

G-spot? ^[1]

(1)

Alice,

What is the "G-spot" on a woman and where is it?

--Vaginal

(2)

Dear Alice,

Where's the infamous "g-spot"? Also, how is it stimulated?

Signed, Hm...

Answer

Dear Vaginal and Hm...,

The Grafenberg spot (G-spot) is a sensitive area just behind the front wall of the vagina, between the back of the pubic bone and the cervix. Beverly Whipple, a certified sex educator and counselor, and John D. Perry, an ordained minister, psychologist, and sexologist, named the G-spot after Ernst Grafenberg. Dr. Grafenberg was the first modern physician to describe the area and argue for its importance in female sexual pleasure. The claim is that when this spot is stimulated during sex through vaginal penetration of some kind (fingers during masturbation, penis, or other object partly thrusting into the vagina), some women have an orgasm. This orgasm may include a gush of fluid, which is not urine, but instead, secretions which seem to be similar to a man's ejaculate minus sperm.

There is still a certain amount of controversy among sex researchers regarding the G-spot. It's also good to note that erogenous zones vary from woman to woman. For those who have found a new pleasure spot, having a name for it confirms their experience. For others, there doesn't seem to be any specific spot in their vaginas that is sensitive to stimulation. If you're ready to explore, try finding and stimulating the area on yourself and/or female partner, and if it sensitive

and results in fireworks, GREAT, and if it doesn't — try to focus on having fun as you discover the spot(s) that are!

Alice!

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