

BASIC

SEXOLOGY

By Lorenzo Martini

*PREVIEW OF THE
SEX GOD SECRETS
PACKAGE*

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A Free booklet by the author of the best-selling book,

SEX GOD SECRETS

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contactsgs@sexgodsecrets.com

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Before I begin, there are just a few "legal" things I need to cover.

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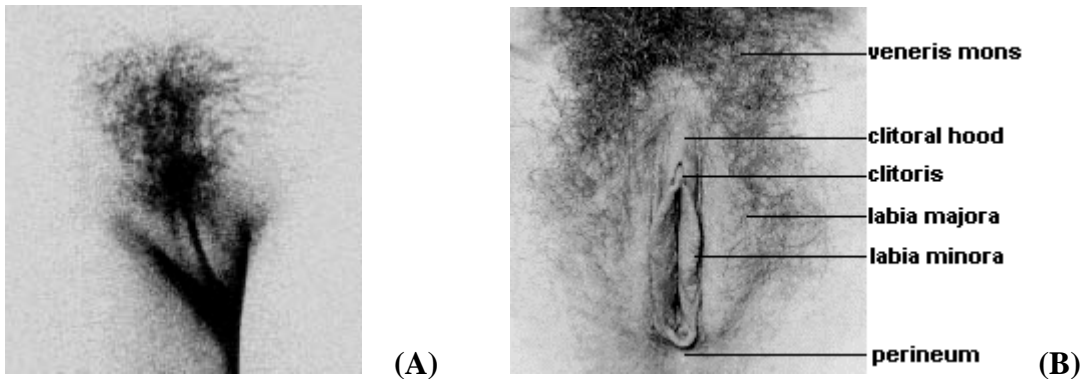
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THE SEXUAL ANATOMY OF WOMAN

EXTERNAL VIEW: THE VULVA



- A) External View, closed
- (B) External View, open and flushed.

The Vulva is the external sexual organ of women. The above view (A) shows the external view of the female vulva as normally seen when the woman is standing up. View (B) shows the vulva when it is opened, and from the top down one can clearly see the Veneris Mons, clitoral hood, clitoris, and labia minora. There are many questions about the vulva that people have, and this FAQ will begin to attempt to answer some of these.

THE VOCABULARY OF THE VULVA

Vulva

The external female genitals are collectively referred to as The Vulva. All of the words below are part of the vulva.

Mons Veneris

The mons veneris, Latin for "hill of Venus" (Roman Goddess of love) is the pad of fatty tissue that covers the pubic bone below the abdomen but above the labia. The mons is sexually sensitive in some women and protects the pubic bone from the impact of sexual intercourse.

Labia Majora

The labia majora are the outer lips of the vulva, pads of fatty tissue that wrap around the vulva from the mons to the perineum. These labia are usually covered with pubic hair, and contain numerous sweat and oil glands, and it has been suggested that the scent from these are sexually arousing.

Labia Minora

The labia minora are the inner lips of the vulva, thin stretches of tissue within the labia majora that fold and protect the vagina, urethra, and clitoris. The appearance of labia minora can vary widely, from tiny lips that hide between the labia majora to large lips that protrude. The most common metaphor for the labia minora is that of a flower. Both the inner and outer labia are quite sensitive to touch and pressure.

Clitoris

The clitoris, visible in picture (B) as the small white oval between the top of the labia minora and the clitoral hood, is a small body of spongy tissue that is highly sexually sensitive. The clitoris is protected by the prepuce, or clitoral hood, a covering

of tissue similar to the labia minora. During sexual excitement, the clitoris may extend and the hood retract to make the clitoris more accessible. Some clitori are very small; other women may have large clitori that the hood does not completely cover.

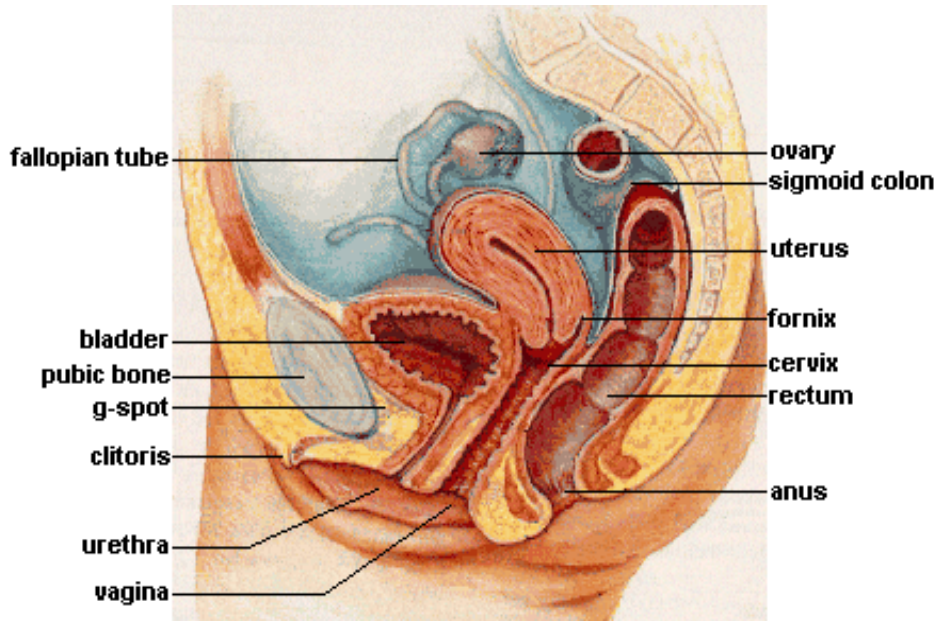
Urethra

The opening to the urethra is just below the clitoris. It is not related to sex or reproduction, but is instead the passage for urine. The urethra is connected to the bladder. Because the urethra is so close to the anus, women should *always* wipe themselves from front to back to avoid infecting the vagina and urethra with bacteria.

Perineum

The perineum is the short stretch of skin starting at the bottom of the vulva and extending to the anus. The perineum in women often tears during birth to accomodate passage of the child, and this is apparently natural. Some physicians may cut the perineum preemptively on the grounds that the "tearing" may be more harmful than a precise scalpel, but statistics show that such cutting in fact may increase the potential for infection.

FEMALE INTERNAL SEXUAL ANATOMY



Vagina

The vagina extends from the vaginal opening to the cervix, the opening to the uterus. The vagina serves as the receptacle for the penis during sexual intercourse, and as the birth canal through which the baby passes during labor. The average vaginal canal is three inches long, possibly four in women who have given birth. This may seem short in relation to the penis, but during sexual arousal the cervix will lift upwards and the fornix (see illustration) may extend upwards into the body as long as necessary to receive the penis. After intercourse, the contraction of the vagina will allow the cervix to rest inside the fornix, which in its relaxed state is a bowl-shaped fitting perfect for the pooling of semen.

At either side of the vaginal opening are the Bartholin's glands, which produce small amounts of lubricating fluid, apparently to keep the inner labia moist during periods of sexual excitement. Further

within are the *hymen* glands, which secrete lubricant for the length of the vaginal canal.

"G-Spot"

The word is in quotes because there is still some debate as to the existence or purpose of the G-spot. In the illustration above, what is indicated as the g-spot in fact points to a region known as the Skenes glands, the purpose of which are unknown. Despite the controversy, one fact remains-- there are many women who claim that pressure on this region of the vagina is extremely pleasurable. Usually, two fingers are used, and because the spot is deep within the tissue, some pressure may be needed. Also, because the Skenes glands are alongside the bladder, some women may find that the increased pressure makes them feel as if they need to urinate.

Cervix

The cervix is the opening to the uterus. It varies in diameter from 1 to 3 millimeters, depending upon the time in the menstrual cycle the measurement is taken. The cervix is sometimes plugged with cervical mucus to protect the cervix from infection; during ovulation, this mucus becomes a thin fluid to permit the passage of sperm.

Uterus

The uterus, or womb, is the main female internal reproductive organ. The inner lining of the uterus is called the endometrium, which grows and changes during the menstrual cycle to prepare to receive a fertilized egg, and sheds a layer at the end of every menstrual cycle if fertilization does not happen. The uterus is lined with powerful muscles to push the child out during labor.

Ovaries

The ovaries perform two functions: the production of estrogen and progesterone, the female sex hormones, and the production of mature ova, or eggs. At birth, the ovaries contain nearly 400,000 ova, and those are all she will ever have. However, that is far more than

she will need, since during an average lifespan she will go through about 500 menstrual cycles. After maturing, the single egg travels down the fallopian tube, a journey of three or four days-- this is the period during which a woman is fertile and pregnancy may occur. Eggs that are not fertilized are expelled during menstruation.

PENIS SIZE & MECHANICS OF INTERCOURSE

QUESTIONS

What's the average size of the penis? What are the extremes?

According to specialists, the average is 15cm and 90% are between 13 and 18cm.

The records for a fully functional penis are 1.5cm and 30cm.

Can penis size be increased?

Yes. There are two surgical procedures to increase penis size-- the *Bihari Procedure*, and *Fat Injection*. The *Bihari Procedure* consists of cutting the ligament that secures the base of the penis to the body. This gives between one-half and two inches of increased length to the penis; however, because the penis is no longer anchored to the body an erection no longer points 'up.' *Fat Injection* is the process of removing fat from the backs of the thighs and injecting it into the body of the penis to make the penis thicker. Because the body rejects a significant portion of the injection this procedure may need to be repeated several times and each operation carries with it a severe risk of infection.

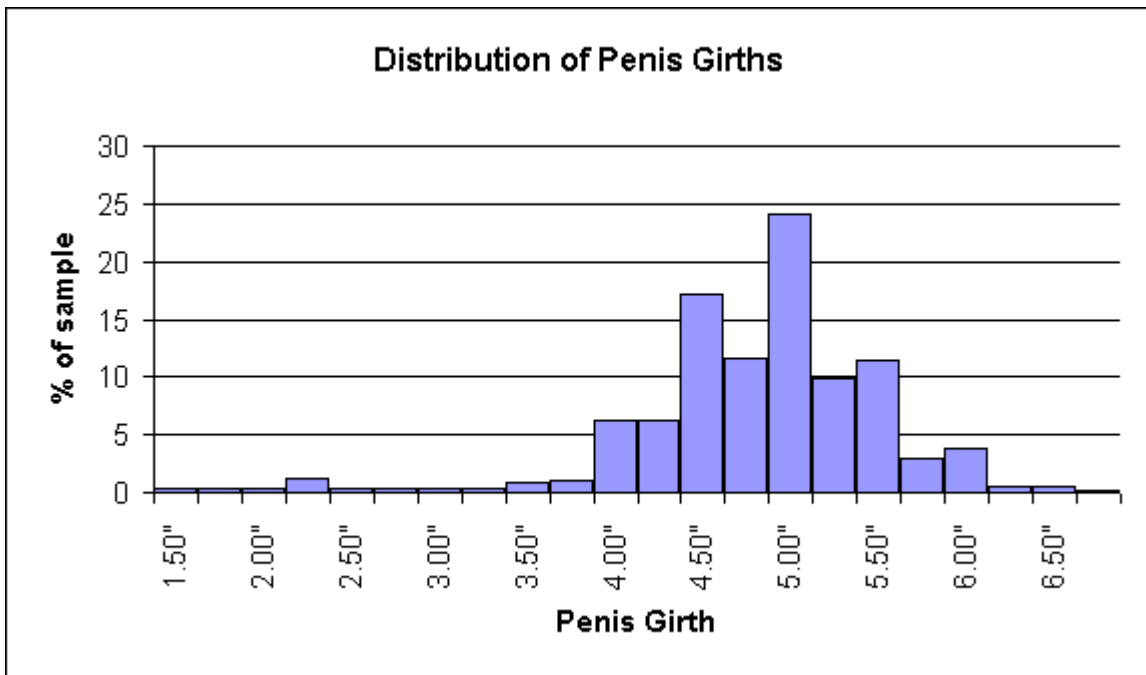
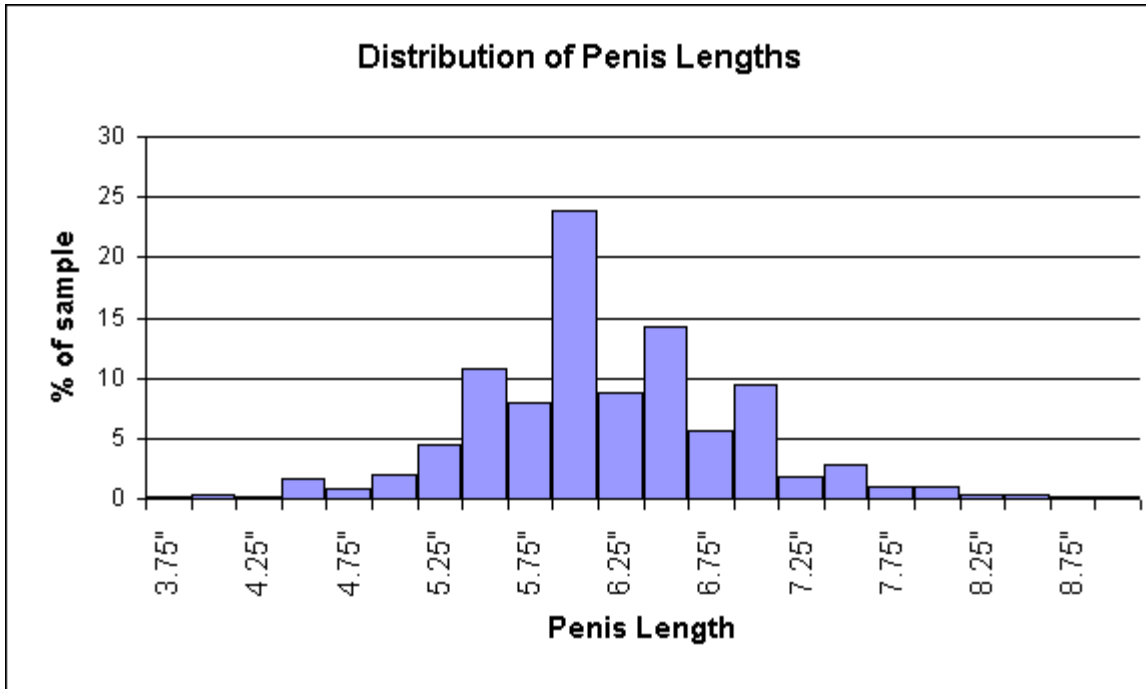
What is circumcision and why is it done?

Male circumcision is the surgical removal of the foreskin from the penis. When performed in a hospital, it is usually done shortly after birth by a doctor or midwife. Circumcisions are also given to Jewish boys by a *mohel* in a ceremony eight days after birth. Some Islamic boys are circumcised when they are older, around age 12. The majority of American boys are circumcised. Common reasons for circumcision include: better hygiene, "normal" or "better" appearance, and "his penis should look

like his father's." Common reasons against circumcision include: it is no longer necessary for hygienic reasons; it is a painful, barbaric practice; possibility of infection or surgical error; "normal" or "better" appearance; "his penis should look like his father's."; and "greater sensitivity of uncircumcised penis."

PENIS SIZE

The following information about penis sizes was taken from the Kinsey Institute of Sex Research. The study was performed on a group of college men.



NUMERIC DATA ON PENIS SIZE

Penis Length

All measurements were taken when the penises were erect from a point at the base of the penis where the top of the penile shaft meets the pubic area (the peno-pubic junction) to the tip of the glans ("head"). For uncircumcised men the foreskin was retracted.

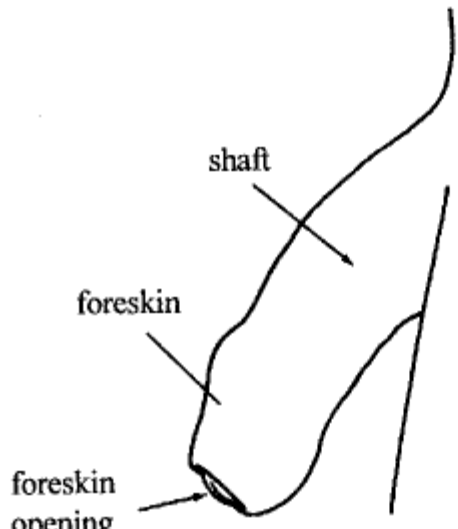
Penis Girth

Girth is measured at mid-shaft around the circumference of the penis when the penis is erect.

Inches	Percentile of the men in the study	Inches	Percentile of the men in the study
3.75"	0.2%	1.50"	0.3%
4.00"	0.3%	1.75"	0.4%
4.25"	0.2%	2.00"	0.4%
4.50"	1.7%	2.25"	1.2%
4.75"	0.8%	2.50"	0.3%
5.00"	2.0%	2.75"	0.3%
5.25"	4.4%	3.00"	0.4%
5.50"	10.7%	3.25"	0.4%
5.75"	8.0%	3.50"	0.9%
6.00"	23.9%	3.75"	1.1%
6.25"	8.8%	4.00"	6.3%
6.50"	14.3%	4.25"	6.3%
6.75"	5.7%	4.50"	17.1%
7.00"	9.5%	4.75"	11.7%
7.25"	1.8%	5.00"	24.1%
7.50"	2.9%	5.25"	9.9%
7.75"	1.0%	5.50"	11.5%
8.00"	1.0%	5.75"	3.0%
8.25"	0.3%	6.00"	3.9%
8.50"	0.3%	6.25"	0.5%
8.75"	0.1%	6.50"	0.5%
9.00"	0.1%	6.75"	0.1%

ANATOMY OF THE PENIS, MECHANICS OF INTERCOURSE

This page presents information that most parents are not aware of at the time they make the circumcision decision. Doctors usually do not provide this information.

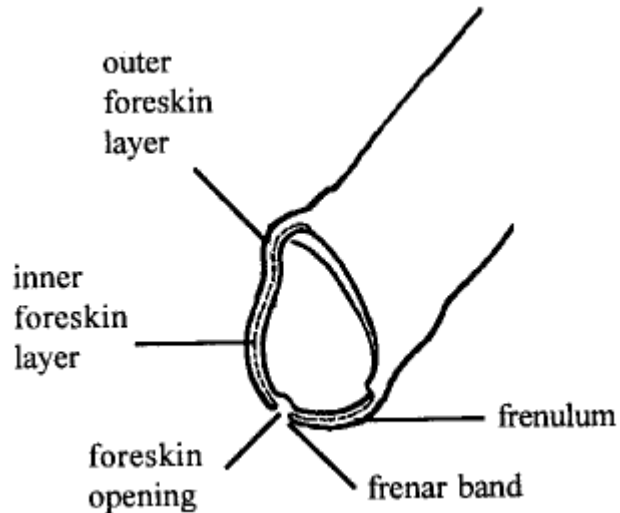
Fig. 1. Intact adult penis	
	<p>This illustration represents an average normal adult human penis. The head of the penis (glans) has a covering, called the foreskin (prepuce).</p>

This covering folds in on itself, forming a double layer.

The foreskin is *not* a 'flap' of skin on the end of the penis, and it is not 'useless' or 'redundant' skin.

There is some natural variation in the length of the foreskin, which often covers a bit more or less of the glans than illustrated. In an average circumcised adult man, the area of skin that is missing because of penile reduction surgery would, when erect and unfolded, measure approximately three by five inches, or a little smaller than a postcard. That is about half the total skin of the penis.

Fig. 2. Intact penis (hidden structures shown)



Structures of the penis

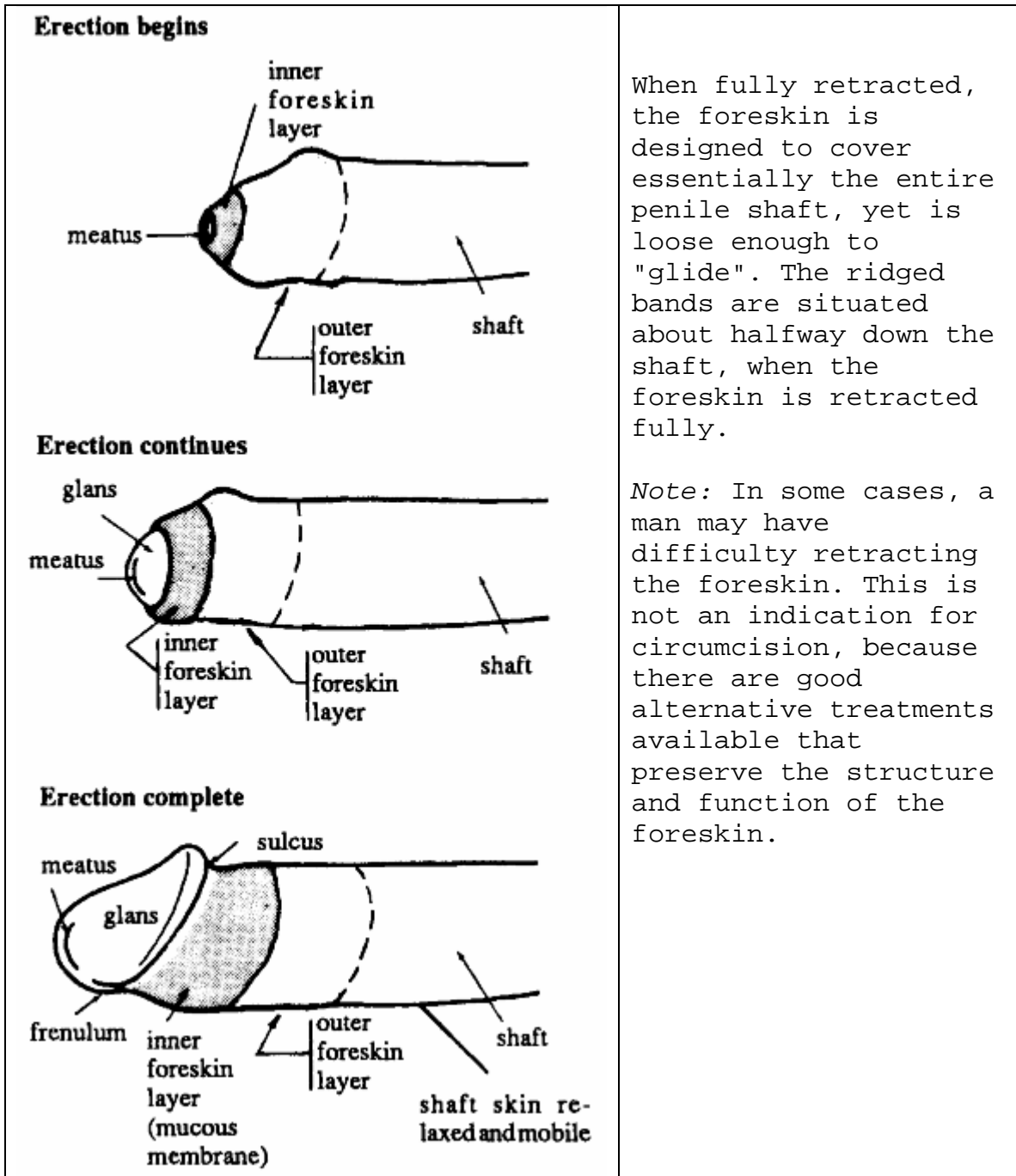
- The *outer foreskin layer* is a continuation of the skin of the shaft of the penis.
- The *inner foreskin layer* is not properly 'skin', but mucocutaneous tissue of a unique type found nowhere else on the body.
- The *frenar band* is the interface (join) between the outer and inner foreskin layers. When the penis is not erect, it tightens to narrow the foreskin opening. During erection, the frenar band forms a ridge that goes all the way around, about halfway down the shaft.
- The reddish or purplish *glans* or *glans penis* (head of the penis) is smooth, shiny, moist and extremely sensitive.
- The *frenulum*, or *frenum*, is a connecting membrane on the underside of the penis, similar to that beneath the tongue.

The foreskin has twelve known functions.

They are:

1. to cover and bond with the synechia so as to permit the development of the mucosal surface of the glans and inner foreskin.
2. to protect the infant's glans from feces and ammonia in diapers.
3. to protect the glans penis from friction and abrasion throughout life.
4. to keep the glans moisturized and soft with emollient oils.
5. to lubricate the glans.
6. to coat the glans with a waxy protective substance.
7. to provide sufficient skin to cover an erection by unfolding.
8. to provide an aid to masturbation and foreplay.
9. to serve as an aid to penetration.
10. to reduce friction and chafing during intercourse.
11. to serve as erogenous tissue because of its rich supply of erogenous receptors.
12. to contact and stimulate the G-spot of the female partner.

Fig. 3: Erection process: Intact penis



When fully retracted, the foreskin is designed to cover essentially the entire penile shaft, yet is loose enough to "glide". The ridged bands are situated about halfway down the shaft, when the foreskin is retracted fully.

Note: In some cases, a man may have difficulty retracting the foreskin. This is not an indication for circumcision, because there are good alternative treatments available that preserve the structure and function of the foreskin.

Penile Stimulation

The most important components of the physical erogenous stimulation of the penis during foreplay and intercourse are the sensations from the foreskin, frenulum/frenar band, and glans. These structures each have their own feeling, and each contributes in its own way to the man's total experience of lovemaking. It must be emphasized that emotional excitement is an extremely important component of sexual enjoyment, and intensifies the man's perception of any physical sensations from his penis.

- The *foreskin* has an inner and outer layer. The outer foreskin layer contains nerve endings which respond to gentle touching during the early stages of sexual arousal. This helps to trigger an erection. The nerves of the inner and outer foreskin contribute to the experience of penile stimulation, up to and including orgasm. These receptors are stimulated by stretching, or when the foreskin rolls over the surface of the glans during intercourse or masturbation.
- The foreskin contains sensory receptors called *Meissner corpuscles*. These nerves, similar to nerve endings in the fingertips, are there to provide pleasure, as well as fine sensory perception. This seems to help a man to enjoy sex longer without ejaculating prematurely, because he can more easily tell when he is approaching the threshold of orgasm.
- Stimulation of the *frenulum* and *frenar band* results in intense pleasurable feelings during arousal. Sensations from these structures during intercourse or masturbation are thought to be the primary trigger of orgasm in the intact male. Dr. George Denniston writes:

There are some 20 concentric ridged bands which rub over the corona. Each ridge has Meissner's corpuscles, which respond to pressure, and they produce the sexual pleasure which no individual has a right to take away from another individual.

- It's believed that stimulation of the *glans* is most significant in the later stages of sexual intercourse, when penetration is deepest and emotions are running

at their highest. Sensations from the glans contribute to the quality of the sensual experience. They are also apparently capable of triggering orgasm on their own, as would be the case in a circumcised man.

Fig. 4. Circumcised adult penis

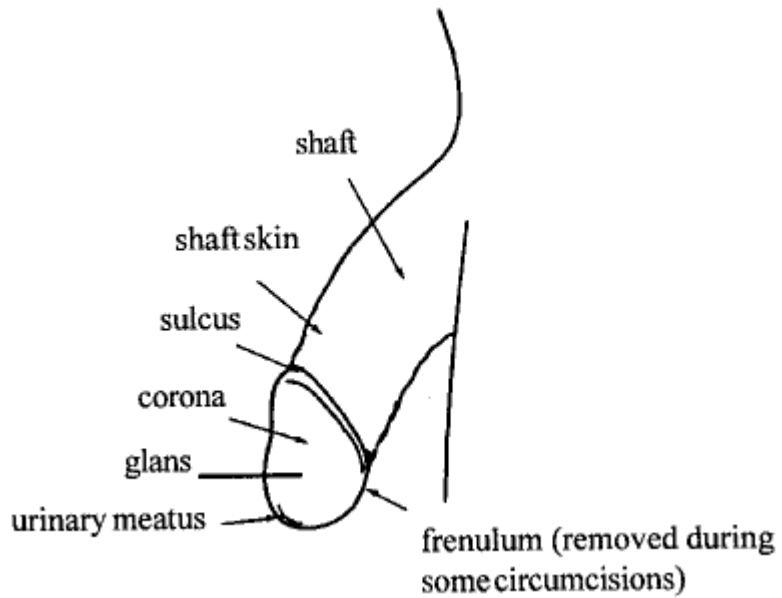
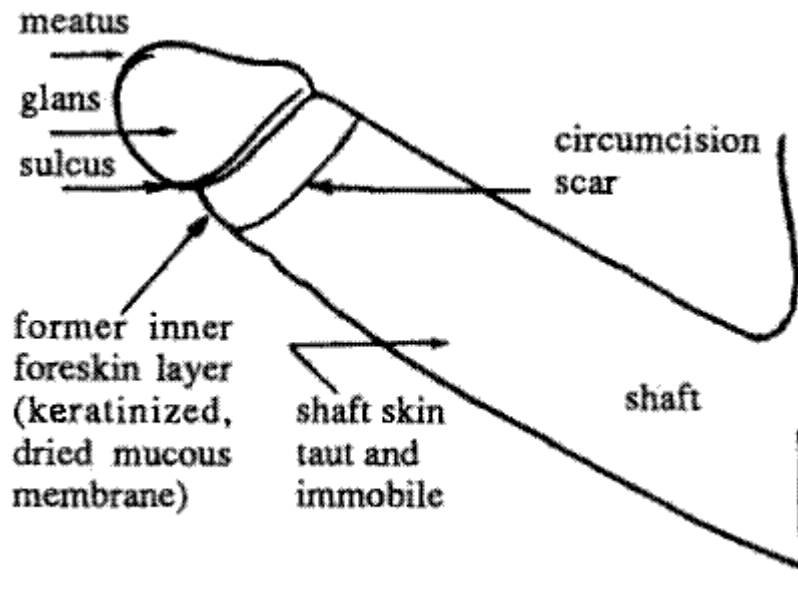


Fig. 5. The circumcised penis: Erect state

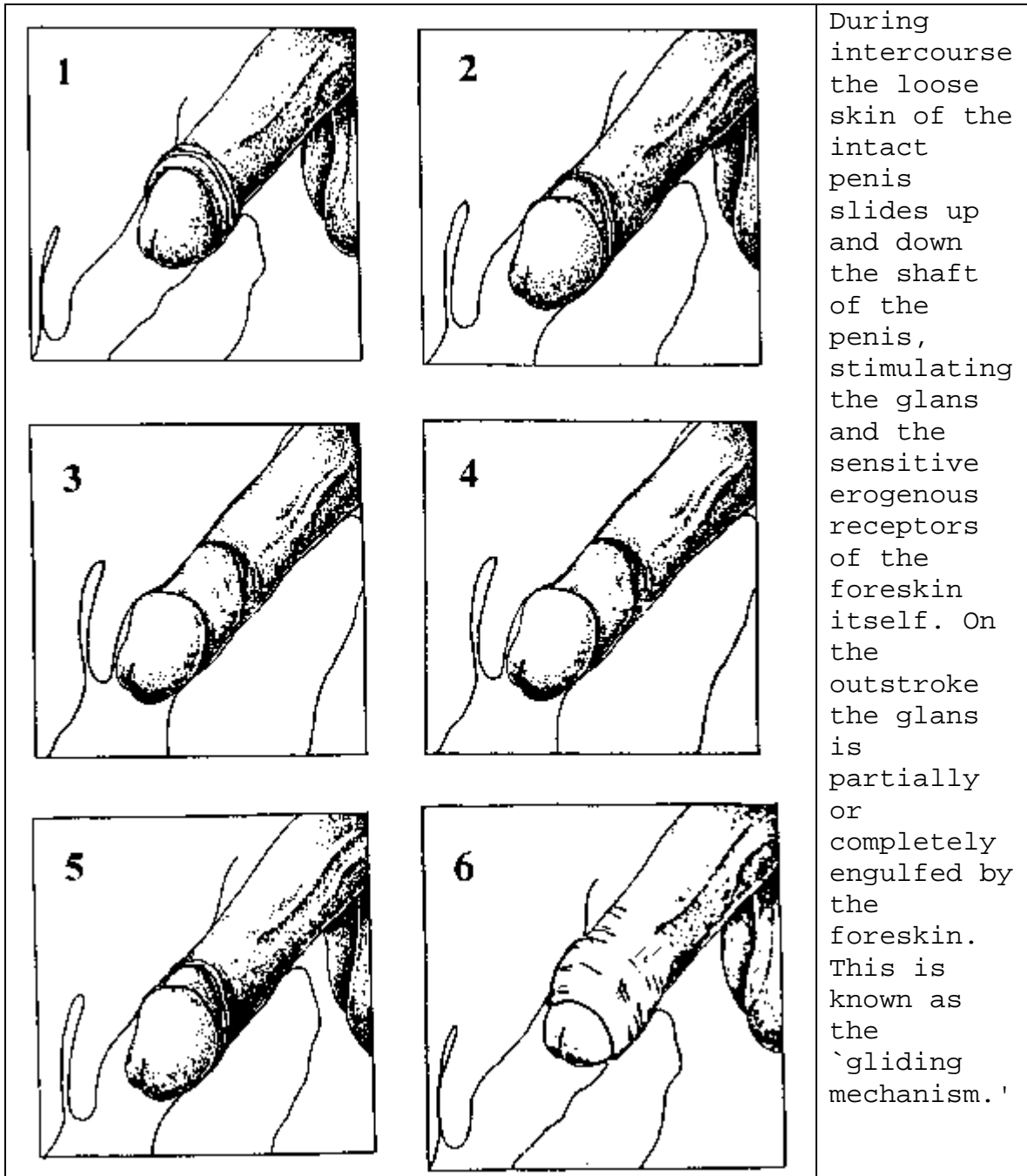


Following circumcision, the foreskin of the penis has been cut away. The surface of the glans has developed a thick, dry layer of keratin (toughened skin), which makes it less sensitive to unwanted stimulation, but also less sensitive to the more subtle qualities of lovemaking.

All circumcised men have an annular scar on the shaft of the penis. The location of the scar varies, from near the head to far down the shaft. For some men, so much skin has been removed that erection becomes difficult and even painful. This was one of the most common complaints reported by circumcised men in a recent poll.

The gliding mechanism

Fig. 6. The gliding mechanism



The gliding mechanism is Nature's intended mechanism of intercourse. As such, it contributes greatly to sexual pleasure. Also, since more of the loose skin of the penis remains inside the vagina, the woman's natural lubrication is not drawn out to evaporate to a great extent, which makes sex easier without using artificial lubricants.

The prepuce is a highly innervated and vascularized genital structure. It is entirely lined with the peripenic muscle sheet. Specialized ectopic sebaceous glands on the inner preputial surface produce natural emollients and lubricants necessary for normal sexual function. The primary orgasmic triggers are found in the preputial orifice and frenulum. When unfolded, the prepuce is large enough to cover the length and circumference of the erect penis and acts as a natural sheath through which the shaft glides during coitus. Only the presence and functions of the prepuce allow for physiologically normal coitus to occur as designed by nature.

THE FINAL WORD ON PENIS SIZE

Do not worry about the size of your penis.

Let's look at it this way. You don't worry about the size of your feet, do you? They are relatively well proportioned to the rest of your body and serve the task for which they were intended. Whether you believe in evolution or God or something else. Your feet serve their purpose quite well. The penis is the same way. It is "designed" to fit in a vagina and assist in the propagation of the species, period. Wishing to have a penis which is an inch or two longer is purely vanity.

Many women say that they too prefer larger penises; however, they too are often speaking from vanity rather than practicality. Once they have experienced the pain of a forcefully thrust penis hitting their cervix they soon desire a more moderately sized penis. In fact, most woman and men, for that matter, don't even know how large a "normal" size penis is. They just know that it should be larger. This is a sure sign that they don't know what they are talking about.

So don't worry about the size of the penis. Just have fun with it.

SEX TOYS

CLOTHING

Is clothing a "sex toy?"

There is some debate about this, but one thing is hard to deny: clothing is sexy. Whether it's a silk nightgown from Victoria's Secret, a military uniform, the leather jacket of a biker or the riding clothes of an equestrienne, some form of clothing is usually someone else's ideal of "sexy clothing."

What is "Fetish Clothing?"

Fetish wear is usually clothing made of leather, latex, or rubber cut in a specific style to accentuate the body and show it off in a sexually arousing fashion. Fetish wear is a specific genre of clothing and as recognizable as such as swimwear or lingerie. Fetish wear's most common characteristic is price; the stuff's expensive. Remember that it is only a fad, after all, and will be as out of style as the disco wear of the 1970's. Eventually.

So what **is sexy clothing?**

That depends entirely on who you and your lover are. If you like your lover to wear silk, say so-- hopefully they'll enjoy the suggestion. Leather, denim, uniform clothing-- allow your imagination to run wild. A more outrageous suggestion is period clothing, such as the 1920's, or the 1400's. And even further out, one could suggest wearing masks to allow fantasy to run riot-- animal masks are a popular item in this field.

FOOD

Food is sexy?

Many lingerie shops actively sell food items-- whipped cream, powdered honey, flavored jellies and jams. I guess the idea is that if they're sold in lingerie shops they must be sexy. Many romances start over dinner, and cooking for someone can be as intimate, or as traumatic, as having sex with them.

What kinds of food are sexy?

While almost any kind of food can be sexy, some are more traditional than others. Sweets, such as chocolates, are actual tokens of affection, exchanged on Saint Valentine's day as well as other occasions. In the bedroom, chocolate can be spread on the body and licked off. The same is true of honey or any other spreadable substance. Whipped cream is another popular food item. And a small spill of champagne over the vulva can take care of any concerns one might have about the taste-- for a little while, at least.

Fruits can be sexual as well-- bananas are often compared to penises (or the other way around) because of their shape and size. Xaveria Hollander, "The happy hooker," once referred to peaches as "the fruit that looks most like a woman's vulva." And grapes, fed one at a time, are a staple of B-movies about decadent, imperial Romans.

Almost anything edible can be sexy. At least two movies in recent times have depicted sushi as sexy. Placing doughnuts around a man's erect penis and then eating them off can be an act of trust.

Be aware that any sugary substance placed into the vagina will vastly increase the chance of a yeast infection. It is best to avoid getting chocolate, honey, and the like into the vagina.

VIBRATORS

What kinds of vibrators are there?

Vibrators come in three distinct 'types'. Many women find satisfaction in this most common (and more often thought of), the classic penis-shaped, battery powered shaft of plastic. These suffer, however, from a lack of real power and inconvenient battery death.

The second type of vibrator, the 'wand' vibrator, overcomes these problems with wall current. These large, club-shaped vibrators provide LOTS of stimulation, and wall current provides all the power you could ask for, but the designers apparently intended for people not to view these things as sex toys, but as "personal massagers," and the ungainliness of these things reflects that.

The third type of vibrator, the 'handle' or 'coil' type, looks vaguely like a small hairdryer with a small, perpendicular shaft out of the thicker end to accommodate a variety of soft plastic or latex heads. The best of all possible worlds, these vibrators never die, fit in one hand, and can provide a variety of sensations.

Shower Massagers make a wonderful variation on the classic vibrator, and if you enjoy the warmth and wetness of the tub, you probably want to consider investing in a shower massager. Like the wand and handle vibrators, shower massagers have a host of uses beyond masturbation, too!

Where do I go to buy a vibrator?

Don't make buying a vibrator a traumatizing experience. If you MUST have one of those penis-shaped things, most lingerie shops carry them. But most department stores sell the 'wand' or 'handle' vibrators under the guise of "personal massagers," and buying one from reputable department stores means a warranty, you can return it if unsatisfied, and it won't have "Doc Johnson's Love Machine" emblazoned across it in pink letters in case mother comes to visit.

What should I know about using a vibrator?

Before using any mechanical vibrator, apply lubrication! Your lover probably does not rank friction burns in the same category as love bites. Use a water-based lubricant, such as K-Y (always recommended), Astroglide, or Wet.

Are there any kinds of vibrators I should avoid?

Do not purchase a vibrator specifically designed to deliver heat to the body as a sexual device. If they work on muscles, great, but don't use them on your cunts and cocks. I know of at least one case where a woman burned herself with one of these things because her climaxes were so strong she didn't notice how much the heater had burned her.

My girlfriend and I have never used a vibrator. What should I know?

Nobody knows how to masturbate YOU better than you do, and the same rule applies to everybody else. Don't use a vibrator on someone else until you've watched them use it on themselves, preferably several times. Men, especially, should watch how their girlfriends or wives use the vibrator alone before taking the reins.

Can I be replaced by a vibrator?

No mechanical piece of plastic can replace the love and affection of a human being; try to see the vibrator as just another toy, and not as competition. Vibrators cannot do the dishes or take out the garbage, and they cannot give hugs or kisses.

Do vibrators cause a woman to become less sensitive?

Some women do experience a temporary 'desensitization' after the effects of a powerful vibrator, but put the toy away for a week and sensitivity returns to normal. There is no clinical evidence that vibrators cause long-term desensitization.

A final word on vibrators.

Should you buy a vibrator? That's a decision only you can make; I personally have bought two for my lover, and a shower massage, and they've made our sex life a whole lot better, not worse. As always, your mileage may vary.

COCK RINGS

What is a cock ring?

A cock ring is an object that typically goes around the base of both the penis and scrotum. Since veins are closer to the surface of the skin than arteries, this has the effect of allowing blood to flow into the penis but restricts its ability to flow outwards. In turn, this makes the penis get hard and stay hard for longer. Obviously, for this to work a cock ring must be put on when the penis is unerect.

Most cock rings are made of chromed steel or rubber. In fact, most of them are little more than high-priced gasket rings or chrome-plated circular chain links one could buy at any hardware store. They have to be chosen carefully, sized for the user. A too-loose cock ring does nothing, a too-tight cock ring cuts off all retreating blood flow, thus preventing the cock from ever getting soft, which may sound like fun but can become painful after two or more hours, and which may require a trip to the emergency room to remove. Some cock rings that get around this problem are made with snaps at different places along a strap of leather, therefore making it easy to size and to remove.

The best cock rings are even simpler. They're a piece of leather or soft rope tied into place. (7oz leather lace is the author's favorite, followed by 1/4" nylon rope.) Being both infinitely adjustable and easy to remove or cut off with a pair of nurses shears, they serve all the purpose of the toy- or hardware- store bought models.

How do you put on a cock ring?

Putting on a solid cock ring can be tricky-- and taking it off can be even trickier! You have to be soft to do either, putting first your testicles through the ring, and then your penis, since at that stage your penis should be softer and more flexible than the always- solid testes. Taking it off is the reverse process, but since one of the purposes of a cock ring is to keep you hard, this can be easier said than done.

DILDOS

What is a dildo?

Dildo: An artificial substitute for an erect penis. (Websters')

Dildos come in many different shapes and sizes, but all of them are meant to do one thing: in some way, shape, or form, they are meant to be a substitute or symbol for a real penis. If you are inclined to believe Freud, then the Washington Monument could be considered a dildo. For our purposes, though, a dildo is a sex toy, usually made of latex or silicone, designed to be inserted into some bodily orifice for sexual pleasure.

People use dildos for a variety of purposes. Although most women can orgasm through clitoral stimulation, many do enjoy the feeling of something hard and thrusting inside them during masturbation. Many men, gay or otherwise, feel the same way, using small (or as your tastes go, large) dildos for anal stimulation. A dildo can be used with a harness to give a woman a penis she can thrust with and still keep her hands free.

What should I look for in buying a dildo?

Buying a dildo involves a number of factors, such as length, thickness, hardness and texture. It is strongly recommended that you comparison shop with your hands, looking for one with a smooth surface made of a firm, but not too firm, latex. Dildo shopping is a very personal activity, and you should take your time buying one.

The two most common materials for a dildo are silicone and latex. Silicone is usually more expensive, but most people who use dildos regularly agree that its qualities of matching body temperature and its general texture make it the superior material. As with anything, you get what you pay for.

The most important thing to remember is that you should start small. Buy dildos you *know* you can probably handle, rather than ones you hope to be able to handle. Get your money's worth out of any toy you buy.

BUTT PLUGS

What is a "butt plug?"

A Butt plug is a kind of dildo with a bulge in the center, much like a spindle, so that the shaft gradually thickens, flares out, and then begins to narrow again.

In general, once inside the rectal cavity, the flare of a well-chosen butt plug will rub directly against those nerve clusters by the opening of the anus, the ones which signal your need to defecate. Depending upon how your brain is wired, denying or understanding this signal can be a very pleasurable experience, or an extremely uncomfortable one. Also, the 'tip' of the well-chosen butt plug will rub against a man's prostate when he moves, sending yet more signals of unknown quality to the brain. It's all in what you like.

What variants of the butt-plug are there?

Other forms of "butt-plugs" are known as doorknobs or pearl strings. A doorknob is a round sphere of latex mounted on a narrower shaft. Like a butt plug, it 'plugs' the orifice, but the sensations are different. A pearl string is a series of spheres that can be anywhere from a half inch to three inches in diameter that you use to 'stuff' the rectum to create a feeling of fullness.

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