

8 '-Ates' of Foreskin Restoration

INITIATE - STIMULATE - EVALUATE - ALTERNATE MASTICATE - MEDICATE - MASTURBATE - REJUVINATE

Initiate

"There is no time like the present". After finishing their restoration, there are many men who have reported regret at not starting sooner. Apprehension at the patience and perseverance needed to successfully restore your foreskin is often the main reason why men delay the start of the process. The longer you wait to start the restoration process, the longer it will take to accomplish. That said, no one should blindly move ahead with any restoration process without first thoroughly researching the pros and cons of the topic and knowing that you are investing in your future. While I do not advocate restoration before the age of 18, starting as young as possible, when the body heals itself faster, and the results can be enjoyed longer, is advisable. (see Links)

Stimulate

The theory behind skin stretching and growth is based on the body's reaction to stress and stimulation. The idea is that as skin cells are subjected to the stress of tension (stretching), the body attempts to alleviate that stress by increasing the number of skin cells available. As new cells fill in the area and 'grow' skin, the local stresses are reduced. By maintaining the stress (stretch) as the number of cells increase, the process can be continued indefinitely. The whole process of foreskin restoration is based on stimulating the skin to grow by maintaining a reasonable tension on the skin, for a reasonable time, and using a reasonable method. I use the word 'reasonable' since each of us will have a different degree of comfort (both physical and mental) with the various stretching techniques and tension levels available today. Regardless of the technique used, the goal is to stimulate the skin into lengthening.

Evaluate / Update

The future can often seem vary far away. I would strongly recommend to anyone starting foreskin restoration that the best way to keep focused on the goal it to get a real sense of progress. Since the restoration process is very long and drawn-out, having visible / verifiable proof that there is progress happening gives the incentive to continue. Monthly progress that may only be measured in 32nds of an inch is not visible can be discouraging. If however, you realize that those small increased add up over the course of a year, it is encouraging.

Too often, the diaries of Restorers have a first entry of "I have been restoring for six months now, but didn't measure when I started..." or "Here are my latest photos, but unfortunately I don't have any from before I started..." Realizing that there is actual skin growth has a profound physiological effect that reinforces the progress being made. Taking before/during/after photos, noting changes in glans texture / color / sensitivity, and keeping records of skin length / coverage is a definite way to know

the progress being made. There are various ways to measure and various milestones to strive for. Regardless of the method used to chronicle the progress, keeping track of it is an important way to stay focused.

Sample Milestones:

- 1) Wrinkles / Folds appear in previously smooth (remaining) inner foreskin while flaccid.
- 2) Folds on remaining inner foreskin consistently touch the coronal ridge.
- 3) Folds begin to consistently create a 'cleft' between the inner foreskin and the glans.
- 4) Changes in glans texture / color / and sensitivity, with the possible production of smegma.
- 5) Foreskin consistently extends to spontaneously cover full glans while flaccid.
- 6) Foreskin consistently extends to spontaneously cover full glans while erect.

INSTANT FORESKIN: Reports of partial or total coverage of the glans by the newly stretched skin within several weeks of starting a stretching program can be attributed to two things: a) an increased awareness of the penis, and overoptimistic estimates of the changes achieved, b) as the skin on the shaft of the penis is forcefully manipulated, I believe that there are adhesions and structures in the underlying tissues that either stretch or break, allowing for a new freedom of movement of the skin relative to the shaft = move available foreskin. Although the initial gains seem fabulous, the pace will not be kept up. Look past the eventual slow-down, and rejoice in the gains.

Alternate

In bodybuilding, when a certain exercise is repeated for every workout, the body becomes accustomed to that exercise and over time, the gains made by doing that exercise diminishes. To get the greatest benefit from the workout, the bodybuilder should alternate the exercise being performed. Bench press, free fly's, and peck-deck can all be used to stimulate the chest, and by alternating the routine, the body benefits. The same can be said about foreskin restoration. By alternating the routine, the body is less likely to reach a plateau that impedes progress.

Many things can be adjusted:

- 1) Stretching technique: There are many techniques that can be used to tension the skin. O-Rings, manual stretching, homemade tuggers, or the many commercial apparatus' available, can all produce results. I would suggest however, that by alternating any or all of these techniques your body will always be dealing with different stimuli, reducing the likelihood of reaching a plateau and maximizing your results.
- 2) Degree of tension: Changing the tension from short periods of higher tension to longer periods of lower tension can keep your body from adjusting to a continuous stress, and encourage growth. You may also find that using a high tension technique for a short period of time and following it with very low tension (single o-ring / unstretched taping) can give the skin a chance to adjust while encouraging the glans 'hug'.
- 3) Focus of stress: By alternating the focus and position of the stress on the inner / outer foreskin or 'Point of Equilibrium', you can allow one area to rest while another is stressed, increasing the overall growth.

4) Rest: As in bodybuilding, rest is a requirement. Rest gives the body a much-needed break, allowing it to respond to the stresses it has received. Rest increases development, while reducing the chances of injury. Restoring for several days, and resting for one or two is an option (weekday vs. weekend). I strongly recommend that 24-hour / 7 day restoration is not suggested.

Masticate

Eating a balanced, nutritious, variety of food aids in general health and well-being. The growth, repair and function of your body tissues is greatly influenced by the quality of nutrition you receive. Fruits and vegetables, as well as a variety of low/medium fat red meats and minimally processed grains should provide all you need. The nutrients and quality protein you take in are the basic building blocks used to manufacture your new foreskin. Eat right, stay healthy.

Medicate

Sometimes eating sensibly is not enough. The use of vitamins and other nutritional supplements can give our body a boost when we need it. Taking a general multivitamin is always a good idea, and supplemental vitamins E, A, C and D are also recommended for healthy skin tissue. Whether taken orally, or as part of a medicated topical cream, you can accelerate your restoration process. *Consult with your doctor prior to taking these or any medications.*

Minimum Recommended Daily Allowance (Source: www.iom.edu)

Vitamin A: 900 ug / 3000 IU

Vitamin C 90 mg / 3000 mg

Vitamin D 5-10 ug / 200-400 IU

Vitamin E 15 mg/ 22.5 IU

(This is a guideline only. *Please consult with your doctor prior to taking these or any medications.*)

Masturbate

That's right! Not only it is an enjoyable activity, but it will also help you on your journey to foreskin restoration. The technique used however, should follow what an intact man would do. Grasp the shaft skin firmly and slide the mobile skin over the glans and backwards along the shaft until a slight tension is felt. Continue until finished. Since the sensations produced are less intense, it may take longer to finish than you are used to. As the skin on the shaft of the penis is firmly manipulated, I believe that there are adhesions and structures in the underlying tissues that either stretch and/or break, allowing more freedom of movement of the skin relative to the shaft. As well, the tension applied at the end of each direction change acts as a stress that the body must cope with, leading to tissue expansion. There is also the added benefit of not rubbing the glans directly. This will help undo some of the abuse that the exposed glans has had to deal with, helping to return some lost sensitivity. After masturbating this way for a while, going back to the usual "friction" way will show an amazing change in sensation.

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(Note: There have been reports of temporary localized edema (swelling) of the inner foreskin tissue after vigorous masturbation using this technique. No pain or discomfort was experienced, but residual swelling may interfere with other tugging / tensioning restoration methods. Swelling usually subsides within 24 hours. A medical professional should investigate very severe or long lasting swelling.)

Rejuvenate

The improvements that come with restoration of your foreskin may not regain all that was lost, but it is a step in the right direction. Patience and perseverance will be rewarded.

We will try to update both the text and illustrations in this document as they become available. Please check back periodically for updates.

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