

009 Show Notes: Prostate Massage With Forrest Walker of Aneros

Forrest Walker from Aneros joins me on the show today to discuss how prostate massage can lead to powerful 'Super' orgasms AND improve your man's health. If you are squeamish or nervous at the idea of exploring your man's backdoor, then you'll love this episode as Forrest explains everything you need to know, from hygiene to why your man may just adore it.

Show Highlights

1.35 - Learn how Forrest started working for a sex toy company.

5.55 - Learn exactly what the prostate is and where to find it.

7.25 - Why prostate massage does NOT make your man gay.

11.15 - Why prostate orgasms (aka the Super 'O') are STRONGER than regular orgasms.

13.45 - How to suggest prostate play to your man.

17.10 - Vital things you must consider before you try any anal play with your man (these also apply to you).

19.15 - The reason why prostate play and anal sex can be painful and how to make it pleasurable for your man.

21.55 - One last thing to properly prepare your man (this also applies to you if you enjoy anal sex).

24.30 - The positions that make prostate play easiest (side lying, doggy style, lying on your back).

27.45 - We discuss why some people do and some people don't experience the Super 'O' AND how to train yourself to experience it.

34.05 - What happens between your ears is the most important part to having an orgasm, whether you are a man OR a woman. Forrest explains why.

36.40 - Women don't have a prostate gland. Instead, they have something else that leads to powerful orgasms AND squirting. Forrest explains why

Show Notes

The sites mentioned by Forrest

Visit the Aneros website here:

<https://www.neros.com/>

Visit the Anereos wiki here:

http://wiki.malegspot.com/index.php?title=Main_Page

Visit the Aneros forum here:

<https://www.neros.com/community/>