

PROSTATE MASSAGE & BODYWORK

SEXUALITY, PLEASURE,
AND HEALING



BY TRADITIONALBODYWORK.COM

TABLE OF CONTENTS

PREFACE	4
INTRODUCTION	6
<i>What Is the Prostate?</i>	6
<i>Prostate Health</i>	9
<i>The Prostate – Men’s Emotional Center</i>	12
<i>Prostate Disorders</i>	14
PROSTATE MESSAGE.....	17
<i>What Is Prostate Massage?</i>	17
<i>External and Internal Prostate Massages</i>	20
<i>Brief History of Prostate Massage</i>	22
<i>Health and Sexual Benefits of Prostate Massage</i>	24
<i>P-Spot Massage, Sacred Spot Massage, and Prostate Milking</i>	26
<i>Prostate Massage and Full Body Orgasms</i>	28
PROSTATE MESSAGE SESSIONS.....	31
<i>Precautions, Contraindications, and Consent</i>	31
<i>Emotional and Trauma Release</i>	34
<i>Sexual Lubricants and Essentials</i>	36
<i>Do-It-Yourself (Internal Prostate Massage)</i>	38
<i>Do-It-Yourself (External Prostate Massage).....</i>	41
<i>Digital Rectal Exam (DRE)</i>	43
<i>Choosing the Right Prostate Massage Therapist.....</i>	45
PROSTATE BODYWORK.....	48
<i>Abdominal Massages.....</i>	48
<i>Anal Massage.....</i>	50
<i>Anal Intercourse.....</i>	52
<i>Herbal Compress Massage</i>	53
<i>Manhood Therapies.....</i>	55
<i>Jabkasai Testicles and Prostate Massage.....</i>	56
<i>Juagen Manhood Massage.....</i>	56
<i>Karsai Nei Tsang Genital Massage</i>	57
<i>Tantric Lingam Massage</i>	58
<i>Urut Batin Manhood Massage</i>	58
<i>Pegging.....</i>	60
<i>Pelvic Floor Bodywork</i>	62
<i>Perineum Massage.....</i>	64
<i>Prostate De-Armoring</i>	66
<i>Prostate Mapping.....</i>	68
<i>Prostate Milking, Penis Milking, and Milking Table Massage</i>	69
<i>Sitz Baths.....</i>	71
PROSTATE EXERCISES	72
<i>Kegel Exercises</i>	72
<i>Pelvic Floor Exercises</i>	75

Pelvic Floor Stretches.....76
Physical Activity78
Reusi Datton Exercise79
Taoist Male Deer Exercise.....81
Yoga Exercises.....83

PROSTATE MASSAGE TOOLS AND DEVICES.. 85

Anal Beads86
Butt Plugs.....88
Fingers and Hands.....90
Perineum Devices.....91
Prostate Cradle92
Prostate Dildos.....93
Prostate Vibrators.....95
Prostate Warmer.....96

SUPPLEMENT 97

Diet and Prostate Health.....97
Lifestyle Changes and Prostate Health.....98
Prostatectomy.....101
Safety Concerns Around Using Sex Toys.....103
Urology106

APPENDIX..... 107