

# NATURAL HEALTH SERVICES

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## Ancient Taoist Sexual Recommendations for Men

Within each ejaculate is a wealth of vital nutrients and life force energy. Semen is known to be high in proteins, hormones, enzymes, vitamins, minerals, trace elements and other vital nutritional substances. It is especially high in lecithin and zinc, which are also found in high concentrations in the human brain. In fact, there are enough sperm in each ejaculate to populate the entire United States! For those of you that like numbers, the seminal fluid (ejaculate) normally contains 60 to 150 million sperm/ml. And, the volume of ejaculate ranges from 2 to 5 ml. Therefore, the total number of sperm/ejaculation is between 120 to 750 million sperm.

So, in the ancient Chinese Taoist tradition it was believed that men who ejaculated more frequently than their age and overall state of health allowed, would actually age faster. So, various practices were developed, all with the goal of "conserving the seed," yet not necessarily at the expense of sexual pleasure. The writings of Tantra Yoga from India also echo these ideas and teachings.

In one ancient manuscript, "The Secrets of the Jade Bedroom," an age-related system of semen conservation was suggested. Vigorously healthy males at the age of 15 could ejaculate up to twice daily, at 30 up to once daily, at 40 up to once in three days, at 50 once in five days, at 60 once in ten days and at 70 once in thirty days. Males with health problems were advised to wait twice as long between emissions.

In another text, "The Master of the Cave Profound," the method proposed was for the man to make love as frequently as desired, but to ejaculate only two to three times for every ten coitions. By following this program, a man was said to enjoy radiant health, long life and inner peace.

Other suggestions were that seasonal variations were important and should be honored. For example, in the Spring a maximum frequency of ejaculation could be enjoyed, whereas in the Winter, especially when it is very cold, a man should conserve his energy.

There is not much written about "self-pleasuring" in regards to these teachings, but as far as I can see, there is no difference, as you are simply consorting with the life force itself. In other words, the guidelines about frequency of ejaculation and "conserving the seed" would remain the same.

In Taoism, it was common knowledge that by placing a woman's pleasure ahead of the man's own, great marital bliss and harmony was achieved. According to Eastern philosophy, woman is seen as being high in inexhaustible yin or water energy and can be likened to a pot of water, slow to bring to a boil, whereas the man, being high in exhaustible yang or fire energy, flares up immediately. So, in Taoist lovemaking, the man is careful to monitor himself, helping his partner become aroused and going slowly himself, matching his energy to that of his lover, so that they

can both come to a boil together.

So, instead of seeing lovemaking as an event with ejaculatory orgasm as the primary event, lovemaking is conceived of as a goalless and joyful event, lasting much longer in duration than before. The astute man learns to know where his "point of no return" is and to stay well below that point while pleasing the woman. With this style of lovemaking, males often experience streams of full-body orgasmic sensations, which are just as pleasurable and much longer lasting than ejaculation. So, he can increase his life force and vital energy a great deal by abstaining from actual ejaculation on a regular basis. He can also pick and choose wisely when and how often to actually ejaculate. Thus, he avoids the pronounced feelings of tiredness caused by the sudden loss of semen (yang energy) from the body, resulting in a sudden yin condition.

By the way, these teachings point to an excellent method of building up the fertility levels in the man when he desires to optimally impregnate his partner. By saving his ejaculation until the exact time of ovulation in the female partner, a vigorous and healthy child with a strong immune system will be produced.

Also, in ancient China, lovemaking was seen as one of the most powerful medicines that one could take. In fact, by studying ancient Chinese medical manuscripts, it is clear that couples would often be instructed to have sex in specific manners or positions for specific ailments as a primary form of treatment.

In conclusion, I want to emphasize that according to many authorities, there is nothing wrong with going for a full release, at times. In fact, if a man has been having a series of especially intense lovemaking sessions or has been "on the verge" for a prolonged period of time, according to Western medicine, it is probably wise to proceed to full ejaculation, in order to reduce the potential of swelling in the prostate gland. Keep in mind, however, that BPH or long-term benign prostatic hypertrophy is often caused by a chronic deficiency in zinc. This is because, in the male, much of the body's zinc is stored in the prostate gland. So, if a man ejaculates more frequently than he can take in and assimilate food sources of zinc from his environment, the prostate gland will respond by growing larger, i.e. hypertrophy, in its' attempt to compensate for the deficiency. This is similar to what the heart muscle does when it is deprived of a full supply of oxygen over time.

I have several well written and easy to understand articles on Taoist male and female sexuality. I would gladly you mail them to you for the cost of printing and postage. I can also suggest several good books on these subjects, as well.

*This article was written by Keith Post, ND, a board-licensed physician practicing in the Portland, Oregon area and is available online at <http://naturalhealthservices.info>.*