

Prostate Massage

There is a technique that can be used to care for the anal area. This technique is the prostate massage.

You can massage your prostate by simply inserting your finger into the anus and reaching back and up towards the navel until you feel the prostate gland. Use natural-content personal lubricant of the type specific to this purpose (available in drug stores) to facilitate insertion of the finger, and gently rub back and forth on the prostate using as much pressure as you can without causing pain.

This massage can be made even more pleasurable if your partner is willing to do the massage for you. You need not concern yourself about bacterial transmission if the hands are clean.

Traditionally, doctors would massage their patients' prostates regularly to cure or prevent disease. Now, however, most doctors only *check* the prostate, and if they find a problem prefer to cut it out or prescribe medication. But a doctor is not necessarily required for prostate massage. You can do it yourself or have your partner do it for you. Try this practice and discover its health benefits. When you do it yourself, you can be very gentle and make the treatment pleasurable as well as efficacious.

Some people have a psychological block against examining or massaging their prostates. They think the anus is dirty. But there is nothing dirty about the body, which must be cared for. The only thing that might be considered dirty is disease; and these practices are intended to prevent and cure disease through regular care for the entire body, including the anus and prostate.

It is important that men examine themselves often by checking the condition of their prostates. You can determine the condition of the prostate by feeling for changes in size and resilience. Check this as often as possible, at least weekly, and you will be able to establish a standard for yourself. By doing so, you will be able to detect any changes in the size and flexibility of your prostate.

A very hard, enlarged, or painful prostate is an indication of a disorder that could lead to cancer or some other major problem. However, prostate disorders do not develop overnight, and regular massage can prevent and reverse problems.

Medical science accepts that it is normal for men over the age of fifty to experience problems with their prostates. Although prostate problems may be common, they are not normal. They are *abnormal*.

There is no need for any man to have prostate problems. With regular examination and massage and practice of the Deer Exercise, prostate problems may never occur at all.