

# **FIVE MASTURBATION MYTHS DEBUNKED BY A SEXOLOGIST**

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# DO YOU KNOW MAY IS MASTURBATION MONTH?

May is [Masturbation Month](#) in the United States. This month just wouldn't be complete without getting more of a handle into this subject.

**What do medical professionals and sexual health authorities have to say about masturbation?**

The general consensus is that solo sex can have a positive impact on one's emotional, physical and sexual health.

So let's touch on  
**“Five of the most common myths regarding masturbation”**



# I. MASTURBATION CAUSES PHYSICAL ILLNESSES — UNTRUE

There are people who still believe they'll go blind if they masturbate.

Others believe hair will grow on the palms of their hands or they'll never be able to reproduce.

Other conditions associated with self-pleasuring are acne and hair loss.

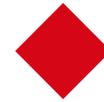
**None of these statements  
are scientifically true.**



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Medical science has debunked many myths formally associated with masturbation, such as insanity, or that masturbation drains excessive energy from the body.

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Misunderstanding masturbation can cause guilt and shame, but sexual energy is part of our divine nature.

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## **2. MASTURBATION CAUSES MENTAL ILLNESSES — WRONG**

### 3. ONE CAN BECOME ADDICTED TO VIBRATORS



**VIBRATORS  
ARE NOT  
DRUGS**

- They can stimulate and satisfy someone when masturbating and also while having sex with a partner/partners.
- Professionals agree there are no physical or mental implications for frequent masturbation, unless it's symptomatic of an obsessive/compulsive disorder (OCD).



## 4. IT'S WRONG TO MASTURBATE IF WE'RE IN A RELATIONSHIP — INACCURATE

**Masturbation does not “ruin” a person for partner sex.**

Masturbation and partner sex are two different activities and they produce different, yet similar kinds of pleasure.

In reality, the more we know about our bodies, the easier and more satisfactory partnered sex can be.

# 5. MASTURBATION LIMITS THE FREQUENCY OF OUR ORGASMS — FALSE!

- There is no limit to the number of orgasms we can reach in a lifetime.
- We can decide how many we want or enjoy comfortably.

**For men, the quality of sperm is actually healthier if a guy ejaculates regularly.**



# HAPPY MASTURBATION MONTH!

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There are many ways to cultivate and stimulate sexual energy. Enjoying sexual pleasure is a key part of our human experience and masturbation can be the first step we make to accept and feel comfortable in our bodies. Happy Masturbation Month!

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# WORK WITH MARTHA

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**Dr. Martha Tara Lee**  
has a doctorate in  
human sexuality  
and has **launched**  
**Eros Coaching in 2009**

She is the only **certified sexuality educator** by the American Association of Sexuality Educators, Counsellors and Therapists (AASECT) in Singapore.

This accolade is only for those who meet the stringent requirements determined by AASECT, a leading professional organization for sexuality educators, sexuality counsellors and sex therapists in the US.

**In short, she strives to be the one of  
the best sexologists in the world**

[www.ErosCoaching.com](http://www.ErosCoaching.com)

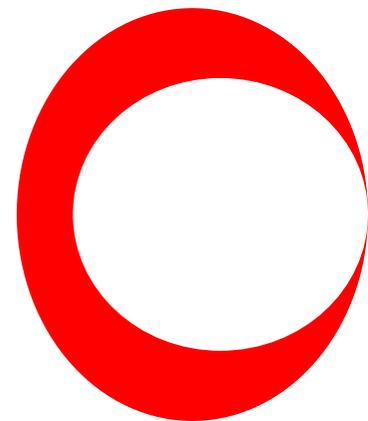




- **Sexuality Coaching**
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# **WHAT SERVICES DOES EROS COACHING PROVIDE?**

[www.ErosCoaching.com](http://www.ErosCoaching.com)





# DR. MARTHA TARA LEE

- All her events are fun, educational, and sex-positive. This comes easily to her because even though she is extremely dedicated and serious about her work, she fundamentally believes that sex is meant to be fun, wonderful, amazing and sacred.
- Often cited in the local media, Dr. Lee is the appointed sex expert for Men's Health Singapore, and Men's Health Malaysia.
- She was recognised as one of '**Top 50 Inspiring Women Under 40**' by Her World in July 2010, and one of '**Top 100 Inspiring Women**' by CozyCot in March 2011.
- She has published two books: Love, Sex and Everything In-Between, and Orgasmic Yoga.