

Ben Wa Balls How To

The Ben Wa balls are our Kegel exercisers and they serve to tone and strengthen the pubococcygeus or "PC" muscles which form the floor of the pelvis. The health of these muscles plays a vitally important role in sexual arousal and climax, as well as in other aspects of bodily functioning. The bottom line - Ben Wa Balls help to strengthen the vaginal muscles which lead to increased muscle control. The benefits you experience from healthy muscles are amazing!

Women should do Kegel exercises regularly because:

- Kegel exercises increase the blood flow to the genital area, and so support sexual arousal mechanisms.
- Kegel exercises strengthen and tone the muscles of the vaginal canal, and so women who Kegel can improve their capacity to orgasm by means of vaginal play, in terms of both the intensity and the frequency of their orgasming.
- Kegel exercises are essential to the treatment of sexual difficulties such as vaginismus (tightening of the vaginal muscles) and pain during intercourse.
- Kegel exercises can help with bladder control and many other problems of the pelvic floor that are often associated with aging, due to the increased level of muscle control.
- Kegel exercises strengthen and tone the musculature of the pelvic area in a way that can make vaginal delivery during childbirth easier.

To find your PC muscles go to the bathroom and sit on the toilet. In the middle of your stream of urine, stop and start the stream several times. The muscles you use to do this are your PC muscles. At first, you may find that you are also squeezing your anal muscles; as you become experienced with Kegel exercises, try to separate out the muscle groups that you are able to exercise by squeezing.

Now that you have located your PC muscles, you can exercise them while your bladder is completely empty. First, insert one of the Ben Wa balls and try squeezing your PC muscles to hold the exerciser in for several minutes.

Now figure out a suitable exercise routine just as you would if you were trying to tone and strengthen a different muscle group by going to the gym every other day. For example, suppose you start by being able to hold the Ben Wa ball in for 30 seconds or a minute; try doing this three times a day for a couple of weeks, and then try increasing this to both balls three times a day for a couple of weeks

Once you are skilled at Kegel exercises, you should be able to do them without anyone else knowing what you are doing... boring meetings at work, chores around the house, and other daily events all become opportunities to work quietly on improving your sexual health!

