

Joining the Foreskin Restoration Revolution  
and  
The Personal Stories  
of  
Two Men Who Restored

**[As a result of being circumcised] I experienced continuous decline in sensitivity and sexual pleasure to the point of not being able to orgasm within a period of time comfortable for my wife. Fortunately, all this has been reversed by my foreskin recovery. I again have the sexual performance of a teenager.**

— J.S., Colorado (1)

**My husband is now undergoing non-surgical restoration of his foreskin and even though I have never been very interested in whether men were circumcised or uncircumcised, I find that I enjoy sex much more since he began his restoration.**

— Survey respondent

**I have been restored for two years. Coverage is wonderful and the sensations of my foreskin moving back and forth over my more sensitive head are great. No more tight, often sore, erections, no more dried out glans, and artificial lubrication is no longer needed.... My wife enjoys sex much more, too, and we owe it all to foreskin restoration. For the first time in my life I feel like a whole man.**

— M.L., California (2)

**I think my wife enjoys my new foreskin as much as I do (she says she enjoys it more than me, but I don't think that's possible). She thought I was crazy when I told her what I wanted to do [restore] and even tried to talk me out of it. But I knew I had to be missing a lot. Now she thinks it's the best thing I ever did and is the best part of my body! The foreplay is just out of this world. We quit using all that lubrication that used to be necessary. That may be the reason she thinks she likes it more than I do, because sex is no longer dry and unpleasant like it was before restoration.**

— H.W., Wisconsin (3)

#### A GROWING NUMBER OF MEN ARE ANGRY OR UPSET THAT THEY WERE CIRCUMCISED

Every time the circumcision issue is raised in public—whether by television, radio, newspaper, or magazine—letters pour in from circumcised males in every part of the country, either to say some of the things they usually do not dare to say or to ask for advice.

Because many people feel uncomfortable talking about the sex organs and because of the hush-hush nature of circumcision, relatively little time is devoted to this topic by the media. If it were given the amount of national attention it deserves, hundreds of thousands of letters might result.

Many men may be having various problems with their penises, but they are unaware that these problems—uncomfortable erections, inability to maintain an erection, lack of sexual desire, discomfiting intercourse, etc.—may be a consequence of their circumcision. As the subject of circumcision comes out of the closet, more and more of these men are speaking up. Other men may appear to be indifferent about their circumcision; they don't like to discuss anything about it or even hear the word. This suggests they may have psychological wounds that have not healed.

No one knows at this point how many circumcised men are unhappy or angered about their circumcision, but organizations such as NOCIRC, NOHARMM, and NORM (see Resources at back of book) have received thousands of letters from men who resent having been circumcised as infants without their consent, or from men who regret getting circumcised in adulthood. We are just beginning to see the tip of the iceberg.

Until now, there has been little public awareness that many men are secretly unhappy about being circumcised. Many men, approaching this subject with their doctors and requesting information about restoration/reconstruction, are typically answered with responses like these: (4)

“He was shocked that anyone would want restoration and refused to discuss the subject.”

“...thought I was stupid.”

“He cut me off and talked about ‘foreskin fanatics.’ ”

“...told me I needed psychiatric counseling.”

“He laughed at me.”

It is an objective of this book to give a strong and dignified voice to circumcised men who wish to restore or reconstruct their foreskin and become “whole” again. One man, born in 1952, wrote:

I remember *more than one* birthday, before blowing out the candles on the cake, wishing that, if wishes were granted, I should become uncircumcised. I was brought up in a moral but unreligious family of Christian background. I was never instructed to pray but I do remember, skeptically but seriously, praying to God (if you exist) to please make me whole again (5).

The following statements were distilled by John A. Erickson (a pioneer in the anti-circumcision movement) from personal communications with circumcised men over several years.

**...Circumcision—I hate the word. It makes me shudder.**

**...Adrenaline shoots through me when I hear the word ‘circumcised’—I freeze.**

**...I couldn’t even make myself say ‘circumcised’ until I was in my twenties.**

**...I think of myself and other circumcised men as amputees.**

**...I have nightmares about being circumcised by force.**

**...I was circumcised when I was five, seventy-five years ago. I felt rage then and I still feel rage now.**

**...I am always thinking: where is my foreskin?**

**...I think of myself as existing in two parts: my missing foreskin and the rest of me.**

**...When I was a child I prayed I would get my foreskin back in heaven.**

**...I have never been able to accept the fact that someone cut part of my penis off when I was a baby. Sometimes I think I’m beginning to make some sort of adjustment to it, but then I see an unmutated man in a shower or magazine and I become overwhelmed by uncontrollable feelings of outrage and disbelief that I was made the victim for life of something so sick.**

**...I tried several times to ask my mother about what had been done to me. But when I opened my mouth to speak, the words stuck in my throat and no sound came out.**

**...I have wondered what it's like to have a foreskin all my life.**

**...I have always felt I was cut off from my foreskin, not vice versa.**

**...I never got used to being circumcised. I just learned to endure it.**

**...I pretended I didn't care.**

**...The head of my penis is just dead.**

**...I never let women see my penis because I think it's ugly.**

**...When I masturbate I always have the same fantasy: the image of my foreskin as it would look and feel now, had it not been cut off when I was born.**

**...I feel that my father betrayed me by letting my mother have me circumcised against his wishes, and I've always sensed that deep down he rejected me because he saw me as damaged.**

**...I have revenge fantasies about circumcision.**

**...My feelings about the doctor who circumcised me are too violent to describe.**

**...I asked a friend if he felt ‘different’ when he was the only uncircumcised man in the shower and he said, ‘Yes, gloriously different.’**

**...I’m restoring my foreskin because I was born with one, and damn it, I’m going to die with one.**

#### MEN CIRCUMCISED IN ADULTHOOD NOTICE IT AFFECTS THEIR SEXUALITY

The men above were obviously very emotionally scarred by circumcision, but how does it affect a man sexually? Below are three commentaries of men who were circumcised *in adulthood*.

**“...[S]ight without color would be a good analogy...only being able to see in black and white rather than seeing in full color would be like experiencing an orgasm with a foreskin and without. There are feelings you’ll just never have without the foreskin” (6).**

**“The greatest disadvantage of circumcision, in my view, is the awful loss of sensitivity and function when the foreskin is removed.... I was deprived of my foreskin when I was 26; I had ample experience in the sexual area, and I was quite happy (delirious, in fact) with what pleasure I could experience—beginning with foreplay and continuing—as an intact male. After my circumcision, that pleasure was utterly gone. Let me put it this way: On a scale of 10, the uncircumcised penis experiences pleasure that is at least 11 or 12; the circumcised penis is lucky to get to 3.... If American men who were circumcised at birth could know the deprivation of pleasure they would experience, they would storm the hospitals and not permit their sons to undergo this unnecessary**

loss. But how can they know? You have to be circumcised as an adult, as I was, to realize what a terrible loss of pleasure results from this cruel operation” (7).

“After thirty years in the natural state, I allowed myself to be persuaded by a physician to have the foreskin removed—not because of any problems at the time, but because, in the physician’s view, there might be some problems in the future. That was five years ago, and I am sorry I had it done now from my standpoint and from what my female sex partners have told me...the sensitivity in the glans has been reduced by at least 50%. There it is unprotected, constantly rubbing against the fabric of whatever I am wearing. In a sense, it has become callused. Intercourse is now (as we used to say about the older, heavier condoms) like washing your hands with gloves on.... I seem to have a relatively unresponsive stick where I once had a sexual organ” (8).

Granted, there are some men circumcised in adulthood who report that they are pleased they got circumcised. This puzzled me for quite some time, until I figured it out. For some intact men, circumcision may have corrected a medical problem that caused them to experience substandard function before the operation. For example, there is a disorder called *phimosis*, a condition where the foreskin cannot retract. For a man with phimosis, the penis area beneath the foreskin stays constantly covered and thus cannot make contact with the vaginal walls during intercourse.

If a man had phimosis and then got circumcised, he would think that circumcision gave his sex life a boost because it would allow the upper penis area to make contact with the vaginal walls. Although he notices an improvement after circumcision, the real question is: What if he could have achieved foreskin mobility and its accompanying sexual benefits without losing his foreskin? How much improvement in sexual pleasure would he notice then?

Wouldn't he be even more pleased? The challenge to the medical community is: Find the cause of phimosis (I suggest it may be due to chronic low levels of vitamin C and/or zinc, which do not allow the skin to develop its proper elasticity—see discussion on page 214). And until the cause of phimosis is found, investigate the documented medical techniques that can correct phimosis without circumcision or other forms of surgery. (Some non-surgical corrective approaches to phimosis are discussed in Chapter 17.)

Other men circumcised as adults, who may not have had a functional problem but who state that they experience no sexual deprivation after circumcision, may be deluding themselves, or unwilling to admit to family and friends that they made a mistake—it's too humiliating. *Considering the great loss of erogenous tissue and penile function, it flies in the face of logic to think that circumcision could improve a man's sexuality. And even though he may say he likes it, what about his female partner?*

Lastly, the circumcision debate is so full of emotional fanaticism and hardheadedness, it is conceivable that a circumcised man could step forward praising circumcision, stating that he was circumcised as an adult, when, in fact, he was actually circumcised in infancy, not adulthood. He speaks out to defend it and states untruths in order to cloud the issue because his emotional biases, sexual ego, (or religious precepts) compel him to do so.

## MORE AND MORE MEN ARE REALIZING THEY WERE HARMED BY CIRCUMCISION

A national survey of men who are aware that they were harmed to some degree by *infant* circumcision (9) was conducted by NOHARMM (National Organization to Halt the Abuse and Routine Mutilation of Males). Here are a few of their comments:

**...I am angry and bitter and depressed about being circumcised and I resent that it was done to me.**



**...It hurts too much...from being cut so tight.**

**...I've been mutilated\* and denied full functioning of my penis due to an unnecessary and ignorant procedure.**

**...My penis is unnatural this way!**

**...A deep longing to be complete and intact.**

Perhaps you, like the men above, have been unhappy about your circumcision for a long time. Or perhaps it did not strike home until reading this book. Whatever situation, it is perfectly normal for you to feel angry and shortchanged and have a desire to get back what's rightfully yours—a functioning foreskin. The circumcised man who does not face up to the realization that he got “cheated” is the one acting inappropriately. These men may seem indifferent about their circumcision status and may say, “I'm circumcised and I'm fine,” but in actuality, they are not. Eventually, as this information becomes common knowledge, they will have to confront their denial and concede that they were harmed. And that by delaying restoration, they are keeping themselves, and their sex partner, from experiencing the sexual pleasure they both deserve. You, on the other hand, by facing up to this situation now and beginning the process of restoration, will be well on your way to being restored.

\* Some readers may object to the word *mutilation*, arguing that circumcision does not mutilate the penis. However, according to definitions found in various dictionaries, circumcision does qualify as mutilation. The following are examples.

Mutilate: to damage, injure, or otherwise make imperfect, especially by removing an essential part or parts. (*Webster's New Universal Unabridged Dictionary*, 2nd edition, 1983.)

Mutilate: Biology. Of an animal or plant: having some part, common to related forms, either absent or present only in an imperfect or modified state. (*The New Shorter Oxford English Dictionary*, 1993.)

Mutilation...implies the cutting off or removal of a part essential to completeness, not only of a person but also of a thing, and to his or its perfection, beauty, entirety, or fulfillment of function. (*Webster's Dictionary of Synonyms*, 1968.)

*What can you expect from restoration?—a rainbow of new sexual and physical sensations and sensuousness, and new feelings of wholeness.* There is no way to explain how wonderful it's going to be until you get there. Of course, restoration is not an exact replication of the original foreskin, still, the sexual benefits are so overwhelmingly awesome, my husband describes it as—"It's too beautiful for words."

A bonus benefit attributed to restoration, reports *www.norm-socal.org*, is an increase in the overall size of the penis. Many men have taken careful measurements before and after their restoration and noted increases in both penis length and girth. Penis enlargement evidently results because when the shaft has its full complement of skin, its tissue is free to expand to its full dimensions. Prior to restoration, if the penis is tightly circumcised, as many men are, penile tissue during erection can get pushed internally into the mons pubis, instead of expanding externally to full length. Regarding girth, keep in mind that insufficient shaft skin, stretched to its utmost limits, constricts the penile tissue. Restorative skin loosens this constrictive vise, enabling the penis to expand to greater fullness.

The foreskin has been successfully restored (reconstructed) using a revolutionary surgical technique developed by Dr. Donald Greer. Although this technique holds promise for the future, at the present time no one is performing it (see discussion later in this chapter). Other methods of surgical restoration, developed by other plastic surgeons, are not advised. Presently, non-surgical methods are the most tried and approved means of restoring the foreskin.

Non-surgical methods of restoration typically involve various stretching and taping techniques, whereby a man stretches his shaft skin and then tapes it in place to produce tension. When the penis shaft skin is regularly stretched in this manner, the body responds by growing new skin. This works on the same principle as a person whose skin expands when they gain weight. Stretching and taping the shaft skin will eventually grow into a substitute foreskin. (Visit website: *www.infocirc.org/rest-e.htm* for an overview of this topic.)

## NEW TAPELESS TECHNIQUES

Taping techniques have been the principle method of restoration to date, but they may soon be superseded by an exciting, new tapeless technique that has recently been invented called the TugAhoy. Like taping techniques, this device also applies gentle tension to the penile shaft skin, causing it to expand and lengthen. But the inventor proclaims it has several advantages, principally, the extreme ease and speed of attaching and removing the device from the penis (less than a minute), and the fact that it leaves no sticky tape residues that have to be periodically removed by chemical means. Because of this, it allows for spontaneous sex. Men who have used this technique are very enthusiastic about it, and the restored foreskin photos at [www.tugahoy.com/Foreskin\\_Photos.htm](http://www.tugahoy.com/Foreskin_Photos.htm) display proof that the results can be remarkable.

Also, another tapeless device, that works on a similar principle as the TugAhoy, comes highly recommended. It's called the RECAP method. Email the inventor at [recap\\_ez@hotmail.com](mailto:recap_ez@hotmail.com) for details.

These tapeless techniques have garnered high praise. But a few individuals have not been successful with them. And some men, who are very tightly circumcised, may need to use taping techniques to produce enough startup skin for these devices to attach onto, enabling them to work their magic. If you start with one of these two techniques and it does not work for you, try the other. And if neither technique works, there are other options. Don't give up. Surf [www.norm-socal.org](http://www.norm-socal.org) and its links for further information.

Men who have restored speak glowingly of the increased sexual pleasure and self-esteem they have derived from it. Nevertheless, restoration cannot reinstate the exact nerve structure and the exact functioning of your original foreskin—better if you had not been circumcised in the first place. But please do not let this freeze you with distress, because restoration can bring back many—nearly all—of the advantages of the natural penis.

Circumcision truly is a tragedy of the highest degree, yet today's circumcised men must now try to move beyond their sadness and anger, to that place where they can hear the water's lapping on a higher ground, through the hope and promise of restoration. Please take a few minutes to study the **Table of Sexual Benefits** on the two pages following the end of this chapter to see how closely the restored penis and natural penis compare.

Unfortunately, restoring the foreskin through various skin expansion techniques is not achieved overnight. Some men report full coverage of the glans in less than a year, but these represent exceptional success stories. Realistically, one should anticipate about 2 to 3 years to cover the glans completely using traditional taping techniques. TugAhoy and RECAP users may achieve results more quickly because application of these devices is easier so men are more inclined to stick with the routine, and many are able to use them 24/7, so restoration progress is accelerated.

It is important for restoring men to know that nutrients play an essential role in progressive skin expansion. Dr. Carl C. Pfeiffer in his book, *Mental and Elemental Nutrients: A Physician's Guide to Nutrition and Health Care* says,

Both *zinc* and *copper* are needed for effective crosslinking of the elastin chains to make the perfect elastic tissue. ***When imperfect, any overstretching will cause long tears*** which appear as striae or stretchmarks.

Elastin comes from...*lysine* [an amino acid] in a process furthered by lysyl oxidase—a copper-containing enzyme. This enzyme requires pyridoxal phosphate (***vitamin B-6***) to make either collagen or elastin...***Vitamin C*** is also necessary in this process to stabilize the easily oxidized...copper-containing enzyme). (Emphasis added)

Taking a high-potency multiple vitamin-mineral supplement daily (preferably a brand that is designed to be taken in divided doses after each meal) while you are restoring will help insure that you have sufficient amounts of the above nutrients in your body to make new skin. Supplementary lysine, available at healthfood

stores, should also prove beneficial, as well as extra vitamin C. I recommend a type of vitamin C called Ester-C, since it is more absorbable, stays in your system longer, and will not upset your stomach the way some acidic formulations might. For all nutrients, simply follow the dosage recommendations on the label. Also, be aware that dietary protein, in general, is necessary for the generation of skin.\*

In any event, restoration requires perseverance and fortitude. Encouragement and inspiration from men who have successfully restored, or are in the process of restoring, are essential for keeping your spirits up and your outlook optimistic. Support groups can be found on the Internet (see Resources section at back of book, under Foreskin Restoration, for one such group—"restore list"). And again, surf [www.norm-socal.org](http://www.norm-socal.org) and its links. Ultimately, as the revolution gains momentum, support groups will be found in your local area.

A detailed explanation of the various methods of restoration is a book in and of itself, and is unfortunately beyond the scope of this book. For a complete description and in-depth discussion of the techniques currently available, I recommend *The Joy of Uncircumcising!* by Jim Bigelow, Ph.D. Originally published in 1992, as of this writing Bigelow's book is being prepared for Internet publishing. Contact Jim Bigelow, POB 52138, Pacific Grove, CA 93950, for details on how to purchase.

As you will soon read in my husband's story, Jeff was surgically restored by Dr. Donald Greer, who developed a scrotal implant method whereby skin from the scrotum is grafted onto the penis. Scrotal skin is high in sensitivity. And it has the advantage of having muscle tissue, so when the penis is flaccid, the tip of the foreskin contracts like a drawn-in duffel bag, keeping the penis head protected and moist for maximum sensitivity. Also, this muscle tissue allows the man to experience the thrill of the s-t-r-e-t-c-h (described on page 300.)

\* Requisite Disclaimer: The above is not intended as medical advice. Always consult a physician and/or qualified health-care professional before embarking on any program of nutrient supplementation.

Although reconstructive surgery does not replace the nerve tissue that was inherent in the original foreskin, still, my husband and I are very happy with the results of Greer's surgical solution, as are reportedly other men who have undergone his technique. But, as of this writing, no one is performing it. Greer discontinued reconstructive surgery in the mid-'80s when he moved his practice to a rural area in Wyoming far away from air transportation. His concern was that for those men who occasionally developed post-surgery complications to his two-step procedure, he was not accessible to deal with their problems in a timely manner. Dr. Greer recently retired from practice. However, other doctors may begin researching his technique, and it may one day become an eagerly sought out form of restoration because outstanding results can be obtained in a very short period of time.

I must stress that surgery of any type is something that should not be entered into lightly or hastily. There are a few doctors who have developed their own surgical restoration techniques, but I have no personal familiarity with the results. I would be wary of any technique requiring a large patch of donor skin from some part of your body. This skin, usually taken from the thigh or buttocks, will have little or no feeling and will leave an unsightly scar at the site from which the skin was taken. Keep in mind that your objective is not merely to cover your glans, but to improve your sexual feeling, while simultaneously acquiring functional benefits similar to the natural foreskin. With this in mind, surgical restorations using these types of skin grafts are not advised.

If surgical restoration is to offer a viable solution for circumcised men, the medical community must acknowledge the obligation it has to the millions of men who were surgically separated from their foreskins at birth without their consent, and address the vast demand that potentially exists for a surgical solution. Concerned doctors must come together in a symposium to discuss the merits and drawbacks of potential approaches—current and future. The media has a responsibility to make public the findings and recommendations of such a symposium and to present in-depth discussions on this topic.

In my judgment, once this topic is thoroughly investigated, I believe Dr. Greer's technique will emerge as the universal approach to surgical reconstruction. Greer's technique is documented in medical literature (10). But importantly, his articles do not reflect (to doctors who might research them) refinements he made to the procedure in subsequent years. Originally requiring four operations, he reduced it to two (one inpatient and one outpatient.) Although Greer is now retired, I expect that he will emerge to accept the challenge of updating his technique to reflect advancements in today's medical technology and to present the medical community with in-depth knowledge on his technique at the above-mentioned proposed symposium. If there is anything to report on the topic of surgical restoration, [www.ForeskinRestoration.org](http://www.ForeskinRestoration.org) will keep you advised.

## **Facing Up to the Inescapable Truth: Jeff's Story of What It's Like to be Circumcised and Later Restored**

What is it like to live for 42 years without a foreskin and then have it reconstructed? Absolutely great!

I was born with a long foreskin. Why this should have been considered a problem, I'm not quite sure, but the doctor who delivered me told my mother that my foreskin was long and recommended circumcision. My father, who was natural, was not consulted because he was away on a World War II battleship.

For the first 42 years of my life, I didn't give my circumcision much conscious thought, but if anyone mentioned the word "circumcision," a feeling would run up and down my spine as if someone had just scraped their fingernails across a blackboard.

During my childhood, I never thought too much about my circumcised penis in terms of how I compared to other boys and

men. I definitely noticed a distinct difference between my father's natural penis and my own. Obviously, his was bigger because of his bigger body size, but I wondered why the head of his penis was covered while mine was not. Yet, I never dwelled on it; I never felt shortchanged, envious, or castrated, and never asked him about it.

My younger brother had a natural penis. Perhaps my mother and father discussed the issue of his circumcision more thoughtfully, rather than just blindly accepting some doctor's recommendation. At about age 13, I examined my brother's semi-erect penis and was struck by the mobile skin that covered his penis head. I was fascinated by how easily it glided up and down and how moist and pink it was underneath (my penis head was grayish-white by comparison). Although intrigued with his penis, I did not become envious or angry, nor did I feel weird or odd because I was different from him. I was a pretty well-adjusted kid and I accepted my penis for what it was. Besides, my penis looked like most other boys in the shower room, so I didn't become concerned, though I did notice that a few boys had penises that looked like my father's and brother's.

During the first 42 years of my life, if someone had asked me if I was satisfied with my circumcised penis, I would have unthinkingly said, "Yes." But something happened at age 42 that dramatically changed my answer to a resounding, "NO." I came to the shocking realization that my circumcised penis was sexually abnormal.

In the mid-'80s, I read a magazine article that described a revolutionary surgical procedure that grafted skin from a man's scrotum onto his penis to make a restored foreskin. Developed by a plastic surgeon, Dr. Donald Greer, who at that time worked for the University of Texas Medical Center, it was a very new operation, and only 16 men had ever had it done. I became the 17th. The operation and aftercare went smoothly. The whole process was not much different from any other type of cosmetic surgery, and I became the happy owner of a wonderful new foreskin.



Having my foreskin restored so late in life gave me the rare opportunity to experience the differences between having a circumcised penis and having a penis with a foreskin. Now that I have experienced the difference a foreskin makes, I can better understand and describe the dissatisfactions I had with my circumcised penis.

Long before my reconstruction, I was unhappy about how my circumcised penis head always felt openly exposed, naked, and distinctly separate from the rest of my body, much like the feeling one gets when there's a hole in your sock and your big toe sticks out. You keep wishing the exposed toe were covered like the rest of your foot. Now that I have a foreskin, my penis feels like it's part of my whole body, and I don't think of it as being separate anymore.

When I used to be circumcised, I was dissatisfied with the unwanted tactile stimulation my upper penis was constantly getting from rubbing against my underpants, sticking to my skin, and brushing against my pubic hair, etc. I remember shifting it repeatedly from one side of my underpants to the other. It constantly intruded on my thoughts because it felt prickly, itchy, and uncomfortably sensitive. Now that I have a foreskin, my penis head is insulated and doesn't constantly intrude on my thoughts with feelings of discomfort, as my circumcised penis did. It is a joy. My penis head is now more sensitive, but the foreskin protects it, so I can save my sensitivity for the caresses of the vagina.

I really noticed circumcision's negative effects when I discovered my sexuality, although at the time I didn't realize they were a consequence of my circumcision. I thought the various discomforts I experienced were a normal part of having a penis.

When my circumcised penis became erect, it stretched the shaft skin very tightly (so tightly it caused my penis to curve upward). While most circumcised men might consider this "normal," to me it often felt uncomfortable, overstretched, and prickly hot, as if the shaft skin was working too hard to contain

all the swollen tissue. Now that I have a foreskin, I have plenty of skin when my penis is erect and there is no strain on the shaft skin. My erections always feel comfortable.

When I first began to masturbate with my circumcised penis, if I ran my hand up and down the shaft, for even a short time, it would build up too much friction and burn. I learned that some guys lubricated their penises with cooking oil or Vaseline to make masturbation easier, but I found this too messy, too much work, and I still didn't like rubbing my whole shaft. It just wasn't comfortable.

I soon discovered that nearly all the pleasure in my penis was concentrated in a little dot of skin, not much bigger than a sesame seed, on the underside of my penis. That little dot of skin was frenulum tissue and was all that remained of my original frenulum and foreskin, but boy was it powered with pleasure. Just jiggling it, along with the area behind the coronal ridge, was enough to bring me to orgasm. Now, however, with my reconstructed foreskin, that dot of skin still gives me pleasure, but because my overall penis has been brought back to life, it is only another pleasure zone on my penis and not the central command center.

How is masturbation different now that I have a foreskin? My hand *glides* on the *mobile* shaft skin, and there is no friction build-up because my hand does not move frictionally along the penis shaft. Now, during natural masturbation, my hand and shaft skin act as one unit, gliding together over my inner shaft tissue. In addition, the glans is intermittently stimulated by the foreskin gliding over it, intensifying my pleasure.

Another irritating effect I experienced, once I engaged in circumcised sex, was an "aching" erection and soreness after intercourse. As I mentioned before, my shaft skin would become very tight as my erecting penis filled into it. During masturbation or intercourse, as I got increasingly excited, my circumcised penis would get even fuller, stiffer, and the skin would be drawn exceedingly tight. This would give me an "aching" erection—too stiff and too hard. It felt good and bad at the same time.

After moving it in and out of the vagina for a while, it would feel prickly, itchy, and would eventually get sore and chafed from the friction of sliding my overstretched thin skin in and out too many times. And often, the next day my penis would be red and sore, remaining prickly, itchy, and sensitive for up to two days. I remember vividly the day after a particularly lusty one-night stand spending my entire lunch hour in my car with my sore penis hanging out because it was so chafed I couldn't stand my underpants touching it.

Also, in retrospect, I sometimes thought that intercourse was deficient somehow, not fulfilling; that it was a bit of a let-down. It didn't seem to measure up to the "big deal" it was supposed to be. Too often, after it was over, I'd feel a strange sense of disappointment—a gnawing feeling that there should have been something more—like the experience didn't really connect the way it should have.

Although I was aware of various discomforts and negativities during and after my sexual activities, and even though the thought crossed my mind that sex was a bit of a let-down, it never occurred to me that these problems were related to my circumcision. Throughout my 20s and 30s, I maintained a fairly active sex life and considered myself a competent lover. I had read many sex manuals and incorporated their advice into my sexual technique. I was thoughtful and considerate of my sex partners before, during, and after sex. I had excellent control over my orgasmic timing and was capable of lasting a considerable length of time. Women were impressed with my staying power, but occasionally I would get complaints that my prolonged in and out thrusting made their vagina sore.

When I first began seeing Kristen, the author of this book, she was in the process of breaking up a long-standing love affair with a married man. He had a natural penis. Kristen and I dated for a year, lived together for a year, and then got married. Everything seemed fine during the first few years of our marriage, but as time went on, we became increasingly aware of our sexual incompatibility. Even though she praised me as a good lover, she began to suggest various ways to improve my thrusting

techniques. Unfortunately, *I discovered that when I performed the way she wanted, it detracted from my enjoyment.* In order to please *her*, I had to give up what made *me* feel good.

After incorporating her suggestions, she showed a renewed interest in sex, but I didn't find her thrusting-technique suggestions sexually arousing enough and I lost interest. When I asserted my desires and performed in a way that pleased me, *she* lost interest. We sensed something wasn't right. We eventually realized we were sexually out of sync. It reminds me of a line from a song, "Just once, can we figure out what we keep doing wrong?"

Without my knowing, Kristen reunited with her previous natural lover and saw him intermittently. (As she later told me, they made love easily and naturally without any of the problems we were experiencing.) After that, she became much more insistent on making love her way in an effort to re-create the intercourse experience she'd had with her natural lover.

I worked hard to please her. We worked at entering very slowly and at a certain angle because her vagina was reluctant to accept my penis. After penetration, I kept my pubic mound close to hers and minimized my long in-and-out strokes. She liked my pubic mound to grind up against hers and continually pulled me in closer to restrict my thrusting movements. If I used long thrusting strokes, she would get frustrated and annoyed. When I used the short, close-in strokes she liked, I would lose my erection; I needed the long, hard, in-and-out strokes to excite my interest and keep my erection. We were travelling down two separate avenues for obtaining pleasure. In order for Kristen to achieve orgasm during intercourse, I had to give my full attention to pleasing her with the method *she* liked, and then I would achieve orgasm using the long-thrusting technique *I* liked.

In effect, we were each using the other's body to masturbate against, which is not the same as making love. Lovers totally abandon their individual egos, their individual awareness, and become a union of pleasuring.

It became more difficult for me to keep my mind on my sensations as I struggled to maintain a thrusting motion that felt

unnatural to me, but was pleasing to her. Our sex organs were not mutually pleasuring each other in a compatible way. One night Kristen and I had a long talk and she told me she had gone back to re-experience her natural lover and concluded that our difficulties were related to my missing foreskin. I was shocked and humiliated, but deep down I suspected she was right.

By chance, not long after that, I came across a magazine article about Dr. Greer's surgical restoration procedure. I showed it to Kristen. She was very excited and called up right away to get all the details. I was reluctant to consider it. I shuddered at the thought of a cutting object near my penis. I thought—maybe the problem is Kristen. Maybe she's just too damn fussy. Maybe if I looked for a different sex partner, I could escape the problem. I was in conflict over this entire matter, but at the same time, I was coming to the realization that nature must have designed the foreskin for a sexual purpose. I began to consider that restoration might be my best option, because once I accepted the idea that circumcised sex wasn't anything like natural sex, I knew that even if I got myself another woman and was able to fool her for a while with various techniques that imitated the movements of natural thrusting, I would not be able to fool myself. My experience with my wife convinced me that circumcised sex was a second-rate experience for a woman, and I was not one for giving out second-rate anything. Moreover, my circumcision was causing me to miss out on one of life's supreme pleasures—wonderful, natural sex. An absurd social custom, the routine circumcision of infant boys, had cheated me out of the greatest gift nature can bestow on a man: a complete, intact, fully functioning penis.

Although I was still uncomfortable at the thought of being operated on, I felt more reassured when I spoke to John Strand, Dr. Greer's first restored patient. He was very supportive and talked glowingly about how wonderful it was to have his foreskin restored. After that, I booked myself for the earliest possible appointment.

The actual reconstruction operation was really no different from any other operation. The procedure was done in two stages, about four months apart. The first required anesthesia, the second did not. After the second procedure, it took another two months of healing before I could become sexually active again. But everything went smoothly, and although it was an adventurous undertaking, I am very happy I had it done and exceedingly pleased with the results.

With my foreskin restored, I feel like a whole person. Even if I never had sex again or never masturbated again for the rest of my life, I would still consider my restoration completely worthwhile because just having the foreskin covering my penis head is so protectively comforting. And the excitement of owning a foreskin isn't a feeling that goes away after a month or two, as is the case with most new toys. It's been about fourteen years since my restoration and not a day goes by that I don't think to myself or say to my wife, "I love having my 'foreskin' back. It's the best thing that I ever did for my body."

A foreskin makes you feel comforted, secure, and protected. It's like coming out of the water after a cool dip and wrapping yourself in a fluffy towel. It's like lying on the couch shivering and someone places a warm blanket over you. It's like walking in the hot sun and then sitting under a shady tree. It's like the feeling you get the day the doctor removes the cast from your leg that's been there for three months—you feel whole again and all your parts are working properly. It's a totally great feeling. I can't praise it enough.

One of the most enjoyable experiences of having a foreskin is getting an erection. How wonderful it feels as the head slowly emerges from under its protective cover. At the onset of arousal, the head slides its way along the inside of the foreskin, exciting the erotic nerves of both the inner lining and the head itself, especially the coronal area.. As it grows to fullness, the head stretches the opening at the foreskin's tip to make room for its emergence. My whole body tingles with anticipation. Suddenly, it bursts through the tip opening. And the foreskin then glides

over the corona and down the penis shaft, stroking and titillating the nerves with its soft, slippery cover, very similar to the sensation of entering the vagina. When I first got my foreskin, I repeatedly got hard and then went soft and then hard, over and over, merely to delight in this sweet pleasure.

What is sex like after your foreskin is restored? Beyond your wildest imagination. Once restored, you are, for all intents and purposes, *functionally* restored back to a “natural” state. In your “natural” state, you are now equipped with everything you need to make lovemaking wonderful, so when you make love, you just do what comes naturally. You don’t have to concentrate on technique. It’s almost effortless; everything flows so easily. You just relax and drink in the pleasures. The vagina feels more deliciously soft, and you can feel it truly loving every stroke, as it loves you back with its sensuous caresses.

Everything you do seems to make the experience more wonderful for you and your partner. You feel like a natural-born lover. Together, almost as if you are one, you build yourselves to higher and higher plateaus of pleasure and ecstasy. You forget yourself, your problems, your technique—you just enjoy. And you don’t have to wonder if it’s good for her too, because you *know* it is. You feel very close to your partner. Very loving. Very grateful to be having such a wonderful time and participating in a shared experience that brings the two of you closer together in body and spirit. There’s no anxiety about how you’re performing, or that you might lose your erection, or that you might have trouble coming to orgasm, because these problems are now non-existent. No anxiety, no frustration, no hard work. It’s mellow and relaxed—no tensed-up muscles.

*And most importantly, your penis’s upper shaft and head are alive with pleasure sensations you were never able to experience before.* Some new sensations are intensely thrilling, while others are delicate and subtle, yet still superb. For example, one thrill, in particular, that I’ve become acutely aware of is the temperature-sensibility of the nerves in my upper penis.

In preparation for intercourse, when the penis is becoming erect, I sense the warm glans stirring inside its protective sheath. At full erection, with the foreskin retracted and the moist head exposed to the open air, I perceive a sensual cooling. Then, when the penis enters the vagina, the first touch of the 98.6° haven against the cooled glans feels like a trip to a tropical paradise. Upon deeper insertion, the penis head throbs with delight from the wondrous waves of warmth radiated by the hot, passionate vagina and the joyous returning to the temperature environment it was meant to live in—98.6°—the temperature inside the vagina, the same temperature as inside the foreskin.

The increased pleasure from being restored is totally awesome. It's beyond totally awesome. There's no way to really describe how wonderful it is. And orgasm comes so much more easily and exquisitely (but you have complete control over when to have it).

Even though I used to think circumcised sex was enjoyable (although I'd find myself letting it lapse into infrequency, probably because it wasn't really *that* enjoyable), in retrospect, it is completely different from natural intercourse. There is no comparison. They're not even in the same league.

Natural sex is relaxing. The longer I partake, the more relaxed I feel. Circumcised sex, by comparison, was adrenalizing. I remember it as being a lot of work. And it seemed the longer I partook, the more I'd feel pumped up with tension.

My wife and I prefer to have our sex during the day. Often, after circumcised sex was over, even with the release of orgasm, I'd still feel pumped up physically, mentally, and emotionally. Though we'd cuddle for a few minutes afterward, and I might even dose off for a quick forty winks, when I finally got up I'd be set to do any activity—wash the car, watch a football game, paint the cellar stairs, whatever—right back to life as usual.

But with natural sex, I'm transported to a different world. Total escape. Life as usual is the furthest thing from my mind. Everyday concerns are far removed, as I am swept away in total surrender to the greatest physical joy in life. I am overcome with paradisaal,



blissful feelings of sensuality, of peace and mellowness, and loving closeness to my partner. After cuddling and falling asleep after orgasm, I awaken, not to the usual way I feel, but to a feeling of freshness and rebirth that connects me back to the joy of being alive—a renewed love of life. And a knowing that natural sex, and the love it brings, is truly “nature’s second sun.”

And my wife and I relate to one another completely differently after natural sex than we did after circumcised sex. After natural sex, there is this wonderful feeling that we shared something extraordinarily special. We always comment on how lucky we are to have discovered the born again ecstasies of natural lovemaking, as we bask in the afterglow of supreme serenity and a renewing of our love for one another.

Whereas, after circumcised sex, we used to come away with “Well it wasn’t what we had hoped for, but at least we got it out of the way.” And arguments would sometimes develop.

As I said, circumcised sex was adrenalizing. By analogy, it’s like driving in rush-hour traffic, it’s tense, on alert, stop-and-go, working the traffic flow, checking your mirrors, inconsideration for the other driver, and subliminally irritating.

In contrast, natural sex is like a day off—no problems, relaxing in the warm sun while sitting on the soft grass of a peaceful river bank, a fishing pole in one hand, a refreshing drink in the other, and your dog sitting beside you, surrounded by the sounds of birds, the murmuring river, and jumping fish. In retrospect, if I were to rate sex before my restoration, I’d give it a two. Now that I’m restored, it’s a ten. How sweet it is.

## **AN EXTRAORDINARY SEXUAL SECRET MAXIMIZES PLEASURE FOR THE RESTORED MAN**

I also discovered something wonderfully important for men who restore.

Scientific research by Dr. John Taylor, et al., has proven that when circumcision cuts away the foreskin, thousands of highly

erogenous nerves of the “ridged band” are removed and cannot be restored by present-day restoration methods. Disheartened circumcised men often fixate on this tragic loss and assert that with so much missing erogenous tissue, the restored man can never hope to approximate the experience of the genitally intact man. They wrongly conclude: Why bother to restore?

While it is true that restoration does not bring back the nerves of the ridged band, it does monumentally improve a man’s sexual pleasure, as presented in the **Table of Sexual Benefits** following the end of the chapter.

But in addition, I have something more to add. Over time, after I became restored, I noticed that I was able to compensate for this loss in erogenous tissue by having my partner twiddle my nipples, intermittently, during intercourse.

As you will recall from Chapter 10, a Mayo Clinic study entitled, “The Erogenous Zones: Their Nerve Supply and Its Significance,” evinces that *the ridged band of the foreskin and the skin of the nipples are comprised of the same specialized nerve tissue called “rete ridges.”* Nipple skin abounds with Meissner’s corpuscles (erotically responsive touch-sensitive nerves), like those found in the foreskin and frenulum.\*

If you are a circumcised man, try this experiment. On your penis, locate the remnant of your excised frenulum. (On me, as mentioned, it is the size of a sesame seed, located at my circumcision scar, on the underside of my penis. Your remnant may be there too, or at the groove in your penis head, on the underside of the glans. You might want to refer back to page 55 where the frenulum is illustrated.)

Once located, caress it lightly and you’ll notice how erogenously sensitive it is. Next, move your fingers to your nipples and stroke them gently. Notice that they, too, are erogenously sensitive.

\* “The *specific* type of erogenous zone is found...in the genital regions, including the *prepuce [foreskin]*, penis, clitoris, and external genitalia of the female, and...lip, [and] *nipple*. It is the special anatomy of these regions that requires the use of the term ‘specific’ when one speaks of erotic sensations originating in the skin. This anatomy favors acute perception” (11). (Emphasis added)

Now go back and caress your frenulum remnant again, *first by itself, then caress it while simultaneously caressing your nipple.* Notice that when you caress only the frenulum remnant, you feel the pleasure sensations *only* in your penis. And that when you touch only your nipple, the pleasure sensations emanate *only* from there. *But when you caress them both together, the feelings are not localized to either area. Instead, you become aware of a general, overall feeling of heightened ecstasy.*

Keep in mind that the erotic nervous system of the body is interconnected. When you kiss a woman on the lips and caress her breasts at the same time, you will excite her more than if you do either act singularly.

When you have your partner twiddle your nipples during intercourse, combined with the increased pleasure experienced after restoration, I reckon that it heightens your sexual feelings to those experienced by the genitally intact man when his penis alone is stimulated during intercourse. *Essentially, the erogenous nerves of your nipples stand in for the departed sensory nerves of your foreskin and frenulum, allowing you to experience intercourse with your restored foreskin virtually as though you had a fully functioning intact penis.* I know nipple-twiddling drives me to indescribable, overwhelming heights of pure ecstasy.

During this activity, the levels of ecstasy are so magnificent, I don't feel cheated in any way, even though I'm missing the nerves of the ridged band.

However, let me add that before restoration, this nipple-twiddling technique brought only minimal increased sensuousity, probably because of the many detractors in pleasure circumcision causes. Full appreciation of this technique can only be experienced after restoration.

And one final suggestion. As stated, this nipple-twiddling technique should be done intermittently because it's more pleasurable than constant twiddling. Therefore, whenever I want my partner to start or stop, I tap her lightly on the shoulder as a signal.

## THE ULTIMATE ECSTASY: FRONT-DOOR TIPPING

Another awesome way I learned to compensate for the loss of the foreskin's erogenous nerves is through a technique I call "front-door tipping" (or "tipping", for short), where the tip of the penis gently kisses the tip of the vagina (the "front door"), repeatedly.

Front-door tipping utilizes our newfound knowledge of the male clitoris. If you had any doubts about the existence of the male clitoris, using this technique will allay them permanently.

Here's how it's done: Pull your penis out of the vagina until only its very tip is touching the vaginal entrance. Then, *while your partner twiddles your nipples*, slowly and gently move the penis forward about an inch or two (but no more) so that the penis head gets fully covered by the vagina. Then withdraw anew to the start position, where only the penis's tip touches the vaginal entrance. *Pause briefly so stimulated nerves can recharge* (this is the secret to why it works so well). Then move inward again.

I emphasize that your actions should be slow and methodical, allowing you time to savor each swooning caress against the vaginal opening. Each inward movement causes the male clitoral tip to be massaged internally and localizes all your sensations to this supremely erogenous area. Front-door tipping is only fully effective after restoration affords the upper-penis area relaxation of its inner tissue, due to the presence of sufficient shaft skin. Knowing about this technique is worth 1,000 times the price of the book and will bring you pleasure beyond your wildest dreams. Let me add this final point. *This technique is only attainable using the side-by-side position described in Appendix A* (because it allows you to completely relax and enables your partner to cross her hands and twiddle both your nipples simultaneously).

## ONE MAN'S ACCOUNT OF RESTORING HIS FORESKIN USING *NON-SURGICAL* METHODS

I was born in Mississippi in 1949. My father was intact and saw no reason for routine infant circumcision. Luckily for me,

my mother's obstetrician agreed, so I was left as God made me.

My brother was born a year later and he, too, was left intact. He and I were almost the only intact boys we knew. This didn't bother my brother, but it did concern me. So, at the age of 19, I elected to be circumcised. I soon realized what a great mistake I had made!

Prior to circumcision, the glans had been tender and moist, similar in texture to the inner surface of the mouth. The inner surface of the foreskin was smooth and tender as well, and very sensitive to erotic stimulation. The frenulum, also, was delicate and extremely sensitive to stimulation.

When I learned about masturbation from my (circumcised) peers, I first attempted to masturbate as I imagined they did—keeping the foreskin retracted with one hand, I tried rubbing the other hand up and down over the glans. Ouch! This was much too painful to be pleasurable at all. I soon learned the most common masturbation technique of intact men—holding the penis on the shaft and pulling the foreskin back and forth over the glans.

On each downstroke, the foreskin's delicate moist inner surface glided erotically over the glans, and the ridged band's gentle constriction slipped down the glans and "snapped" past the highly erogenous coronal ridge. When the foreskin was completely retracted, the frenulum gently pulled down on the underside of the glans (which I now know improves sensation to the glans during intercourse).

On each upstroke, the ridged band once again "snapped" past the coronal ridge with an erotic mini-startle to the erogenous system, and the foreskin's inner surface once again glided over and stimulated the tender, moist glans as it moved up, as it was designed to do.

I later learned that my circumcised friends sometimes or always used an artificial lubricant during masturbation. I never needed any, as the glans and inner foreskin were naturally moist, and the clear lubrication which was produced soon after having an erection was automatically applied to the glans by foreskin movement.

The glans was extremely sensitive to the touch, and only enjoyed pleasure when it was stimulated by another mucous membrane (such as the inner foreskin or the mouth or the vagina). As an inner organ (covered by the foreskin unless it was retracted), it was much too tender to be rubbed casually.

Orgasms were reached easily (but not prematurely), and they were intense enough to make my knees give way if I was standing.

Everything was different, however, after I was circumcised. Initially, I experienced continuous and disturbing irritation, as the now-exposed glans was very tender. It took about a month for it to become accustomed to constant friction from clothing and sexual activity could be resumed. But the sensations were dulled now.

The glans dried out and became much less sensitive. Even though I still have a frenulum, its nerves have been damaged and it is nowhere nearly as sensitive either.

I now had to masturbate with artificial lubrication (or risk the distinct possibility of an irritated penis). Orgasms often were achieved with extreme difficulty. They were still pleasurable, but they were much, much less intense than prior to circumcision.

I married at age 23, and throughout the next 17 years, my wife and I had a good sex life, but I often had trouble climaxing in intercourse due to a lack of sensation from the glans. I never could climax through fellatio, although this had not been a problem when I was intact. I assumed that my orgasm problems were probably psychological, and supposed that I would simply have to adjust to it (my wife was a virgin when we married, so she assumed that the long time I took to climax was normal, even though it often caused her to become raw during intercourse).

In the late 1980s, I came across references to foreskin restoration, instructions for which I was able to obtain. I was one of the rare and extremely fortunate men who was able to achieve full glans coverage within a year of beginning skin expansion techniques.

The glans is now tender and moist once again. It also has

regained most of its lost sensitivity, although not as much as before circumcision. As a consequence of these changes, I now have no trouble climaxing during either intercourse or fellatio.

My wife enjoys the feeling of the loose, moving shaft skin during intercourse, which gives her a different and “better” (according to her) feeling vaginally. We both enjoy the “glide sensation” of the loose-skinned penis during intercourse, and we like intercourse more than before restoration.

I enjoy masturbating with my restored foreskin (which is almost as good as the original, only lacking the ridged band), and my wife also enjoys playing with my restored foreskin during lovemaking and fellatio. She supports my views that routine infant circumcision is genital mutilation and must be stopped.

Aesthetically, my penis appears quite natural and can pass as intact in locker rooms to all but the most observant. I have even passed as intact during medical examinations, for the circumcision scar is not visible unless the foreskin is retracted. (Knowledgeable physicians, however, may notice the lack of the ridged band at the foreskin opening.)

My wife and I have two sons, born in 1979 and 1983. Although we had to take a stand against the hospital’s wishes, we were able to keep both of our sons intact.

Our sons already know why many of their friends are circumcised (which my sons consider horrible), and as they become adults, I will share with them the sexual advantages of the intact penis. Neither they, my father, my brother, nor I ever had any medical problems sometimes associated with keeping the penis intact.

I strongly believe, with billions of persons around the world, that the penis was designed with a foreskin on purpose, and to routinely redesign this organ at birth is a grave mistake and probably a serious crime of child abuse.

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WE INTERRUPT THIS BOOK  
FOR AN IMPORTANT MESSAGE

**“Hello. Hello. This is Mother Nature calling all men of America on planet Earth. Your women want you to ‘grow’ a gently gliding foreskin for your penis. Circumcision is a man-made mistake. A penis with a foreskin is the natural penis for men who diddle on this planet. Now is the time. And this is the place. Natural genitals for Americans will soon become commonplace. Ten-four. ’Tis the key to the mystery door, behind which you’ll find the real sexual pleasure you’ve been searching for. Over and out.”**

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Be honest with yourself. If you could just push a button and get your foreskin back, wouldn’t you do it? Restoration will take some time and dedication. But in the end, the rewards will be worth it—increased sexual pleasure for the rest of your life. It’s always easier to put off until tomorrow what you should be doing today. But in this case, restoration is something you should look into right away, without delay. Procrastination will not get you a new foreskin, but sending for Jim Bigelow’s book, *The Joy of Uncircumcising!*, will (see page 215 or Resources at back of book). Also, be sure to visit the website below to see the amazing results restoration can bring.

*[www.tugahoy.com/Foreskin\\_Photos.htm](http://www.tugahoy.com/Foreskin_Photos.htm)*

Men seeking support in their restoration efforts may also want to contact NORM at *[www.norm-socal.org](http://www.norm-socal.org)* or its parent organization *[www.norm.org](http://www.norm.org)* (also see Resources section ).

I wish you the best in your new endeavor.\* Remember, the sooner you start, the sooner you’ll get results, and the sooner you and your lover will be enjoying the many sexual benefits of the restored penis. (See **Table of Sexual Benefits** after next page.)

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\* **DISCLAIMER:** Nothing in this book is meant as, or should be taken as, medical advice. If you are interested in foreskin restoration, consult a physician (preferably one who is restoration-knowledgeable, or if not, open to learning about it). Research the subject carefully. Neither the publisher nor the authors can be responsible for the results you achieve through restorative procedures or for any loss or damage allegedly arising from any information or suggestion in this book.



# Table of Sexual Benefits

For the Natural, Restored, and

Circumcised Penis

(Next Two Pages)

## **IMPORTANT**

Be sure to check out the Appendixes below at back of book.

The secrets they reveal are worth a thousand times  
the price of the book.

### APPENDIX A:

HOW TO INSURE THAT YOUR PARTNER HAS A VAGINAL  
ORGASM 99.99% OF THE TIME USING THE MOST  
COMFORTABLE AND MOST SATISFYING POSITION OF ALL

### APPENDIX B:

HOW TO MINIMIZE PREMATURE EJACULATION  
AND THE “TAP ME” SECRET  
TO PROLONGING INTERCOURSE

### APPENDIX C:

A SOLUTION FOR THOSE CIRCUMCISED MEN  
WHO TAKE LONGER THAN THEY WANT  
TO REACH ORGASM

TABLE OF SEXUAL BENEFITS for Natural, Restored, Circumcised Penis

**N R C**

- |  | <b>N</b> | <b>R</b> | <b>C</b> |
|--|----------|----------|----------|
| 1. Derives pleasure from all erogenous nerves of the foreskin and frenulum.  | yes      | no       | no       |
| 2. Experiences a high degree of sensitivity from the nerves of the foreskin's <i>inner lining</i> , due to outer foreskin's protective and moisturizing effects.   | yes      | yes      | no       |
| 3. Experiences full sensitivity from <i>temperature-sensing nerves</i> of the glans because these nerves are reawakened and revitalized by the foreskin's cloaking effects.  | yes      | yes      | no       |
| 4. Because the <i>glans</i> emerges from a moistened environment and is not abnormally compacted by an overstretched skin, it is relatively pliable; thus its movements create a massaging effect that excites the clitoral tip's pressure-sensitive nerves. | yes      | yes      | no       |
| 5. Because the <i>glans</i> is resilient and pliable, the coronal area can flex and stretch, so it does not get chafed and sore from intercourse.  | yes      | yes      | no       |
| 6. Because the <i>shaft</i> is not compacted by a constricting, overstretched shaft skin, the shaft's tissue is pliable, so it experiences more of a massaging effect to its pressure-sensitive nerves.  | yes      | yes      | no       |
| 7. Enough shaft skin for a comfortable erection.   | yes      | yes      | may      |
| 8. Gliding mechanism afforded by foreskin reduces friction; sex is more comfortable.   | yes      | yes      | no       |
| 9. Foreskin's up-and-down movement alternately stimulates and rests nerves of its inner lining and the coronal area, resulting in high levels of pleasure.   | yes      | yes      | no       |

- |  |     |     |     |
|--|-----|-----|-----|
| 10. Foreskin bunches and unbunches to alternately stimulate and rest the pressure-sensitive nerves in the tip of the (male) clitoris.  | yes | yes | no  |
| 11. Likelier to experience an <i>effortless</i> orgasm due to nerve stimulation/rest concept.  | yes | yes | may |
| 12. Likelier to experience an <i>intensified</i> orgasm due to nerve stimulation/rest concept.   | yes | yes | no  |
| 13. Experiences the thrill of an erecting penis emerging from its protective foreskin.   | yes | yes | no  |
| 14. Experiences the pleasure of a relaxed vagina that is more accepting of the penis (vagina is not overly tensed and tightened).  | yes | yes | no  |
| 15. Enjoys the reward of knowing that his female partner is more truly pleased by the penis thrusting the way nature intended.   | yes | yes | no  |
| 16. Enjoys the reward of his female partner's increased frequency of vaginal orgasm.   | yes | yes | no  |
| 17. Intercourse isn't as physically demanding; less work and less muscle tension are required, so the man can relax and enjoy the subtle pleasures of intercourse.   | yes | yes | no  |
| 18. Enjoys a mutually shared positive experience with his partner that strengthens their love bond (it does not seem like it was two separate masturbatory-like experiences). More affection during times of non-intercourse may result. | yes | yes | no  |
| 19. Likely to have sex more often due to greater interest from his partner, and himself.   | yes | yes | no  |
| 20. Likelier to have an active sex life in his later years and to have fewer problems in maintaining an erection due to increased arousal capabilities, described above.   | yes | yes | no  |