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A Further Sexual Comparison of the Natural and Circumcised Penis

The following is an excerpt from a letter written to Dr. Lawrence E. Lamb, whose syndicated column on health and medical advice appeared in many newspapers around the United States in the 1970s.

Dear Dr. Lamb: I am pregnant...if the baby is a boy, my husband and my doctor both want to circumcise him. My mother says...a man needs the foreskin for slack during sex. Furthermore, [she says] a man will lose most of his sensitivity and he needs the protection [of a foreskin].

Below is an excerpt from Dr. Lamb's reply:

Whether a man is a good lover or not usually is unrelated to the presence or absence of the foreskin. Men who retain their foreskin have just as much sexual enjoyment as men who do not have one. The factors that influence sexual activity are far more complex than merely the presence or absence of a little piece of skin. During the sex act, even in a man who is not circumcised, the foreskin normally retracts in back of the head of the erected penis. There really isn't much to the thought that a man needs this extra skin for slack.... Considering the mechanisms of the female sexual response, it is *inconceivable* that it really makes any difference to a woman during the sex act whether or not her husband has been circumcised...(1). (Emphasis added)

Dr. Lamb's response is probably typical of the attitude and opinion of most American doctors, most of whom are circumcised themselves, and thus have no personal familiarity with the foreskin's possible importance. As the information detailed herein indicates, this opinion is both ill-conceived and naive.

THE CUSHIONED CORONAL RIDGE OF THE NATURAL PENIS VS. THE CORONAL RIDGE "HOOK" OF THE CIRCUMCISED PENIS

The most easy to understand sexual difference between the natural and circumcised penis is what I call "*the hook*," which was briefly overviewed in Chapter 2. This chapter will delve into this concept and its importance with considerable new information.

As you will notice from re-examining Figure 2-1 (see page 26), the penis head projects out from the shaft. This projection, where the penis shaft flares out to the rim of the corona, is referred to by some as the sulcus. Sexual researchers Masters and Johnson, and others, have used the term "coronal ridge." *Dorland's Medical Dictionary* defines a ridge as "a projection or projecting structure." I consider "ridge" more descriptive, so I will refer to this area as the *coronal ridge*. On close observation of aforementioned Figure 2-1, you will notice that the coronal ridge is hook-like (barb-like) in appearance. This "hook-head" feature is conspicuous on both the erect natural and erect circumcised penis.

Since both types of penile heads look the same upon erection, how then could they feel different to a woman during intercourse? The reasons are as follows.

THE SUPERIOR RESILIENCY OF THE NATURAL GLANS ALLOWS THE CORONAL RIDGE TO BEND AND FLEX DURING INTERCOURSE

Earlier we learned that the tissue of the natural penis head has a spongy giveability, even when erect, due to moisturizing, whereas the circumcised head is considerably harder. Using a simple analogy, I would characterize the erect natural glans as having

the resiliency somewhat like Jell-O or bubble-pack, *firm yet giveable*, whereas the erect circumcised glans has virtually no resiliency, like an unripe tomato—overly firm and compacted.

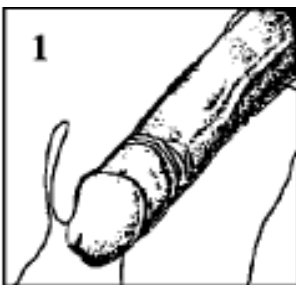
The giveability feature of the natural glans allows it, and its coronal ridge, to bend and flex as the penis thrusts the vagina. I must emphasize how essential this is to a woman's comfort—and pleasure—during intercourse. We will find out later in the chapter why the circumcised glans lacks this flexibility feature.

THE BUNCHING-UP, CUSHIONING ACTION OF THE FORESKIN

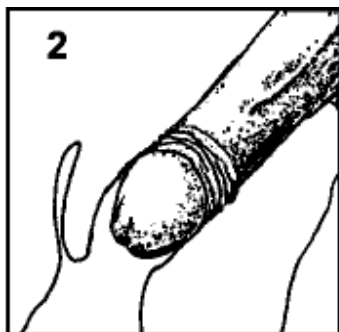
The comfort the natural penis head provides is further enhanced by the shaft's abundant skin system, which interacts with the vagina to cushion the force of the coronal ridge during intercourse.

The vaginal walls are structured with wavy ribbings (2) (see Figure 5-2, page 71) that have a one-way action, which allows the penile shaft (and its mobile skin covering) to move into the vagina easily on the *forward* thrust. But, when the shaft of the penis moves backwards on the *outward* stroke, its flexible skin covering is “grasped” by the wavy ribbings and virtually held in place. As the penis head moves backwards, the projecting coronal ridge “plows” against the constrained shaft skin (foreskin) and collapses it into a bunch, buffering and cushioning “the hook's” impact on the vaginal walls. (See Figure 6-1.)

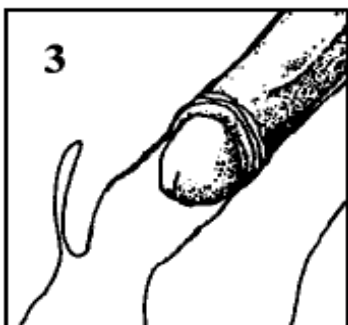
Figure 6-1 (below). The bunching-up action of the foreskin. (Adapted from Berkeley) (3).



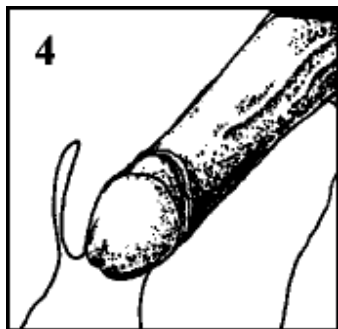
1. The penis is fully inserted in the vagina.



2. The penis begins its outward motion.



3. The penis continues its outward motion and as it does, the shaft skin is virtually held in place by the wavy ribbings of the vaginal walls, which are designed to grip only on the outstroke. Because the penis head is in motion, the foreskin bunches up behind the protruding coronal ridge.



4. During the next inward thrust, the vaginal ribbings relax their one-way grip and the forward movement of the penis causes the foreskin to unbunch.

The action of the vaginal-wall ribbings works similarly to the fur on a cat. If you stroke a cat in the same direction as the fur lays, your hand will slide smoothly. But if you stroke the cat in the opposite direction, the fur grain will impede your hand. In much the same way, the vaginal-wall ribbings let the penis's mobile shaft skin move smoothly into the vagina on the inward thrust but impede its withdrawal on the outward stroke.

In the process of bunching up, the foreskin may sometimes slide over the coronal ridge, onto the head, but even when this happens, the vaginal walls are protected from the coronal ridge hook because the foreskin buffers it.

THE BUNCHING AND UNBUNCHING FEATURE HAS OTHER SEXUAL BENEFITS

As beneficial as the bunched-up foreskin is in cushioning the coronal ridge to make intercourse more comfortable, it seems that its real purpose is to pleasure and sexually excite both the penis and the vagina. Some survey respondents commented on this:

“I believe the shaft skin of the natural male has more mobility. I found that I could ‘move’ the skin on the natural penis shaft with my vagina and enhance our mutual pleasure. But with the circumcised penis, this was not possible.”

“During intercourse, the natural man has sensually softer sexual movements...which I attribute to the man getting more pleasure because of the stimulation from the foreskin’s movement back and forth.”

Author’s note: These women’s comments might seem confusing, unless you understand an essential point mentioned earlier: The

vaginal walls hold the shaft skin virtually in place, and from the vaginal walls' perspective, the foreskin virtually does not move. However, from the perspective of the penis shaft (which is constantly moving inside its own shaft skin), the foreskin does move up and down. Our perception of the foreskin's movement is influenced by our observations during foreplay where the shaft is stationary and the hand moves the shaft skin up and down over the shaft. But during intercourse, it is the shaft skin that stays virtually stationary, while the shaft moves like a piston, back and forth, inside its own skin.

THE BUNCHING AND UNBUNCHING FEATURE ENHANCES A MAN'S PLEASURE BY EXCITING THE NERVES OF THE FORESKIN'S INNER LINING

One of the ways the foreskin's bunching-up action increases pleasure for the penis is by alternately covering and uncovering the erogenous nerves of the foreskin's inner lining (and frenulum).

As you will recall, the foreskin is comprised of both an inner and outer layer, similar to the lined sleeve of a jacket. The foreskin's inner lining becomes exposed only upon erection, when it unfurls onto the upper shaft, allowing it to make direct contact with the vaginal walls. This inner-lining tissue (and frenulum) abounds with nerves that are highly responsive to touch and are easily excited sexually. These nerves are so exquisitely sensitive that continuous touch is too much stimulation for them. The foreskin's bunching-up action allows them to receive touch sensations *alternated with a period of rest*, rather than constant, continuous stimulation.

On the inward thrust, while the foreskin is in the process of unbunching, it gradually uncovers the supersensitive nerves of the inner lining (and frenulum), allowing them to be titillated by the vagina's loving caresses.

During the outward stroke, as the foreskin bunches up, it rolls over and covers most, or all, of the (frenulum and) inner-lining nerves, allowing them to rest from stimulation.

A brief rest period is important to a nerve because it allows it to recharge itself so that, on the next stimulation, it can again fire off a new sensation of pleasure. That's why wine tasters rest their taste buds in between sips, so they can better experience the next sensation of taste. Similarly, resting the nerves of the inner lining (and frenulum) allows them to recharge so that when they are uncovered on the next inward thrust and are re-exposed to the vagina's caresses, they can fire off new sparks of pleasure. Think of the bunching and unbunching of the foreskin as nature's way of enabling these nerves to sip on the vagina's sweet caresses. (This rest/recharge concept is explained more fully in Chapter 8A.)

THE FORESKIN'S BUNCHING AND UNBUNCHING ENHANCES A MAN'S PLEASURE BY EXCITING PRESSURE-SENSITIVE NERVES

Another way the foreskin's bunching-up action excites the penis is by *applying pressure* to nerves that are embedded within the coronal ridge area. These interior nerves are erotically turned on by the pressuring action of the bunched-up foreskin, as explained below.

In the nervous system, nerves have specialized sensory functions—some register taste sensations, others smell sensations, and others touch sensations. Touch-sensitive nerves are further specialized into distinct varieties programmed to respond only to certain kinds of tactile stimuli. For example, some nerves pick up only the feeling of light touch, as do those located on your ear lobe. Others register temperature sensations, as when you touch a hot stove or dip your toe into the cold ocean. Others respond only to pressure, like the sensations you feel when your lover massages your body. Similarly, the coronal ridge's inner-tissue

nerves are sexually excited by pressure. When pressure is applied and then released, *alternately*, they not only become excited, they become ecstatic.

If you are a man, you can test this pressure sensitivity concept on yourself. Place your hand around the upper shaft of your erect penis. With your thumb on the coronal ridge, press down with moderate pressure. You will feel a sensation of pleasure. Now release the pressure for a couple of seconds and press down again briefly, then release again briefly (during the release period, the nerves recharge so they can fire off anew). Do this press/release experiment for about a minute and notice that it causes you to get sexually excited. It is through this principle of *alternately* applying and releasing pressure that the foreskin's bunching-up action works to heighten the male's sexual pleasure.

Here is what happens during intercourse: On the outward stroke, the bunched-up foreskin applies pressure to the pressure-responsive nerves embedded within the tissue of the coronal ridge area. On the inward thrust, the foreskin unbunches and pressure is released. This alternation of pressure/release in the coronal ridge area is one of the many reasons why intercourse is more pleasurable for the unaltered man than for the circumcised man. Here is a survey comment:

What I noticed was that my natural man got a lot of pleasure from deliberate slow insertion and backing out because his foreskin would fold back and forth, which would excite me also.

THE BUNCHING AND UNBUNCHING FEATURE ENHANCES THE WOMAN'S PLEASURE, TOO

The alternating pressure/release feature of the bunched-up foreskin also works to increase a woman's sexual pleasure and is one of the many reasons why natural intercourse feels better to her.

Located behind the vaginal walls are essentially the same erogenous pressure-responsive nerves as the coronal ridge's inner tissue (4). Each time the foreskin bunches up, it increases the diameter of the penis significantly enough to apply pressure to the pressure-sensitive nerves located behind the vaginal walls (5). When the foreskin smoothes out on the next inward thrust, pressure is released. When it bunches up again on the outward stroke, pressure is reapplied. Each time the foreskin bunches up, the pressure-sensitive nerves behind the vaginal walls emit sensations of pleasure. Below are two comments. The first is from a survey respondent; the second is from a man who wrote in to a men's magazine:

“Natural penis is softer, more pliable.... The foreskin bunched up toward the vaginal opening is great.”

“I finally got my foreskin restoration, and none too soon...my wife of twenty-five years is happier and we respond to each other like youngsters.... By the way, there is a little trick I learned in intercourse.... If I hold her tightly when I am inside her, I can feel my cap [glans] going in and out of the foreskin. She likes the feeling of the shaft sliding in its foreskin case against her vaginal walls.... I can tell you that my modified tool has brought a new dimension to her interest in me.” [signed] Old Dog with New Tricks (6)

In summary, a woman receives special pleasuring with every erotic stroke of the natural penis. Its softly-stiff, spongy head gently caresses the vaginal walls, and the foreskin provides ample, supple shaft skin to cushion the thrusting coronal ridge hook. Meanwhile, the vagina's pressure-sensitive nerves are also pressure-pleasured by the changing diameter of the magical FUNskin as it rhythmically bunches and unbunches.

THE CIRCUMCISED PENIS LACKS THE FORESKIN'S CUSHIONING ACTIONS

In contrast, the circumcised penis lacks the cushioning action of the bunched-up foreskin, and, on every outward stroke, its coronal ridge acts to scrape the delicate lining of the vaginal walls.* One woman commented that her partner's circumcised penis made her feel like she was being "fucked by a doorknob." Moreover, the coronal ridge is additionally discomforting to a woman because the circumcised glans is abnormally hardened, as discussed. And there is yet another reason why the glans and its coronal ridge are too hard.

THE CIRCUMCISED PENIS HEAD IS ABNORMALLY HARD BECAUSE ITS TISSUE IS TOO COMPACTED

Circumcision may cut away so much penile skin that *upon erection, the skin of the shaft gets stretched so tightly it pulls down on the skin covering the glans. This causes the tissue of the glans to become compacted, thereby making the penis head, and its coronal ridge, overly firm, with little or no flexibility.* As a result, when the abnormally hardened coronal ridge makes contact with the vaginal walls and scrapes, scrapes, and scrapes again with every outward stroke, it can feel increasingly discomforting to the woman. Here are two survey comments:

***"With the circumcised penis, I feel the...hard, tight shaft, and the glans, specifically the rim of the glans, is felt thrusting in/out."* (Emphasis added)**

* There is some speculation that circumcision may cause the corona of the glans to become abnormally flared, thereby deepening the coronal ridge hook. Close observation of photos in various male-oriented "beefcake" magazines seems to bear this out. This, unfortunately, is not a situation where more is better, because the extra flare-out may cause additional discomfort to a woman during coital thrusting. Conversely, the *natural* penis may have less flare-out at the corona, which could be related to its constant covering by the foreskin, which somehow "tells" the corona (perhaps by the pressure of its elasticity) not to excessively flare out.

“I have found sex with circumcised men to be rough, hard, and *abrasive*.... I found sex with natural men to be much more soft and gentle. I love the feeling of a foreskin sliding inside me.” (Emphasis added)

However, every woman may not be able to actually discern definitively that her vagina is being scraped because the vaginal nerves are primarily pressure-sensitive (and only minimally touch-sensitive). In my own personal experience, I was simply aware that the thrusting penis was vaguely discomforting and that I experienced considerable discomfort after intercourse. It wasn't until I analyzed the structure of the penis that it dawned on me that the discomfort I was experiencing was due to the scraping action of the coronal ridge.

Sometimes, as mentioned, the pleasurable sensations of intercourse can be so overwhelming, a woman doesn't consciously realize she is being simultaneously displeased. One time, a friend of mine came to work and said, “Joe and I sure had a good time last night, but boy, am I sore this morning.” We must assume that since she experienced soreness the next morning, she must have been discomforted during the act; she just wasn't consciously aware of it because the pleasurable aspects overrode the discomfort (or she may have noticed some discomfort, but she ignored it and concentrated instead on the pleasure). Also, I theorize there might be another explanation, as follows.

IF CIRCUMCISED SEX IS SO DISCOMFORTING, HOW ARE WOMEN ABLE TO PUT UP WITH IT?

I theorize that the hook-scraping aspect of circumcised intercourse (along with excessive friction from the penis shaft) causes the vagina to send distress signals to the brain. In response, the woman's brain “orders” pain-relieving anesthetizing substances (endorphins) to be released to help desensitize the vagina from the discomfort it is receiving. These anesthetizers

have a numbing effect, analogous to the Novocain you receive when you go to the dentist, but not, of course, so overpoweringly numbing as Novocain. The following information may help to explain how I arrived at the above conclusion:

Eating hot chili peppers...can actually induce the brain to produce a rush of endorphins...according to researchers at the University of Pennsylvania. Scientists theorize that when you eat hot chilies, the capsaicin 'burns' the nerve endings of the tongue and mouth, causing them to send...pain signals to the brain. In response, the brain secretes endorphins, natural painkillers.... Another bite of pepper incites further release of endorphins, and so on (7).

In much the same way, the various discomforts of circumcised intercourse cause the brain to respond with pain-relieving endorphins. As a result, the vagina isn't completely aware of how much displeasure it is receiving during the nitty-gritty of circumcised sex because the endorphins' effects alleviate some of the vagina's discomfort. But at the same time, the positive pleasure sensors are also anesthetized, decreasing the woman's arousal capabilities.

I would like to emphasize that these anesthetizers are *pain-reducing, not painkilling*. A woman may still experience discomfort, but it is reduced, *not eliminated*. Still, it allows her vagina to accept greater amounts of abuse without her being completely aware of how much abuse she is actually receiving. Paradoxically, she may notice that she feels greater amounts of discomfort, even pain, *after* intercourse (or the next day) when the endorphin effect has worn off.

A woman may or may not perceive circumcised thrusting as discomforting in the first 2-3 minutes, but as intercourse progresses, the discomfort and displeasure of the coronal ridge hook, and the accompanying release of desensitizing endorphins, *lessen her sexual excitement* and hamper her ability to achieve vaginal orgasm.

Even if she is able to achieve vaginal orgasm, its buildup is accompanied by various degrees of frustration. It requires intense concentration to block out the discomfort and distress the vagina is experiencing, while simultaneously focusing on building up whatever pleasure she is deriving.

Or perhaps she may not be able to achieve an orgasm at all—and is it any wonder that she can't? For during the entire experience, the vagina is essentially traumatized by the frictional thrusts of the tight-skinned shaft, along with the scraping action of the coronal ridge. Indeed, she may end up faking orgasm just to get the session over with. When she doesn't climax, or doesn't fake it, the male usually ejaculates anyway, signaling the end of the session.

Hopefully, he gave her an oral or hand-induced orgasm before his orgasm, because he's not about to start giving her any form of sexual stimulation now. At this point, all he wants to do is roll over and go to sleep.

Meanwhile, the woman's brain stores up memories of the entire experience. Repeated exposures store additional negative memories. I believe these memories of displeasure and frustration ultimately lessen a woman's desire for her sexual partner. As one survey respondent put it, **"It's hard to 'get into something' if you know ahead of time that it's going to be rough and not that enjoyable—just like it's always been."**

CIRCUMCISED SEX MAY CAUSE THE VAGINA TO ABNORMALLY TENSE UP AND DECREASE ITS LUBRICATION

The negativities of circumcised sex, especially the scraping hook of the penis, cause the vagina to abnormally tense up—something like a boxer tenses his stomach in anticipation of a blow from his opponent. In this tensed-up condition, *the vagina does not have the loving softness it would have if it were receiving the cushioned, softly-stiff caresses of the natural penis.*

Several survey respondents noticed this. Here are two representative comments:

“With circumcised men, my vaginal muscles tighten up. With natural men, my vaginal opening is much more relaxed and accepting of the penis.”

“I have noticed that the vagina is much more accepting of the natural penis. Once the head of the natural penis is at the opening of the vagina, it just kind of naturally slides in.... I notice that the vagina gets softer during intercourse.”

In addition to the involuntarily tensed-up condition of the vagina, I theorize that in the process vaginal lubrication is decreased. It's as if the vagina were saying, “Look, I don't really like this all that much—well, I like it—I mean, I *want* to like it—but at the same time, it's somewhat annoying, irritating, and displeasurable. I think I'll stop the flow of lubrication to send a message that I want to bring this session to an end.” As vaginal lubrication decreases, friction will increasingly build up. So what do we do? We grease up the circumcised penis with an artificial lubricant.

Here are two comments from the survey on this subject.

“With circumcised intercourse, I dried out and suffered from post-intercourse irritation and soreness. I do NOT like lengthy intercourse with a circumcised man! During natural intercourse I don't get sore—there is no friction against me.”

“With my circumcised husband, initial insertion is dry and rough (unless we use artificial lubricants).... With prolonged intercourse, I get dry and painful.... Originally, I lost my virginity to a natural man ...dryness was never a problem.”

THE CORONAL RIDGE HOOK MAY DISCOMFORT THE MALE

The projecting coronal ridge can also cause discomfort for the circumcised male, because with every inward and outward stroke, this non-resilient tissue is dragged and scraped against the wavy ribbings of the tensed-up vaginal walls. As a result, he may notice that this area is sore or irritated during, immediately after, or the day after sex. This is because the corona/coronal ridge area does not bend and flex as it should, and also because it is not buffered by the foreskin. In effect, the coronal area gets chafed during intercourse (assuming intercourse lasts long enough for irritation to develop).

The constant dragging of this hardened, projecting tissue applies too much continuous direct stimulation to this area. The application of *continuous* direct pressure to nerves isn't as sexually satisfying as alternately applied pressure, and it may even be discomforting or painful.

To prove this, males can try another experiment. With your hand on your erect penis as before, use your thumb again to press down on the coronal ridge area, but this time *hold the pressure; don't release it*. Notice, when you do, that initially you get a sensation of pleasure, but as you hold the pressure continuously, the feeling starts to turn into a discomforting sensation. Release and try it again. Hold the pressure. Feel the discomfort? Constant pressure and overstimulation is what the upper area of the circumcised penis is subjected to during intercourse. (In contrast, alternating pressure, which you experienced in the previous experiment, is what the natural penis experiences because of the foreskin's mediating actions. This concept will be explained more fully in an upcoming chapter.)

In addition, on every inward and outward stroke, the taut-skinned penile shaft is repeatedly frictionized, as discussed in Chapter 5. The degree of discomfort a circumcised man experiences during and after intercourse will depend on several factors,

including the tightness of his shaft skin, the vigorousness of his thrusting, the duration of intercourse, and the amount of lubrication.

Like the woman, instead of sex being a sensation of pure pleasure, the circumcised male experiences pleasure intermixed with discomfort—mosquito-bite sex.

The circumcised male may say, “I don’t know what you’re talking about—I find sex exceedingly pleasurable.” In reply, I can only say that the negativities of circumcised sex become clearly discernible after you’ve experienced intercourse with a restored penis. My husband says that before his restoration, he did consider sex to be pleasurable, but in retrospect, now that he has experienced the “real thing,” he rates circumcised intercourse a 2 and natural intercourse a 10. That old car you rode around in as a teenager was great, but how many guys would give up a BMW or Lexus to go back to it?

On a conscious level, the circumcised man may not be aware of the degree to which he is being discomforted during sex because it is intermixed with so much pleasure. Nonetheless, the displeasurements and deficiencies that are the consequence of circumcision are still present and leave a negative imprint on his *subconscious* mind, influencing his sexuality and his attitude toward women.

CIRCUMCISION MAY CAUSE A MAN TO WORK HARDER TO ACHIEVE ORGASM

When the circumcised man has sex, he, like his female partner, must concentrate intensely on the pleasure he is receiving, while simultaneously blocking out displeasurements and detractions. Many women commented that their circumcised partners seemed to have to work too hard at building up to orgasm. The circumcised man’s intense concentration on his own individual experience causes him to become physically and emotionally distanced from his partner. It’s almost as if she isn’t there. Indeed,

she can sense his distance. Many survey respondents noticed this. Below are three typical comments:

“My sexual experience with the circumcised partner seemed very one-sided. He was so intent on trying to achieve his own orgasm that he felt nothing towards me.”

“I have on occasion become aggravated with a circumcised man because there was so much necessary concern focused on his trying to reach orgasm that I have been forgotten. Not only is this frustrating sexually, but it is unsatisfactory, emotionally.”

“My first lover was a natural man. I didn’t notice differences until later on, after I had been more sexually active with circumcised men. I remember being disappointed since they all seemed to focus entirely on their own penis sensations—very concentrated, while my natural man could enjoy several sensations including my responses.”

Even though the circumcised man achieves orgasm, his *copulatory pleasure—the totality of pleasure experienced during intercourse, excluding orgasm*—is adversely affected by all the negativities we’ve discussed—his desensitized glans, his overall desensitized penis (which is missing a piece of highly erogenous tissue about the size of a 3" X 5" index card), too much direct stimulation and over-frictionization, along with factors yet to be discussed. Consequently, the pleasure centers of his brain are deprived of the positive biochemistry of “real” sex, even though he has an orgasm.

As we have seen, circumcised sex fails to give both partners the kind of stimulation their minds and sex organs desire and crave. They never get to experience the true pleasures of

intercourse and the nirvana-type physical/emotional experience natural sex brings. And this ultimately affects a person's sexuality—how they identify themselves with sex and their sexual self-image.

In her book, *Eve's Secrets*, sexual researcher Josephine Lowndes Sevely states, "The genital/brain connection is... a two-way flow, back and forth, each influencing the other (8).... [B]y repeating experiences...[we] 'create' a neural pathway. Each person's sexuality is linked to the awareness of his or her genitals" (9).

The idea that circumcised intercourse imprints the brain's memory centers with negative biochemical messages—memories of discomfort, frustration, and dissatisfaction—was brought up earlier, but I bring this concept up again because now that you are more cognizant of circumcision's negative impact on the intercourse experience, you can better see how the following could arise.

Circumcised intercourse frustrates and even angers the primordial subconscious, which somehow knows innately that "real sex ain't this way." Each new circumcised experience builds upon the negative-memory imprints of the past, and over a period of time, the subconscious and the conscious mind become more and more annoyed. After repeated sexual encounters with the same partner, the brain begins to develop negative feelings toward the partner that are ultimately carried far beyond the bedroom door, into the everyday relationship. The partners may belittle each other, purposely aggravate one another, and start quarrels over everyday little things. The relationship may even become outwardly hostile. And eventually, the couple may decide that divorce is the only solution.

The partners of a circumcised relationship enter marriage with the enthusiastic optimism of youth, thinking everything will be a bed of roses, but sadly, the bed of roses has a thorn—the coronal ridge *hook*.

Could circumcised sex erode the love bond between a man and woman and be an important factor in America's alarmingly high divorce rate? This question, of course, cannot be answered that readily because other socioeconomic factors undoubtedly contribute to a couple's decision to go their separate ways. But in response, I pose another question: Other things being equal, which couple is more likely to stay together—one enjoying delicious, satisfying sex, or one whose sexual pleasure is being compromised in many ways?

CIRCUMCISED-SEX SYNDROME

The partners in a circumcised relationship may try to communicate their likes and dislikes in the bedroom scene, but they're not sure what they really want. One or both may know that something seems wrong or lacking, but they can't quite put their finger on it. The bells and whistles become increasingly out of tune. She seems to think that he's the cause of the problem, but he seems to think it's her. Neither can realistically verbalize what the problem is because they've known only the circumcised-sex experience. They wish they knew. The marriage needs rejuvenation, revitalization—and more love.

With the passage of time, the partners may experience increasing dissatisfaction with their mate and a strange sense of alienation. They may desire their sex partner less and less often, and one or both may seek out extramarital partners or turn to masturbation as an alternative. They may feel that their partner lacks a sense of genuine affection for them, or doesn't desire them for their sexuality, but instead desires sex only to satisfy his or her own basic sexual needs. In this respect, sex becomes more of a "me" experience instead of what it should be—a sharing "we" experience.

This is all part of what I call "the aging circumcised-sex syndrome." How soon you and your partner begin to experience it will depend on the age you began having intercourse, the

frequency and length of time usually spent during intercourse, the tightness of the male's circumcision, variations in positions and thrusting techniques, and factors related to individual biochemical makeup. Depending on the above, you may already be experiencing it to a greater or lesser degree. Some couples may begin to experience it in their late twenties or early thirties, while for others, it may not begin to manifest itself until sometime later.

Maybe you've sensed all along that something wasn't quite right about your sexual relationship with your mate. Maybe you're just beginning to realize it. Whichever—by now you know what I'm going to say—all you need is the right equipment and you can discover the delights of natural intercourse and the beneficial effects it will have on your overall relationship. Through foreskin restoration, both sexual partners will come to discover what has been missing in their love life, allowing them to see their mate with new eyes of appreciation. Finally, the bells and whistles will be in tune.