A

AAP. See American Academy of Pediatrics
AIDS and circumcision 331–333, 337, 354
Altschul, Martin 334, 417
American Academy of Pediatrics

analgesia recommended to reduce circumcision pain 312
breastfeeding prevents urinary tract infection 335
care and cleaning of the intact penis 306, 318, 412
circumcision is "amputation of the foreskin" 63
policy statement on circumcision 13, 327, 329
full text of statement and discussion, websites 338
summary of 1999 policy statement 337–338
retracting a child's foreskin, advice on 306, 335
their policy endorsed by ACOG (see below) 292–293

American College of Obstetricians & Gynecologists 292
Apt, Adolf 328, 416

B

Bauman, Eli 324
Beaugé, Michael 414
Berkeley, Bud 300, 403, 405, 406, 408, 410, 412
BIG BANG explained by Naura Hayden 157–158
Bigelow, Jim 215, 325, 330, 409, 411, 412, 414, 415, 416 *BJU* (British Journal of Urology) *Intl.* reprint 371–384. *See* surveys: *Sex As Nature Intended It*Bobbitt, John and Lorena 32–33
Boyd, Billy Ray 417
breastfeeding to prevent UTI 335
Bullough, Vern 411

С

Canadian Medical Association Journal 417 Cameron and Fleming study ranking sex 46, 404 Carper, Jean 406 Center for Disease Control 331, 416

circumcised penis. See also circumcision (male) listings abnormal thrusting rhythm during intercourse 123, 221–223 anatomical drawing of 5 arousal. See muscle contractions: circumcised & natural induce differently bang-away thrusting, reasons for. See also circumcised penis: rough, hard thrusting excites pressure-sensitive nerves 160-162 summary of reasons and effects 169 cleaner than natural? 305-307, 337 Desire Deficiency Disorder, a cause of 184-188 devastation to upper penis 147-149, 208-209 discomforts the male during intercourse 95-96 friction irritation and chafing 74, 95, 220-221 elongated stroke characteristic of 8, 121, 152-153 masturbation and oral sex 220 premature ejaculation 177, 363-364. See also reasons for, below exposed frenulum theory 180 histamine theory 174–177 over-reliance on pressure-sensitive nerves 177-180 primary pleasure zone 121, 151, 161-162 rough, hard thrusting. See also circumcised penis: bang-away thrusting, reasons for sexually detrimental to female partner 8 bang-away, pound-away thrusting 158–159 friction irritation 77 "iams" the vagina with a hard-pressing action 153–155 lessens her frequency desire. See also Desire Deficiency Disorder male takes too long to reach orgasm 183-184 man tightens his abdominal muscles 154-155, 162, 169 out-of-sync abnormal thrusting rhythm 153, 221-223 painful or discomforting intercourse 161-162, 254, 276-277 penis feels too hard 161 rough, hard thrusting 7, 66, 67-68, 147, 154, 245-246 scrapes the tissue of vaginal walls 90-91, 232 she just wants it over with 181, 243 vagina not relaxed, abnormally tenses up 93, 261 vaginal lubrication, effect on 75-79, 94, 253 sexually detrimental to male partner. See circumcision (male): sexually detrimental to male skin loss erection too tight 62 circumcised-sex syndrome 99-100

circumcision (male). See also circumcised penis A.M.A. Code of Ethics, violates principles of 353 AIDS, circumcision does not protect U.S. men 331-333, 337, 354 tight circumcision may spread HIV 332-333 American medical origins of anti-masturbation mania 284-287 Brit Royal College of Surgeons masturbation paper 284 reasons for widespread acceptance 287-288 America's rate of 15, 288-289 Australian rate presently at 10 percent 305 British mercantilism results in spread of 282–285 company agents and Brit. soldiers forcibly circ'd 283 Crusades and King Richard 282-283 England ultimately abandons it "overnight" 290 Canadian rate presently at 20 percent 305 controversy 13, 53, 324, 336-337 doctors too quick to recommend in U.S. 314 erection too tight 333 genital mutilation, considered as 211 harm caused by 10, 211, 324, 332 men's voices 161-162, 204-208, 208-209, 210-211, 294-295 human rights violation 312–313 Jewish religious ritual 281 Abrahamic covenant 325, 339, 340, 341 changes through history 341, 343 David's foreskin by Michelangelo, importance of 341–342 end it, a call to 339-340, 341, 343, 347 Jewish Reform Movement opposed to 339 not for health reasons 340-341 Talmudic Laws as a means to disavow circumcision 344–346 venereal disease, Jews compared to others 330 medical benefits? AAP Task Force reviews 40 years of literature 337 men circumcised in adulthood 209-210 Moslem (Muslim) cultural tradition 282 British empire adopts from Moslems 283 Koran makes no reference to 282 uncircumcised penis an affront to Allah 282-283 myths cancers alleged to be linked with natural penis 298, 325, 338 circumcision does no harm? 319-322, 338 cleanliness 305-307, 337 foreskin is superfluous, unnecessary? 323 foreskin should retract at birth? 316 infant pain 299, 310-312, 338

circumcision (male) continued parents' right to amputate healthy tissue? 312, 354 sooner or later circumcision is needed? 313-314 urinary-tract infection (UTI) preventative? 333, 337 venereal disease more likely with intact penis? 329 origins of 281, 339 practiced where, by whom 12, 281 psychological repercussions of 32-34, 96 brain's pleasure centers suffer deprivation 30-40, 97-98 female bitchiness: caused by the man or the penis? 126-129 sex is incomplete and unfulfilling 185-186 reasons not to brothers don't need to match 292 cancer of the penis risk is insignificant 298, 338 cervical cancer link invalid 298 childbirth educators are increasingly against 293 doesn't need to be done later in life 297-298 father and son don't have to match 291 foreskin gives penis a fuller look 299 foreskin needed for comfortable erection 297 foreskin protects the glans from abrasive clothing 299 foreskin's mobile skin more fun for sexual play 297 human right to retain one's genitals 292, 294, 338, 354 insurance companies are refusing to pay for 299 internal organ is made an external organ 294 locker room look is changing to natural 292 masturbation practice unaffected by circumcision 297 medical authorities deem it unwarranted surgery 292-293 natural penis sexually superior 294 nature knows best 52-53, 292 pain is traumatic for the newborn 299 premature ejaculation, may be a cause of 294 Princess Di opts for intact and breaks tradition 293 psychological scars left on circumcised men 294-295 regret and grievous guilt over wrong decision 295 restoration expense and hassle avoided later 300 serious medical complications and risk 299 son may never forgive you 295 thrill of an unsheathing erection denied 300 unmutilated natural penis will become "the look" 295-296 urinary-tract infection (UTI) rare & disputed 298, 333-338, 337 venereal disease not prevented by circumcision 298 world norm is natural 292 reasons practiced in America 13, 14, 16 relationship discord 21-22, 35-37, 93, 98, 165, 186, 196

circumcision (male) continued risk and possible complications 299, 319-322 circumcision does no harm? 338 sex-change case, TV show topic 321 sexual effects on female partner 29, 57, 62-63, 66, 67, 77-78, 90-91, 92-93, 93-94, 119, 121-122, 152-153, 154-156, 157-159, 163-165, 168-169, 169, 239-267 sexual importance: an overview 7 sexually detrimental to male 57, 62-63, 68 clitoral tip not massaged 138-140 desensitized glans 56-57 devastates functioning of upper penis 147-149, 208-209, 294 devastation to upper penis 147-149, 208-209 female partner is not pleased 171–172 friction irritation and chafing 74-76, 95-96, 220-222 lack of gliding mechanism 69-79 must work harder to achieve orgasm 96-97, 232 overly tight erection. See circumcision (male): skin loss scraping of coronal ridge 95-96 shaft tissue abnormally compressed 62-64 takes too long to reach orgasm 183-184, 294, 365 too long to orgasm - a solution 365 too much continuous stimulation to upper penis 95 sexually transmitted diseases, not protective of 329-336 skin loss amount of 12, 63-64 erection too tight 62-63, 220-221, 319 world's per cent of men 4, 12 Circumcision: An American Health Fallacy. See Wallerstein, Edward Circumcision: The Hidden Trauma 347 Circumcision: The Painful Dilemma 311, 321 Clinical Pediatrics 413, 414 clitoris, male. See male clitoris Cold, C.J. 405, 407, 412 coronal ridge, "the hook" 25-26, 82-91, 98 allows foreskin to bunch-up 83 compacted coronal ridge scrapes vaginal walls 90-91 giveable natural glans allows it to flex 83 male is discomforted 95-96 picture of 25 term's origin described 82 corpora cavernosa. See male clitoris Cosmopolitan 21, 403 Cuckow, Peter M. 414

424

D

dairy products as a cause of smegma. See smegma
DDD. See Desire Deficiency Disorder
Denniston, George C. 327, 335, 415, 418

Afterword 353–355
Denton, John 320, 414
Derifield, Ken 409
Desire Deficiency Disorder 93, 184–188
Diamond, Harvey and Marilyn 412. See Fit For Life
diddling. See jiggling
divorce
America's rate vs. W. Europe 37
circumcision contributes to? 49, 99
Doctors Opposing Circumcision (D.O.C.) 337, 353
Donin, Rabbi Hayim Halevy 418
Duffy, John 411

Е

Edwardes, Allen 283, 410 Eiger, Marvin S. 328, 329, 415, 416 Elting, L. M. 310 endorphins. *See* nerves: endorphins can numb pain *Eve's Secrets. See* male clitoris

F

female genital mutilation (FGM) 17 Fink, Aaron J. 330, 416 Fit For Life. dairy products discussion 307-308 Foley, John M. 404 foreskin (male) benefits to female partner 7, 8-10, 55, 58-59 bunching/unbunching sexually exciting 85-86, 88-89 clitoral mound is rhythmically pleasured 118-119, 132, 138, 359 cushions coronal ridge hook 28, 83 gentler intercourse 160, 165-166, 167-168, 169, 233 gliding mechanism of natural penis 69-74 lubrication retained 72 relationship happiness 166 softly-stiff natural penis more pleasurable 60-62, 89, 269 vagina relaxes 261 benefits to male assists in bringing on orgasm 141-143 bunching and unbunching excites penis 86-87, 87-88

comfortable erection 59-62cushions coronal ridge 27-28, 83-85 general 59-60 gliding mechanism 71-72 masturbation and oral sex 231 maximizes clitoral tip stimulation 137-140 nerves of glans protected 54-56 skin abundance 59-60 Table of Sexual Benefits 234 thrill of erection and "the stretch" 224-225, 300 care of intact penis 318 masturbation and oral sex 73-74, 220 purpose of: general discussion 3-4, 7, 10-11 retractability is gradual process 316-318 touch-sensitive nerves 178, 179-180 foreskin restoration 3, 172 benefits of being restored 58-59, 79, 96, 140, 185, 211-212, 232-233. See forekin (male): benefits to male penis enlargement 212 temperature-sensitive nerves reawaken 225 what sex is like after you're restored 58–59, 224 compensating for loss of foreskin nerves,. See nipple twiddling facing up to the truth: you want foreskin back 223, 234 methods of 212-217 Dr. Donald Greer's surgical technique 215-217, 218 recommended book: The Joy of Uncircumcising! 215 non-surgical restoration photos of restored foreskin website 234 tapeless inventions 213 NORM (National Organization of Restoring Men) 215 personal accounts non-surgical restoration, one man's story 230-233 surgically restored, Jeff's story 217-225 testimonials 89, 203-204 relationship happiness benefited by 50-51 sexual benefits, Table of 234 surgical restoration caveat 216 vitamins & nutrients beneficial 214-215 women's issue 6, 8, 17, 17-18, 58-59, 182, 233 author's sex life and marriage affected by 199-200 Foreskin Restoration Revolution 6, 11, 30, 188 Foreskin: A Closer Look 300 frenar band. See ridged band of foreskin front-door tipping, the ultimate sexual ecstasy 230

G

genital cleaning methods soap recommended: Dove original 306 vegetable oil 306-307 Glamour 405, 409 Sharon surprised she didn't like sex 192 glans circumcised abnormally hard 56-57, 90 corona may flares out more than natural 90 dried-out, keratinized 232 sensitivity decreased 161, 209, 232 natural is more pliable 82-83 natural is softer, yet erection is firm 23-24, 55, 231 Glasser, William 404 gliding mechanism of natural penis 69-74 arm/hand simulation of natural intercourse 73 finger simulation of circumcised intercourse 74 finger simulation of natural intercourse 70 Goldman, Ronald 347, 404, 412, 413, 418 Graham, Sylvester 285, 411 Greer, Donald 410. See also foreskin restoration: methods of Grossman, Elliot 329, 416

H

Hagar, Scher 405
Hayden, Naura 404, 408. See also BIG BANG explained. See surveys: women faking orgasm
histamine as a cause of premature ejaculation 174–177
natural and circumcised penis different 175
Hite Report 46
Hoffman, S. 413

I

Ideal Women—For Maidens, Wives And Mothers, The 286 Imamura, E. 412 Isenberg, Seymour 310, 413

J

Jeff's personal story 217–225 Jewish religious circumcision. *See* circumcision: Jewish religious ritual jiggling (or diddling) 118–119, 359 *Joy of Uncircumcising!, The* 215

K

Kellogg, John 285
Klein, Fred 324
Knopf, Jennifer 184, 409 *Koran. See* circumcision: Moslem (Muslim) cultural tradition
Krause, W. 407
Kronhausen, Drs. Phyllis & Eberhard 406. See transference effect

L

Ladies Home Journal 406 Lamb, Lawrence E., Dr. 405 advice column discusses foreskin 81–82 Lancet, The 417 lanofore 55, 307, 309 Laumann, Edward O., report 46, 404 leg muscle analogy to penis 163 Lewis, Alfred Allen 324, 415 love bond, the circumcision erodes love bond 99–100, 186–188, 196 natural penis promotes love bond 170–172, 200 Lowndes crown. *See* male clitoris: location of lubrication, vaginal. *See* vaginal fluids

Μ

male clitoris compared to female clitoris 133-134, 137 Lowndes Crown Theory excerpts from Eve's Secrets 367-370 corpora cavernosa, same as 134 erection, process of 134-137 location of 134 excerpts from Eve's Secrets 368 tip (Lowndes crown) 134 massaged by glans 137-138 pressure-responsive nerves 137 Marchbanks, Howard 311, 413 Marcus, Irwin M. 410 Marino, Leonard 335, 417 Masters, William and Johnson, Virginia 82, 139, 405, 406, 407 Mayo Clinic study 228, 405, 408, 410. See nerves: touch-sensitive nerves of the foreskin McMillen, S. I. 323, 325, 326, 415 Meissner's corpuscles. See nerves: touch-sensitive nerves of the foreskin Melendy, Mary R. 286, 411

Men's Health 46, 404
Mental and Elemental Nutrients 175, 214
Money, John 321, 414
mosquito-bite sex 24–25, 96
Mothering 409
muscle contractions
circumcised and natural penis induce differently 143, 146–147, 162–163
natural induced by actions in upper penis 143–146
orgasm brought about by 143, 144–145
Trousseau's phenomenon 179

Ν

natural penis anatomical drawing of 5 compatible thrusting rhythm and 122-123 nature, as provided by 5, 13, 48, 53, 54 premature ejaculation and 175-176 primary pleasure zone of 120-121, 129-130, 145 retraction of foreskin for infant, child, adult 306 secondary pleasure zone at base of penis 131 sexual benefits of. See foreskin (male): benefits to male sexual benefits to female. See foreskin (male): benefits to female partner sexual benefits to male. See forekin (male): benefits to male shorter thrusting stroke, why 132 upper penis is primary pleasure zone 133 world popularity of 12 nerves endorphins can numb pain 91, 91–92 pressure-sensitive 87-88, 137, 178-179 Pacinian corpuscles 178 Trousseau's phenomenon 179 two penis types pleasured differently upper penis 150-151 rest/recharge concept 87, 123-124, 148-149 circumcised nerves denied rest/recharge 151 circumcised nerves overstimulated 150 foreskin action rests pressure-sensitive nerves 150-151 foreskin cloaking rests touch-sensitive nerves 149 touch-sensitive nerves, different kinds of 177-178, 179-180 nipple twiddling of male enhances pleasure 228-229 helps man to maintain erection 358 helps man to orgasm 365 NOCIRC 398, 409, 411, 412, 413 nutrients to enhance skin elasticity 210

428

0

orgasm faking 2, 46, 48–49 men who have difficulty, a solution 365 secrets to achieving vaginal orgasm 359–360 side-by-side position for intercourse 360 sneeze, similar to 144–145 vaginal orgasm defined 47 success rates of 247–250

P

Pacinian corpuscles 178 paraphimosis 315, 317 Pearce, Joseph 417 Pearson, Durk, and Sandy Shaw 408 Pediatrics 414, 417, 418 penis. See circumcised penis, natural penis penis enlargement 212 penis head. See glans Peron, James E. 412, 414, 415 Pfeiffer, Carl 175, 214, 407, 408 phimosis acquired phimosis 317 case example 321-322 cause of, suggestion for finding 316 circumcision in adulthood 209-210 correcting without circumcision 314-316 balloon catheter stretching, China method 315 minimal surgical techniques 315 steroidal, non-steroidal topical ointments 315 stretching with graduated speculums 315 rare condition 315 Pomeranz, Virginia 412 Posner, N. A. 329 premature ejaculation 174 circumcised more prone to 177, 178-179 solution using the "tap me" technique 363-364 Preston, E. Noel 328, 416 Princeton Bio Center 175 psychological repercussions. See circumcision (male): psychological repercussions of Psychology Today survey 2 pubic hair, purpose of during intercourse 131

R

Rapoport, Judith 418 Ravich, Abraham 330, 416 restoration. See foreskin restoration Reuben, David 330, 416 rhythm of the thrusting penis controlled by the penis, not the man 124, 128 distorted rhythm of circumcised penis 119, 155-156, 157-159, 168 importance to woman's orgasm 117-118, 156 circumcised long stroke lessens pubic contact 152-153 circumcised penis is out of sync with her needs 153 side-by-side position, best control in 359 natural penis more consistently regular 118-119, 145-146 ridged band of foreskin compensating for loss of nerves 227-229 functions of 141-143, 151 location of 141 Ritter, Thomas J. 64, 403, 404, 405, 409 Romberg, Rosemary 321, 404, 413, 415, 417, 418 rooming in promotes newborn's immunity 335 Rush, Benjamin 284, 411 Rutherford, Frederick W. 310, 413

S

Schlosberg, Charles 310, 413 Seabrook, Charles 415 Sevely, Josephine Lowndes 406, 407. See also male clitoris sexual techniques front-door tipping, the ultimate sexual ecstasy 230 man takes too long to orgasm - a solution 365 nipple twiddling of male 228-229 side-by-side intercourse position 357-361 "Tap Me" secret to prolonging intercourse 363-364 sexually transmitted diseases (STDs) 331 Sharon's story in Glamour magazine. See Glamour magazine side-by-side position for intercourse 357-360 used in front-door tipping 230 Silber, Sherman J 324, 325, 415 sinusoids 136 smegma dairy waste product of the body 307-309

Is it a problem? 307–309 solution 309 lanofore, distinguished from. See lanofore smegmalith 309 Snowman, Leonard 410 Snyder, James L. 320, 321, 414 Spitz, Rene A. 410 Stang, Howard J. 311, 413 STDs. See sexually transmitted diseases (STDs) Stonehouse, Bernard 408 Strand, John 223. See also dedication page stre-t-c-h, the ultimate male experience 215, 300 Streitfeld, Hank 415 survey questionnaire, complete transcript of 385 surveys importance of sex rated by women and men 46 Iowa survey, women preferred circumcised conclusions misleading, reasons for 265-267 Psychology Today 2 Sex As Nature Intended It 47 age of participants 258 duration of intercourse 252-253 general info 239, 240 get into it or get it over question 181-183 natural overwhelmingly preferred 242-243 negative thoughts correlated with intercourse 254-257 not a random sampling of women, why 263-265 overview of findings 240-241 penis types perform differently 244-246 positive thoughts correlated with intercourse 257 questionnaire, full transcript of 385 questions on your mind 258-265 small number of participants, why 262 special terms used in 101 vaginal discomfort comparison 254 vaginal lubrication comparison 253 vaginal-orgasmic success compared 247-252 women who preferred circumcised, why 258-260 women's comments about circumcised 274–278 women's comments regarding natural 269-273 women's personal stories 101-115 women faking orgasm 46-47 Swadey, John 332, 417 Swift, Rachel 406, 408

Т

Table of Sexual Benefits for restored foreskin 234 "Tap Me" secret to prolonging intercourse 363–364 Taylor, John R. 403, 405, 407, 409, 412. *See* ridged band tipping. *See* front-door tipping Tortora, Gerard J. 408, 409 touch-sensitive nerves. *See* nerves: touch-sensitive nerves, different kinds of transference effect 35, 126 Trousseau's phenomenon. *See* muscle contractions: Trousseau's phenomenon Tucker, Patricia 321, 414

U

uncircumcised penis. *See* natural penis Uncut Society of America 300 urinary-tract infections (UTI) and circumcision 333–338, 337 UTI. *See* urinary-tract infections (UTI) and circumcision

V

vaginal dryness. *See* vaginal fluids vaginal fluids 76, 78–79 vaginal orgasm controversiality of the term 48 definition of 47 rate of success due to penis type 47, 48, 241, 247–252 vaginal wall ribbings 83, 85 vaginismus 78 author's personal story 197–199 vegetable oil. *See* genital cleaning methods Vermooten, Vincent 329, 416 vitamin B6. *See* nutrients to enhance skin elasticity vitamin C. *See* nutrients to enhance skin elasticity

W

Wåhlin, Nils 413
Wallerstein, Edward 313, 319, 326, 327, 329, 331, 340, 342, 403, 411, 412, 413, 414, 415, 416, 418
Walsh, Anthony 403
waterbed improves sexual intercourse 360–361
Land and Sky Quality Sleep mattress 361
Wilkes, Edward T. 310, 413
Winberg, Jan 417

Winkelman, R. K. 405, 408, 410
Wiswell, Thomas E. 333, 335, 336, 417
Woody Allen 188 *Bananas* 19, 37–38

Y

Ying H, Xiu-hua 414

Ζ

Zilbergeld, Bernie 2, 403 zinc. *See* nutrients to enhance skin elasticity

This is the last page of the book.

The next few pages contain the Forepages and Table of Contents, which ordinarily would appear at the beginning of the book.

Technical limitations in the ebook software's numbering system necessitated moving these pages to the back of this ebook in order to maintain the same numbering sequence as the hard copy printed version, and to insure standardization when the material is referred to or quoted.