

It's All about Your Penis

Men with small penis size are having problems undressing in front of women. Women might not care that much but for men but it really affects men's self-esteem. Men are really interested with their penis but there are only a few information that they know about it. For a man with a small penis, his only concern is how to increase its inches but how penis really works and what it is made of.

The penis is a sandwich of tissues designed to allow the passing of urine and sperm out of the body. Just under the skin lies a thin layer of tissues that wraps everything together and underneath that are the two main parts of the penis: the Corpora Cavernosa and the Corpus Spongiosum. The Corpus Spongiosum is an elongated mass of spongy tissue ending in the urethral bulb (glans) and can be felt by running a finger along the underside of the penis. Its main function is to house the urethra and to prevent its compression during erection.

The Corpora Cavernosa are two sponge-like regions of tissue whose only role is to make erections possible. When the nervous system sends the signal, the Corpora Cavernosa starts to fill with blood coming from arteries down the length of the penis. Outside these two bits of tissue lie the veins that take the blood out of the penis when the erection subsides. A layer of dense tissue called the Tunica Albuginea contains the expansion of the two Corpora Cavernosa and maintains the shape of the penis. The Tunica expands all the way to protect the glans penis, but it's much thinner around the glans.

Knowing all this, it's easy to understand what penis enlargement exercises are all about. The size of the two Corpora Cavernosa places a limit on how long the penis is in the flaccid state and how much it can expand during erection. If you can force the spongy tissue to grow in size then you can increase the number of inches in both length and girth. With the help of exercises, parts of the Corpora Cavernosa can accommodate more blood than usual by shifting the blood around in the penis. The effect is an overall increase in size as the tissue expands in order to cope with the situation.

If you really want to experience a sure change in your penis size, do the exercises regularly to achieve the constant pressure your tissue needs for penis enlargement. The Corpus Spongiosum and the Tunica Albuginea will increase in size along with the rest of the penis. The two Corpora Cavernosa takes an important role in penis enlargement receiving 90% of the blood involved in an erection while the rest goes into the Corpus Spongiosum - that makes exercises effective for penis enlargement, which makes PenisHealth™ program effective in helping you gain the inches you want to have from the start.

Source: <http://www.articlecircle.com>

About the Author

To learn more about your penis and how you can improve the overall health of your organ, visit [Penis Health and Enlargement Exercises](#)