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A SEX AND SEXUALITY WIKI

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1. Premature ejaculation

Premature ejaculation casts a shadow over the sex lives of many men. In any [sexuality culture](#) a satisfying sex life is not possible if every time full sexual intercourse is attempted, the man becomes so excited he is unable to stop himself from lasting longer than just a minute. The result is frustration and resentment for both partners. And despite the fact that most women try to cover up their disappointment with their sex life, the fact is over time it becomes more and more of a problem. Take the time to understand what brings you pleasure and learn how to pleasure yourself better. Don't forget to share your new knowledge with your partner too. It may help you to read up a little on anatomy, both about yourself and your partner to learn exactly how the body functions during sex.

Get to know your partner's body

Did you know that the female experiences more pleasure in the first two to three inches of the vagina while [having sex](#)? This helps to reduce the stimulation to your penis enabling you to perform for longer and yet provide her more pleasure. Every time you engage in having sex it is a perfect opportunity to expand your sexual knowledge.

Stop feeling guilty about sex

Stamina sexual cannot build at all when the mind is filled with thoughts of shame and guilt during hot sex. If you are having illicit sex, or extra marital sex the chances of guilt re greater. Try to adjust your mindset around sex to reflect only positive aspects.

Stop thinking of sex as a performance art

Don't beat yourself up about how you are performing in bed. There is nothing worse for robbing yourself of stamina sexual, because, like a sportsman under pressure to perform, you can let tension and anxiety ruin the event and then you cannot build endurance. Stop worrying about perfection and achieving big orgasms, the best sex partner is a thoughtful one, not necessarily a sex machine.

Enjoy sex with your body, not just your mind.

Your sex life can be enhanced by focusing on the experience from within the body. Don't let your mind wander, but try instead to release all worries and problems from your mind for the time you are having sex. Sexual stamina can build when you let your consciousness move to the centre of your body. Be in the present and enjoy the full experience.



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2. Impotence

Impotence is also known as erectile dysfunction and is the ability on the part of a man to achieve an erect penis. It tends to be a problem for men aged 65 or over, but can actually affect men at any time from the onset of middle age. Often impotence happens because of diseases such as heart disease or diabetes, prostate disease, diabetes, kidney disease, or chronic alcoholism.

However, impotence is not a normal part of the aging process, and can be overcome with certain herbal pills. Probably the most famous pill to help in the battle against encroaching impotence is Viagra.

This male sex problem falls under the category of male enhancement products, and is one of the most widely advertised products on the internet. There probably isn't a man in the entire western world who has not received several spam email from sex websites relating to male enhancement.

Some of the leading [sex site](#) drugs to help overcome impotence are heavily endorsed by porn stars, and, according to porn legend Ron Jeremy, these pills are readily available at all porn shoots, because of course all porn stars are expected to be a sex machine on screen.

Some of the leading impotence brands include:

Vig RX

Vig RX is one of the leading impotence brands and they claim just one of these pills can mean immediate difference in the quality of your erections. VigRX, is enhanced with potent libido enhancers such as Tribulus and Damiana.

Vazomyne

Vazomyne is a low-cost herbal solution for a floppy, weak erection, or an erection that loses steam after just a few minutes. Vazomyne helps to overcome a general lack of energy and drive, and strengthens and rebuilds your cardiovascular system (the power source for erections.)

Enzyte

Enzyte claims to be the #1-selling male enhancement supplement. It uses natural male sex ingredients like Korean Red Ginseng and Ginkgo Biloba allowing blood to flow more freely to your penis.



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3. Circumcision

Male circumcision is the removal of the foreskin from around the penis. Around the world the practice of circumcision is based on religious and social beliefs. Depictions of circumcision have been found in cave paintings and ancient Egyptian tombs.

It is routinely practiced in major religions around the world; perhaps the most prominent among them are Islam and Christianity, but it is also practiced as part of sexuality culture in many parts of Asia, Africa and America. Despite the overwhelming majority of member of the Muslim male sex being circumcised, there is no specific mention of the act in the Quran.

Circumcision as a practice dates back to biblical times. It is mentioned in the Book of Genesis that God executed a covenant with Abraham in which his descendants would be given fertile lands, riches and success on condition that Abraham, his descendants and any slaves purchased or born in his household be circumcised by the 8th day of life. It is a long standing tradition passed down from those ancient times to the modern day and today 98% of Jewish American males are circumcised at birth. Conversely, the Roman Catholic faith condemned circumcision as a mortal sin and ordered against its practice in 1442.

Is circumcision a part of human sexuality or part of a biblical covenant? It is believed that the Jews were exposed to the custom by the ancient Egyptians who practiced circumcision for thousands of years before the birth of Christ and it is known that in the years Moses was wandering the earth, he discouraged circumcision and none of his followers practiced it. How times have changed. Today, up to one third of males around the globe are circumcised.

It is only in Victorian times that the concept of circumcision was introduced for non religious purposes. In the late 19th and early 20th century, doctors started performing circumcision for health benefits and there are some sound medical and health benefits to circumcision. Circumcised boys are 5 times less susceptible to Urinary Tract Infection and when they go on to indulge in adult sex, indications show that circumcised men are less likely to suffer from penile cancer, inflammation of the penis or sexually transmitted disease. And circumcised men may also have a lower risk of prostate cancer. On the other hand, the American Medical Association does not recommend it.

Opponents of circumcision are vocal about the removal of healthy human tissue from the genitals before the child has any say in the matter, and they believe that circumcision should be a question of choice. But with at least two major organised religions, Islam and Judaism believing it is a rite of passage, circumcision is not likely be considered a [free sex](#) issue.



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4. Sexually Transmitted Diseases

STD's, or to give the acronym its full name, Sexually Transmitted Diseases, are diseases that can be passed from person to person during human sexuality. Most of the time, STD's are taken to understand that they are passed by penis to vagina penetration, but STD's can also be caused by mouth to sexual organ contact involving oral sex, and by [anal sex](#) also.

The term STD replaced the term Venereal Disease, but now there is a new even more accurate term emerging, STI, or sexually transmitted infection, as it has a broader range of meaning. Many sexually transmitted diseases or infections do not actually show any symptoms, so it is possible to be infected and pass on the disease. The two expressions can be used side by side, but it's important to understand the difference. An infection means that a germ, virus or bacteria has been transmitted even if there is no sign of disease. A disease is when actual symptoms of the infections start to become apparent.

Sexually transmitted diseases have been known to be a part of adult sex for centuries. Some of the more common sexually transmitted diseases include bacterial infections such as syphilis, gonorrhoea, and Chlamydia. Then there are fungal infections such as yeast infections in women which can be hard to control.

Some of the most virulent STD's are caused from viruses which include HIV, the virus that can lead to full blown AIDS, the Herpes Simplex virus, and viral hepatitis.

In the 1960's, before the advance of potent viral STD's antibiotics were able to cure most of the bacterial adult sex diseases of the day, and this led to a mistaken belief that STD's were something to be taken lightly and the sexuality culture became extremely liberal, becoming known as the era of free sex and free love.

By the 80's the herpes virus and then the AIDS virus were becoming rampant, with AIDS spreading quickly throughout the gay community. At one point it was widely feared that AIDS would cause a worldwide pandemic, and billions were spent on developing treatments to control the infection and the symptoms.

Public awareness remains of STD's and their dangers remain high and prevention of these diseases are taught in school in a series of frank [sex chats](#). Despite this there is evidence among the younger generation of leading an increasingly liberal post AIDS scare sex life, even though AIDS is still very much out there.



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5. Fetishes

The term fetish covers the whole gamut of psychosexual activity and covers many strange and unusual obsessions. Fetish actually originates from the 15th century Portuguese word feitico, which means false power, object or charm. Psychologists regard a fetish as any harmless but deviant adult sex behaviour or sexual.

One of the key [adult sex](#) fetishes is related to the wearing of clothing. Certain fabrics bring out obsessive and compulsive sexuality culture and behaviour in both men and women. Some typical examples of this type of fetish are for leather and rubber or latex wear. Several specialist sex websites are devoted to exhibiting sex acts while clad in provocative skin tight latex or leather. Latex fetish can extend to inflatable latex where the wearer literally applies a pump to the garment and inflates it, enjoying the snugness of the rubber, while for some fetishists, they love nothing more than to indulge in sex acts wearing fully inflatable hoods or masks.

Other fetishes can develop for various parts of the body not even connected in any way to sex or sex acts. These can include the feet and the hands. One of the best selling [sex toys](#) on the market is a product called Belladonna's Foot Soldiers, which is a perfect mold of porn star Belladonna's feet. She also has her 'Bitch Fist' hand mold on sale too.

One of the most notorious fetishes is for the sexuality culture known as BDSM. This is a form of sex in which brutality, torture and punishment are as much a turn on as the sex itself. Men subject themselves willingly to harsh punishment from a Dominatrix dressed as a highly sexed authority figure in stockings and garter belt and high heeled black leather boots.

This particular type of fetish achieved worldwide notoriety two years ago when Formula One President Max Mosley was filmed receiving a caning from blonde prostitutes clad in Nazi outfits. While this caused outrage, Max Mosley is by no means the only public figure to have been caught indulging in his secret fetishes. A well known British politician died while practicing strangulation sex some years ago, and it's similar to the fate that also killed actor David Carradine in 2009.



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6. Penis size and shape

It's strange but true; of all primates the human male has considerably the largest penis both in actual size and in relative size to the rest of the human body. And why is this? We simply do not know.

What we do know is that the average size of the penis in males is between 5.1 to 5.9 inches in length when erect and approximately 4 inches long when flaccid.

It would be logical to believe that women would be far more concerned with penis size and shape than men, but human sexuality is a complex phenomenon. Many men, even those that have an above average sized penis are not happy with size of it, and are willing to visit numerous [sex websites](#) and read misleading web advertorials about increasing penis size. It is common for men to be extremely concerned about the size of their penis.

In fact men may quite easily underestimate the size of their own penis relative to that of others, because of the perspective obtained from looking down, or because of the accumulation of fat at the base of the penis which the man is unable to see. It's only when they start to measure up against standard measurement data that some individuals can achieve some sense of relief.

When practicing sex penis size and shape can determine the favourite sex position the male likes to adopt, and often a small to medium sized penis is referred by women to a large penis that is also wide in girth. This is because certain positions, and techniques, including anal sex and doggy style can achieve a lot of penetration and can become uncomfortable.

Having sex with men of different ethnicities can also produce major variations in penis size and shape, even though that size and shape conforms to the norm. This is not urban myth. For example, the Asian penis tends to be shorter and slimmer than the average Caucasian penis, but is rock hard to the touch. In turn the Caucasian penis is usually smaller in size than the black penis, but is firmer too. In several adult sex situations, and on sex websites, the black penis is used in porn as an icon of male sex and size, but the penis can be soft or not fully erect the longer it is.

Research suggests that women are more concerned with penis girth than penis length in a sex partner, finding that a broader penis stimulates the clitoris more efficiently.

Myths have spread around the world that it is possible to judge the size of a man's penis by the size of his feet, his hands, even his nose, but this is simply not the case.



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7. Sex and masturbation

Sex and masturbation are one of the great delights of human existence, and relieve sexual tension that naturally builds up over time. The male body is in effect like a sophisticated [sex machine](#) that naturally produces and accumulates semen, and needs to ejaculate to make room for more. This is why masturbation can become such a powerful urge for men.

[Male sexuality](#) and masturbation go together hand in hand. It is completely safe to masturbate it does not stunt growth, make you go blind, lead to insanity, or lead to testicular cancer as previous generations preached. When you consider that 95% of males masturbate, you can probably surmise that sex and masturbation for men were it an unhealthy activity would have government health warnings stamped all over it were there serious physical or mental consequences to the act, but do you hear or see anything on the radio or TV about it? You do not.

Another common misconception is that only lonely and unpopular men and boys indulge in masturbation. Unfounded myths and urban legends about male [sexuality](#) have sprung from this kind of thinking, developing a powerful sense of guilt and insecurity among some men. Male sexuality should not need to carry a millstone of guilt around with it. The fact is that both married and single men masturbate, and a healthy adult sex life with a loving partner in a marriage is possible without having to sacrifice the pleasure of masturbation.

Boys usually start masturbating quite early, though most don't ejaculate until around the age of 12 to 15. Thoughts about sex and curiosity about adult sex drives the urge to indulge. Frequency typically peaks around puberty and continues throughout adulthood, even when other forms of sexual activity are available.

Nonetheless most adolescent males are embarrassed about masturbation, and only a small percentage discuss it, even with close male friends. Many males are worried that they will be "caught in the act" by a parent, so they learn to get the session over with quickly. Only later in life do they discover that the ability to delay orgasm is very important to maximizing sexual pleasure – and all those "quickie" masturbation techniques should be unlearned at the earliest opportunity.



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8. Sex addiction

Sex addiction can afflict both men and women from different backgrounds and cultures throughout the world. It's an incurable, progressive addiction capable of destroying lives of both the sufferer and of their families.

A sex addict is typically a person who has an unusually intense sex drive or an obsession with sex. Sex and the thought of sex tend to dominate the sex addict's entire thinking, making it difficult to work or engage in healthy personal relationships.

Like all addictions, sex addicts find it incredibly difficult to face up to their own problems and live in a constant state of denial throughout their adult [sex life](#). They also tend to blame others for the problems they face in their own complex sexuality culture.

Typical sex addiction involves repeated compulsive behaviour. Frequent surfing of sex websites, phoning up pay by the minute phone sex lines for sex chats, compulsive masturbation, engaging in one night stands, becoming a prostitute or frequenting prostitutes and the procuring of multiple adult sex partners, and constantly thinking about sex and having sex.

While sex addiction is incurable, it is treatable. The key to recovery for a sex addict is to try and live a normal life one day at a time by avoiding the many temptations and inner thoughts that can reignite the addiction without warning. Unlike other addictions such as drink or drugs, sex addiction is particularly hard to cure because human sexuality is so deeply ingrained in the thinking processes of every individual. The sex addict does not gain sexual satisfaction from [sex acts](#), but craves the next experience just moments after the last one has finished.

Inpatient treatment is considered the best form of treatment because it provides group therapy and individual therapy. Treatment facilities are a safe haven for sex addicts to recover because the temptations are removed and there are trained therapists on hand to help with the programme of recovery. A sex addict will need to begin working on a daily programme of recovery, such as the Twelve Steps.

A sex addict does not need to remain celibate provided he or she is able to address the root cause of the problem. They can enjoy a loving monogamous relationship; it is only when the addict returns to a pattern of adult sex behaviour such as multiple partners and compulsive dating that the ruinous cycle of shame and self loathing can start again.

It's possible for a recovering sex addict to begin to lead a happy and normal life if the programme is observed and dangerous situations which may lead to relapse can be avoided by knowing how to apply what they have learned about themselves and their own human sexuality.



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9. Sex and love

Sex is not a mystery, we know that humans are programmed to enjoy adult sex and we know how they procreate, what there is far less understanding about, even from scientists exploring the subject of human sexuality, is exactly how and why we experience the sensations of romantic love.

There is no question that adult sex can exist without love, especially with males who are capable of enjoying [hot sex](#) without love or even any feelings of romance. But scientists believe that love is a chemical reaction in the brain created to unite a couple in an intimate bond so as to make the concept of sharing life's trials and tribulations easier to bear. In other words romantic love could be a major life coping mechanism.

It is also true that hormones can create remarkable effects in women who are in love, making them appear more attractive, more sexually stimulating, blissfully happy and more open to the idea of having sex so as to procreate. In men, the chemicals that produce the sensation known as love can literally affect his visual perceptions.

One often hears tales of guys who enjoy a couple of drinks then start to view an otherwise ordinary looking female as an object of radiant beauty and the perfect [sex partner](#) – then by the morning when the drink and the chemicals have worn off, they find the girl to be unattractive and can't be rid of her fast enough.

This powerful but temporary attractant is very similar to the way flowers make themselves irresistible to bees as they fly past so that they can be pollinated. It is no coincidence that talk of the birds and the bees is used to describe the human response to sex and love.

In terms of psychology love is defined as intimacy, commitment, and passion. And this view has been accepted and advocated by both philosophers and scholars. Love also includes compatibility. In terms of romantic love this can result in a lasting partnership with a sex partner.

We also know that once love fails to hold us in its spell and the scales fall from the eyes, the feelings of sex and love can very quickly be replaced with anger, hatred and even violence. And the annals of crime are full of stories of crimes of passion – murders caused by a lover spurned.

[Human sexuality](#) takes many different forms, as can sex and love. Sometimes they go hand in hand creating much happiness and security for the couple throughout a lifetime. And just as often sex is divorced from love, and there are numerous problems with jealousy, remorse, resentment and insecurity. No doubt about it, this invisible force called love is the most powerful of all human emotions and feelings.



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