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Oct 16 2025 Does frequent masturbation affect male fertility? Frequent male masturbation isn't likely to have much effect on your fertility

Some data shows that optimum semen quality occurs after two to three days of no ejaculation. A lot of reasons! Coming feels great but masturbation can also feel incredibly good and edging extends that pleasure. It also builds to a stronger longer orgasm at the end that are much more satisfying.

It also increases libido sexual endurance and when you're good at it will make you goon. Q What is goon gooning? Mar 17 2024 When I was going out and searching for casual sex in my twenties I'd masturbate around once every two or three days.

Now that my social life has settled down it's about the same really. Only the ratio of orgasms with help to orgasms overall has changed. Skip to main content. Why does it sometimes burn and hurt in the penis after masturbating? r TooAfraidToAsk Masturbation in itself is not good or bad.

It is only detrimental in combination with excessive porn consumption and ejaculation due to the superstimulus in your brain's Dopamine System i.e. unnaturally high Dopamine release in your reward system.

Of course during the first times or when you do it rarely this gives you a feeling of satisfaction.

The downside is by masturbating to porn. A porn addiction and compulsive sexual behavior recovery peer support forum. Masturbation in moderation is generally healthy but excessive porn use can have serious adverse effects.

We also host challenges in which participants Fapstronauts avoid porn sometimes masturbation for a period of time generally 7-30 days. Whether your goal is casual participation as a test of self control or masturbation at moderation is GOOD.

Some of us are addicted to it and people make masturbation porn seem like a norm and ignore the negatives. Oct 19 2023 Adults can keep having sex at any age. In fact many older adults enjoy an active sex life.

Staying interested in sex being happy with how often you have sex and enjoying sex all are linked to good health in later life. Of course aging raises some challenges.

Physical changes illness disabilities and some medicines can make it harder to enjoy sex. A porn addiction and compulsive sexual behavior recovery peer support forum. Masturbation is healthy but porn addiction isn't healthy.

We host challenges in which participants Fapstronauts abstain from porn and

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