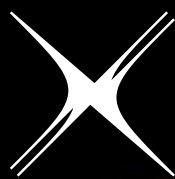


A woman is shown from the waist down, wearing black lace underwear. Her right hand is resting on her left hip. The background is dark and moody, with some light coming from the right side, creating a soft glow on her skin and the lace.

NATURAL GROWTH SECRETS

FREE STARTER GUIDE



**NATURAL
JACKSON**

How Much Better....

How much better do you think your dating life (and sex life!) would be if you felt more confident with the size of your manhood?

Imagine how much swagger you would have knowing that when you took your clothes off, she would be impressed with what she's looking at.

I don't have to tell you this, but one of the greatest struggles that every man faces is the feeling of not being enough...

- **NOT** being big enough
 - **NOT** being long enough to satisfy her
 - **NOT** being girthy enough to fill her fully
- ...all because you didn't get the golden ticket at birth to be hung like a stud.

My name is Jackson Voye Hightower, and I'm the creator of Natural Growth Secrets.

I've spent the last 15 years studying the erotic arts, from Tantra to Taoism...I've taken dozens of courses, workshops and retreats, watched hundreds of videos, read and taken notes on nearly a thousand books - all to find ways to naturally enhance the most important member of your body...

And now I'd like to share with you my secrets.. **because you deserve an unfair advantage** in the bedroom (don't you think?)

- Jackson

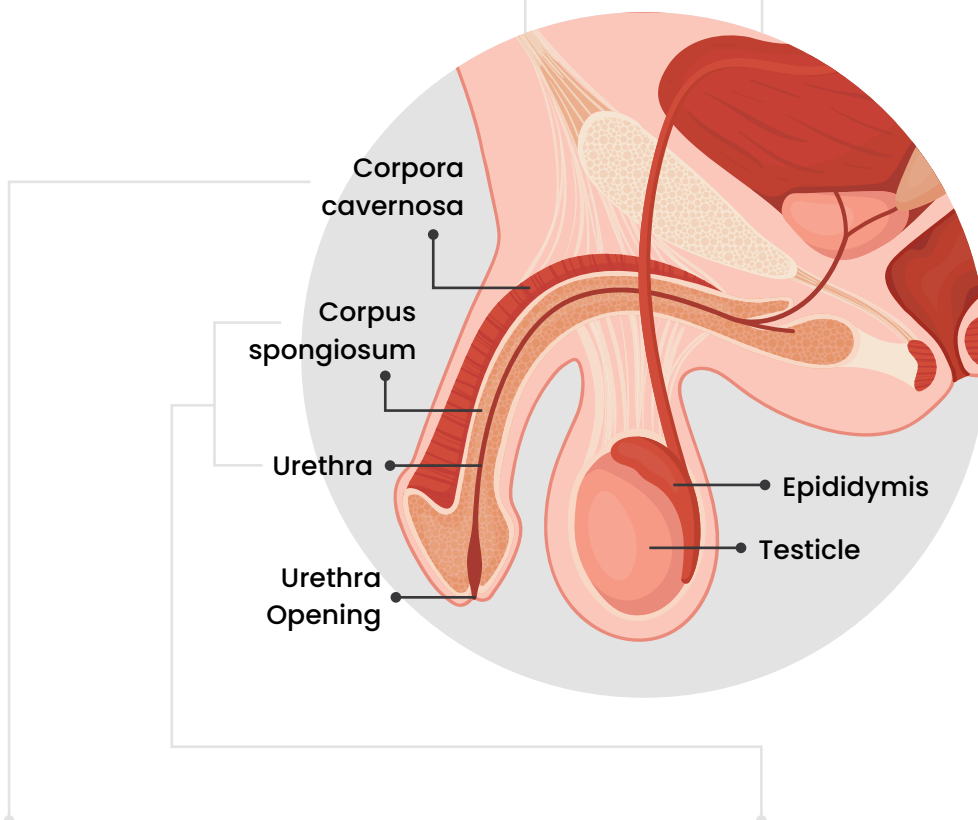




Anatomy of the Penis

The penis is the male sexual organ, composed of a shaft, head (or glans), and meatus.

The body consists of three cylinders of erectile tissue.



Inside the penis are two cylinder-shaped chambers called the **corpora cavernosa**, which contain blood vessels, tissue, and open pockets.

The **urethra** runs along the underside of the **corpora cavernosa** in the spongy tissue of the **corpus spongiosum**, with two main arteries and several veins moving blood in and out. Nerves relay messages to and from other parts of your body.



Physiology of Erection

The **parasympathetic nervous system plays an important role in male physiology**, and is particularly involved in the process of achieving and maintaining an erection.

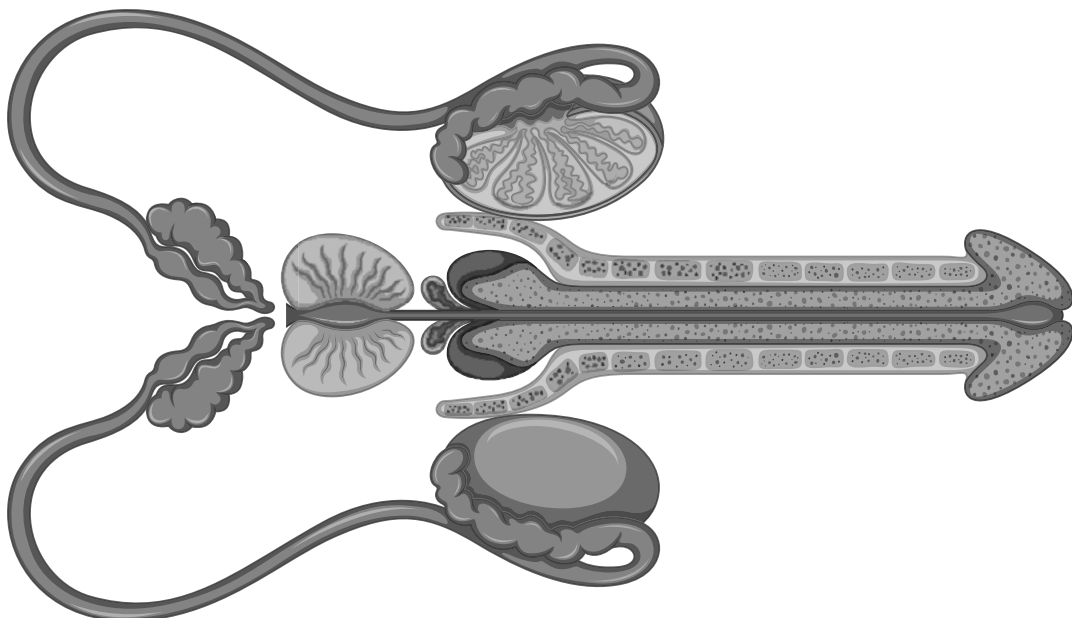
When stimulated, the **parasympathetic nervous system helps to open veins and relax muscles**. This results in **increased blood flow to the penis**, which is necessary to achieve and sustain an erection.

It also helps **reduce physical tension**, allowing for a more pleasurable sexual experience.

Understanding the relationship between erections and the parasympathetic nervous system can help men maintain optimal erectile function.

On erection, smooth muscle relaxation in the trabeculae and arterial vasculature results in increased blood flow, filling and dilating the cavernosal spaces.

Venous outflow is reduced as the expanding cavernosal spaces compress the venous plexus and larger veins passing through the tunica albuginea.





How to Measure a Penis

Measuring your penis size is an important step in understanding your body and its capabilities. Knowing the length and girth of your penis can help you determine what kind of sexual activities you are capable of, as well as provide insight into any potential health issues.

HOW TO MEASURE LENGTH?

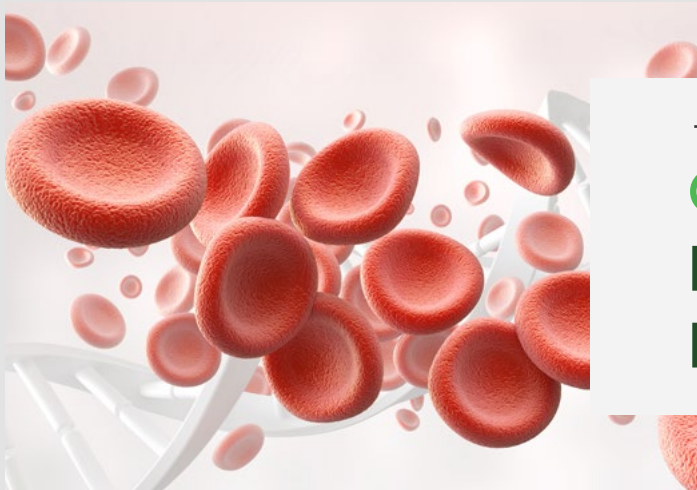
To measure the length of your penis, start at the top where it meets your pubic bone and measure down to the tip of the glans. Make sure to compress any fat in front of the pubic bone for a more accurate measurement. Do not include any extra length from your foreskin when measuring.

HOW TO MEASURE GIRTH?

To measure girth, wrap a measuring tape around either the base or middle of your shaft.

Now you have a good baseline for yourself. It's important to know that some men may find that their penis changes size over time due to age or other factors such as weight gain or loss so you'll want a good place to start monitoring from.





Growth Comes From More Bloodflow + Micro Tears

When you perform the exercises properly, with just the right amount of force along the penile tissue, you can create micro-tears in the muscle fibers. Over time, with increased bloodflow due to the oil and by holding the veins closed with your hand in the OK position, this can cause hypertrophy (enlargement) as a result of these torn fibers. They often rebuild themselves bigger and stronger than before.

REBUILDING BIGGER

Ensuring the proper balance of exercises and rest is key. You want to work the penis, but you also want to give it time to rebuild and grow.

Use your best judgment as more is not always better. Giving your body enough time for those fibers to fully repair themselves. If you have torn more fibers than usual during a session then take at least one day off from natural growth exercise series and allow yourself some extra time for healing before continuing on with the program.

KEYS TO SUCCESS

✔ Proper Nutrition –

Mostly lean proteins & complex carbohydrates so that your body has all the essential building blocks needed for successful repair & growth

✔ Avoid Processed Foods

✔ Hydration – 1 gal of water (daily)

✔ Proper Sleep – 7-8 hrs (daily)

✔ No Cigarettes or Alcohol



Oil + Exercises = Growth Potential

The exercise set in Natural Growth Secrets, when done properly, consistently and with intention, will allow you to naturally maximize the length and girth of your penis. The exercises must be done after applying the Oil.

EXERCISES WITHOUT OIL = POOR RESULTS.

The Oil is specifically designed to increase bloodflow to the penis shaft and the three chambers as it relaxes the endothelial smooth muscle which allows more nitric Oxide to flow into the penis.

The exercises you perform will help to expand, widen and lengthen the three chambers in your penis shaft. The expansion of the shaft due to increased bloodflow, combined with the physical manipulation will allow the total surface area of the penis to expand over time.

The more total surface area, the larger the potential volume of your erection. It will result in a **larger, longer and thicker erection**. The exercises will also increase the size of the glans (head) and base of the penis shaft (the bulb), which enhances the overall girth of your penis.

Natural Growth takes time. It will not happen overnight so keep your expectations set. However, over time, with consistent practice, just like going to the gym, you will see your penis getting bigger and bigger when erect. You will feel more weight to the penis, so to speak, as if it was full or pumped, like a muscle at the gym. Over time, with dedication, the size of your penis will grow longer and wider when erect.



A hand is holding a banana vertically against a dark, solid background. The banana is positioned centrally and extends from the top to the bottom of the frame. The hand is visible at the bottom, with fingers wrapped around the banana. The text is overlaid on the banana.

First 3 of 9 Phallic Fitness Exercises

#1 THE TWIST



Intention:

This warms up the penis...gets the blood flowing, and prepares you for the next exercise.

Hold the base of the penis with either hand in the OK grip.

Bring the opposite hand over the penis, invert your hand position, and grasp the shaft firmly.

ROUTINE:

Twist and pull your hand up to the underside of the glans penis 30 times.

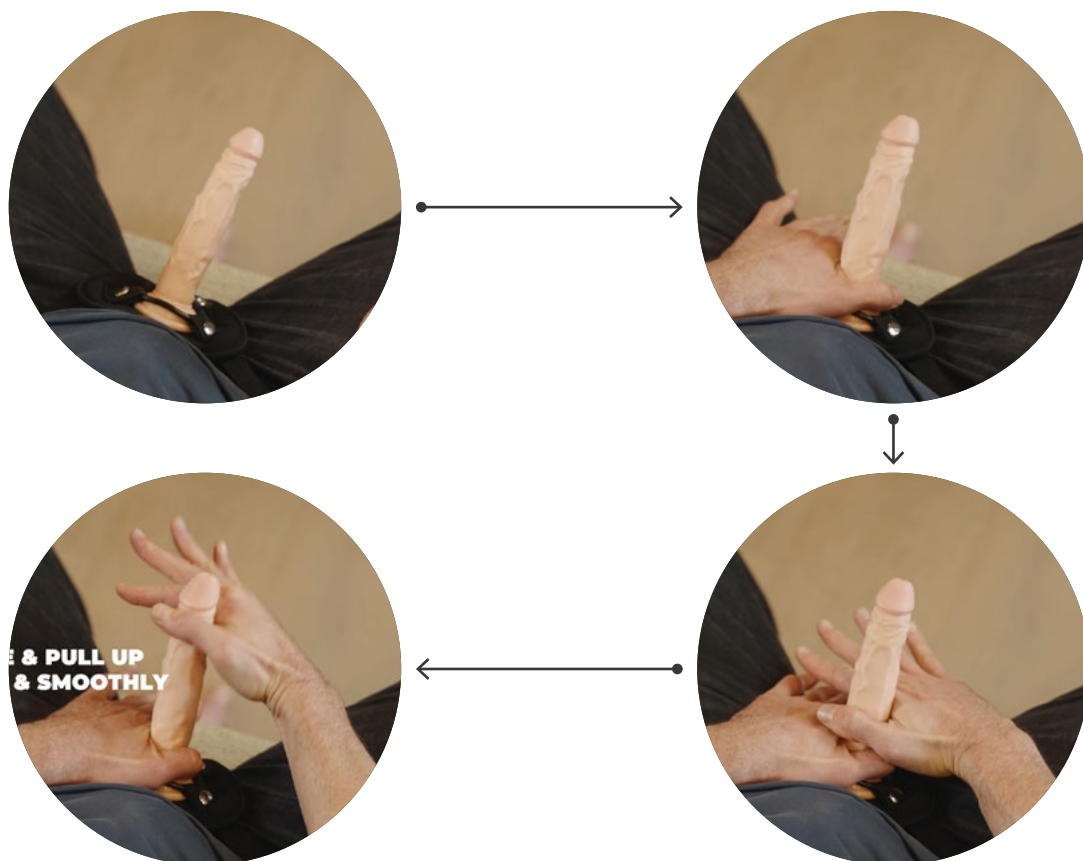
Then reverse the hand positions and repeat for a total of 30 repetitions.

NOTE:

Do not pull too hard... Pull enough so that there is movement but not so much that you irritate the penis.



#2 SQUEEZE & PRESS



Intention:

Squeezing and Pressing the penis. This brings more blood into the three chambers and glans penis. It helps increase the penis length & girth.

Hold the base of the penis firmly with either hand in the OK position.

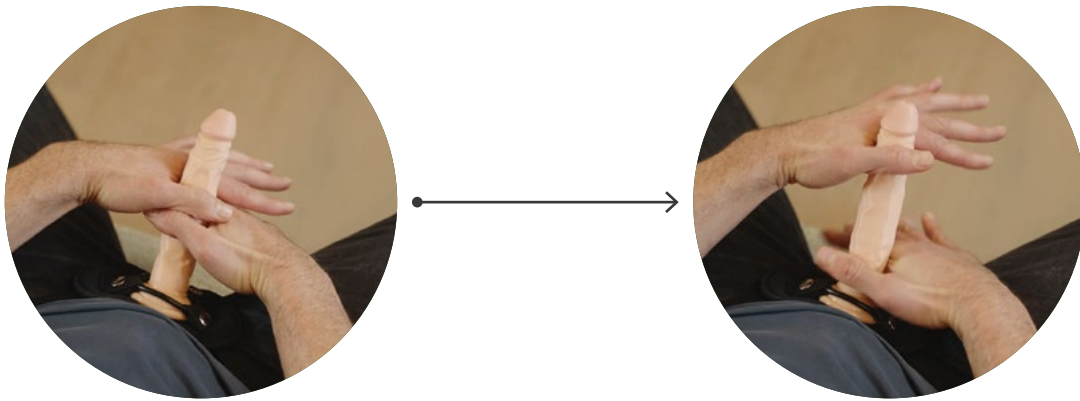
Press the thumb and index finger of the opposite hand firmly against the front and back of the penis.

As if squeezing a tube of toothpaste, bring the hand up the shaft to the head.

Go slowly and smoothly. Don't press too hard. The goal is to continually bring blood flow to the penis shaft and head, allowing more engorgement to occur.

ROUTINE:
Do this **30 times**
each side.

#3 FINGER TRAP



Intention:

This exercise is to fully stretch the three chambers.

You pull down and back with one hand and out and up with the other, as if pulling the penis apart.

-Hold the middle of the penis with the OK position with both hands at opposite sides of the penis..

-Simultaneously pull outward and up with the left hand and down and back with the right hand, as if pulling the penis apart.

Switch sides.

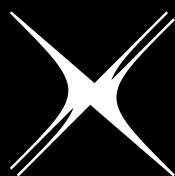
**Repeat 30
times
with
opposing
hand
positions.**



NATURAL GROWTH SECRETS

**FULL BOOK – COMPLETE WITH
EXERCISE DIAGRAMS,
TRAINING VIDEOS, TUTORIALS,
OILS & MORE AVAILABLE
JANUARY 30th**

**NaturalJackson.com
@GetNaturalJackson
uplevel@naturaljackson.com**



**NATURAL
JACKSON**