

ALICE MEYER

Morning Erection

CAUSES
AND NORM



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Morning Erection. Causes and Norm

«Издательские решения»

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Morning Erection. Causes and Norm / A. Meyer — «Издательские решения»,

ISBN 978-5-44-932777-2

To begin with it is important to understand, and why the member is worth it. This state is provided by very simple physiological causes. Increased blood flow to the tissues of the penis, as well as the high pressure created by it and keep the penis in this position. And this influx begins to increase due to various psycho-emotional factors. Now specifically about what is so remarkable for the onset of an erection morning.

ISBN 978-5-44-932777-2

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ISBN 978-5-4493-2777-2

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Erection in the morning is quite normal in many men. However, the frequency and duration of it with age weaken. This is due to changes occurring on the hormonal background in men. So the production of the hormone testosterone, which is responsible for male sexuality, is gradually decreasing.



Why the morning gets a member of men

Often, a man's morning begins with "acute" sensations. Feels that there is a persistent erection. This phenomenon is so widespread and so often happens (especially among young people) that they cease to perceive it as a miracle. Or rather, pay attention to it almost ceases. So what kind of magic is this with the male body in the morning? And how correctly to perceive it? About this below.

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Causes of Morning Erection

Oxygen starvation of tissues. If there is an erection in the morning, then it can be a consequence of a nightly inadequate supply of oxygen to the tissues. During sleep, the person's breathing becomes less frequent. This means that oxygen in the body as a whole comes less in comparison with the period of wakefulness. Cold extremities can be the actual proof of this.

However, one of the centers of the brain, which is just monitoring the maintenance of a normal level of oxygen in the blood, begins to signal a possible danger. He is excited, his breathing quickens. Such a symptom as frequent breathing, and with it cellular excitement, along the chain, signals to another think tank that it is necessary to give out reactions corresponding to excitation as a whole. As a consequence, the palms become sweaty, and the penis enters the erect state. This process in a circle can occur on average from 3 to 8 times during one night.

Конец ознакомительного фрагмента.

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