

Does the "g" spot  
exists, and if so , how  
do i find it?  
assignment



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How do I Find it? For this assignment I reviewed 4 articles. One article from Cosmopolitan claims there is a "Spot" and this article will help you find it. Another article came from Huffing Post which claims that research has concluded there is not a "G-Spot". I also reviewed two professional journal articles, both of which claim that there is not enough evidence to substantiate the existence of the "G-Spot. Personally I have not been able to find mine... But I have several friends who swear by theirs.

I have one friend who describes in graphic detail the profuse female ejaculate that comes from stimulation of her G-Spot. It is true that many women and men believe in the "G-Spot". It is also true that many women, like me, feel inadequate because we can't find ours. Am a skeptic, but I must admit, my friend's stories are very convincing. Will begin with the Cosmos article, because those who want to read advice on finding their G-Spot may wish to stop reading after this section so that their enthusiasm is not spoiled by the medical lack of evidence that follows. Jane Katz is the author of the Cosmos article. Yes, You Have a G-Spot. She writes, " Even if you haven't personally experienced its power, you've heard about the G-spot: an erogenous zone located inside the vagina that can produce some pretty intense sensations. " She asserts that the Spot is very real and documented by MR. studies and biopsies. I couldn't find the scientific or medical research to back this up entirely but many people believe her based on anecdotal interviews and personal experience. After all, science has not figured everything out and there are certainly functions of the body that remain a mystery.

What the Cosmos article lacks in reliable research it makes up for in how-to advice, Katz gives the following instructions, " Start by spreading your legs and bending your knees, so your vagina is open and accessible. With your palm facing up, insert two fingers inside, pressing your fingertips against the center of the upper vaginal wall... You're seeking a spongy, puckered, or slightly ridged area... If after several minutes you're still coming up empty-handed, think of a sexual fantasy... When you are aroused, the G-spot fills with fluid, making it swell and become more sensitive... You'll have an easier time locating it if you are turned on... One sort of strange tip-off that you've found it: a sudden need to pee. Because the G-spot is so close to the urethra, touching it often triggers that urgent goat-go feeling, as if you have to urinate... After a few seconds, the urge may pass, and you'll probably soon experience a blooming, heated kind of sensation that becomes more and more intense as you touch and stroke the area. " To me her description resembles peeling, but there must be more to this. He also gives up on specific positions that are more likely to bring success, having the " woman-on-top is a definite G-spot apparently because the penis is stroking the anterior vaginal wall in this position, and engaging in " doggie-style also offers maximum access", for apparently the same reason \_ Roy Levin wrote an article for the Journal, Sexual and Relationship Therapy, entitled, " Is the G-spot? reality or illusion. The G-spot to a " Genealogical OF", Sought after, discussed heavily, but unverified by objective means. He describes studies in which researchers examined the female ejaculate and found that it appeared to be diluted urine.

The studies did allude to the fact that there were similarities to the substances found in the fluid produced by the male prostate. This would

seem to be support for a female version of the prostate; however, they were unable to find an area of heavily innervated tissue via ultrasound or biopsy that would substantiate the existence off highly sensitive G-Spot. He suggested that rather than there being a specific spot, there was instead an " anterior wall erogenous complex. " The article from the American Journal Obstetrics and Genealogy refers to he G-Spot as a " modern genealogical myth. The author describes a study where " a woman experienced " deeper" orgasms when her G-spot was stimulated... It was reported that the area grew approximately 50%. " The author goes on to explain that, " Almost any gentle, manual stimulation of any part of the vagina can, under the right circumstances, be sexually arousing, even to the level of orgasm... The fact that manual stimulation of the putative G-spot resulted in real sexual arousal in no way demonstrates that the stimulated area is anatomically different from other areas in he vagina. I found this statement hard to digest given what we have been covering in class. The author also claims that because " the subjects in these studies knew that researchers were searching for an allegedly sexually sensitive area, as did the individuals who performed the stimulation... It is highly likely that the demand characteristics of the situation played a major role in the responsiveness of the female subjects. " The author goes on to suggest, " If the G-spot does exist, it will certainly be more than a system of glands and ducts... F an area of tissue is highly insensitive, that sensitivity must be mediated by nerve endings, not ducts... One can ask whether, on embryological grounds, one would expect to find tissue with nerve endings inside the vagina... The entire vagina originates from the mesoderm, which is poorly supplied with end organs of touch... The existence of such a spot would presume a plexus of nerve fibers, and no

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trace of such appeared in the results. " The article I found on Huffing Post stated, " Many women swear they have one, but a new review of 60 years of sex research shows science still can't definitively find the G- spot.

Similar to the article from the American Journal Obstetrics and Genealogy, this author refers to the entire anterior wall of the vagina being involved, " What they're likely experiencing is a continuation of the clitoris... G-spot skeptics often point out that the tissue of the clitoris extends into the body... Where the G-spot would be located. " After combing the internet and the library databases I have come to the conclusion that scientists will not, or cannot, substantiate the existence of the G-Spot. Despite this lack of scientific evidence many are strong believers. In this way the G-

Spot does seem like a OF. I guess the only way to know for sure is keep on exploring in hopes of having a personal experience which eliminates all doubt.