

# TESTICULAR PRACTICES

EXPLORING PLEASURE,  
WELLNESS, AND HEALTH



BY [TRADITIONALBODYWORK.COM](http://TRADITIONALBODYWORK.COM)

## Contents

<b>Preface .....</b>	<b>4</b>
<b>Introduction .....</b>	<b>6</b>
HAVING THE BALLS .....	6
TESTICLES AND SCROTUM .....	8
TESTOSTERONE FUNCTION AND OTHER HORMONES .....	10
EJACULATION AND THE ROLE OF THE TESTES .....	12
ANATOMY OF THE TESTICULAR SYSTEM .....	14
<b>Testicular Practices   Exploring Pleasure, Wellness, and Health .....</b>	<b>16</b>
INCREASING TESTOSTERONE LEVELS.....	16
<i>Anabolic Steroids Use.....</i>	<i>17</i>
<i>Masturbation.....</i>	<i>19</i>
<i>Semen Retention.....</i>	<i>20</i>
<i>Selective Androgen Receptor Modulators .....</i>	<i>22</i>
<i>Testosterone Replacement Therapy .....</i>	<i>23</i>
<i>Testosteronemaxxing.....</i>	<i>25</i>
KINK, FETISH, BDSM, AND SEXUAL PLEASURE .....	26
<i>Cock and Ball Torture (CBT).....</i>	<i>26</i>
<i>Electrosex .....</i>	<i>28</i>
<i>Scrotum Cagers .....</i>	<i>29</i>
<i>Scrotum Pull .....</i>	<i>30</i>
<i>Teabagging.....</i>	<i>31</i>
<i>Testicle Clamps .....</i>	<i>32</i>
<i>Testicle Pumping .....</i>	<i>33</i>
<i>Testicle Rings.....</i>	<i>34</i>
<i>Testicle Stretching (Scrotum Stretching) .....</i>	<i>35</i>
TESTICULAR HEALTH .....	40
<i>Diet and Nutrition .....</i>	<i>40</i>
<i>Herbal Sitz Baths.....</i>	<i>43</i>
<i>Herbal Compress Applications .....</i>	<i>45</i>
<i>Manhood Massage and Bodywork .....</i>	<i>46</i>
<i>Taoist Male Deer Exercise.....</i>	<i>51</i>
<i>Taoist Testicle Breathing .....</i>	<i>53</i>
<i>Testicle Lifting Exercises.....</i>	<i>56</i>
<i>Testicle Protection in Vigorous Activities .....</i>	<i>57</i>
<i>Testicles and Cycling.....</i>	<i>58</i>
<i>Testicles and Penis De-Armoring.....</i>	<i>61</i>
<i>Testicles and Tight Underwear.....</i>	<i>63</i>
<i>Testicles Massage.....</i>	<i>65</i>
<i>Testicular Self-Examination.....</i>	<i>67</i>
<i>Yoga for the Testicles.....</i>	<i>70</i>
MEDICAL PROCEDURES.....	72

*Urology* .....72  
*Testicular and Scrotal Surgeries* .....74  
*Emasculation and Castration* .....75  
*Orchiectomy* .....77  
*Prosthetic Testicles* .....78  
*Scrotoplasty* .....79  
*Sperm Retrieval Procedures*.....80  
*Testosterone Replacement Therapy* .....81  
*Vasectomy and Vasectomy Reversal* .....82

**Testicle Disorders & Dysfunctions ..... 84**

ANORCHIA (MISSING TESTICLES) ..... 84  
 AZOOSPERMIA..... 85  
 BLUE BALLS (EPIDIDYMAL HYPERTENSION) ..... 86  
 CRYPTORCHIDISM (UNDESCENDED TESTICLES) ..... 87  
 EPIDIDYMITIS ..... 88  
 HYDROCELE TESTIS ..... 90  
 HYPOGONADISM (SEX HORMONES DEFICIENCY) ..... 91  
 INFERTILITY ..... 93  
 MICROORCHIDISM ..... 95  
 ODYNORGASMIA (PAINFUL EJACULATION)..... 96  
 OLIGOSPERMIA..... 97  
 ORCHITIS (TESTITIS)..... 98  
 SPERM ABNORMALITIES..... 99  
 SPERM OBSTRUCTIONS .....100  
 SPERMATOCELE .....101  
 TESTICULAR ATROPHY.....102  
 TESTICULAR CANCER.....103  
 TESTICULAR INJURIES.....104  
 TESTICULAR PAINS .....105  
 TESTICULAR RUPTURE.....106  
 TESTICULAR TORSION.....107  
 VARICOCELE.....108  
 VAS DEFERENS CONDITIONS.....109

**Appendix ..... 110**