Beyond the G spot: Recent Research
Concerning Women's Sexual Responses

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KEGEL EXERCISES

This series of exercises popularly referred to as "Kegels" was developed by Dr. Arnold Kegel for women with urinary stress incontinence. These women would expel urine when they sneezed or coughed and these exercises were designed to tighten the pubococcygeus (PC) muscle, and help them control their urine. Dr. Kegel indicates that as this muscle is strengthened through voluntary contractions there is a return of vaginal sensitivity and greater ease in reaching orgasm with improved muscle tone. Perry and Whipple found that women who ejaculate on orgasm have stronger PC muscles than women who do not ejaculate.*

Hartman and Fithian and Chia and Arava have reported that men can experience multiple orgasms when they practice contracting their PC muscle.**

The following exercises to strengthen PC muscles are reprinted from page 60-61 of For Yourself: The fulfillment of female sexuality by Dr. Lonnie Garfield Barbach.***

"To locate your pubococcygeal muscle, urinate with your legs apart; the muscle you squeeze to stop the flow of urine is the PC muscle. Practice stopping the flow of urine a few times in order to become familiar with the muscle. Then, lie down and put your finger in the opening of your vagina and contract the PC muscle. See if you can feel the contraction around your finger in the opening of your vagina as you contract the PC muscle.

"After practicing the following exercises for about six weeks, see if you notice any difference in the strength of your PC muscle when you put your finger in your vagina and squeeze.

"The first Kegel exercise consists of squeezing the PC muscle for three seconds, then relaxing the muscle for three seconds, and squeezing it again. At first, do ten three-second squeezes at three different times during the day. It may be difficult at first to keep contracting for a full three seconds. If that is the case, contract for one or two seconds and build up the time as the muscle gets stronger. The advantage to these exercises is that you can do them anywhere and at any time and no one can tell you're doing them. Practice when you stop the car for a red light or in the morning when you wake up. Or do them when you answer the telephone at home or at work, or when you are lying down to rest. The muscles surrounding your anus may also move during the exercise, but if you find that you are moving your thigh muscles, your stomach or buttocks, you are probably squeezing the wrong muscle.

"The second exercise is like the first except that the objective is to squeeze the muscle, release it, squeeze again and release as quickly as possible. This is nicknamed the "flutter" exercise. Again, squeeze and release ten times at three different times during the day. When you first start doing this exercise, it may feel like a tongue twister; you may not be able to tell if you are contracting or releasing and for a while it may keep getting
muddled all together. However, after working at it slowly, you will gradually be able to do the flutter more rapidly.

"The third exercise consists of imagining that there is a tampon at the opening to the vagina and that you are sucking it up into your vagina....

"The fourth exercise consists of bearing down as during a bowel movement, but with the emphasis more on the vagina than the anal area. This exercise is more apparent to an observer. Both the sucking in and the bearing down should be held for three seconds, as with the first exercise.

"All four exercises should be practiced ten times each at three different times during the day. As you progress with these Kegel exercises, slowly increase the number in each series until you are able to do twenty of each exercise in succession. You can do them as frequently during the day as you can find time, but consider three times daily a minimum.

"If you notice some discomfort or tightness in the pelvic area at the beginning, reduce the number of daily contractions, but do not abandon the exercises. Like any muscle that is being exercised for the first time, it may be a little stiff at first. It is quite important to keep this muscle, like others in your body in tone. The exercises can become as much of a habit as brushing your teeth and, like brushing your teeth, they should be continued for the rest of your life."

Men can identify their PC muscle the same way women do. They can also practice the first two exercises. They can judge the effectiveness of their exercises by doing the "towel experiment," as described by Whipple.


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HOW TO FIND THE GRAFENBERG SPOT

The Grafenberg spot (G spot) is a sensitive area felt through the upper or front wall of the vagina. Sex researchers Dr. John Perry and Dr. Beverly Whipple named this area after Dr. Ernst Grafenberg who wrote about it in 1950.

The G spot does not lie on the vaginal wall itself, but can be felt though it. It is usually felt about half way between the back of the pubic bone and the cervix and feels like a small lump that swells as it is stimulated. When it is first touched many women reply that it feels like they have a need to urinate, even if the bladder has just been emptied. However, within 2-10 seconds of massage, the initial reaction is replaced in some women by a strong and distinctive feeling of sexual pleasure. Some women report an orgasm from stimulation of this area and some also report an expulsion of fluid from the urethra when they experience this type of orgasm. The fluid expelled looks like "watered-down fat-free milk," and is usually about 1 teaspoon in quantity.

Women have reported that they have difficulty locating and stimulating the G spot by themselves (except with a dildo, a G spot vibrator or similar device) but they have no difficulty identifying the erotic sensation when the area is stimulated by a partner. The problem with trying to locate the Grafenberg spot by yourself is that you need very long fingers and/or a short vagina to reach the area while lying on your back.

A few women have reported that they are able to locate their G spot by themselves while seated on a toilet. After emptying their bladder they explore along the anterior (upper front) wall of the vagina with a firm pressure pushing up toward the navel. Some women find it helpful to apply a downward pressure on the abdomen, with their other hand, just above the pubic bone or top of the pubic hair line. As the G spot is stimulated and begins to swell, it can often be felt between the two sets of fingers.

It often feels like a small spongy bean and in some women swells to the size of a half dollar. Experiment with the Grafenberg spot. You will need to use a heavier pressure then you do on the clitoris and you may feel the sensations deeper inside than you do with clitoral stimulation.

After you have explored your Grafenberg spot you may want to share the experience with a partner. The G spot can be stimulated by the partner's fingers (with a "come here" type of motion), with a dildo or with a penis. The position most likely to lead to stimulation with a penis is the female sitting on top of the male. Some women report multiple orgasms from this type of stimulation and some report experiencing an orgasmic expulsion of fluid. The orgasm that results from this type of stimulation is often reported as feeling "deeper" inside. The fluid that is sometimes expelled does not smell, taste or stain like urine and its chemical composition is different from urine.
By sharing this information with you, I do not want to create a new goal for women to achieve. However, I do want you to be aware of the variety of orgasmic experiences that are available to women. In fact, some women have actually experienced their first orgasm by stimulation of the G spot. I do want to help those women who enjoy this type of stimulation and the resulting orgasms with or without the ejaculation of fluid to feel good about themselves and what they are experiencing. Many women have reported that they felt "abnormal" because they liked this type of stimulation or because they expelled a fluid with sexual stimulation. In fact, some women in the past learned to hold back the fluid and also learned to hold back and not have orgasm, to avoid the embarrassment of being what they considered "abnormal."

I hope you will relax and enjoy whatever type of sexual stimulation you find pleasurable.

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