

Genital Integrity for All

Better Sex

SERIES

NOCIRC of Michigan

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Foreskin Restoration for Beginners

**Discover
the Joys of
Uncircumcising**



**A DIY
Project for
Down
There**



NOCIRC of Michigan

Educating a New Generation

Something in your life is missing. It was cut off a long time ago . . .

Soon after you were born, someone cut off part of your penis without your permission and threw it in a trash can.

The foreskin of your penis had three functions: *protective*, *sensory*, and *sexual*. When it was amputated by circumcision, all of these functions were lost. The pleasure you experience with your penis was forever diminished.

Circumcision stripped away and amputated your healthy skin and mucous membrane that would now be a sleeve of highly specialized flesh with a surface area 3 inches long and 1-1/2 inches in diameter.

This tissue, over one-third of the skin of your penis, would have performed protective, sensory, and sexual functions for you for the rest of your life.

All of the sexual sensitivity in your foreskin was lost when you were circumcised. Furthermore, as you age, the sensitivity of your *glans* (head of the penis) is diminished because it has no foreskin for protection.

Circumcision robbed you of pleasure. It robbed your penis of function. It censored your sexual experience. Maybe it's time for you to discover just what you've been missing . . .

The Joy of Uncircumcising

If you miss the natural functions of a foreskin, then foreskin restoration can help you. The restoration process grows new skin to cover your glans. This skin will provide the gliding motion found in a natural penis. It will compensate for some of the loss and damage caused by your circumcision. No physician, surgery, or chemical is required for this process.

It is important to understand and accept that foreskin restoration cannot restore specialized nerve endings nor can it replace all the functions that you lost to circumcision.

Men who are restoring themselves report a significant increase in the sensitivity of their glans. They report an increase in stimulation during sexual activity. Their partners also report more pleasure and less friction. These men say that their glans finally has a “home” to live in.

Tens of thousands of men have successfully grown a new sheath of skin that looks like the covering nature intended them to have. While foreskin restoration takes a lot of patience and persistence, it really does work!

How Long will it Take?

The amount of skin originally amputated, the resulting scar tissue, the size of your penis, and your own discipline will all determine how long it will take you to restore. The time reported varies widely. An optimal foreskin restoration typically takes between 3 and 6 years. You can start at any age, and the rewards will last the rest of your life!

You should feel increased sexual sensitivity on the glans of your penis in 30 days. It may take 4 months to see any new skin. Within 12 months, you will find that you can use your new skin to stimulate your glans, which will feel great!

Skin grows in response to the application of continuous tension. For many years, techniques to apply constant tension have been the standard means of creating new skin to treat victims of various injuries. There are many devices available for purchase online specifically designed to apply continuous tension to the shaft skin of a penis. This will gradually cause normal skin to grow on the shaft, providing a man with a new and permanent sheath of skin similar in appearance to an intact penis.

The process should not be painful, but care, discipline, and persistence are required. Restoration devices are easily concealed under regular clothing.

Foreskin Restoration Resources

National Organization of Restoring Men norm.org
Facebook facebook.com/groups/ForeskinRestoration
Restoring for Men restoringforeskin.org
Reddit r/foreskin_restoration, r/circumcisiongrief

Foreskin Restoration Devices

These devices have not been reviewed by NOCIRC of Michigan:
TLR Tugger tlctugger.com
DTR foreskinrestore.com
Mantor Restorer mantor-restorer.com

Foreskin restoration recreates the covered, moist environment in which the *glans* (head) of the penis began. This produces *de-keratinization*, which converts insensitive dry skin into thinner and more sensitive skin. The natural gliding mechanism found in the intact penis is restored by the new skin grown on the shaft of the penis. This greatly improves manual stimulation and intercourse due to reduced friction and increased lubrication for both partners.

Foreskin restoration empowers men and their partners who feel that sexual functioning and enjoyment was wrongfully taken from them by restoring the sexual tissue that men were meant to have.

Information in this pamphlet is not medical advice. If you have any medical condition, symptom, or dysfunction affecting or related to your genitals, or if you have any medical concerns, consult a competent and caring doctor.



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Our mission as a nonprofit, consumer rights advocacy group is to educate parents and healthcare providers about circumcision, the function of the foreskin, and the benefits of foreskin restoration.



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