviously, so it comes down to one simple question:**

**How serious are you about this?**

I'm going to assume you're serious, so let's just jump right in.

### LIFESTYLE TIPS FOR MAXIMIZING YOUR LOADS

Here are the things you want to STOP doing (or at least seriously cut down on):



#### ALCOHOL

We talked about this before. Alcohol is a poison. It inhibits your ability to perform, and if you're struggling to perform, you're also going to have a less-than-spectacular load.



#### MASTURBATION

Same thing here. Mentioned it before, and the same reasoning applies. The more you jerk off, the less sperm you'll have at the ready when you have sex. LESS SPERM = SMALLER LOAD.



#### PORN

Less is better unless you're watching it WITH your lover. This is kind of a subset of jerking off, because let's face it, if you're watching porn, you're probably jerking off to it. I'm not judging, that's just the way it is.



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## CIGARETTES

Bad for you on a number of levels, but bad for your sex life in particular because of the nicotine. Nicotine constricts blood vessels. That reduces blood flow. Reduced blood flow means you struggle to get and maintain a good erection, and if you can't get and keep it up, you're not going to shoot an impressive load. Stop smoking or at least get serious about cutting down.



## HIGH FRUCTOSE CORN SYRUP

This is just bad news all around. Unfortunately, there are TONS of food that contain this, including most soft drinks. Sorry guys, but if you want to increase the size of your loads, the less of this crap you put into your body, the better!

Yeah, I know, if you LIKE some of the things on this list, it's going to feel like making these changes will cramp your style. It's not really that bad though. I mean, which would you rather do? Beat off at home, or shoot an impressive, monster load onto your girlfriend? (If you answered "beat off at home," you should probably just put this book down now!)

And smoking and drinking may make you feel good in the short term, but they're bad habits that you're better off without anyway. Not only will ditching them improve your sex life, they'll improve your overall level of health.

You'll feel better. You'll smell better. Your breath won't smell like an ashtray and women will want to kiss you more. Those are all good things. Be a man and do it!

There are only really three things to go on the Lifestyle "DO" list, so I won't make an actual list of them, but before we get out of the lifestyle section, I'm going to mention them here. They are: Exercise, sunshine, and water.

You already know why water is important – we talked about that earlier. Staying hydrated is one of the best ways to increase the volume of your ejaculate. There's no such thing as "too much" water, but make it at least three 8-ounce glasses a day, plus another half a glass (4-ounces) for every cup of coffee you drink each day.

Sunshine...you might be wondering what the hell sunshine has to do with the size of your loads. It's a fair question, so here is the answer.



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One of the things your body needs in order to produce more testosterone is Vitamin-D. Now, you've probably seen the "Got Milk" commercials and billboards, and you've probably heard all the talk about how milk is so good for you, healthy bones, Vitamin-D, and all that.

Except it's not true. Milk is GREAT for baby cows, but...you're not that. So milk doesn't really do a lot for you. It's mostly used as an advertising scam to get people to BUY more milk. Great for the dairy company's bottom line – not really all that great for you.

But you shouldn't worry, because there's a super easy way to get plenty of Vitamin-D...GO OUTSIDE! Be in the sunshine!

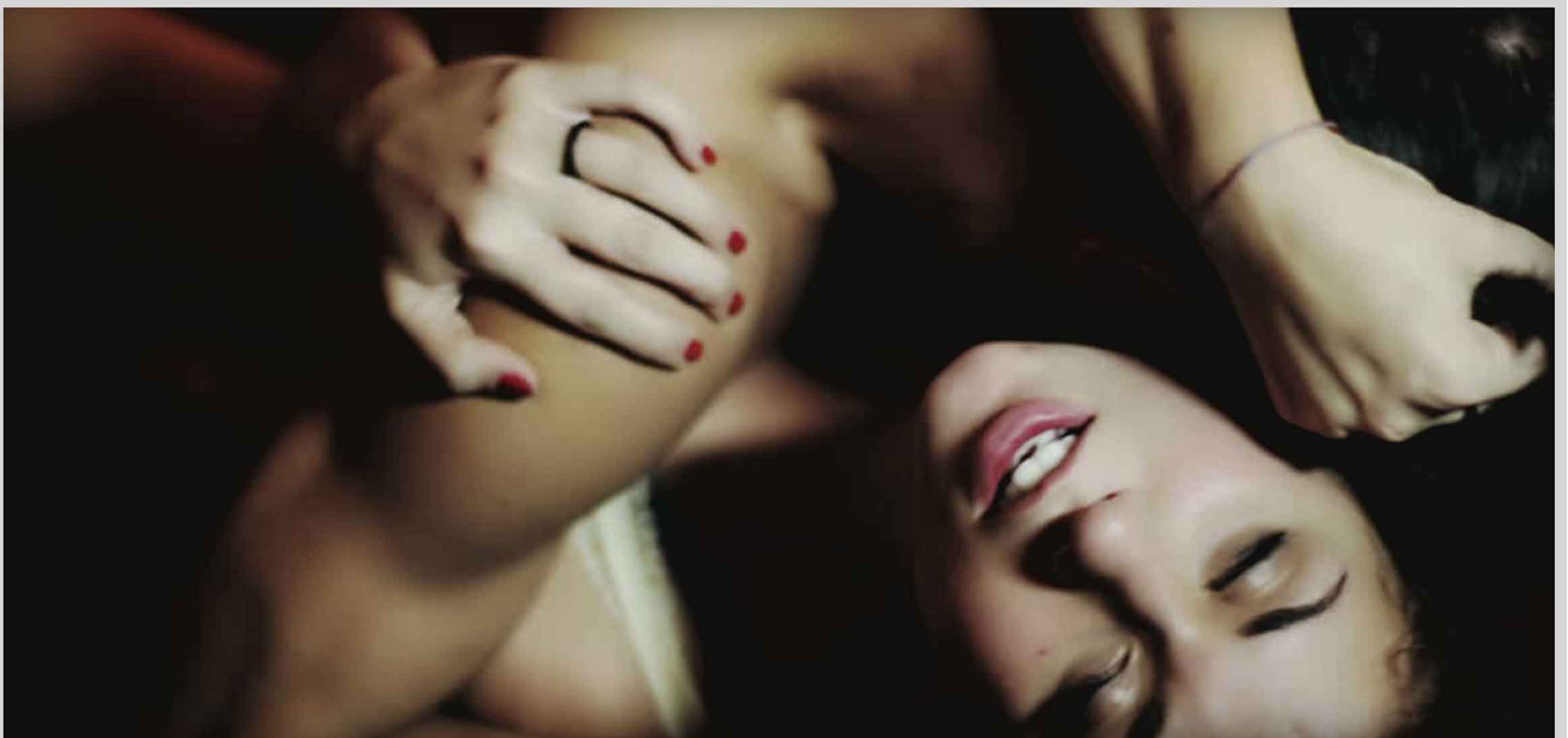
See, your body makes Vitamin-D naturally. It's a solar-powered Vitamin-D factory. You go out in the sunshine, and your body does the rest. One caveat here: Don't wear sunscreen. Sunscreen blocks the solar rays that trigger Vitamin-D production, so if you coat yourself in sunscreen, the sunlight won't do you any good. Vitamin-D problem SOLVED!

Exercise is another easy one. Part of having great sex and shooting huge loads is having a rock solid erection. You're never going to get a big load out of a half-hard dick. It just doesn't work that way.

*SO HOW DO YOU GET A ROCK SOLID ERECTION?*

## **Blood flow.**

The more blood that flows into your cock when you're having sex, the bigger and harder your erection.





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Exercise, especially cardio-based exercise (as opposed to strength-training exercises like weight lifting), increases your heart rate while you're exercising, and increases the strength of the heart's pumping when you're not, both of which improve blood flow.

You don't have to go nuts over this. Hell, you could even just make a deal with yourself to go for a twenty minute walk every day. Just do SOMETHING. I have found that the best way to exercise is to find a fairly physical activity that I enjoy doing, and make time for it. That way it doesn't feel like exercise.

I like hiking. I live in the mountains. Hiking is a GREAT way to get that heart rate up, so that works for me. It's like walking, but with attitude. In badass, steel toed boots, and carrying a big knife and a staff. It's awesome.

The point is, find something you enjoy doing that has a physical element and do it regularly. More exercise equals a stronger heart muscle, which equals better blood flow, which equals better erections. Better erections equal bigger loads. It's that simple.

## THE STRESS FACTOR

There's one lifestyle factor we haven't talked about yet, and it is a BIG one. Stress. Stress is brutal. It's actually (indirectly) one of the biggest, most prolific killers in the developed world. It kills because it leads to high blood pressure and heart disease, which in turn, leads to stroke, heart attack, and other nasty things which are often fatal, but we won't focus on that stuff. Instead, we'll focus on the ways it messes with your sex life.

Stress can muck up your sex life in a number of ways. First, if you HAVE stress, you've probably got high blood pressure, and if you do, then you're probably taking medication for it. Blood pressure medication DRASTICALLY reduces blood flow, which makes it really hard to get and keep an erection.

**Forget about shooting monster loads when you're on those pills! You'll be lucky to get and stay hard long enough to even have sex in the first place!**





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But maybe you're not on blood pressure medication. Stress can still hurt you, sexually, because stress **ITSELF** can reduce your circulation, leading to many of the same problems (though usually not quite as severe). It can also make you irritable, and less able to focus, even on the good things, like sex.

It's hard to have a good time in the sack when you're stressed out and feel like you've got the weight of the world on your shoulders.

On top of that, stress often leads to insomnia. Lack of sleep can be absolutely brutal in terms of your sexual performance. If you don't believe me, try working a sixty-hour work week, spending all weekend long staying up all night and drinking with your buddies, then try to have sex Sunday night before work the next morning.

Odds are that you won't even be **AWAKE past eight o'clock**, but if you somehow manage it, you probably won't be able to get hard long enough to have sex, and if you do, it'll be like, the weakest sexual performance of all time.

It's pretty simple. If you want to have great sex and shoot monster loads, then you have to be good to your body. Stress matters and can short circuit you, even if you follow all the other advice in this book.

Now, this isn't a stress management book, so we're not going to spend a huge amount of time talking about ways to reduce or eliminate it, but it does bear some mentioning, because it's a really big deal in terms of the overall picture.

There are all sorts of ways to reduce your stress. Time management is the biggest one. Most of our stress comes from the fact that we work too many hours. There never seems to be enough time in any given day to get everything done that's on our plate.

The reality though, is that your day is probably filled up with TONS of time wasters. Email and social media are two of the biggest. Email can be a real time sink, especially if you get it in your head that every incoming message must be opened as soon as you get it!

What that does is, it pulls you off task. You don't stay focused on what you were working on, and before you know it, half an hour has gone by.

It's the same with social media. Once you start nosing around on Facebook, it's hard to stop. The best way to handle these is to simply close them down. When I still worked for the corporate world, I got into the habit of checking my mail three times a day. That's it. And I spent no more than twenty minutes in my inbox at each go.

I saved about two hours out of every day doing that, and you can probably see similar results.

Analyze your day. Maybe those things aren't the biggest time sinks FOR YOU, so take a day or two and really pay attention. Find out what YOUR biggest time sinks are, and reduce, or eliminate them to "create more hours in the day." Then, once you HAVE that time, use it well and wisely.



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Once you've created some space in your day, set aside at least a little bit of "you time," every day. You don't have to get all weird about it and meditate or anything (although if that's your thing, go for it!) – just...close your eyes and relax for fifteen minutes, or listen to some music you like. Anything to get out of your head for a bit and recharge your batteries.

**Even ONE little fifteen-minute stint per day can make a huge difference!**

The second thing is, of course, to make sure you're getting plenty of sleep. Yeah, sometimes that's going to mean telling your buddies you can't go out with them, and you know what? So be it. Your sex life is every BIT as important as they are. Guard your time, and guard your sex life jealously. The bottom line is that stress kills. Long before it kills, it messes with your sex life big time. Don't let it. Take control of it. You'll be amazed at the difference it makes.





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## DIET

This is where the rubber really hits the road. Same thing applies here that we said before. You don't HAVE to do any of this, but the more of this advice you take, the bigger your loads will become. It's up to you.

Diet-wise, the only thing to consider cutting back on is red meat, and the main reason for that is because red meat makes your cum taste strong and acidic. You can do the same thing here that we talked about with the coffee though.

Just make a deal with yourself that every time you eat a steak, you'll drink a glass of pineapple juice to offset it, if you're dead set against giving up red meat. That'll work.

**Now, in terms of things TO eat, there are actually several good choices. They are as follows:**



### TUNA

If you don't like going out in the sun, eat tuna instead. One serving will give you all the Vitamin-D you need. Alternatives to tuna are Sardines or Salmon. Use these interchangeably for more variety. (And again – Vitamin-D matters in terms of Testosterone production)

### EGGS (ESP. EGG YOLKS)

one of the best "super foods" for naturally boosting your T-levels. One a day won't hurt you at all. Two won't hurt unless you already have high cholesterol. Three or more...probably not a good idea.



### OYSTERS

These have long been considered to be an aphrodisiac. Whether that's actually true or not is up for debate, but they ARE full of Zinc, which is another ingredient your body can use to build more Testosterone. Eat up! Don't like oysters? You are in luck! Shellfish like crab or lobster will accomplish much the same thing. In fact, a single 3-ounce serving of Alaskan King Crab contains nearly half of the zinc your body needs every day.





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## RED MEAT

Steak lovers rejoice! This is another good source of Vitamin-D, but if you're going to eat it, stick with the leaner cuts to minimize your fat intake.

## BEANS

Beans are one of the best all-around "super foods" on the planet. They're loaded with a variety of nutrients your body needs for good overall health, and plenty of things you need for improved sexual health. The more the merrier here!



## FOODS RICH IN ANTIOXIDANTS

Rather than list each one of these separately, I thought I would just combine them. Antioxidants do lots of good things for your body, including making you feel younger, giving you healthy skin, reversing the effects of aging (so they are especially effective for older men), but sexually, you want as many of these as you can get because they improve blood flow and circulation.

When you get all those toxins and nastiness out of your system, your whole body just works better, including your cock! You will probably find that your sex drive is higher once you incorporate these and make them a regular part of your diet. The specific foods include apples, blueberries spinach, cranberries, artichokes and bananas.



## NUTS (UNSALTED)

Most (unsalted) nuts are really good for you, as are most seeds, but you wanna know the hidden "super seed?" Pumpkin seeds! Not only do they help boost Testosterone levels, but they'll radically bump up both your sperm counts and your overall seminal fluid production, in addition to increasing and improving blood flow. Who knew that the humble pumpkin seed was so powerful?!





## CHAPTER 6: MONEY SHOT SUPPLEMENTS

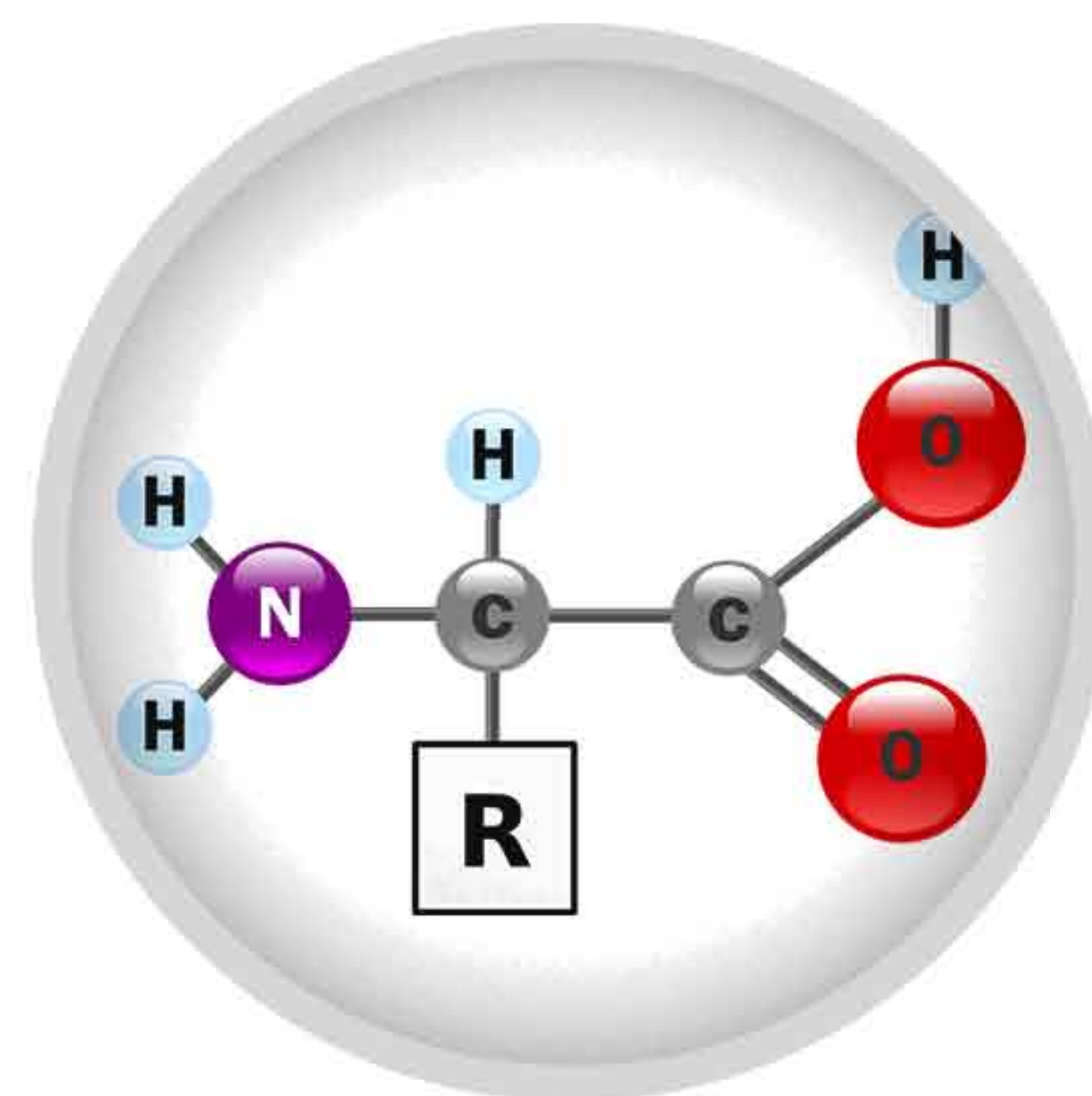
In addition to changing the foods you do and don't eat, you should also be looking in the direction of supplements to help magnify the volume and magnificence of your loads.

The great thing about supplements is that they're all natural, and you can get them over the counter at most any drugstore, or health and nutrition center. Here are some of the better ones to consider, and what they will do for you:



### FOLIC ACID

This supplement is known to help with increased sperm production. Men with low sperm counts often take it as a way of getting to a more normalized level, but there are not side-effects for taking it, which means that you can up the ante without risk. 1mg per day, and you're on your way!



### AMINO ACIDS

This is another way to bulk up both sperm counts and total volume of seminal fluids, making it a double win, since both of these rely on the production of proteins. I've listed three different ones you can try, just below.

- **L-Lysine** – Another fluid boosting supplement to consider. Note that you do not have to take all of these. I'm listing several with similar, or overlapping effects because supplements work differently on different people. What's super effective for me, might only work marginally for you. So if you try something on the list and it's not helping, shift to something else with similar effects.
- **L-Carnitene** – Functionally similar to L-Lysine in increasing total ejaculate volume.
- **L-Arginine** – Not only is this one good for increasing ejaculate volume, but it will also help you have firmer, longer-lasting erections. A double win! – Pro tip: Dark Chocolate is loaded with L-Arginine and is said to be an aphrodisiac. If you love it, you're a step ahead of the game. If you don't, learn to!



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## HORNY GOAT WEED

This one reigns supreme in the world of sexual potency and virility. As the name suggests, it is considered to be an aphrodisiac. In addition, it will increase the flow of blood to your penis, giving you firmer, and longer-lasting erections, and heighten the sexual experience overall. A GREAT supplement, and highly recommended.



## GINSENG

This one is pretty well known, but truly underappreciated. It's been studied for decades, and men who take it see a marked increase in sperm count per millimeter of semen.



## MACA

Not only will this one help increase the size of your load, but it'll give you a nice boost to your sex drive as well (with no side effects!) The best part? It increases sex drive in women too!



## GOJI BERRIES

Remember earlier, all that talk about heat, and how bad it was for sperm production? Believe it or not, Goji berries will help regulate temperatures in your scrotum (although exactly HOW it does this is still something scientists are trying to figure out). In addition to that though, it will give you a nice stamina boost, enabling you to enjoy sex for longer than you would otherwise.



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## ABOUT THOSE PILLS YOU SEE ADVERTISED...

Supplements are one thing. If they're pure, and in their natural state, they're really good for you. None of the supplements above have any significant side effects.

If you're like most men though, you're really curious. What about all those advertisements I keep seeing for the **"WONDER PILLS"** that promise to help make you shoot massive loads, **or keep your cock hard for hours on end?**

Understand this – you will NEVER see a huge difference in the size of your load if the ONLY thing you do is take supplements. It's just not going to happen.

The supplements I've listed above work, to a degree. They probably will help, but supplements are NOT the primary driver here.

You may notice an increase in your load volume, but it won't be a whole lot if you're only relying on supplements. If you want to see dramatic results and awesome changes, you're going to have to do more than just pop a few pills.

Now, as you may know, some companies have decided to "cash in" on the sexual supplements market, and are now offering their own blend of supplements.

As of the time of this writing, I honestly cannot recommend any but John Lawrence's products. Of all the ones I've tested, his are the only ones I have found to be effective with no side effects.



## THE REASON?

All his products contain pure, uncut versions of the natural supplements I mentioned earlier (plus a few others). A lot of other products out there try to insert other stuff into them that don't have any value at all (other than to sound exotic and raise the price).

Worse, some of the stuff may actually work against you, or even hurt you. You start seeing lots of weird side-effects when you take some of these products. I know, because I used myself as a guinea pig to test a bunch of them.

Here's the thing: Most of these **"WONDER SUPPLEMENTS"** are just overpriced versions of the stuff I mentioned above. They like to differentiate themselves by adding in random ingredient to try to entice you, but that's all it is. A marketing ploy.



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Don't fall for it. Keep it simple and cheap. You don't want to pay more than you have to for supplements. Worse, you don't want to wind up taking a supplement that actually gives you headaches, or makes you sick to your stomach, because that knocks you out of the game.

So **WHAT if it gives you a bigger load?** If you're puking your guts out, how does that help you? Since I mentioned pills that make (and keep) your dick hard, let me also take a minute to say something about **Viagra, Cialis and all of those.**

First, those will do NOTHING to help increase the size of your load. All they do is make your dick hard...for a really long time. We're talking 3-4 hours of pure, pulsating hardness.

I know that sounds like a good thing at first, but trust me, it isn't. Most of the time, along with the hardness, you get a pounding headache that feels like someone is trying to perform brain surgery on you with an axe. Can you imagine trying to have sex while someone is bashing your head with an axe? It's not fun. It's not even pleasant.

The worst part about taking these pills is that it makes you feel like you NEED to fuck. Even after your cock has been rubbed raw. Even though your head is pounding so hard you feel like you're going to be sick, you just have this almost uncontrollable urge to fuck.

It's a nasty combination. I don't recommend it. If you feel like you need to experiment with them anyway, go ahead, but don't say I didn't warn you.

You don't need that stuff. Do it the all-natural way. Much better for you, and you'll enjoy it a whole lot more.





## CHAPTER 7: SEXUAL STRATEGIES

If you want to produce consistently bigger and better loads, HOW you have sex is just as important as the other stuff we've mentioned so far. Now, I know what you're thinking – **what do you MEAN "how you have sex." Just stick it in and go, right?**

Not so fast though. There's actually a bit more to it than that.

Think about different times you've come before.

Some orgasms were **HUGE**, mind-melting orgasms that left you feeling completely and utterly drained, and others were...meh. I mean, sure, an orgasm **ALWAYS** feels good, **but you can put them on the ten-scale, right?** Rate them. And some are just bigger, stronger, better than others.

### So the question is...why?

**Why is it that some orgasms really rock your world, and others are just so-so?**

And when you think about the really big, mind-blowing orgasms you've had in your life, and compare them to the not-so-great ones, you'll probably realize that those hugely powerful orgasms were also the ones that saw you shooting the biggest loads, while the ones in the minor leagues saw you shooting mediocre loads, at best.

The difference lies in understanding what an orgasm actually IS.

You might think you know, but I'm betting you don't.

An orgasm ISN'T just the moment that you cum. It's the sudden release of all the sexual tension you have built up inside you up until the moment you DO cum.

Think about that for just a second. Really let that sink in.

What that means is that the more sexual tension you allow your body to feel before you cum, the stronger your orgasm will be, and the stronger your orgasm is, the bigger the load you're going to shoot.





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Now, if you're like a lot of guys, your goal in sex is to get in there, **start thrusting and cum.**

If all you're looking to do is get your rocks off, that works, but if you want MORE...if you want to give both you and your partner truly mind blowing sex that shuts down all your senses for a little while after, then you're going to have to take your sexual performance to the next level, and that means, learning to delay.

## Here's a fun fact:

Did you know that it takes most guys an average of four minutes to cum? Four minutes, and you're done (on average).

The problem with that is, it usually takes a woman about 12 minutes to cum, so if you just focus on you, the show's gonna be over and done with before she gets hers, and guys, honestly, it's HOT when a woman cums all over your cock. That's solid gold and pure magic. You WANT to feel that, believe me.

So the trick then, is finding ways to make yourself last about three times longer than you're used to lasting.





## MAKING SEX LAST: PREMATURE EJACULATION BUSTERS

I'm pretty sure that you've seen some porn.

Or a LOT of porn. (Hey, I love watching the stuff...I watch it with my girl, too...)

So let me ask you: **Have you ever wondered why they switch positions so frequently?**

**Have you ever wondered why the guy in the movie will periodically take his cock out and slap the woman's pussy with it?**

The answer is the same for both questions. These are delaying tactics. See – the guys in those scenes, they were close to shooting their load. They knew that if they didn't do **SOMETHING** to ratchet down the intensity of the sensation, they were gonna explode.

That's what changing positions does for you. You have to pull out and take a few seconds to rearrange. Maybe she sucks your cock for a few seconds, or maybe you just move her body into a different position, but those seconds of **"down time"** matter, because during that time, your body moves away from the edge of the orgasmic cliff, and that's what enables you to last longer.

Same thing goes for when you pull your cock out of her and slap her pussy and clit with it. It's just a way to temporarily deaden the sensation in your cock and move you back and away from the brink of cumming so that you can last longer.

Try it for yourself and see how well it works. It's amazing. If you have the willpower and self-control to make yourself walk back from the edge of the orgasmic cliff, you will find that you can delay your orgasm indefinitely.

The reasons for doing so are actually three-fold.

1

by doing that, you can make sex last as long as you want it to. Let's face it, sex is awesome...if you can have an hour's worth of hot sex with a beautiful woman, why would you want to settle for four minutes? Seriously?

2

the longer you delay, the more times you can make HER cum, and that's just sexy as hell. That's what takes you from being just an average lay to being a sexual Rock Star.

3

the longer you delay your orgasm, the more sexual tension will get built up in your body. The more sexual tension you build up before you explode, the bigger your load is going to be, and the more powerful your own orgasm will be.



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That's going to make YOU feel like a million bucks, and it's going to make your partner feel like a million bucks too, because SHE will think she made you feel that good.

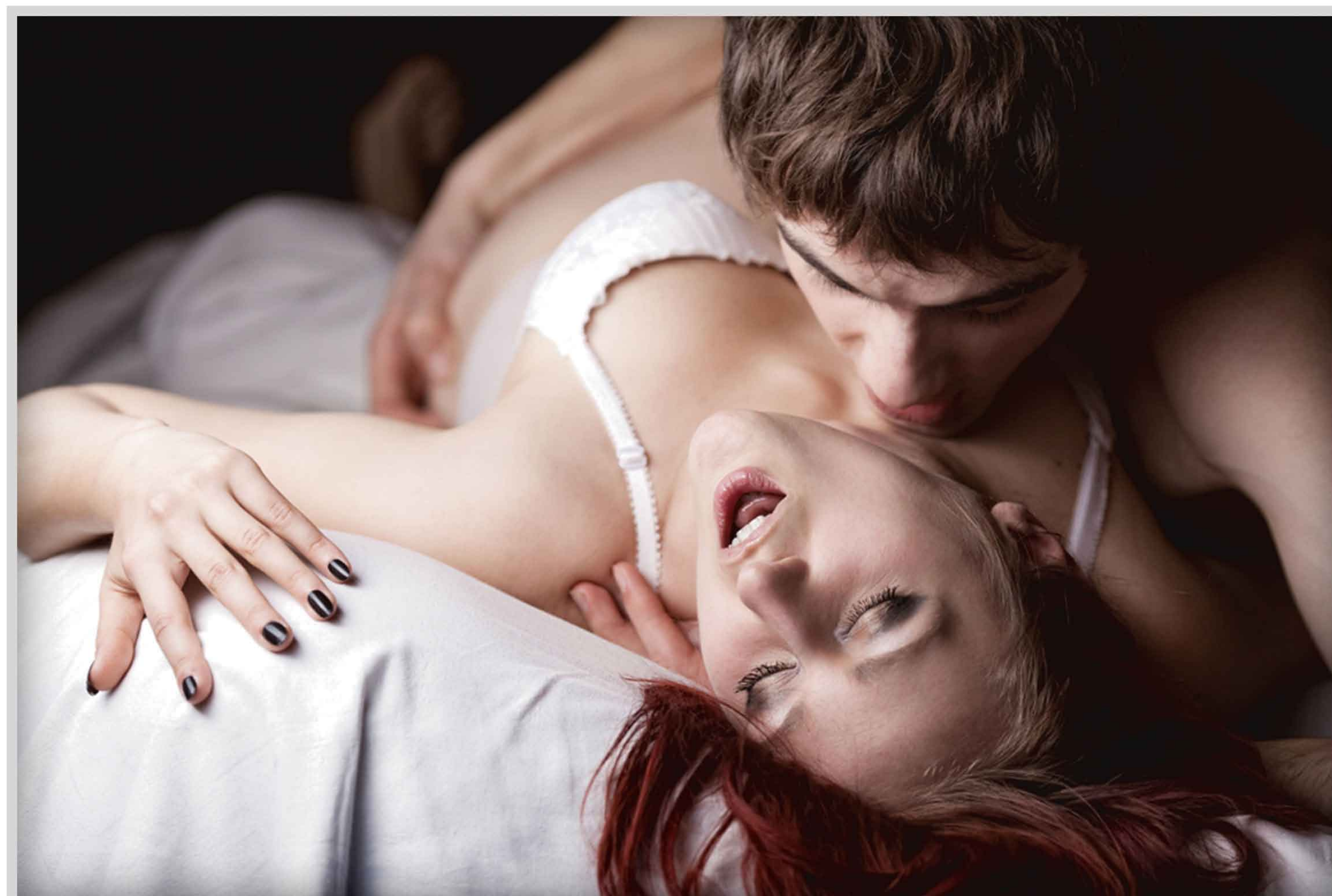
Now, I'm not saying that she didn't have anything to do with it, but you know the reality – YOU made yourself feel that good by making the conscious decision to delay your orgasm and let the tension and pressure build.

Basically, what you want to do is this – any time you need to **"take a break,"** make sure that she's part of the action. You don't want to kill the moment, you just need a few seconds to pull back from the brink, and you want to keep her involved, engaged, and hot and bothered.

That's why it's important to smack her pussy with your cock (she's still part of the equation), or physically move her body into a different position (again – she's got a role to play there).

You shouldn't be, but if you're uncomfortable just taking control like that, then talk to her. Say something like, **"Damn – your pussy feels so good that if I don't stop for a second, I'm going to cum."**

She gets it. She understands that you have a refractory period, and she wants it to last a good while too, so it's not like she's going to be mad at you or anything. You BOTH want to have a good time, so in that regard, you're on the same page.





**In fact, she'll probably be GLAD you were honest about it, and why you're stopping for a second. Hell, she may even just volunteer to suck you off for while until you catch your breath!**

## TALKING DIRTY TO IGNITE HER DESIRE

Speaking of talking though, that brings up another aspect of sex that can help heighten the mood. This will increase the sexual tension you both feel, which as you now know, increases the strength of your orgasm and the size of your load...

**Yeah, I'm taking about Talking Dirty.**

**There's another bonus report that comes with this package, and it goes into much greater detail on this topic. So I won't spend too much time on it here, but I will say this:**

Dirty talk in the bedroom can be a huge turn on for both of you. In order to pull it off though, you have to play to your sexual archetype. You have to BE the man, and let her BE the woman.

What I mean is – way back in the day (we're talking caveman times here), when a man wanted sex with a woman, he grabbed her by the hair, dragged her into his lair, and fucked her. Savagely.

Now, I'm not saying you need to go to that extreme, but that kind of behavior, you, the caveman, her, the woman to be pursued and ultimately caught and fucked senseless...that's hardwired into all of us. It's just part of who we are. It's in our DNA.

Unfortunately, we live in a polite society today, so we can't reveal those sides of ourselves in public, even though they are still very much alive and well inside us all. The bedroom is about the only place we can let those sides of ourselves out, and you should.

Most guys are under the mistaken impression that women want slow, tender lovemaking.

Some women DO prefer that. In my experience, about one woman in 25 prefers that.

About one woman in two hundred prefer to be the dominant one in the bedroom.

**Do you know what all the rest of them prefer?**

**You being the caveman, so they can be the woman who gets ravished. Seriously, that's what a majority of women want!**



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I know, because I've asked. Well, I didn't ask exactly...I didn't phrase it as a question, what I said was **(when I was in the process of undressing a woman) –**

**"I know that sometimes you like that slow, gentle lovemaking, but that's not the vibe I'm getting from your right now – the vibe I'm getting from you is that you want me to rip your clothes off, pin you to the bed, spread your legs and give you a good solid jackhammering."**

And you know what? EVERY TIME I've said that, I've gotten the exact same response.

**HELL YES that's what they want! So...why not give it to them?**

And when you DO that...when you let your inner caveman out during sex.

When you go crazy with the thrusting and grunting and manhandling...growling in her ear, smacking her ass, telling her what a beautiful, sexy little slut she is as she backs onto your cock...**do you know what you're actually doing?**



You are HUGELY adding to the amount of sexual tension in the room. The sexual tension you both feel, and that's going to translate into equally huge orgasms for both of you, and a truly spectacular, porn star style load for you at the end.

Language is a powerful tool, both in and out of the bedroom. Learn to use not just your words, but the tone of your voice to enhance the mood. To ratchet up the sexual tension and really take it to the next level. You'll be **AMAZED** at how big your loads get when you're totally into it like that. It makes all the difference in the world.

## EXERCISES TO MAKE YOU LAST LONGER

So now that you've learned a number of "tricks" to help make sex last longer and be more intense in the bedroom, we're going to talk about one particular exercise you can do that will help take both of those things to the next level.



## CONCLUSION

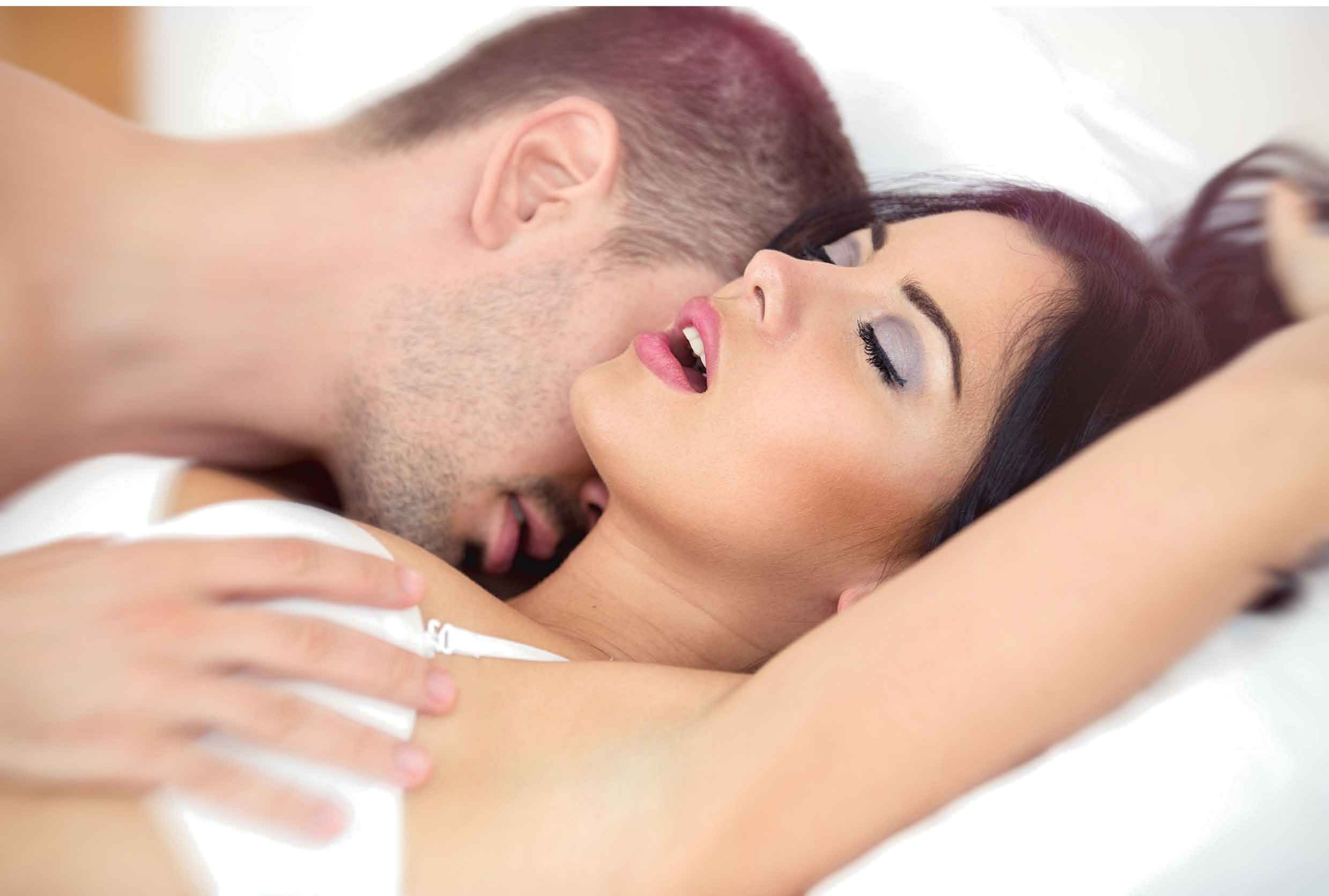
I'll bet when you started reading this bonus report, you had no idea there were so many things involved with shooting massive loads. Believe me, I was as shocked as you when I first started doing research on this topic.

It's an interesting subject, and it's important. As I mentioned at the start, it's not "just" a matter of looking cool (although it does). It's not just a matter of being a turn on for lots of women (although it is), but there are actually lots of other benefits besides.

Within these pages, I've shown you all sorts of different ways you can go about increasing the size of your "money shot." You can now consider yourself to be a PhD on the subject of cum!

You know a number of "do's and don'ts" where your ejaculate is concerned. The things that decrease your sperm count and work against you, and the things that **INCREASE** your sperm count and help you move closer to your goal.

You know about the lifestyle changes you need to make if you're serious about doing this. What foods to eat, and just as importantly, what foods to avoid eating. What supplements you can take to help take your efforts to the next level.





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You also discovered that stress and exercise are actually really BIG factors in all this, and several other things besides.

I've tried to keep it simple. To cut out too much of the scientific jargon and just stick to the facts, so that everything is simply laid out and easy to understand.

The biggest thing I hope that you take away from this book is that increasing the volume of your ejaculate isn't a simple thing. There's no "one thing" you can do to make it happen. It's not like there's a magic bullet out there, "do this, and you can double the size of your loads!"

It just doesn't work that way.

This is more like a **SYSTEM**.

A complete, end-to-end system with lots of factors and moving parts.

Sure, you can pick and choose which parts "work" for you, and which ones you plan on just leaving out of the equation, and you'll probably still see good, solid results. That gives you lots of flexibility, because some of the stuff mentioned here just won't "work" for you.

Maybe you're a diehard smoker and that's just the way it is. You have no intention of giving up that habit, even if it will increase the amount of man yogurt you're able to spray all over her.

That's okay. Just understand that the more stuff you leave out of the equation, the less effective these strategies become as a whole. They all work together to bring about results.

So having read this guide from cover to cover, I hope you take the information here to heart. I hope you take these strategies and run with them, because when you do, you'll notice an amazing difference in your sex life. But more than that, you'll notice an amazing difference in your life in general.

You'll be healthier and happier.

**You'll be less stressed and more confident. You'll feel like a "man's man," and that's a GREAT thing.**

I use all of these techniques myself, so I know they work. I've been my own guinea pig for years. I actually kinda like experimenting on myself, because when I do, then I have PROOF that something works.

Theories are all well and good, but if I'm going to write a report about something, then I want to **KNOW IT WORKS**. The only way I know to do that is to test it out on myself first.

So far, that seems to be working out pretty well, because I've gotten **HUNDREDS** of emails from people who have used these methods, who later wrote in to thank me (you're welcome guys, but please – I don't need to actually SEE the results, **I believe you! You can keep the pictures! LOL...**



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I hope you jump in head first, and put all of these strategies to work for you.

There's **NO REASON** you can't start blasting money shots like a porn star if you want to, and there are plenty of reasons to want to. More than anything, what has motivated me to write all this material on sex is that I want to create a world where men and women **EVERYWHERE** have amazing sex lives.

Think about how much better off the world would be if **EVERYBODY** was having tons of sex, and if all the sex they were having was amazing.

Everybody would be happier, more laid back, and easy going. Lots less to fight about.

**Hell – why fight? Just go home and fuck!**



That's never going to happen, I know, but you see what I mean.

**These reports are designed to help you have a sex life that's AWESOME. To get everything you've ever wanted from all of your sexual experiences. And I sincerely hope that you do!**

Best of luck, champ. Now go out there and start cumming like a porn star.

Give your bedroom ceiling a new paint job while you're at it!

**LOL...**

**Seriously though, have fun with this. I know your lady will ;)**