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BETTER ANAL SEX

27 Essential Anal Sex Tips
You Must Know for Ultimate Fun & Pleasure

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Smashwords Edition

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Introduction

The world is full of advice on how to charge, or re-charge, our sexual relationships, but nothing adds more of a jolt to a couple than when they say those three lovely words:

“Let’s have anal.”

Anal sex is a sensual and high-powered addition to your sexual repertoire. This form of sexuality is one of the most intimate personal connections a couple can have. Considered taboo by some modern societies, it is often elusive, and misunderstood.

This guide will help demystify the process and provide some history, biology and tips on how to have a great experience with the “forbidden frolic.”

Chapter 1: Anal Sex Demystified

1. Historically, anal sex is neither new nor rebellious

Although we talk more openly about anal sex and stimulation in modern culture, there is still a fair amount of taboo and stigma related to the practice. It sometimes seems like anal sex has always been a prohibited practice denied to people by society that only sexual rebels and prostitutes engaged in. However, that's simply not true. Through most of the early part of human history anal sex was a widely used and accepted part of sexual practice.

In cultures where women were considered property, including the early Hebrew culture of the Bible, a high social value was placed on virginity. Anal sex was seen by many cultures as a way of having sex with slaves or concubines without "ruining" them for sale or marriage. This was considered a common practice as late as the 1600's.

Many cults that practiced temple sexual rituals often set anal sex as the norm for those ceremonies with the idea that anal sex was used for sacred acts as opposed to vaginal or oral sex which was done at home for procreation or pleasure.

Anal sex was so deeply embedded in Greek and Roman culture, both heterosexual and homosexual, that icons and images of the practice have been found on tombs, walls, parchment, manuscripts, and even dishware.

In Roman culture allowing a man to be the inserting partner for anal intercourse was a sign you were showing him respect. The only taboo about anal sex in those eras was if it was forced upon you.

Views about anal sex started to change with the writings of St. Thomas Aquinas and the Catholic Church's determination that all moral sex acts are procreative in nature. Since anal sex doesn't lead to pregnancy and, in fact, is often used as birth control, it was shunned by the church.

During the Thirty Years War forced sodomy and anilingus were recorded as being used as a punishment against captured enemy soldiers. Eventually the act became identified with humiliation and shame.

2. In the modern U.S. anal sex is not uncommon

Although many still hear and live with the taboo of past times, many couples have anal intercourse in our modern age. The Center for Sexual Health Promotion located in the School of Health, Physical Education and Recreation at Indiana University in Bloomington, Indiana conducts the National Survey of Sexual Health and Behavior. The results of the survey are peer reviewed and published in the *Journal of Sexual Medicine*.

The survey takes data about the sexual experiences, attitudes and behaviors of men and women age 14 to 94. Their survey sample is roughly 6,000 people. That survey revealed that 1 in 4 couples report engaging in anal sex as a regular part of their sexual practice. It also shows 36% of men and 31% of women who identify as heterosexual engage in anal sex. That's 1 in every 3 people.

While popular, anal sex tends to be something that comes into a relationship later in life as well as later in the sexual relationship. The survey shows most people begin having oral sex during their teen and college years with the highest percentage (84%) having oral sex between the ages of 25 – 29. 90% of people report engaging in oral sex with their partners before vaginal or anal sex.

Anal sex has a “begin” date in the 20 – 24 age category with the highest percentage of practitioners between 30 – 39. The majority of people in the survey said they started having anal sex after vaginal intercourse and over a quarter said it was at least 2 years or more into the relationship.

Western countries, including the United States, represent a diverse sexual landscape. With the availability of information, Internet resources and openness more people are experiencing and expressing their fondness for anal sex. What was once a taboo topic in the US is now becoming just another sexual norm among many.

3. Anal Sex is not about power exchange (unless you want it to be)

One of the best ways to prepare to have a discussion or get ready to bring anal sex into your love life is to learn about it and talk about the many facets that go along with this act, including the moral, social, psychological, biological and sexual. The more you have a handle on facts about anal sex and can recognize myths and proselytizing when you see it, the better equipped you or your partner will be to make a personal decision.

One prevalent myth is that anal sex puts receptive partners in a lesser position, humiliates them, or robs them of power. In fact, the vernacular phrase for someone being unfairly treated or robbed is to say they were “fucked up the ass” or told to “bend over and take it.”

The inherent implication appears to be that to be taken anally is somehow to reduce or abuse a person. This idea has its history in stories of forced sodomy by armies conquering cities or in prison tales of male inmates being forced into a submissive sexual position and raped.

It is important to note those kind of behaviors are not about sex. Rape, force and victimization are not acts of sex. They are acts of power that use sex acts to take power away from the victim.

Sex acts by themselves are neutral. Their meaning comes from the purpose you give it. A loving couple engaged in anal intercourse is not the same as prison rape. A sex act can be delightful or demeaning. It all depends on the attitude and meaning you bring to the moment.

As long as each partner has participated actively in the decision to have anal sex and been allowed to express their ideas, opinions, objections and interests, the receptive partner is not likely to suffer the stigma of power exchange, but can feel good about experiencing a new level of pleasure with his or her partner.

For couples that practice BDSM or do desire power exchange to be a part of the package, that can always be the case. Simply create a scenario or submissive understanding that allows each partner to interpret the sex act that way.

4. The best beginning is to learn how the anus works

Waste generated by your body goes through the small intestine, passes through the rectum (which can also hold waste until the time for its release) and out through the anus. The anus sits at the base of your colon and is the opening that controls the passage of waste.

The opening and closing of the anus is controlled by the sphincter muscles (both internal and external). Around the external rim of the anus is sensitive tissue filled with nerve endings which is the cause of both pleasure and pain.

The small space between the rectum and the anus is called the anal canal which holds the internal and external sphincters. The internal sphincter is the muscle that opens to allow feces from the rectum to come through the anal canal. The external sphincter is the area of the orifice itself which closes the anal canal.

The anal canal itself is only 2.5 to 4 centimeters long. So, the majority of the inserting partner's penis (or sex toy) is going to go into the rectum. It is important to know the rectum is not straight. Every person differs slightly but the rectum generally tilts toward the body with about 1 inch of space connecting to the anal canal. From there it bends at an angle (for some people almost a 90 degree angle) and curves around the body wall. Then, it tilts forward again.

The actions of the sphincters functioning to open and close the anus are largely controlled by the autonomic nervous system. Your brain interprets signals from the body that the rectum is filling and it is time to release the waste. The brain sends a signal to the internal sphincter to open and it does.

The purpose of the external sphincter is to keep the anus closed, until it is time for it to open. It opens due to internal pressure from the waste coming through that triggers the muscle. When the pressure is gone, the muscle automatically closes back up.

When engaging in anal sex, both sphincters will be opened – somewhat forcibly – and will be doing things they are not designed or intended to do.

For that reason, it is very important anal sex be done with an amount of caution and care toward the receptive partner.

5. The anus leaves no signs of consensual anal sex

A fear among many people is that someone, a doctor, coroner, or lover perhaps, will be able to tell that someone has been having anal sex by the appearance of the anus. Once you are aware of the strength and purpose of the anal muscles, you realize that is not the case.

Anal sex or plugs hold open the external sphincter muscle for a certain period of time. Like any muscle that has been forced into an unnatural position (it is not natural for the anus to stay in an open position) there is going to be a brief period of time when it keeps the shape it's been forced into. However, with a few moments to half-an-hour maximum, the anus will return to its regular closed position and keep all your secrets inside.

The only things that a doctor or lover would notice are abnormalities caused by rough sex or non-consensual sex without proper lubrication and procedures. Anal fissures, hemorrhoids, and tearing/scarring of the wall of the anal canal can occur if entry into the anus is done by a sharp object, or without helpful lubrication. The anus has a small amount of mucus in the anal canal but no ability to provide the amount of lubrication required to protect the sensitive tissue of the anal wall.

The best way to avoid health problems that would require an anal exam or scarring that might reflect anal intercourse is to ensure proper hygiene, lubrication and gentleness. Fears about the anus being damaged during consensual sex or the idea that the anus can permanently widen are unfounded and caused by the unnecessary stigmatization of anal sex.

6. The receptive partner can climax during anal sex

One of the things many men hear when they ask their female partner about engaging in anal sex is the age-old question, “What’s in it for me?” Truth be told, quite a bit.

Women who are willing to be the receptive partner in anal sex achieve all the things they want sex to do, including climax. Most importantly, the additional intimacy of anal sex solidifies a dynamic of trust and togetherness in the relationship.

This creates a whole list of good feelings such as safety, attachment, security, fulfillment and shared experience. Anal intercourse also adds excitement and the chance to add new things to the relationship.

Because this type of sexual activity relies heavily on arousal, stimulation, and attention, it exerts energy and increases the partners’ sensation of being consumed in the passion of the moment.

The heightened state of arousal, coupled with the initial pain and the massive amount of nerve endings found in the anus create a perfect environment for the brain to release dopamine, serotonin, and other chemicals that give you a rush of pleasure and satisfaction. The anus and anal canal are highly erogenous zones and stimulation can lead to orgasm.

Depending on the position in which you choose to have anal intercourse (it can be done in almost any position), there is usually the ability for the inserting partner to reach around and provide clitoral stimulation, or for the woman to touch herself or use a vibrator to create a climax.

If the female partner prefers vaginal stimulation, she can always use an egg vibrator in a dildo, or a traditional insertion designed vibrator while anal penetration is happening. Vaginal vibrations also permeate the wall between the vaginal and anal canals giving a pulse of pleasure to both parties.

Wrapped in your lover’s arms after building yourselves up through foreplay to an incredible state of arousal then opening yourself to him in a personal and intimate way, coupled with the amazing nerve stimulation and gentle rocking motion of anal sex, is a good way for women to experience climax.

Communication, trust, excitement – all the elements are present for an amazing release, and a darn good time.

7. Pressuring someone into anal sex makes it impossible

A common question sexologists get from clients is, “How can I make my girlfriend have anal sex with me?” The common answer is, “You can’t.” Sexologists know that in order for someone to enjoy anal sex and be willing to offer themselves to another, the act must be fully consensual.

Fully consensual means that the partner absolutely wants to do it. In fact, it means your partner is downright excited about doing it and is either the initiator of the idea, or has jumped on the bandwagon full of desire.

Anal sex is not something you can trick someone, guilt someone, or emotionally blackmail someone into experiencing. Anal sex, like all other forms of sex, starts in the brain. If the mind is unwilling the body will not follow.

Nowhere is the brain/body connection more important than trying to have anal sex. Why? Because the anus doesn’t respond to outside stimuli the way the vagina, clitoris or nipples do. The anus only opens comfortably from within or when the brain tells the body to do so.

Penetration is not a natural thing for the exterior sphincter and it is designed to keep things closed. What is required to get that muscle to open up is a willingness on the part of the receiver to allow it to open. She may tell you she will have anal sex with you, but if she’s not into it there is going to be a lot of pain and not a lot of bodily cooperation.

The majority of women who say anal sex is simply too painful for them to endure are women whose partners started working on their body, without engaging the mind first.

Nervousness, tension, guilt, and resentment all tighten the muscles. If getting mad makes your jaw lock or shoulders rise, what do you think it does to the muscles of the anal canal that are tight anyway?

The most important thing anyone can do to engage their partner in anal exploration and intercourse is start with the head and the heart. Develop interest in the act, learn about it and before anything gets started talk, talk, talk.

[Chapter 2: Getting Ready for Fun and Intimacy.](#)

8. Communication throughout is essential

One of the things making anal sex such an intimate sharing is its reliance on communication throughout the entire process. It is not just enough to have a conversation about anal intercourse until you are ready to try it. You have to keep talking through the process and become very tuned in to one another's verbal and non-verbal cues.

If one partner or the other is so nervous they can't keep their mind focused on the love-making at hand, he or she may not reach the level of arousal required to have anal sex. Talking throughout the event about how it feels (emotionally as well as physically) is one way to keep everything on track.

If a receiving partner complains about the pain associated with anal entry it is imperative the inserting partner stop moving forward immediately. Don't withdraw the penis or object from the anus yet. Ask about the pain. If the partner tries to pull away or says it is more than he/she can handle, then you will need to stop and pull out slowly and carefully.

Sometimes the receptive partner just needs a minute to catch his/her breath and then wants to proceed. At other times there may not be enough lubrication and more is needed for added comfort.

Sometimes the anal canal is restricting and may cause physical pain to the inserting partner and that person needs to stop. Make sure both partners have a chance to talk all the way through as they get used to the new sensations.

By the time you are ready to have anal sex you should know your partner well enough to also read non-verbal cues. If your partner is holding her breath, sweating, gasping or clenching her jaw stop or slow down and ask if she is okay. All that muscle and mental tension in other areas means continuing penetration is going to be too painful for the receptive partner to get much pleasure or satisfaction.

If, on the other hand, your partner is loosening her grip on the bedspread, or moving her hips in a rotating motion to pull you further inside her then you

can tell it's okay to proceed.

Make sure after each session of anal sex, whether it is just exploration or full penetration, that each partner has another chance to verbally and non-verbally process the event. Talk after anal sex usually is more about thoughts, feelings and connection rather than the technical aspects of the entry or the pain. There is a place in the sexual cycle for all forms of communication to enhance and empower intimacy.

9. A high state of arousal is required

Like most forms of entertainment, pornography makes everything look quicker, prettier and easier than it is in actuality. Nowhere is that more true than in the arena of anal sex. Porn stars need about 3 minutes of foreplay and they are ready for everything. Of course, in real life they've been filming all day with a fluffer, a lubricator and a food truck in the warehouse.

Anal sex really isn't as simple as the pizza man dropping off the wrong order then bending the lady of the apartment over the arm of a chair and burying his penis into her anal canal. In reality, there needs to be a lot more time and attention given to both partners.

The more kissing, holding and stroking of erogenous zones that happens, the better each partner is going to be prepared for anal sex. Arousal increases blood flow causing certain muscles and tissues to become wet or swell with anticipation. The brain senses the change in stimuli and supplies a steady flow of adrenaline, serotonin and oxytocin into your system.

In the body oxytocin acts as a muscle relaxer; highly needed during anal penetration. As the brain releases more pain reducing and relaxation hormones the act of anal sex becomes more enjoyable, accessible and possible.

Make sure to get the whole body involved in foreplay prior to anal sex. Suck on your partner's nipples, bite ear lobes, provide oral stimulation and engage in a lot of talking, holding and caring. All these things not only help your body relax but they also encourage each partner to act with trust, boldness and certainty. Without a high level of arousal the nerves will not send signals to the internal or external sphincter and your partner's body will not respond in an open manner.

If the inserting partner is "forcing" his penis into the anal cavity because the other person is not sufficiently aroused, the enjoyment (and likelihood of a repeat) is gone. Continue holding, hugging, kissing and touching during anal intercourse and your partner will stay aroused which gives you more of a chance to enjoy the moment.

10. Lubrication is necessary

What's the difference between a torturous blunt pressure ricocheting through your body that you can't endure and a terse stretching that fades momentarily? A couple squirts of lube.

The anal canal does not make any kind of natural lubrication other than a thin layer of mucus. The mucus combined with the nature of the mucosal tissue lining the canal can make that area rough and somewhat sticky, causing any inserted item to get stuck inside that passage. So, if a partner manages to get his penis into the anal opening without lube, he's not going to be able to get it out without pulling or tearing at the sensitive lining.

Make sure to use a sufficient amount of lubrication in order to ensure that no physical damage is done to either partner. Start by lubricating a finger and the anus itself. Rub the finger against the anus gently spreading lubricant all around. Add more lube to the finger and slowly place pressure against the anus until it opens to accept the finger.

While the finger is inserted, drop lube into the anal canal and use the finger to spread it around the internal area. This not only will make sure there is enough lubrication but also help the external sphincter start the stretching process in a slow and more comfortable manner.

Use a lot of lubrication on the penis or object to be inserted anally. If some time goes by between the initial lubrication and insertion, use your fingers to lubricate the anus a second time.

There is a myth that using a lot of lubrication takes away some of the tightness or strong sensation of anal sex to the inserting partner. The opposite is true. The anus is a constricting area that will grip a penis tightly no matter how much lubrication is involved. If there is no lubrication you aren't going to get an increased sensation because penetration will be so painful to the receptive partner the sexual moment will end very quickly after it began.

11. Water-based lubricant is best

Although the entertainment media, both general cinema and pornography, get low marks across the board for portraying sex in a realistic fashion, nowhere is that more evident than with the preparation for anal sex.

In film it is not uncommon to see men using a drop or two of lube from a bottle or a single glob of spit in order to penetrate someone. In what is perhaps the most famous anal sex scene in all of cinema, “Last Tango in Paris”, a glob of butter is used (to his credit – it’s a big glob!).

None of those methods are safe or advisable. The best lubricant is water-based lube sold specifically for sexual purposes.

Both water and silicone-based lubricants are safe to be used with condoms and will provide adequate lubrication for anal sex as long as enough is used. However, silicone-based lubricants can be absorbed by the body more quickly, requiring re-lubrication as your love making progresses. Silicone based lubricants also leave a more oily or greasy feel to the skin.

Water-based lubricants blend more naturally with the body’s own mucosal lining and stay viscous for a longer duration. If using a butt plug or object that is going to stay inserted in the anus in a stationary position (no thrusting or vibrating) it is important to remove and re-lube every 10 to 15 minutes with a water based lubricant.

Oil-based lubricants are not recommended even if you are not using condoms. The oils tend to dry up more quickly inside the body and many people have allergic reactions to oil-based products when used internally.

Any other kind of lubrication – butter, lard, spit, water, beer, jelly and so forth – should not be used for anal sex. The sugars involved in many of these substances lead to infections and complications will occur as all of those substances will dry quickly making both entry and exit painful.

The most highly recommended lubricant on the market for anal sex is Slippery Stuff. It is a water-based gel lubricant originally used by divers to get in and out of their wetsuits with ease. It lasts for a very long time

without drying, is odorless, and has a very smooth feel to the skin. Slippery Stuff can be bought in any sex shop, online store, and in some drug stores.

12. Stock the bedside table

Having anal sex as part of a happy, healthy sex life requires more than just a question and answer session. It is an investment in the relationship and may take a few short conversations and experiments or a long-term goal with trial and error along the way.

Whether you become ready for anal sex quickly or over time, you want to be ready when it happens. There are a lot of foreplay and sex acts that can be stopped, paused and restarted without too much trauma. Anal sex is not one of them.

Anyone who has had to stop in the middle of foreplay to look for a condom, or worse had a condom break in the middle of intercourse and had to pull out and find another condom knows what a frustrating thing it is to be interrupted. During anal intercourse interruption is not only mentally frustrating but it is also physically problematic.

Once the anus is free from the object of penetration it closes and the tissue sometimes swells or aches because it has been in an unnatural position. Starting over when the receptive partner now has a sore, closed anus is unlikely to happen or be very pleasurable.

Keep all the items you will need for your experience on your bedside table so everything is in arms' reach at a moment's notice. Make sure you have a bottle of lubrication and there is enough in the bottle for the whole experience. Don't get started if you only have a teaspoon of lube left.

You may also want to keep a towel nearby to use underneath you if there is concern about anything getting on the sheets or staining the bed in any way. Dental dams or cut open condoms are good to keep around in case you want to add some anilingus into your foreplay, and regular condoms should also be available.

If you know you are going to want to quickly change condoms to go from anal to oral or anal to vaginal sex, have the condoms open and ready to be used. Finally, you may want to keep some baby wipes or other disposable wet cloths available just in case there is a little residue when you withdraw from the anus.

Anything else that helps the moment – a glass of wine, some sex toys or feathers, or even just an iPod with some nice music - should also be nearby. Showing your partner you are fully ready for anal sex goes a long way in helping him/her realize this is not just something you want to do, but something you want to share as a couple.

Chapter 3: Safety First

13. Use condoms to prevent STD's

Many people think of condoms primarily as birth control and decide they don't need to use them for anal sex since pregnancy is not possible. However, while anal sex will not result in any unplanned children it very possibly can result in unplanned diseases.

Before you have any kind of sexual activity with a partner the best thing you can do is have a discussion about sexual history and the presence of any sexually transmitted diseases. Be aware that not everyone who has a sexually transmitted disease will tell you the truth, and it is also possible that your partner may not be aware he/she has a disease. HIV testing and a STD full panel test is always a great idea when starting a sexual relationship with a new lover.

Unprotected anal sex is the number one transmission method for Human Immunodeficiency Virus (HIV). The micro-tears and mucosal nature of the anus coupled with the possibility of a small amount of rectal bleeding make conditions perfect for HIV to transmit.

Other diseases that can be contracted anally include Gonorrhea, Chlamydia, Syphilis and Herpes. While some can be cured with a simple round of antibiotics, HIV and Herpes have treatment but no cure and will be present in your system for the rest of your life.

Human papillomavirus (HPV) is a disease that manifests in skin and mucosal areas. It is specifically sexually transmitted through vaginal and anal contact. Sometimes HPV can be detected through the presence of genital or anal warts, but many women have no symptoms and are not aware they have the disease. There is currently no test for men and no way of knowing if a man is carrying HPV in his system.

There are nearly a hundred forms of HPV, some of which cause cancer. If transmitted anally, HPV is the number one cause of anal cancer. With no way of knowing if a male partner is infected with HPV and many women

also unaware of their HPV status, using a condom for anal sex is always the wisest choice.

14. Take precautions to prevent other infections

Because the purpose of the anus is to provide the body a way to release waste, residue from that system is left in the anal canal and rectum. At any given time the anal canal can be home to such bacteria as e coli, salmonella, bacteriodes, candida (particularly in people with a compromised immune system), and intestinal parasites. As such, it is important to take precautions to prevent these bacteria from entering or re-entering the body through another orifice.

If anal sex is just part of a whole sexual evening for you and your partner, you should make it the last part. Never go ATM (Ass-to-Mouth) or ATV (Ass-to-Vagina). Even if you don't see anything present on your penis after withdrawing from the anus, those unseen bacteria are there and can be transferred to your partner via the mouth or vagina.

Bacteria moving from the anus to the vagina can cause yeast infections because it unbalances the natural flora of a woman's body chemistry. Bacteria that are transferred by mouth can infect someone with salmonella poisoning or e coli.

Another serious concern is the transmission of Hepatitis C. The CDC reports Hep C is going to be the next epidemic health crisis for many countries in the developed world. Hep C is carried in blood and feces. There is no cure for Hep C and the treatment that is available is expensive, time consuming, and not widely available.

Hep C has no obvious symptoms; however it causes tremendous damage to the liver over time. It is very important you do the same things after anal sex that you would do after using the bathroom. Wash your hands (and penis or other inserted object) with soap and water for at least 20 seconds before allowing them to come in contact with anything else.

If you are a couple practicing BDSM or the sexual thrill of going from anal sex to another orifice is something you desire in your sex life, the best thing you can do is to use a condom for your anal play, remove it, and use a second one for entering another orifice. It can be done quickly and in the one minute it takes for you to change condoms, the receptive partner can catch her breath and get ready for the next round of play.

15. Shower together ahead of time for fun and comfort

Infections and the bacteria known to reside in the anus highlight one of the biggest blocks keeping people from bringing the incredible sensation of anal sex into their love lives – the “ick factor.”

While many women admit to fearing the pain, both genders harbor some concern or at least resistance to the idea of engaging in sexual intercourse in what is commonly thought of as the “poop shoot.”

There’s really no way to get around that. It won’t happen every time but at some point, as the saying goes, “shit happens” and the inserting partner is going to withdraw his penis or an object and discover a little piece of it along for the ride. Don’t panic. Just head for soap and water and you’ll both be just fine.

One of the best tips a couple can utilize if that is a concern for either party is to take a shower beforehand and wash the area as fully as possible. To make it more romantic, start your foreplay in the shower and wash one another. This allows for fun and intimate contact and helps both partners feel a little more clean and ready for the event to follow.

Obviously showering isn’t going to clean out the anal canal or rectum. If deep penetration is your sexual plan (something like that should always be planned and talked about ahead of time) then the receptive partner may want to use an enema or cleanse prior to the shower. Some couples find that an erotic thing to share with one another, however, most people prefer to do that part alone.

Don’t let natural body functions dissuade you from experiencing the intimacy and joy of anal sex. Just put a little strategy into play and make sure everyone has the chance to be clean and comfy to get started. Remember, practice makes perfect – but planning makes possible.

16. Always use a flared base

Using an object for anal penetration and training is a very good way to get used to the feeling of entry that occurs during anal sex. A host of things have probably been tried throughout history to simulate penile penetration or just provide a little stimulating pleasure during vaginal sex or masturbation.

However, one history lesson, and anyone who has worked in a hospital emergency room, can tell you is that not everything that goes into an anus comes back out. That's why it is highly recommended you only use items designed for anal entry, such as a butt plug or flared based dildo/vibrator.

A flared base keeps the object from being pulled into the anal canal or up into the rectum. It is possible that if something is pulled simply into the anal canal you can retrieve it. However, once something goes through that internal sphincter it will be propelled into the rectum and only a doctor is going to get it out.

People who like to use ginger root for ginger figging (employing a carved finger of ginger root anally, which has an irritating effect and can add to the vigor of lovemaking) should also remember to peel and carve the root in a way that leaves a flared base so the root isn't taken up into the canal, which would not only be embarrassing, but also extremely painful after a time.

Remember, the muscles in your anus are some of the strongest and most often used muscles you have (think of how many times a day they are used) and if you think you can grab onto something and win the battle, you're wrong.

If the worst case scenario does happen and you do get something stuck in your rectum it is critical you go to an emergency room right away. Don't wait around a few days and hope it will come out when your natural waste cycle happens. The presence of a foreign object in your system makes you highly susceptible to infection or further internal damage.

Stick with objects from sex stores or online retailers designed for anal use. The potential problem with other items is simply not worth it.

Chapter 4: Achieving the Ultimate Anal Pleasure

17. Entry should be smooth, never forced

The most crucial moment in the act of anal sex is the initial penetration. Remember, you are going through muscles that were not meant to open from the outside in, but designed to be opened from the inside out. In essence, anal sex is asking the body to work backwards and stretching muscles in the opposite direction from the way they are used to going. There is going to be discomfort.

Fear of pain is the number one reason many people give for avoiding anal sex. There are two things to know about the pain in anal sex:

1. It doesn't last through the whole time.
2. It can be lessened.

Once the sphincters are opened they adjust to that position and with proper lubrication the nerve endings begin to send signals to the brain registering the pleasurable sensations occurring. After allowing a few moments (a minute or two max) for the body to adjust the receptive partner soon feels the fullness and movement inside them leading to heightened pleasure and response.

To lessen the pain of that opening, the inserting partner can do a number of things. First, make sure the area has enough lubrication and there has been enough foreplay for the muscles to be relaxed and pliable. Just giving someone a kiss and sticking your finger there is not going to work. Start by lubricating your partner with one finger, then slide two inside the anus, slowly widening and letting the muscles get used to their new position.

Remove your fingers and place the head of your penis against the anus, gently applying a small amount of pressure. As the anus opens to take the head in, slowly push forward until the head of your penis is fully inside. Pay attention to your partner's body and feelings. Give her a chance to breathe and get used to the stretching sensation. Let her tell you when she's ready to move forward.

Remember there are two sphincters. Go through the second one like you did the first. Move forward until you feel a slight blockage. That's the internal sphincter. Gently move forward and once you pass through that one your partner will feel a sort of "pop" and you'll be all the way through. Depending on the length of your penis start gently moving back and forth.

If, for any reason, you put pressure and the anus won't open, do not force entry. Start over with finger massage and go back to some foreplay until your partner is more ready.

18. Build up to it

The anus, like any other muscle, can be trained over time to accommodate a new position. The best way to get used to anal penetration is to start small and build up. Many sex shops and online retailers sell kits that allow people to get used to the sensation over time.

These kits have several butt plugs; the first a small tapered one with a girth the size of a finger. After the person gets used to the feeling of that plug, the next is a little larger and longer until the person can take something the size of an average penis.

This slow-build also allows people to get used to the idea of anal sex, experiment with lubes and experience the pleasurable sensations of anal insertion. This isn't something that has to be done alone. Partners can play together over time, learning from each other and enjoying the journey.

Kegel exercises and PC muscle exercise many women do to increase pleasure in vaginal intercourse can also be used to strength the body for anal intercourse. A worked muscle is more elastic, able to stretch farther and is less sore.

If you aren't sure where your PC muscles are, go to the bathroom and try to stop the flow as you urinate. The muscle you use will be the PC muscle. Flex that muscle every time you use the restroom and soon it will be stronger.

“Muscle memory” is a term that refers to the fact a muscle that has been exercised or used in a certain way will “remember” the shape of movement and be able to repeat it more easily as time goes on. It's actually the brain that is doing the remembering because repetition creates subconscious neuro-pathways that tell the muscles what to do.

If you find the anus is simply too tight and unwilling to allow entry try opening it after orgasm. Orgasm makes all the muscles release their tension (that's what the feeling of orgasm actually is) and during/after orgasm the brain releases chemicals for pleasure that also include a natural muscle relaxer.

Keep some lube and a butt plug or dildo beside the bed. After an orgasm, introduce the plug into the anus while the muscles are nice and loose. After a while your anus will retain the muscle memory of being opened and in time will do that more readily. Generally, people need more time after an orgasm to collect enough energy for actual anal sex; however it is a good way to start training.

19. Pace and tempo matter

Anal sex has only one speed setting: slow. All those computer gifs on Reddit and Tumblr showing a man blithely smacking away in his female partner at a high rate of speed while she smiles and winks at the camera are meant to create sexual fantasies. There is nothing real about them. The anal lining is a mucosal area very sensitive to tearing and damage. Pounding and thrusting vigorously would only serve to damage or scar your sexual partner.

Entering the anus is a slow process because it takes time for the muscles to relax and the sphincters to open up. Once you've made it past the second sphincter, you want to rock gently back and forth going in just a little at a time. You should ask your partner if he/she is satisfied with that depth or if it is okay to go a little farther.

If you are attempting deep penetration, take the time to work your way through the rectum with small back and forth movements. Remember, the rectum is not a straight shot and you are going to hit bumps and curves along the way. Smacking into the side of the rectum is neither nice nor painless.

Unlike vaginal sex or oral sex, anal sex is not conducive to having the inserting partner withdraw all the way and go back in. Although the anus may be momentarily looser, it's still going to consider your withdrawal an act of waste removal and close up into its natural state which would cause your partner to have to go through the initial pain of entry all over again.

It's much better to stay in the anal canal past the interior sphincter and use small, slow wave-like rocking in order to stimulate and excite your partner. The canal is going to be spasming and constricting your penis so you don't need the friction or movement to generate ejaculation like you would in vaginal intercourse.

If you ejaculate into your receptive partner's rectum and are ready to pull out, remember to go slowly (just as you did when you went in). The muscles have adjusted to the size and shape of your penis and to pull out quickly would also cause tears, fissures or hemorrhoids to occur.

20. Let your partner control the depth

The best way to keep from worrying about speed, tempo, comfort or depth is simply to let the receptive partner do the moving and facilitate how quickly or deeply he/she wants you to go. Instead of the inserting partner doing all the pushing and thrusting, simply rest your penis against the anus and hold it firmly against the tissue providing a small pulse of pressure on your end. The receptive partner then bears down or pushes back against the head of the penis until it pops through the sphincter.

Hold that position until the receptive partner is ready for you to go through the anal canal and the second sphincter. Again, let that partner move or push backwards slowly taking your penis into her body until you have passed the second barrier. Keep your hips as still as possible and encourage your partner to move back and forth, taking you as deeply as she wants.

Once the pattern has been set, you can begin to participate moving your hips slowly with her body. More often than not, the receptive partner will be so aroused and relaxed by that point you will be able to take control of the motion and continue in a rhythm that is pleasing and climatic for you both.

Particularly for people who are new to anal sex, the ability for the receptive partner to control the depth aids trust in the process and allows them to maintain a sense of comfort and control. It is also helpful for people who are not very verbal about their feelings because that person is in charge of how deep or fast you penetrate her. Anal intercourse is definitely better when both partners take initiative and work together to create a mutually satisfying and safe experience.

21. Breath control helps

If you've ever taken singing lessons, lifted weights or studied meditation you know that the diaphragm, a muscle located in the abdominal core, is used to control deep breathing, triggers reactions from the other muscles in the core and soothes the vagus nerve, the one nerve in your body that does not go up your spine.

Breathing from the diaphragm helps opera singers power their voice across a stage, assures weight lifters don't trigger a vagal reaction, and helps put Buddhists on the path to bliss. It can also help with anal sex.

If the receptive partner tightens her core muscles as a response to the pain or stretching of penetration, pressure gets applied to the vagus nerve and a reaction can take place. Pressure against the vagus nerve causes people to get dizzy, lightheaded, nauseous or pass out.

By using deep breathing techniques, similar to the puffing breath techniques weight lifters use, the pressure is deflected from the vagus nerve and the lightheadedness or nausea goes away. Deep breathing exercises also allow the muscles to relax. which makes entry much easier.

Slow controlled breathing, often with the pace of the sexual act can help put both partners at ease and allow for a smoother entry through the interior sphincter. The inner sphincter is controlled by the autonomic nervous system. Deep breathing can slow down the heart rate which allows the muscles to relax and instructs the autonomic nervous system to open the passage more readily.

The best way to learn which breathing pattern will help with anal entry is to have the inserting partner lubricate a finger and insert it anally into the receptive partner. Then have the receptive partner breathe in different ways. The inserting partner will be able to feel the muscles open and close and discover what breathing patterns make the muscles more amenable to being open.

22. Diet can help

Very few people choose a diet based on whether or not they want to have anal sex. Yet, the fact remains that a diet full of fiber can actually help you experience more pleasure and less pain during anal intercourse. Understanding how diet can affect your muscles may also explain why sometimes your partner can have anal sex with no problems and at other times complains of soreness and pain and has to stop.

Fiber helps to bulk feces up, which makes it much easier to expel the waste when you go to the bathroom. If you don't have enough fiber in your diet you may have to push harder, which causes the muscles of the rectum and anal canal to be irritated and sore. This soreness then gets translated as pain during anal sex.

Eating a healthy amount of fiber allows your muscles to work properly and keeps them from discomfort when it's time to take something in as opposed to pushing something out.

Overall, scientists and sexologists have largely maintained that a diet that is healthy for the body is also healthy for the sex life. The stronger your heart, better your oxygenation and stronger your internal and external muscles, the more sexual and personal satisfaction you will find.

23. Position yourself for success

With its close proximity to the vagina, the anus really allows penetration from almost any position. In fact, if you can have vaginal sex in the position, you can have anal sex that way too.

By far the most common position (and generally the best in terms of vagus nerve and back support) is the doggy style position. The receptive partner is on her hands and knees (or elbows and knees) with her head lower than her bottom. This can be done on the floor or on top of the bed. The inserting partner lines up behind the receptive partner. This position allows the spine to be aligned and is a comfortable way to engage in anal sex.

Downsides to doggy style sex are the lack of intimacy because you can't see your partner or, for some, the feeling of being inferior or "used" in some way. For people who require more intimacy, the second best position for anal sex is the spoon position in which the receptive partner lies on his/her side and the inserting partner hugs them from behind. This is also a good position for letting the receptive partner control depth as he/she can choose how much to push back to take more of the penis inside.

Another position conducive to a positive experience during anal intercourse would be the poorly named "diaper position" where the receptive partner lies on his/her back with legs straight up in the air. The inserting partner then positions himself/herself behind the legs and gains anal entry that way. A tall partner can allow the other's legs to drape over his/her shoulders to make things more comfortable.

Woman on Top positions also work well to allow the receptive partner the ability to control the speed and depth of entry. Those positions, both cowgirl and reverse cowgirl, do require excellent upper thigh muscles to keep that going for very long.

Any position that allows the spine to stay aligned, keeps pressure off the vagus nerve and gives open access to the anus is a good one for anal sex. A relaxing and comfortable position for both partners assures the best possible outcome.

24. The intimate kiss – anilingus

Anilingus, the act of kissing, licking or inserting the tongue into the anus, is not a requirement of anal sex but certainly adds an intimacy and intensity unlike anything else. Also known as rimming or anal/oral contact, the sensations provided by anilingus ramp up anyone's libido as the nerve endings are massaged by the wet, warm tongue of his/her lover. There are some important precautions to take if anilingus is part of the plan.

Initially, be sure the person who will be receiving anilingus has showered and cleaned the area as best as possible. During the shower make sure to insert a finger and clean the opening to ensure there isn't anything around the rim of the anus.

If a male is going to be the one receiving anilingus he may want to shave or have his partner shave him in the area. Hair follicles can hold onto bacteria, and a shaved area also exposes more nerve endings to the sensations.

Always use a dental dam or barrier between a mouth and the anus. It can be very dangerous to introduce e coli, salmonella or other intestinal bacteria into the mouth of another person. If there are no dental dams available, cut open an unlubricated condom and use it as a barrier. Lubricated condoms taste horrible and flavored condoms (made specifically for oral sex) have sugars in them that can irritate the anal lining.

Anilingus is one of the few sexual acts that lends itself easily to the 69 position where both partners can engage in the activity at the same time. Any position is fine for anilingus so find the most comfortable and pleasing way for you both.

There are a number of ways to arouse your partner and create unique sensations during anilingus. You can lick the perineum (the skin leading up to the anus which is also very sensitive) or gently blow or suck on the anal opening. Drink some cold water beforehand to give a cooling (but not cold) sensation or give small light love bites to the area.

Never "double dip" – do not put your tongue or mouth on anything after it has licked or kissed the anal area until you have rinsed your mouth out thoroughly. An antibacterial mouthwash is a good thing to have around.

Under no circumstance should you engage in anilingus and then kiss the other person before washing your mouth out. You will be transferring bacteria from one place to another.

25. Anal sex for one is fun too

You don't have to have a sexual partner to enjoy the benefits and pleasure of anal stimulation. Masturbation that involves anal insertion and penetration goes back to ancient times when small weighted balls were inserted into concubines in harems to allow them to pleasure themselves during the long waits between times with the master of the house. Fingering yourself, anal beads or anal vibrators are all ways anal stimulation can be part of a self-sex experience.

The best thing to do is make sure to use objects designed for the anus (flared base, soft material). If you are going to use an inserted sex toy during a self-sex session make sure it is something you can easily reach around and insert and remove yourself. Even some toys with flared bases lie smoothly against the body are hard to grasp or remove.

The least advised toy for anal masturbation is anal beads. When you get a new set of anal beads there are two things you need to do. First, you need to check the seams on the beads themselves. Most anal beads are plastic or silicone and they were molded together leaving ridges or seams on the bead. Take a fingernail file or other device and file those seams down so they are smooth. Although the seams don't feel like much to your fingers, pulling them across the sensitive tissue of your anus can be quite painful.

Second, you need to count them. Count how many go in and count how many come out. If you don't have the same number, go to the doctor. It is not uncommon for the string to break or a ball to dislodge from the string.

The other sex toy that is not advisable for anal play is glass dildos. If you go to sex stores or look at some high-end online retailers you will find a number of highly beautiful, smoothly designed glass plugs and dildos. While they may make a stunning, and interesting, display on your coffee table you simply don't want to incur the risk of putting a piece of glass (even a lubricated thick one) in an orifice known for its strength and unwillingness to cooperate on demand. Glass sex toys are for show only.

Using a silicone butt plug along with a vibrator is a fantastic way to trigger a strong orgasm. The anus, full of nerve endings, gives your brain an extra jolt every time your hips move back and forth, increasing muscle tension

which, in turn, increases the strength and power of release. There are many ways to finger and fondle your anus during masturbation that will increase your pleasure and help you prepare for anal intercourse with a partner someday.

26. Being penetrated is not just for the ladies

When heterosexual people talk about anal sex more often than not they are talking about the male as the inserting partner and the female as the receptive partner. But the orifice and the nerve endings lining it are the same for both genders and many men have discovered having something inserted anally ramps up the pleasure for them as well.

The same techniques that are recommended when a penis enters an anus apply when a sex toy, or finger enter a man's anus. Lots of lubrication, gentle pressure and letting him determine the depth are all part of the experience.

There is a training video set made specifically to instruct couples on how women can use a strap-on dildo to penetrate men safely and enjoyably. The series, entitled "Bend Over Boyfriend" can be purchased from the Good Vibrations store or online website and is sometimes found with other sex education videos.

Switching gender roles and sexual norms adds a level of taboo to sexuality that can be very exciting. Being penetrated for sexual pleasure can also make a man a better partner when he is the inserting partner because he has experienced the pain of entry and has a much better idea of what the receptive partner experiences.

If a strap-on dildo seems to be too much, a butt plug or finger are also excellent ways for guys to experience for themselves what that side of anal sex is all about.

27. Check the law before your travel

Sodomy, the legal term for anal sex (and sometimes other forms of sexuality that are non-procreative like oral sex or mutual masturbation) was illegal in some states in the US until the Supreme Court ruled in the landmark case *Lawrence vs. Texas* (2003) that no state had the right to dictate what consenting adults do in the privacy of their homes. While some states still have sodomy laws on the books, they are unenforceable in the United States. However, there are still other countries where anal sex is against the law.

Before you travel, check the laws and social customs of the area you are going to visit and make sure you understand what you can take into the country (in some countries sex toys are illegal as well) and what you can do while there.

While many countries now allow consensual sodomy, almost all have age restrictions. Sodomy is legal in the US, Central America, South America (except Jamaica) UK and in Canada providing both participants are over 18 years of age. However, in most of westernized Europe the age of consent is 15 or 16 as opposed to 18. Although China has never criminalized sodomy, Hong Kong has a restriction against both homosexual and heterosexual sodomy between participants less than 21 years of age.

Countries where sodomy is prohibited and can be prosecuted incurring penalties such as time in prison, fine, or expulsion from the country are: Malaysia (up to 20 years in prison), Cook Islands, Singapore (2 years in prison), Zimbabwe (1-5 years in prison), almost all of Northern Africa (1 to 3 years in prison, Nigeria (prison, corporal punishment), Eastern Africa (except Rwanda) (prison time), Jamaica (up to 10 years hard labor), Iran (prison or death), Iraq (prison or death), and Palestine (prison).

In short, any country with a religious political structure or that is known to have more conservative political and social leanings should be one that you are not going to attempt to have sodomy while visiting.

Conclusion

This guide should have shown how much power, pleasure and potential lies in anal sex. Almost every country in the world has considered its legality. Doctors, sexologists and researchers have studied its frequency, techniques and methodology. Couples laugh about it, fight about it, dream about it and sometimes even divorce over it.

Anal sex is an intimate, irreplaceable experience combining the very best elements of relationships – trust, communication, cooperation and consideration with the very best set of sensations – nerve endings, internal fullness, brain chemistry and intimate contact.

Sitting right on the line between pleasure and pain, anal intercourse offers couples a chance to reach new heights of satisfaction and experience an intimate journey together. Following these tips and precautions, there is no reason you can't have that ultimate pleasure in your sexual repertoire as well.