Introduction to Prostate Cancer Summit

Thank you once again for joining me as your host of the Prostate Cancer Summit. I am Doctor Geo Espinosa and today's guest is Susan Bratton. Susan Bratton is the, intimacy expert to millions and is a champion and advocate for all those who desire intimacy and passion their whole life long.

She is an expert in several devices, that we're going to talk about. And really, she does so much, so much good work in the field of sexuality, both in men and women, but certainly in men.

And today we're going to focus on, you know, what can men do, after a prostate cancer diagnosis, before prostate cancer diagnosis, you have prostate cancer.

You can be an active surveillance and still enjoy, you know, full sexuality. What are the best methods of doing so? And with that in mind, no further ado.

We have Susan Bratton. Susan, thank you so much for joining me. Doctor Geo. It is always a delight to collaborate with you. And thank you so much. When I heard you were doing a prostate oriented summit, I reached out to you and said, I would love to talk about the p spot, prostate massage and milking, what are these things?

And show you some of my favorite tools and, technologies for men's sexual health and pleasure that were very prostate oriented. Because so much of what we think about when we think of men, sex, penis, Oregon, Ted, and of course, all of that goes together.

And I like to think about the prostate, the testicles and the penis, both the external and internal, the buried shaft as an entire system. And I think that instead of having this kind of singular focus on the tip of the iceberg, I like to think about it really as something that is, that you can, you can orgasmic activate and expand your pleasure your whole life long to feel more and more sensation, pleasure, joy, connection, etc..

So, you know, prostate cancer is a very scary thing and nobody wants it. But luckily, we have a lot of innovation in the area of understanding, diagnosing and treating prostate cancer.

And a lot of times I'm working with men who have fathers who've had it, who are concerned about it, and they want to get ahead of the curve. And so I do want to talk about prostate massage and the p spot, because more and more men are I always have this little funny saying, don't ignore your back door.

What the P-Spot Is and Why It Matters

More and more men are open to finding their spot and knowing more about p spot orgasms and blended orgasms and the kinds of things that are really very healthy and very good for us.

And so, yeah, thank you for being open to having me. Susan. I just by listening to you right now, I get the feeling we're going to have numerous puns throughout this conversation.

I just. I didn't come up with that. I just get that feeling. So, I'm wrapped up here, so, thank you. Thank you for being on. Yeah. And I know you always bring the good, so I'm not surprised.

Believe me. Susan, let's start with the p spot. What exactly is it? You know, I know about it. I haven't talk about it at all. So I'm glad that you are the spokesperson for the p spot.

I don't talk about it at all because it's kind of beyond my kind of wheelhouse. But I think it is a very important thing to know and for the audience to know.

So tell us a little bit about it. And what what does it do. Yeah. So it's funny, I, I'm actually called the Queen of pain. That's what people call me when they tease me. The Queen of pain.

Oh. Cause, I'm very much involved in helping men around their erectile function from a sex, a logical perspective. And, the p spot is your prostate. P stands for prostate.

And, of course, it's up inside your rectum. And it's really, you've done a million prostate exams. You should probably tell men where their prostate is.

I always tell them it's, you know, basically one finger knuckle in and up toward the toward the front of the body, and you'll feel a little rigid area.

And that's your prostate. Drived is a little walnut, different men's prostate feel and feel differently. And, and, they, they, they can change and swell, you know, the prostate being a gland in a muscle.

It's a very interesting part of our physiology. Of course, it's the place where a part of our semen is manufactured. The urethra runs through it. So it gets a lot of problems with, prostatitis.

Swollen prostates, things like that. So I know you've addressed all of those kinds of things on some of the other, other, segments, but I think what men are realizing now is that the P spot is a pleasure spot for pleasure.

It feels good to rub it. And it's got analogous to wait for the G-spot. The G-spot. They're very, very similar in that the G-spot. It's interesting. The P spot is actually a spot.

It is a location that is easy to identify by. And it's up and inside the rectum, the G-spot and the female body. Because, of course, when we started out in utero, we started out with the same parts, and then they just one developed into an Audi and the other one stayed in Eni.

But we have the same amount of as exactly right. And all of the same components. The G-spot itself is actually a spongy tissue that surrounds the urethra.

The little pee chute, and the p spot is not. The patient goes through the prostate in the male body. But what's interesting about the G-spot is that it likes pressure and palpation and is orgasmic, creates orgasm sensations, and is the, location of female prostatic fluid as well, through the skin glands.

So they have similar similarities and differences. But the one thing they share in common is that they love pleasure. They love to be touched and provide pleasure.

And there are many men who enjoy having their pee spot, massaged. And there are different ways to massage your spot. I expressed by a partner that they are intimate with and that, you know, when I am feeling their prostate, I'm sure they I don't, I don't know, I never asked, but I don't know that they're feeling much pleasure.

In fact, looking at their face and their grimaces, they're they don't look too comfortable. But maybe that's because I'm their doctor. Doing what I do when it's your partner.

Maybe. Is that is that the difference? When it's a partner, you know, feeling the prostate and there's more pleasure and orgasmic type of feeling? There's two things.

Number one, like everything around pleasure and the sensation of pleasure in our bodies. We can activate the pleasure pathways. So you might start out finding your prostate yourself through self-exploration.

And then as you slowly get you used to finding it and touching it, you begin to identify what feels good. Oh, it feels good when I do it this way. And what you're really doing is you're triggering your biggest sex organ, your brain, which is the the part that you need to register sense, location, this numbness, pain, shame or pleasure.

And so the more that you relax and you begin to feel the prostate, you find it, you stimulate it, you begin to process that sensation as pleasurable. So everybody's prostate is has the ability to be an incredible source of orgasmic pleasure.

And a lot of times it's just finding it and experiencing it and then creating those pleasure pathways. When a lot of men start out self pleasuring their pee spot, and a lot of men like to do what is called a blended orgasmic experience, which is penile pleasuring combined with prostate pleasuring.

The other thing that I think is really interesting is that though some men will start off with a finger just to find it and know what they're going for, most men very quickly transition into using prostate massage tools that I brought my three favorites to show you.

I can't wait to see. Yeah. Let me let's pause there, because I think you're saying so many things, and I think that our listeners like, wow, what's going on here that I, I don't know, unless they follow you somewhere, they don't know this.

Any of this information is totally new and probably even shocking to many of our listeners. So just for clarification purposes, yeah, I'll ask you a few questions and maybe you can give me some quick answers.

The is the P spot when I do or when anyone to do a, let's say a rectal exam or rectal massage. Is there a specific once you insert your finger and obviously you can be as specific as you want.

So your finger, it's not necessarily right there the first time you hit the prostate. Or is it is that the p spot or is it a little bit to the right, a little bit to the left?

Just like a general idea is to practice? Okay. So it's not a specific spot in the prostate. It's just it's just the prostate. The entire across it. So if it's a third, if it's a small prostate or a big prostate doesn't matter.

Prostate Massage Tools and Pleasure Devices

It's just a property. Yeah. Great. The good news is you don't want a giant prostate. You want to do lots of prostate massage to keep that thing from growing and getting choking off your urethra.

That's a very important point. Yeah. That is a great massage. Is so good. Very important point. Thank you for for saying that. Next question. Should I assume or not assume that, same sex scenario to know more about the p spot than heterosexual men?

Is that something that you think it's, a thing, or do heterosexual men are familiar as, same sex men are in terms of the p spot and what it does from an orgasmic perspective.

Gay men are much more comfortable around anal pleasuring and anal sensation, and they're much more they've activated the tissue much more, and they're much more comfortable with.

I have found in the last two decades of being essentially an intimacy expert and talking to I've always had a larger male following than female following.

And so, I've been talking to men, about their most private issues for decades. And I would say in the last I'm going to say, in the last five of the last 20 years, there's just been an absolute groundswell of men who are open to, prostate massage and spot pleasuring, and using the tools that I'm recommending, and asking me lots of questions and all of those kinds of things.

So more and more heterosexual men are realizing that your prostate is just a part of your physiology and a lovely and pleasurable part of your physiology.

And it is healthy. Well, I call it hashtag self-care down there. Prostate massaging is a very, very healthy thing that a

man can do himself with a toy, especially with a massage tool.

And he can also incorporate it into his pleasuring practice with his partner. And more and more people are now integrating these tools and toys into partner pleasure.

And I've got one little example. I will say that as I show things to you of, my favorite, use case is that. I can't wait, I I'm, I'm I'm I'm I'm I'm into you notice I pause there, I'm like, oh, my God, what is it?

Oh, what is it I can't wait okay. It started. Yeah. Why don't we do that. So this is a little show and tell, right? And then that we have to dive in into what's the appropriate utilization and or stimulation of the pee spot in men after a prostate cancer diagnosis.

But we'll get there in a second. Okay. So the very first one I want to show, I'm going to go baby steps. I always like to do things where it's a slow ramp.

So we never start out at expert level. We start out at beginner level. Yeah. This is the Molto by mystery vibe. This is a product sold through urologists and doctors and this is what I like to recommend as the place that the guys who are like, I'm not sure I can stick anything up my butt.

But I hear. Yeah. And I'm interested. Where do I start? And this is called the moto like moto band. I'm going to show you something, and you're going to be and you're going to be upset at me.

Oh, okay. I don't know if it was you. I was sent one and I have not opened it yet. Yeah, I have sent to you. What it you. Know, I sent it to. You. I thank you so much. So please take it away.

Let me know what's in it, and I'll gladly open it after we speak. Yeah. I'd love for you to try it and let me know how you like it. So, you know, massaging that glandular muscle, your prostate, it gets the fluid moving.

A big part of what's happening with men. And Doctor Joe's so good at describing the lifestyle issues that lead to prostate problems. And one of them is not getting enough exercise and movement.

Of course, your diet, etc.. And so what I like about prostate massage tools is you're getting things moving. And that's very important because stagnation leads to inflammation which leads to all these downstream problems.

So the moto is a very small device that has this really nice, easy to read buttons. I'm 63 years old, and my number one thing I say is works like glasses. So, so I have a feeling a lot of men on, on this, summit are doing the same.

They're like me. And so what I like about this is that not only does it have these really easy to see buttons, but there is a remote control Bluetooth app for your phone.

So once you've inserted it, you can change the vibrations and the frequency and the intensities just with your phone app, which is super nice. Now this is the smallest of the three products.

It has a very, very, very this is basically not this is my thumb. It's as big as a thumb. And their tiny. Sizes, depending on the anatomy of that specific person who's in interested.

Know this is the Moto is a smaller device. This is why it's your first. If this is your your first device and you can curve it so you know your prostate, you want to get up and in like this.

Yeah like that. And so this is nice because it has a lot of flexibility of where you need it to fit well in your body. So this is the Moto the second product that I want to show you is the next one in size.

The next one up in size is this it's called the flex with flex. And it's a very nice it's a little bit more of a fixed unit this way. But and it has a nice flared base as well.

It's not going in. It's not going to get caught on you. And this has remote control. So you can put it in and you can control it with the remote control.

It doesn't have a Bluetooth app, but it does have a remote control. And this one has very nice vibrations as well. And it's a little bit larger. And generally what I have found with men is that they'll start off feeling like I need the small one.

I don't want to put anything too big in my butt, even though I say to them, how big of poops are you taking? Those go in and out of your butt every day, and I've seen some of them in their whoppers.

It's not like, you know. Hopefully they don't go in. They probably just go out. I hope they go out. Yeah, but the rectum is, a stretchy muscle so it can accommodate and men like that.

But then there's a third product that is my personal favorite, and it's my personal favorite because of what I like to do with it. So this one is the one where if you have the kind of wife who's like, I love to try new things, I like partnered play.

I am down for all the pleasure you can possibly create with me and yourself, and I like to try new things. This is the advice two from a narrows and a narrows has been helping men with prostate play and pleasure for decades.

And all three of these brands are very, very good companies. I have personal relationships with them. Their quality is the best. Don't just buy some hunk of junk.

So these are not your brands. These are not your code. These are my these are my vetted, long term, excellent products that have great customer care. And they are the three best I've ever found wonderful.

One of the things you want to be very careful about, you know, now they're finding plastic particles in men's testicles. I mean, we are inundated with plastics and endocrine disruptors, right?

And you need to have high quality materials that go into your rectum that are not going to, you know, leave residues and have phthalates and other endocrine disruptors.

So the things I'm showing you are the kinds of products that are super high quality. They're very smooth. The silicone feels good. This one's bigger, but it's no bigger than the poops.

It will fit in very easily. It has a different kind of a flared base. And what it has actually is this little hook comes up. And this also stimulates the perineum, which some men call a taint.

But that sounds like a negative word. So I prefer to use the word perineum. And it has this really nice kind of sculptural, insert. And what I love, and this is my favorite part about it, is that the remote control has 18 different sensations that you can give yourself.

And what's nice about it is that it has this little button at the top that you can press. I call it the sugar. It's like a little turbo button that if you just want to give yourself like a little more, you can do that. And a lot of men, what they like to do is they like to do edging.

They like to. And this improves your stamina for lovemaking with your partners. Edging. Can you describe that. A little bit. So edging is where if you think about your, ejaculatory point of no return or it's called and our point of no return as being a ten, you're going to have an orgasm in ejaculate.

You want to get yourself to a five, to a six, to a seven, to an eight to a, and be able to pull back from that through breath. Working with your puberty kgs muscle, your pussy muscle, pelvic relaxation so that you can begin to master your ejaculatory response such that you can gas it and break it, if you will, so that you have the ability when you're with a partner as well, to not go over the edge and ejaculate before you want to, or before she begs you to.

And what's nice about that is that you begin to get what is called ejaculate free choice by learning how to get right up to the edge of an ejaculation, but not going over it past the point of no return.

And so you can practice with these prostate toys and with blended pleasuring so you can stroke your penis while you have a toy in and you're feeling the prostate sensation and you're masturbating, but you're slowing it down, and then you're speeding it up and you're slowing it down and you're speeding it up, and you're staying and riding that delicious edge of pleasure.

That's what edging is. What I like to do with this is one of the things that I recommend for partnered pleasure is to give. If you if you're in a relationship with a woman, giving her what I call a yoni massage, which is giving her a vulva and vaginal massage with some nice oil is very nice, and letting her slowly get her engorgement because women have as much erectile tissue as their male body partners.

And so. But it takes her 20 or 30 minutes to get her full erectile function because it's all in her, instead of just half of it sticking out of her. That's why I, free play and foreplay is so important.

And I guess. Exactly. Even to text. Even a text. Hey, honey, I'm coming home. Get. You know, I'm looking for all that stuff. Starts working it up because 30 minutes, I can't see too many guys waiting 30 minutes before they actually start, being intimate.

I mean, some do, I guess, by the way. I mean, in I'm talking intercourse. You can be intimate. You could do a lot of pleasuring things. And that's why I like yoni massage.

And the thing is that men who have rushed intercourse with their partners now no longer get sex from their partners because they rushed it. They went on her, his speed instead of her speed.

And that's my point, by the way, for clarification. Just so this is a good thing to this should be the sex summit. I think it's almost sounds, but we're going to get into prostate cancer in a second. Yeah.

The yoni massage, right. You said it takes about 30 minutes before it takes way longer. 20 minutes, let's say just, but significantly longer for a woman to grow there.

There there is the clitoris that you're referring to that grows like a penis. Clitoral, urethral and perineal sponges are the three chambers of erectile tissue in the female, though that channel complex just they're analogous or homologous.

What you learned in medical school. Right. To the corpus. Spongy. Oh, some. And cavernous. Some of the penis. Yeah. And so it's very fast acting hemodynamics of the penis.

You get a quick erection. Women, it flows in more slowly into our tissue chambers. And we need an erection to feel pleasure to. Absolutely, absolutely.

So in order to get that going, you you were referring to the yoni massage and numerous massage. My mind does that start from and I'm assuming similar to a man.

Right. So even male thought starts getting things, you know, flowing, right? Yeah. If you do some, you know, some flirting, prior to.

Erectile Support, Pumps, and Recovery

And so does that work as well to getting kind of the juices flowing so that now it's going to be, I don't know, five minutes before you actually have intercourse rather than 20 so that the woman gets pleasure, too.

I'm just that was a curious question. It's not as effective. It is additive. But what's more effective is kissing and breast play and yoni massage, which is why I recommend those things, because they accelerate blood flow to the

pelvic bowl for the tissue to become engorged or have an erection.

Beautiful. Yeah. And the last thing I was going to say about this little box, this little, remote control with the an Eros, this is called the vise, too.

Is that, you can give this to your wife. You can normalize prostate massage as a part of sexual play and self-care. And you can give this to your wife while you're giving her yoni massage.

If you're doing a particularly good job with something, she can give you a new pattern. And it's like biofeedback where, oh, you're like, oh, she likes what I'm doing.

Oh, oh, she likes that too. Oh, oh, she really like that. And it's a little couple's opportunity to have an experience that most people will be to so filled with shame or, you know, all of the things that we've been we haven't been taught enough about our sexuality.

But for those of you who are intrepid experimenters who love to take care of your health, who want to avoid problems in the future, who want to have ageless sexuality, these kinds of things are wonderful.

Are these devices similar to, the sex device? Well, they could be different, but similar to the ones that, women typically. So here's let me tell you that let's just be frank here for a second.

Women have for a while, women have had access to sex devices that they seem to do a really good job based on information that I've heard and people just listening to people.

Yeah. Men are always afraid. Of course, of the I cannot compete with this device, this thing, these devices work so much better than I could ever work it.

Are these pricey devices similar in that sense that you. It's better if you have a partner or female or whatever, but you don't have to. In other words, you insert and you get the same pleasure as if you were in an intimate scenario with with someone.

Is does it work the same way or does it replace a partner necessarily? You can never replace a partner. A partner is loving, kind, exciting, pleasurable.

There's right full body touch, there's kissing, there's shin, there's giggling. These are simply. There's no difference between whether I cook my meal in a pot on the stove, which is a tool, by the way, or an Instant Pot or a crock pot.

I brush my teeth with a boar bristle tooth brush, or an oral irrigator or an electric toothbrush. We live in the modern day, and we have wonderful pleasuring tools that are fantastic to add into both solo pleasuring and partner play.

Wow. Very well put, very well put there. And that's music to my ears by the way. Not that we have any of those issues with my with my wife, but you know, that's a fear for men is like I can't compete.

Well it's because you don't know how to how to do it. Right. You there's no playbook. Or if they are, you're not reading it. So that's that's good news.

You don't have to compete. You have to use all the tools available to create the most pleasure. Passive, just like you have to use all the tools available to create anything else that you create with tools.

That's all you're doing is mastering technology. And that is easy. Last three things I want to show you for erectile dysfunction. Because we do, over time, men start to lose firmness.

They have sensation loss. They have delayed ejaculation. They have, oh, gosh. There's, you know, loss of, loss of blood flow, etc. and, probably the top couples tools for men that my, my fans love are these penis rings.

And they are they can really accommodate different sizes of penises. This is a penis ring that you put on that your wife or partner can, enjoy the little ears that are here.

This is a larger version that gives you, as the man, perineal stimulation of a vibration and her clitoral stimulation of vibration. And what's nice about these penis strings is that they once you gain an erection, they lock that blood in so that your erection stays firmer longer.

So it's both increasing sensation and pleasure while supporting a longer erectile experience. And then the last one is that if you are a man who is, you know, you've tried things and I want to talk about gains with if you've tried getting gains wave treatments, you've tried using a vacuum erection device and you really have trouble maintaining an erection.

And I hope you're doing remediation like gains wave treatments and, penis pumping. And I can show you a penis pump here, but, if you're in that kind of like, lull where you're, you know, you're you're waiting for things to repair and you're taking care of it, but but you've got real erectile function issues.

This also by mystery, by the same company that makes the molto. This is called the tanto to and this, this will really lock in. This is practically like a lasso or a constriction ring.

But it has a vibrator for the perineum and a vibrator for the clitoris. And it is a very solid, erectile constriction device. So, even for men who are doing, try and mix injections and things like that, they can get hard.

They want it to last, you know, so they, they really need to hold the blood in. So these are some very good products for men who want some help. And then last but not least, this is the Adam pulse.

And it is for men that cannot achieve an erection any longer with any interventions. But they still would like to have a sleeve that stimulates the French alarm and helps them have orgasmic pleasure.

So there were a lot of tools and situations that. By the way, this is, different, unique presentation, unique interview where there's a lot of showing and telling and I appreciate that.

Thank you for doing that. Well, you got to see this stuff to know what you're talking about. And I like to do I always joke, I'm like, I do Susie's sexy show and tell.

Last thing I wanted to talk about is the vacuum erection device, because it's not just pulling blood into the the external presentation of the penis, but, you know, over time, as we age, we lose blood carrying capacity in the penile organ, the whole organ which goes down.

And in Georgia, testicles and guys are always happy to know that their penis is even bigger than they thought it was because there's so many on the inside.

All right, all right. Exactly that, most guys, would love to hear that. And what a vacuum erection device can do is it can help with Ed where you can pop this onto your penis.

Use this hand pump, which pulls, creates a vacuum that pulls the blood from your body into your penis. And then you have a constriction ring on there, and you roll it off onto your penis.

And then the ring traps the blood in so you can have a firm erection for up to a half an hour, but you can move on from there to use a vacuum erection device for penis enlargement.

So one of the bad things about atrophy is that. As you age, you begin. You think about your grandparents. They're tiny. By the time they pass on, we're shrinking.

That's atrophy. And our penises aren't staying large. You don't, you don't, you don't use it. You lose it. Right? Right. Well. Even if you use it, it still gets smaller.

Even if you do use it, it's just the atrophy of aging. It's the. You know, we're just. We just shrink. So, the Whopper, is a penis pump. These are flanges, flange bases in all different sizes that grow with you as you pump.

Typical pumping routine is about ten months to a year, pumping 2 to 3 times a week. And, it will improve overall penile volume and firmness. It will return sensitivity from sensation loss because you're doing is you're getting a lot of blood flow in there.

And then when you get the blood flow in your capillaries, your tissue can regrow, your capillaries can can regrow, and then the nerves will come back in because now they're innervated by the blood flow.

So blood flow is everything. When we're talking about sexual function which is why viagra levitra cialis are so helpful. They are Pde5 inhibitors which allow you to get that blood in and hold it in your penis. So, I wrote a book.

I will give this to all of your listeners. There's a PDF copy that's free to download. Over 50,000 copies of this have been downloaded. It's called the Pumping guide.

It's a pumping guide.com, and it explains everything I've been talking about the gains wave, the penis pumps, the enlargement, the measurements, how you do it.

The the protocols, the supplementation, the healthy lifestyle, the prostate pleasuring. It's all in pumping adcom. And, you're welcome to have that. And if you have questions after you read it, you can email me and, I'm happy to answer them.

So these are very important parts of your long term self-care toward ageless sexuality. And ways to avoid having problems with your prostate is by getting that blood flow moving in lots of different ways.

So that's one method of prevention. Yes, exactly. Which we which I don't think we talk a whole lot about, actually, which is, shameful. Maybe we should, write is always a treatment.

Was a treatment was a way of diagnosing prevention. Right. Why not prevention? All right, let's reverse, by the way. Thank you. That, I feel like I've learned so much from that presentation.

So I'm sure the audience is there learning as well. Reverse engineer. The last tool that you used. I forgot the names already, but the last pump that you used, very last offer, the Whopper from.

I shouldn't I should know that, yeah. They call it that because this is the biggest cylinder. You actually put your these larger ones, you put your, penis and your testicles in them, and that gets, incremental length.

The smaller cylinders get incremental girth, but if you want length and girth, if you want to be bigger and, you want to be thicker and longer, you use a dual cylinder system.

Wow. That grows with you. Yeah. Tugs on the suspense or ligament. And, and there's also a red light wrap. There's also a penile extender there are things you can do to accelerate the growth as well.

I am wondering, in a case of a man who has had a prostatectomy which they lose a centimeter or two off the back, right? They just from the surgery and now they already are having performance anxiety issues from the surgery from I don't know if you know, maybe I will pee when I ejaculate all kinds of issues or where the nerves spared a lot of issues, but let's just say the nerves are intact and they're healthy enough to get their sexuality back.

Even with, cialis or whatever. Viagra, but they still their penis is still small. Yeah. It sounds like that the Whopper device. Well, that helped them.

Oh my god. Yeah. Right. Does that cause. Yeah, that's that's one of the two because that's not much there other than some surgical procedures, to lengthen and increase girth.

Well, and the thing is that, when you're doing, you know, surgical procedures, you're, you can't use a pump anymore either. You can't, you just can't.

You can't pump once you've had a, you know, a surgical implant and. No, no, no surgery. I'm not when I, when I say thank you. Not surgical implant. When they're having prostate cancer surgery, they remove their prostate.

Right. Your penis shrinks. I know, a centimeter or two. And I'm thinking, well, here's a toolkit backing. Yeah, yeah, yeah, you can regrow it the way that it works.

The bodybuilders do it a lot. Bodybuilders are a lot. They're very involved in a penis enlargement because they're so big that it makes their penis ratio visually look smaller, even if they're an average size.

And they understand the concept of progressive overload. And progressive overload is I work my bicep out, right? And then I give it a day's rest and then, you know, so you have your I always say you have your leg day, your arm day.

Yesterday. You're so funny. I think it's the new. That was. Coming. That is so locker room talk, you know. Hey don't forget leg day. Don't forget, you know these guys that are big up top, small in the bottom.

Exactly. Don't forget, don't forget, a penis day. That's really. Well, you're a big bodybuilder, too, as am I. Yeah, yeah. I mean, look, bodybuilder is a big term for me.

I think I weight train, and I, we train quite a bit. Yeah, yeah, it's it's so important. All right, so the train I'm always trying to be stronger. 100%. That's that's the right. That is the right.

I want to be slabs of muscle. Right. So say I'm 63 and I'm sailing into my 60s. Hard is a rock. I love it. That's all you can do. I love it. That all you got to eat? Well, yeah.

Right. Exactly right. Yeah. But I couldn't agree with you more. Yep. You you're, a really an inspiration for so many people, I think. All right, so the the the whopper for men after a prostatectomy, it might save them from losing all that girth and length of their of their penis.

They can regain what they've lost 20 to 25% in overall penile volume within 10 to 12 months of consisting application of a vacuum erection device. That's the rule of thumb.

You can accelerate it by adding a penile extender, a stretcher, wearing it for a half an hour prior to pumping, and it doesn't show you can wear it under your pants.

You can also accelerate, accelerate recovery by using red light therapy photo bio modulation, which is mitochondrial stimulation such that your repair works better.

Just like after we work out, we go into cryo and red light for our recovery and we watch our sleep. So we get really good sleep. So when we recover, we're rebuilding our tissue.

The tissue and your penis. Thank God it acts like muscle tissue, right? It will grow with stimulation. And that is the I mean, breasts don't do that. That's right.

Women got gypped. Women have to have these horribly unsafe breast implants if they want larger breasts. But men got lucky. Not only is it good for your health and erectile function, you can actually get bigger.

It's amazing. Right. So some of the prostate massagers. Yeah. Obviously if a man gets their prostate removed, they're not the best candidate for this because they don't have a prostate.

They don't have the they lost a pee spot. But I wonder certainly in men with on active surveillance. So these are men who, the they were diagnosed with such low grade disease that they don't need medical treatment.

So they are being active, actively surveilled, and maybe they won't need medical training particularly they follow, aggressive lifestyle interventions, interventions.

They don't need a, a treatment for their prostate. Yeah. I'm wondering using one of these prostate, tools if they are a good candidate.

Active Surveillance, Prevention, and Final Takeaways

I in my in oh, I know, I know, they're no studies, but here, here, here, here. Here's where my concern would be if I didn't know any better. My concern would be that, hey, if I start stimulating the prostate a little too much, it may cause this cancer to piss off the cancer and spread.

I was second to any studies which I know that this probably will never be studied. I don't think that will happen. That's analogous to let me not get a massage because I have cancer.

Because I don't. That system will spread that there's these are theories that don't hold up your thoughts on men on active surveillance. They have this low grade disease and using the prostate tool prostate massage to.

Take it further back. How come they have prostate cancer? That's that's a zillion dollar question. Right. But but what you would say lack of circulation and so forth.

But yeah, and yeah, I think that's, I think that's one of the reasons, it's very, over. I hate to oversimplify. I have such respect for cancer that I hate to oversimplify, you know, what caused it? I know that there's genetics.

There's quite a few things. There's, toxins, there's, yeast overgrowth, bacterial issues that have gone on. For circulation is a very interesting concept, by the way, I have not.

You'd be surprised. You would think. Of course, you know this Doctor Geo, I think I know it intellectually. I haven't put enough thought into it. I do know that, man.

It seems like men who ejaculate more. This is based on studies have lower risk of prostate cancer and lower risk of aggressive prostate cancer. Well, ejaculation is a prostate massage, right?

When you ejaculate, you're squeezing the prostate to bring up bring about the, the semen. Yeah. That's right. So and can I add one more thing to your please.

Please do so. So these are gay men. Have much lower incidence of prostate cancer. I've seen a few of them, but, for prostate cancer. But if the incidence. That's an interesting point.

Yeah, they are, because they are much more sexually active in general. Right. Interestingly enough. But the, Yeah. So when guys are like, should I not ejaculate?

I'm like, well, there are some men that shouldn't ejaculate because it makes them sad, or depressed or depletes them. But generally ejaculation is very good for you.

Do it a lot. And also, if you're married to a partner, your semen is great for them because it has over 20 positive components to it, including things like sperm, sperm purity, dopamine, serotonin, non luteinizing hormone, zinc.

I mean, it's just chock full of wonderful things that are both anti-aging and longevity. So, very, very good for you. But what is the what is the number one thing that circulation does when you do a massage?

What's the number one thing that circulation does? It gets blood flow going and the blood flow is oxygenating and that is healing. You're getting your growth factors from your blood to those areas where you have issues.

The very first thing that I would if I was a prostate owner, I would be giving myself regular, I would be I would be

using probably the vise too, because I always like the big guns.

I would be using the the prostate massager once or twice a week during my masturbatory pleasuring. That's what I would be doing. You would not only like like the old commercials for hair clip for men.

You're not only the president, you're also a client. Right? So you would be using your own products there. You probably be developing my product. No, I know, I. Know, I recommend I'm not.

I'm just telling you what I mean. I've, I've everybody sends and you vetted. You vetted. I mean, I've got them products, right? I'm. Sure I recommend them.

And I hear back, and then I work with any company that isn't, like, fantastic on customer support. I mean, literally, the Whopper pump they have pumping concierge that will help you with any questions.

I mean, it's just, you know, that's what I the I can't get behind any company that isn't going to take really good care of my people because they trust me, they believe in me.

They do what I say. Oh, I love it. I love it. Susan, these are, I, I'm going to leave you the floor for any final thoughts, and I want to make sure that people get in touch with you.

So direct them to your website. When you can. You can? Sure. I really think we've done a great job covering it. I would just encourage you to consider these tools as something that will be potentially life saving, if not sex saving.

And the longer and better your sex life, the longer and better your whole life. So, men tend to wait too long until there are problems. And if you are lucky enough to get ahead of the curve, not only will you have health, but you will have more pleasure.

You can find me at Better lover.com, and you could also follow me on Instagram. By my name, which is Susan Bratton s u s a and b r a t t o and Susan Bratton.

And if you'd like that guide, it's a pumping guide.com. Thank you so much Gio, for having me. I'm really glad you're always so good to talk to. And we are such kindred spirits and men's health.

Yeah. So thank you very much for your wide open arms to talk about these kinds of things. Because men do deserve to have this information. So good luck to you on your summit.

I'm on a lot of doctor talks summits. I think they are the best. You did a great job with that and thank you for having. Me, I appreciate you, I appreciate your expertise.

It it's so important and I am I tell you that I am a student right now. So, thank you for sharing. Susan Bratton, the intense intimacy expert. Two millions. Susan, thank you so much.

Hey, Will, our audience get a free e-book of some kind from you? Are you going to offer that to us? Putting you on that if you want it. I'd love to if you if you.

So, yeah. If you. So let's figure that out. Because when three things and books for our audience and there's going to be 50,000, if not 60,000 downloads and views, so I want to make sure they have access to that.

And I have access to for you. Okay. My pleasure. My pleasure to give it to them. All right. Great. Susan Bratton thank you so much. Thank you, everyone, for this is you know, Susan brought the goods.

What can I tell you? I'm not surprised. I'm not surprised. This is a little different than what you've heard so far. And this could be really useful for you.

And this kind of emphasizes the idea that once you're diagnosed with prostate cancer, that doesn't mean that the

end that you need to stop living. To me, and you know, my philosophy, you know, that may be the beginning.

That may be the turning point for you, where now you take action and you do all the things that you need to do to live your best life. I'm not kidding. Kidding. Despite the diagnosis.

So Susan brought that information. I hope you enjoyed. I hope you apply it. And stay tuned for the next interview with one of our experts. Thanks so much for joining me and I'll see you next time.

Much love.