

The Secret Enters the Spotlight

There is something missing in millions of bedrooms across America — something that has been a necessary part of humanity’s sexuality from the very beginning, *yet, incredibly, its importance has been completely overlooked* — until now.

Its “discovery” will make such a superlative difference in the lovemaking experience of sexual intercourse, it is destined to capture our national consciousness and change the sex life and sexual attitude of America’s men and women forever — for it will set us free to explore and experience our true sexuality for the first time.

If you are a man, it promises to bring you a new level of sexual pleasure beyond your highest expectations, allowing you to see your female partner with new eyes of appreciation. At the same time, it offers a newfound explanation for the sexual dysfunctions you may be experiencing.

If you are a woman, you, too, have much to look forward to, for it brings the promise of greater overall happiness between the sheets, and pages, of your life. Gentler sex, more sensuous sex, more satisfying sex, increased attainment of orgasm from intercourse, can be yours—giving you new insight into the joy that lovemaking can bring when nature is on your side. At the same time, it will give you a new perspective on the role sexual fulfillment—*true* sexual fulfillment—plays in the overall well-being of your relationship.

Not that long ago, women were thought to be lacking in capacity for sexual enjoyment. But in the early ’60s, sexual researchers Masters and Johnson proved that women are anatomically and physiologically capable of experiencing sexual pleasure and achieving orgasm just like men. Yet, there must be

something amiss, because the popular press reports that millions of American women resort to faking orgasm during intercourse, for they are often unable to achieve them. This is, in general, an indication that women are not experiencing the level of pleasure and arousal necessary to bring on orgasm. For too many women, the lure of would-be delicious sex often turns out to be a disappointing experience that leaves them hungering for something more.

Men, too, apparently have been left wanting for something seemingly out of reach. In his book, *Male Sexuality*, Bernie Zilbergeld, Ph.D., reports on a survey of over 52,000 people conducted by *Psychology Today* in which 55 percent of the men said they were dissatisfied with their sex lives and 39 percent admitted to various problems such as disinterest in sex (1). Other men said they have relatively good sex but complain that “it’s not all it’s cracked up to be” and wonder “if they’re missing something.” “Is it possible,” they ask, “that there is some new position, partner, practice, or gimmick which would bring sex up to expectation?” (2)

This book will disclose the cause and solution to the “missing something” by revealing a sexual *truth of nature*—a truth of nature so elemental and yet so enabling, it will not only bring you and your partner a more satisfying sex life, but, in the process, will reach into the very heart of your marriage or relationship and bring a deeper meaning to the word “love.”

To delve into the secret, we must now keep an open mind, at this crossroads where the future touches the past, and look closely at the fundamental structure of the male sex organ as nature designed it. In so doing, we will come to find that America’s obsession with circumcision—*the surgical alteration of the penis’s structure* by removing its foreskin—has untold adverse effects on the sexuality of both the man and his female partner and profound detrimental consequences on the way they experience intercourse, diminishing their pleasure to an astounding degree.

This concept, at first, may seem hard to believe, and in the end its implications may be even harder to accept. Nevertheless,

it will soon be the whisper on everyone's lips that the foreskin of the penis is the key that unlocks the mystery door, behind which we'll find the real sexual pleasure America's been searching for. Real sexual pleasure, as nature intended—tender, softly-smooth, and sensuous—so much more delicious and rewarding than the sex experienced in the circumcised bedroom. As we shall soon see, the foreskin—*ultra-erogenous tissue, and the penis's only moving part*—not only makes a dramatic difference in a man's sexual pleasure, but its presence during intercourse makes a doubly dramatic difference in a woman's pleasure and substantially enhances her ability to achieve coital orgasm (an orgasm from the movements of intercourse).

Bringing the importance of the foreskin into the spotlight would seem to present an insolvable problem since most American men don't have a foreskin because they are circumcised. There is, however, a solution to this problem: foreskin restoration. Luckily, virtually any circumcised man in America can now "grow" (restore) a new foreskin for his penis through various non-surgical techniques. But why will a man want to restore his foreskin? And why will his wife or lover desire—or even insist—that he do so? That is the primary focus of this book.

The idea of foreskin restoration may immediately strike you as strange and bizarre. But as this issue inevitably rises to national prominence, and you come to realize the paramount importance of the foreskin to the sexual pleasure of both partners (and the love bond that is borne from sexual union), it will begin to seem a very reasonable solution for today's circumcised men. Case in point, *The Wall Street Journal* featured a front-page article on foreskin restoration on December 28, 2000.

Nature designed the penis, with a foreskin, over millions of years of evolution, and every infant boy is born with one. Although the foreskin serves to protect the penis head during infancy, boyhood, and manhood, its real function is in adult sexuality, where it plays a definite, delicate, vital role during the lovemaking movements of intercourse, adding immeasurably to the comfort and pleasure of both partners.

Yes, the heretofore disregarded, discarded foreskin has a purpose—a sexual purpose—and a reason to live, to lust, and to love.

During intercourse, the foreskin performs several specialized functions. These functions allow a man and woman to experience intercourse in accordance with nature's sexual plan—tenderly, gently, and lovingly—as they mutually surrender to an enrapturing ecstasy that binds them so close it's as if the two were one. But when the foreskin is missing, the sex act becomes something entirely different. When circumcision removes the foreskin, the sex act becomes less—much less—than nature intended.

We are standing on the threshold of America's bedroom door. Looking in, we see that a revolutionary change must soon take place because circumcision significantly alters the penis by removing highly erogenous tissue, thereby preventing a man from achieving his true potential for sexual ecstasy. Moreover, the surgically altered circumcised penis has substantial negative effects on the female partner and reduces a woman's pleasure and arousal *throughout* the intercourse experience, thereby diminishing her orgasmic capabilities. As we will see, male circumcision is injurious to the sexuality of both partners.

Why haven't you heard about the sexual aspects of circumcision before? In effect, this is the first time this subject has been brought to the attention of the general public in such detail. There is a time and place for everything as humanity progresses along the path of enlightenment. The absurdity and tragedy of circumcision is simply an issue whose time has come. As a result, the controversy that clouds the decision-making dilemma of millions of American parents—to circumcise or not to circumcise—will soon be over, and, in the not-too-distant future, America will join the vast majority of nations that do not routinely circumcise. It is a little known fact, but **most of the world's men, approximately 80%, are *not* circumcised**—only about 20% are circumcised. The primary circumcising countries are America, Israel, some African countries, and the Arab and/or Moslem (Muslim) nations. Virtually all remaining countries of the world do not routinely circumcise. (Figures 1-1, 1-2 show important differences between the two types of penises.)

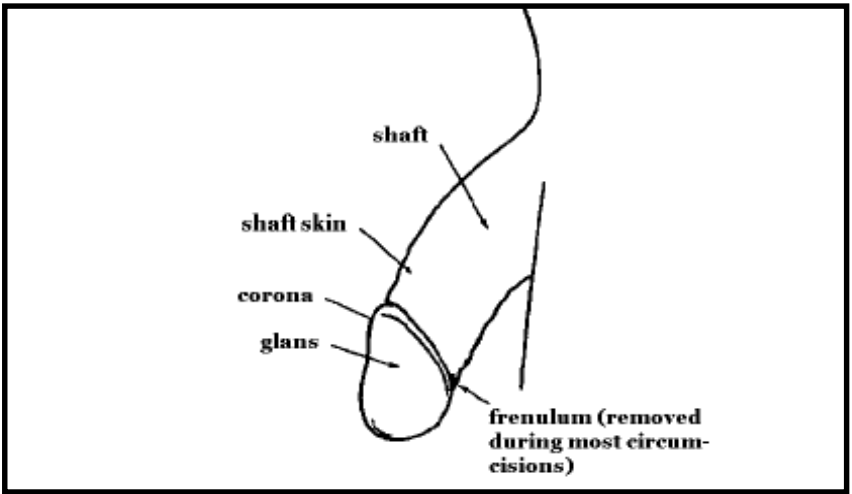


Figure1-1. Flaccid circumcised penis. The foreskin has been surgically removed, leaving the penis head exposed as an *external* organ. The frenulum (the highly erogenous tissue that connects the foreskin to the glans) is also partially or totally removed during most circumcisions.

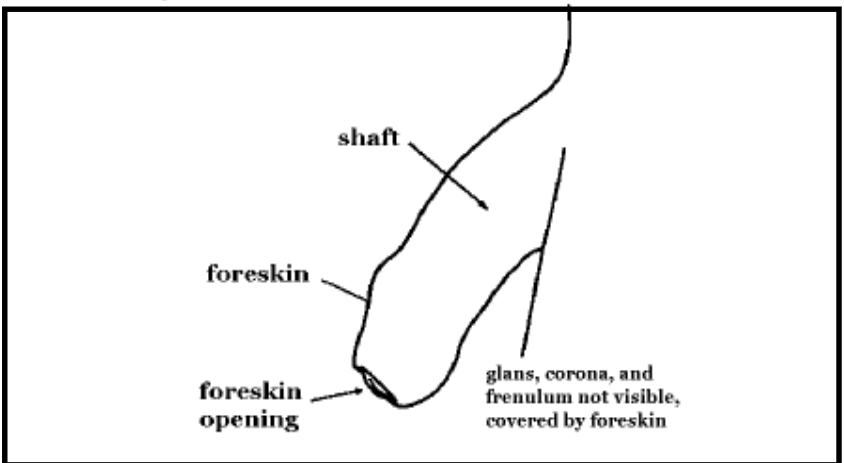


Figure1-2. Flaccid natural (uncircumcised) penis.* A foreskin covers the glans of the natural penis, making the penis head an *internal* organ. The foreskin retracts upon arousal.

* For greater simplicity and clarity, and to avoid the possibility of confusing the terms "circumcised" and "uncircumcised," this book will hereafter refer to the uncircumcised penis as natural (as provided by nature).

THE NEXT SEXUAL REVOLUTION HAS BEGUN

There is a quiet revolution now going on in this country: The Foreskin Restoration Revolution. More and more, as men begin to read and hear that it is now possible to restore their foreskin, they are choosing to “undo” their circumcision and become “uncircumcised” again. You don’t hear about these men in the course of your everyday life because foreskin restoration is not exactly a top-ten topic of discussion. Nevertheless, these men, and the organizations that support them, are out there, and their numbers are rapidly increasing.

If you are a circumcised man, reading this book will give you a totally new perspective on circumcision and its relationship to your sex (and love) life. As a result, I believe you will come away eager to “grow” a foreskin of your very own to cover the head of your most prized possession.

Right now, however, you may understandably be having your doubts. You may be thinking that your sex life seems to be going along just fine. You don’t want to think about the possibility that your sex life might not be the “real” thing. And you don’t want your wife or lover to start thinking that you’re not giving her the real thing. You don’t want to rock your sexual boat and become part of some silly revolution—“Grow a new foreskin!?! Not this guy!”

But the decision for a man to restore, or not to restore, isn’t just a man’s sexual issue. It’s also a woman’s issue, because a woman is on the receiving end of the penis during intercourse, and when the penis has been stripped of its foreskin, the sex act is *astoundingly abnormalized*, not only for the man, but especially for the woman.

Indeed, when the insights of this entire topic have permeated our national consciousness and all debate has been reconciled, the circumcision issue will have been reduced to a natural law—a sexual truth of nature: The foreskin is an inherent part of the penis, and during intercourse, a man and woman can only hope to experience their true potential for sexual ecstasy when the foreskin is present, allowing the penis to function and feel as it should, according to nature’s design.

The foreskin is alive with sensory-pleasure nerves that give the natural (uncircumcised) penis more “feelings.” As a result, the natural penis is more “tuned in” to the total intercourse experience; consequently, it thrusts the vaginal walls more delicately, more gently. To put it another way, the natural penis is more sensitive to the intercourse experience, which in turn affects the tenderness with which it thrusts—all to the delight of the participating woman.

Even the length of a man’s stroke is affected by the foreskin’s presence. The pleasure zones of the natural penis are focused in the upper penis, especially in the foreskin and its attached frenulum, both of which have a multitude of erogenous nerve receptors that love to be titillated with short, rapid stroking. *These short strokes, deep within the vagina, cause the male pubic mound to make gentle, rhythmically rapid, almost-constant contact with the woman’s clitoral mound**—her primary pleasure zone—exciting her to higher and higher levels of passion.

In effect, the thrusting rhythm, and gentleness of the natural penis’s thrusts, have a positive, sensuous effect on a woman’s pleasure *throughout* the intercourse experience, resulting in a high degree of orgasmic success. Indeed, ***the foreskin of the penis is the key to a woman’s sexual ecstasy***. For it allows the penis to function and feel as it should.

In contrast, circumcision results in the desensitization of the penis because it is missing the erogenous tissue of the foreskin (and usually the frenulum as well). To compensate for this reduction in sensitivity, circumcised men tend to thrust with rougher, tougher strokes to elicit more feeling from the penis. In addition, by diminishing the amount of skin on the penis, circumcision causes the erect penis head and shaft to become *compacted*—abnormally hard and overly stiff—which not only detracts from the woman’s feelings of pleasure, but may actually cause her various degrees of discomfort during active coital thrusting.

* I use this term to refer to the entire area surrounding the clitoris (the outer vulval lips, the female pubic mound) and the clitoris itself.

A woman who has experienced only circumcised intercourse does not realize that her pleasure is adversely affected, nor does she realize the extent to which she is discomforted because she has never experienced the comparative comfort and *pure* pleasure of “natural intercourse.” She comes to accept the various negativities of circumcised intercourse as a normal part of having sex and simply tries to make the best of the situation, never realizing that her pleasure, responsiveness, and orgasmic capabilities are significantly compromised. (The same applies to circumcised men. Because they have known only the one type of experience, they do not realize that their pleasure, and the pleasure of their partners, is unduly inhibited.)

Moreover, compared to the natural penis, the circumcised penis often thrusts with longer strokes. Because it is missing the pleasure receptors of the foreskin (and usually the frenulum), its sexual focus is *not concentrated in the upper penis*, but is instead diffused along the entire penile shaft. As a result, the circumcised man tries to bring pleasure to his entire shaft by thrusting with elongated strokes. *These elongated strokes cause the male pubic mound to become detached from the woman’s genital area.* Consequently, the circumcised man makes considerably less contact with the woman’s clitoral mound, decreasing her pleasure and potential for orgasmic success. (A detailed explanation of the differences between natural and circumcised intercourse appears in Chapters 4-11.)

If you are a woman, reading this book will give you an entirely new perspective on what circumcision does to a man’s sex organ and its harmful effects on your sex (and love) life. Once you realize how important the natural penis is to *your* sexual pleasure, you will undoubtedly want your circumcised husband or lover to begin restoring his foreskin without delay.

Yet, right now, most American women have no idea how important the natural penis is because they have never known the true sexual experience of natural intercourse—most American women have only experienced intercourse with circumcised men. Still, I hope to explain the differences between the two types of

intercourse in such a way that women will be able to comprehend the foreskin's vital importance even though they have never experienced sex with a natural penis.

Like many women, I too, at one time, didn't realize that the circumcised penis was the cause of much of my dissatisfaction with intercourse, but because I had the good fortune to become sexually intimate with a man who had a natural penis, my eyes were opened to the simple truths affirmed herein. My story detailing my personal involvement with this issue appears in Chapter 11. After I came to realize that natural intercourse was an infinitely more gratifying experience, I was curious to find out how other women felt about this subject.

In this regard, I conducted a survey of women who have had the comparative experience of intercourse with both types of penises. The vast majority of these women agreed that there is indeed a definite, discernible difference between circumcised and natural intercourse. Natural intercourse is decidedly superior—gloriously better.

Please allow me to speak now from the woman's point of view those words which women will later come to speak themselves.

As a woman, you deserve to discover your true sexuality with a man who has a natural, whole, fully functioning penis. You deserve to experience the *tenderness* of "real" intercourse—to experience the ecstatic, gentle-grinding rhythm of natural thrusting, which places an almost constant, *gentle* pressuring on your clitoral mound. You deserve to have real orgasms instead of faking them. You deserve to experience the full range of sensations nature intended. You deserve to know the tender, gliding thrusting that *only* a penis with a foreskin can give you, instead of what you are now getting from circumcised intercourse—an abnormally hardened penis head and shaft, along with rougher, tougher, *even bang-away thrusting*, as a result of the penis's missing foreskin and its various vital functions.

Once women come to realize how important the natural penis is to their sexual happiness and love relationships, and that the restored penis will allow them to experience new joys of

intercourse that will make them feel “born again,” sexually, they will want their men to have foreskins.

Although this issue concerns men and their bodies, paradoxically, women’s voices may have to lead the way. For my experience has taught me that when the sexuality issues of circumcision are broached with men, most say, “I’m circumcised and I’m fine.” Due to the psychologically disturbing nature of this topic, circumcised men are reluctant to look this issue straight in the eye, and understandably so. This is why women’s voices will be so important. Women will be more likely to view this matter with an open mind and quicker to acknowledge the merits of the natural (and restored) penis. ***As the insights of this issue unfold, male circumcision and foreskin restoration will become one of the most important women’s issues of our time.***

But certainly, circumcision is, first and foremost, a men’s issue, for men are its primary victims; they are the ones who bear its physical and emotional scars. Some circumcised men have consciously realized all along that they don’t like being circumcised, ever since they became aware that part of their penis is missing. Others intuitively feel that something isn’t quite right about the intercourse experience, but they’ve never made the conscious connection that the sexual disappointments and problems they are experiencing could be related to their circumcision. For example, many circumcised men complain about discomforting erections or soreness during or after intercourse. Many have difficulty maintaining an erection, and some have to work too hard at achieving orgasm. Magazine articles have recently reported that some men are now admitting to faking orgasm. These and other problems, such as premature ejaculation, may very well be related to circumcision. Ultimately, as a circumcised man, you will come to realize that you, too, deserve more. You deserve to resurrect the sexuality that was stolen from you by circumcision and to experience the “born again” pleasures of sex as nature intended it.

You deserve to discover the exquisite sensitivity of a penis head, the nerves of which are kept keenly fresh and alive in the *warm, moist*, sheltered environment of the foreskin. You deserve

to experience what the erect penis shaft feels like when the foreskin slips back over the head, giving you the “extra” shaft skin you need for a more comfortable erection. You deserve to experience the sensuous massage the foreskin gives as it glides back and forth over the penis head and shaft during intercourse. You deserve to know the relaxed tenderness of a vagina that is truly pleased into ecstasy—a vagina that is *truly* loving every moment of your gentle, grinding rhythm; that thrills to the ecstatic, *gliding*-thrusting motions that only a penis with a foreskin can give... There are so many wonderful things a circumcised man can look forward to after his foreskin is restored.

Once the public becomes enlightened about the foreskin’s functions and importance, circumcised men, in growing numbers, will decide that they’d really like to get back their protective little “jacket” and experience, as well as give their lovers, “real” sexual fulfillment. They’ll want to join The Foreskin Restoration Movement and will ultimately be happy they did. The rest will become history—the controversy, the psychological pain, the denial, and the anger over circumcision will all gradually fade away, as time distances us from the realities of the present.

For circumcised men, natural sex with a (restored) foreskin is an idea whose time has come. And for their female partners, it is also an idea whose time has come—“vaginally.”

Yet, “vaginal” orgasm is not the be-all and end-all of the total sexual experience. What really matters is the big picture, the overall picture. Of course, the climactic ending of orgasm is important, but, by analogy, we don’t go to a movie just to experience the ending. We go for the fantasy, the plot, the special effects, the characters, and the passion—pleasures served to us during the *time focus* of the movie.

Sure, the story of sex would fall flat without an orgasmic ending. But the “middle time” of intercourse (between insertion and orgasm) is really where it’s at. Therein lies the best pleasures of the show. For the beginning is only a tantalizing prelude. And the ending is over in an all-consuming flash. But the middle time is where the love story develops. That’s where we are swept

away in passionate eroticism. The middle time is where the lovemaking couple is transported to higher and higher states of ecstasy, passion, and love. *And this is where the natural penis excels*, with its ability to bring a man and woman to heights of pure pleasure and passion that are truly indescribable.

But when the foreskin is missing, everything changes. The intercourse experience is profoundly abnormalized for both partners. There is no easy way to say this: When the foreskin is missing, the penis is not a complete sexual organ. Consequently, it cannot function like the real thing. Nor does it feel like the real thing to a woman. It's like taking a ride in a car with the tires taken off. Though it's possible to drive a car on its metal wheel rims, it won't give a quality ride. Without the tires to cushion the ride, the experience will be completely different from what the car manufacturer intended. Similarly, without the foreskin's abundance of extra skin to cushion the intercourse ride, the experience will be completely different from what nature intended. (The foreskin constitutes 33-50% of the penile skin system (3)(4). This means that the circumcised penis has only 50-67% percent of the penile skin nature intended. The result: an overly tight, non-cushioned erection.)

We have a grave sexual problem in this country—men without foreskins—and this issue must be brought to the forefront of America's sexual consciousness.

The vast majority of the world's men live in countries where a penis with a foreskin is virtually the only kind of penis. The famous French lovers have them, the legendary Latin lovers have them, the Swedes, Danes, and the men of all other European countries have them, as do most of the men throughout the rest of the world.

In contrast, relatively few countries practice mass routine circumcision, primarily for its presumed health benefits or as part of an ancient cultural tradition. For others, like Israel and the Muslim nations (primarily in the Middle East, North Africa, and Pakistan), religious beliefs play a prominent role.

The Jewish and Muslim people have been practicing circumcision for thousands and many hundred of years respectively—passed along virtually unquestioned from generation to generation. Until now. In light of the information contained in upcoming chapters, I believe the present generation of Jews and Muslims will reconsider this ancient custom and decide to discontinue it. Non-circumcision is an idea whose time has come, for all races and creeds.

But why is the U.S. one of the major circumcising countries? America does not practice circumcision for religious reasons or as part of an ancient cultural ritual. In fact, before 1900, circumcision was virtually nonexistent in this country. And yet, by 1980, doctors were routinely circumcising almost all American boys. How did circumcision first take hold of the American medical community? And why did its practice become so routine? (The above topics will be briefly discussed below and expanded upon in Chapter 18.)

Nature must have put a foreskin on every human male for a reason. No matter how many are cut away, every infant boy continues to be born with one. What is Mother Nature trying to tell us? Can we presume to be wiser than nature by cutting away a vital part of a man's sexual anatomy for reasons of so-called medical "benefit"? Benefits which will be exposed in later chapters as virtually nonexistent.

Over the years there has been considerable controversy regarding circumcision within the medical community. In 1971 and again in 1975, the American Academy of Pediatrics officially announced that routine circumcision lacks medical justification, saying in their Task Force report that: "There is no absolute medical indication for routine circumcision of the newborn." *

* This position was changed slightly in 1989 when a new position paper from the AAP equivocated: "Newborn circumcision has potential medical benefits, as well as disadvantages and risks." But in 1999, after studying the issue for two years and analyzing 40 years of medical research, they issued a new policy statement: "Existing scientific evidence demonstrates potential medical benefits of newborn male circumcision; however, these data are not sufficient to recommend routine neonatal [i.e., infant] circumcision."

Despite the above reports, the overall medical community continued to recommend circumcision, and the circumcision rate in the United States continued largely unabated. It is currently (1998) about 60 percent, with the highest percentages in the East and Midwest and lower percentages in the West (5).

How did circumcision get started in America? As incredible as it may now seem, medical circumcision became popularized at the turn of the century as a “cure” for masturbation (6). Later, when this reason was refuted and dropped, another came in to replace it—purported cause of cervical cancer in women. But this, too, has been rejected by those who have seriously studied the facts (7). As the cervical-cancer myth lost credibility, other non-valid reasons popped up to replace it. Circumcision seems to be a surgical operation in search of a reason, which in reality does not exist.

The origination and perpetuation of circumcision by the American medical community is a historical fact that cannot be denied. With all the miracles of modern medicine, we sometimes forget that the medical profession is capable of making mistakes and that the science of medicine is still in the process of developing.

Only 200 years ago, it was common for doctors to practice “bloodletting” (draining various amounts of a patient’s blood) in an attempt to cure various illnesses. It is a historical fact that a team of doctors was responsible for bloodletting our first president, George Washington, an act which no doubt hastened his death. By today’s standards, the above practice seems incredibly primitive.

Only 100 years ago, medical circumcision gained acceptance because doctors thought it discouraged masturbation, which was at that time believed to be linked to a wide variety of physical and mental illnesses, including insanity (8). In retrospect, this belief seems incredibly silly (for today, as every teenager learns, masturbation can only lead to blindness—and for this reason, most of us only do it until we need glasses).

The medical thoughts and techniques of yesteryear were completely different from those of today. But that doesn't mean that today's thoughts and techniques are infallible—or even that we're headed in the right direction. A hundred years from now the practice of medicine will look completely different from the way it looks today because, as stated, medicine is still in the process of developing.

Throughout the 20th century, the American medical community's emphasis seemed to be focused on looking for reasons to remove the foreskin, when it should have been looking for reasons for the foreskin's existence. For most of the 20th century, the American pro-circumcision element had its way. But now things are beginning to come around full circle, as evidenced by the fact that the circumcision rate has dropped almost 30% since 1980. America's experiment with circumcision is approaching its end.

With all the medical advancements of the 20th century, society has come to look upon doctors as demigods. But, of course, they are not; they are human beings and are capable of making mistakes. Circumcision was, and is, one of their biggest mistakes. But we must resist the temptation to point all the fingers of blame at the medical community, for until somewhat recently, sexual topics and the study of sexuality have been taboo. In a country where both the general population and the medical profession are unduly inhibited about discussing the sex organs, and where the vast majority of the adult male population is circumcised, no one was looking for the sexual purposes of the foreskin. There is no one to blame for circumcisions of the "past"; it was just something that happened during the course of humanity's development.

With each generation, mankind gains more knowledge. We then use this knowledge to kindle the fires that light our way into the future. And the future, regarding the fate of the foreskin, is something that is being decided on now, as you read. You are part of the decision. And what will you decide?

I believe that once you become more knowledgeable about this issue, you will agree that the time has come to consign circumcision to the grave, alongside other historical oddities we've buried along the way, as we travel onward to a better world.

And yet, circumcision will not die an easy death because there is so much emotionalism, denial, and psychological distress surrounding it. Doctors may want to defend the circumcisions they've done and deny its negative effects. Men may want to deny that circumcision affects their, and their female partners', sexuality. And parents may want to deny that they made the wrong choice when they decided to have their son circumcised.

There is a great deal of emotionalism involved in the circumcision issue because of its medical and cultural entrenchment, and because to think of it as a mistake is a difficult thing to accept. In the end, however, mankind will decide to abandon the practice of circumcision. It is destined to become a dead issue because we're talking about living tissue, which wants to live and love on the penis of man.

As the importance of the foreskin gains public acceptance, members of the medical community will no longer recommend circumcision. Still, many readers may express anger and outrage toward them for circumcisions performed in the past. But we must remember that there is nothing to be gained from lashing out at mistakes of the past. We must move forward and put this dreadful era of medical history behind us. Similarly, sons should not place blame on their parents, nor should parents blame themselves for their sons' circumcisions, for up until now we did not realize that the foreskin mattered one way or the other. The mistakes of circumcisions' past cannot be erased, but through foreskin restoration every circumcised man can become "whole" again.

Will millions of American men really choose to restore their foreskins? How could they not? Once the sexual value of the foreskin becomes common knowledge, "Everyman" will want to have his very own foreskin NOW. Though it will take

a little time to restore your new treasure, it will be time well-rewarded with the increased sexual pleasure you will ultimately experience.

Will your female partner understand and give support to you when you express your desire to restore? With the knowledge of its importance, yes, without a doubt, she will be cheering you on from the sidelines.

After all, what if the situation were reversed? How would she feel about it then? What if she had been the one who was circumcised? Female circumcision (an umbrella term used to denote the removal of various parts of the female sexual anatomy) is still performed today in some parts of the world, primarily in some Muslim nations and throughout parts of Africa. The most common form of female circumcision is clitoridectomy (removal of the clitoris). It is a little known fact, but there are an estimated 100 million circumcised women in the world. These female genital mutilations (FGMs) are usually done in childhood or early adolescence (not infancy), without anesthesia. Why is this incredibly cruel, ancient practice still in existence? Cultural ritual and superstition.

It may be hard for you to believe that there are so many circumcised women in the world. Since it is not practiced in this country, many of us are not aware of its current-day existence. You may be thinking that female circumcision is grossly barbaric and should be stopped without delay. You're right. And the United States Congress agrees. A federal law was recently passed (1996) outlawing FGM. (Immigrants to this country were requesting it of U.S. doctors.)

Women, how do you think you would feel if you had been the one who was circumcised? Try to imagine someone cutting away the foreskin that covers your clitoris. (Yes, women too have a protective foreskin.) Or cutting away your clitoris entirely. It makes you squirm just to think about it, doesn't it? Now that you have imagined the devastation of female circumcision, it will be easier for you to understand what it must be like for a man to

have had a very important part of his penis removed, and you will undoubtedly be more compassionate about his desire to restore.

The very idea of female circumcision must surely strike a sensitive nerve; yet the practice of male circumcision is just as sexually insulting. When a man has been circumcised, he is deprived of an important and sensitive part of his manhood; an entire spectrum of erotic sensation and sexual function has been stolen from him. It must be said: Circumcision is sexual-reduction surgery.

Every year in this country approximately 1,200,000 screaming newborn baby boys are forcibly strapped to a Circumstraint Board, and without anesthesia, are routinely sliced, circumcised, and stripped of a very special part of their anatomy. Yet this excruciatingly painful 15-minute operation is only the beginning, for as will be explained, the denuded glans of the circumcised penis has harmful repercussions on a man's and his female partner's sexuality throughout their lives.

This book presents irrefutable evidence that male circumcision is, by definition, genital mutilation (MGM). Therefore, since genital mutilation of female minors is now prohibited by federal law, it follows that male children should be afforded the same protection. The 14th Amendment of the U.S. Constitution guarantees equal rights to both genders; thus it is mandatory that the present federal law prohibiting FGM be amended to prohibit male circumcision.

It is a self-evident, fundamental human right that one should be allowed to retain all the healthy body parts he or she is born with. When parents' have their child circumcised, it is a violation of the child's human right to retain the genitals he was endowed with by nature. It is the child's penis, not the parents'. Therefore, the child's human rights must be protected by law.

Surely the time has come for the cessation of both male and female circumcision. Surely there is truth in the statement that the practice of circumcision/genital mutilation—call it what you will—no longer belongs on the planet. Time and truth have a way of joining hands when the time for truth has arrived.