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**WILLPOWER** MAGAZINE  
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# BETTER BOTTOMING







## FIBER IS YOUR FRIEND.

...to cut your cleanout time as it acts like a magnet to the residue in your colon. I recommend fiber capsules twice daily at least 2 hours away from other medications.



## DON'T OVER DOUCHE...

unless you are going to use large toys or get fisted. You really only have to clean out the last 6-8 inches of your GI tract.

Then there's a giant turn called the rectosigmoid junction where water can get trapped if you put too much in! That just makes for a bigger mess and a longer cleanout.

If you're unsure about your cleanout, lubricate a dildo, gently slide it in as far as you can and pull out. If clean, then you're good to go!





You need to warm someone's hole up before just ramming your cock in there! You can do serious damage, and cause pain, and even anal fissures (tears of the delicate lining of the anus). There are tons of nerves down there.

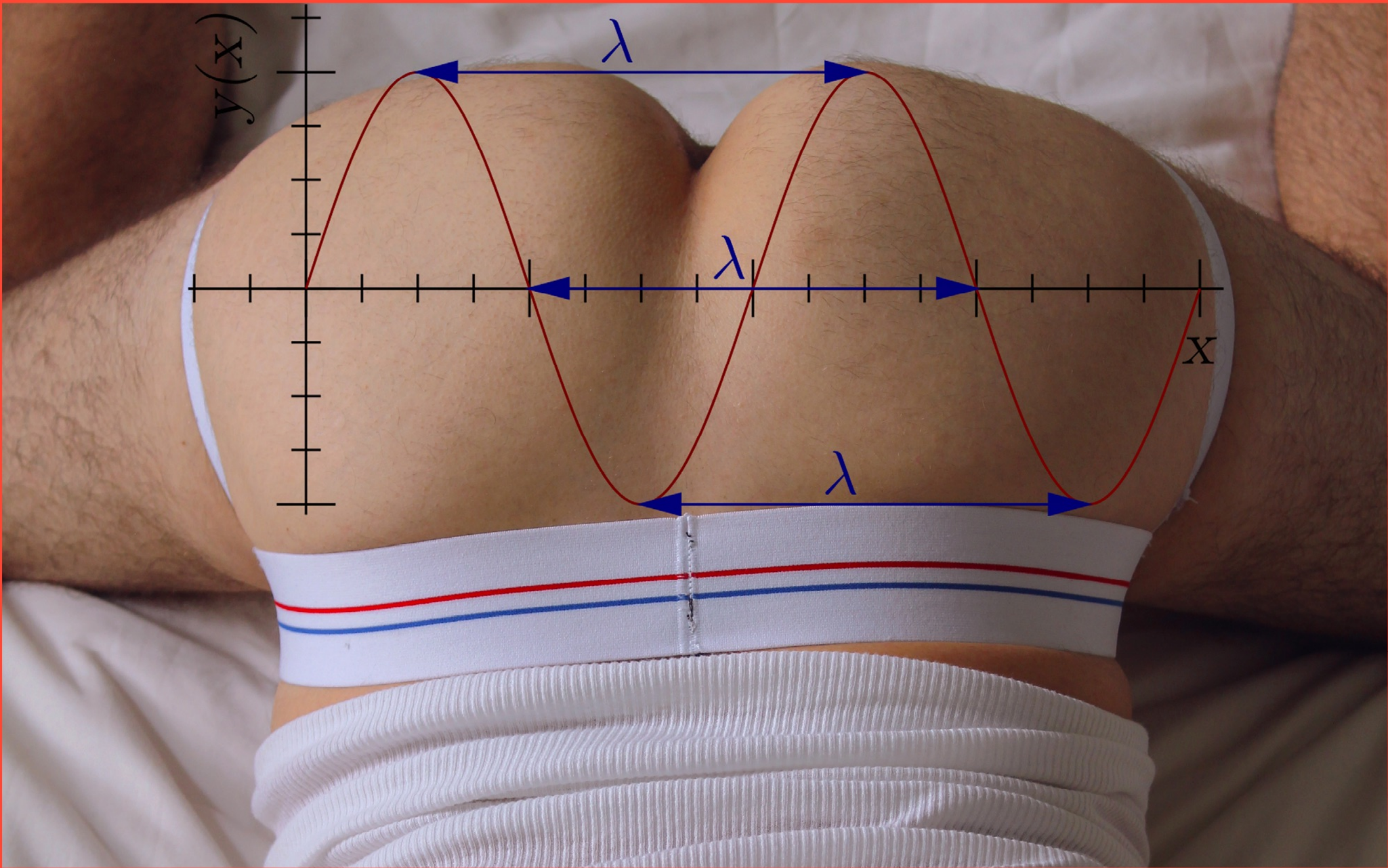
**LICK IT,  
TEASE IT,  
BLOW ON IT!**





**USE GREAT LUBE!**

I love silicone lube because it is slippery and protects the anal lining and you don't have to apply it as frequently to keep a good rhythm. Lube makes it good for everyone!



**THIS BUTT CLOCK TRICK HAS REVOLUTIONIZED ANAL SEX FOR PEOPLE AROUND THE WORLD!**

Think of the asshole as a circular clock face. The internal sphincter can be made to relax with lateral pressure to open up that tiny hole so it can accept a thick cock or toy.

Stick your finger in your partner's hole about 2 inches and press over laterally at the 9 o'clock position. Hold firm but not painful pressure for 15-30 seconds and repeat at 3, 6, and 12. This Butt Clock trick has revolutionized anal sex for people around the world!

**BREATHE DEEPLY AND CALMLY.**

I recommend that bottoms start on top so they control how fast and deep a cock goes in until they are comfortable! It makes a difference. Breathing deeply and calmly and pushing out a little as a cock enters your ass helps open you up as well.



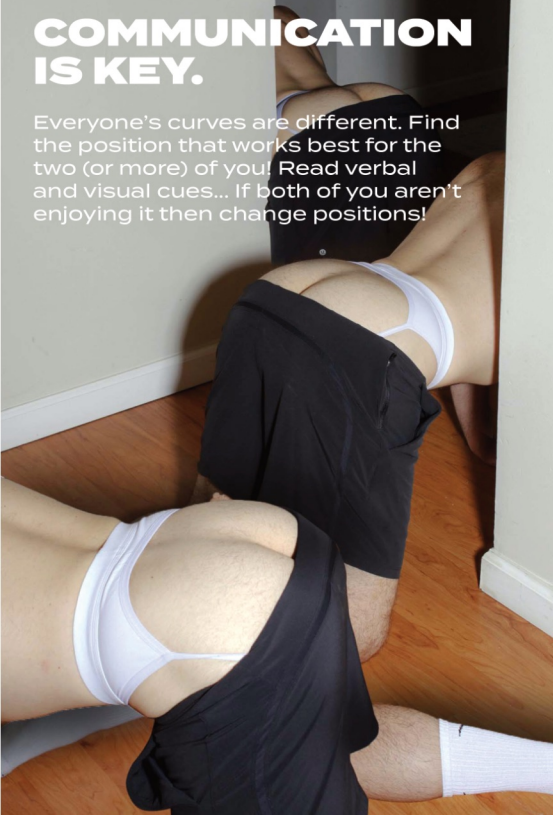
**THE G SPOT FOR THOSE WITH A PROSTATE IS THE PROSTATE GLAND.**

It is situated between the penis and rectum about 2 inches or 4-5 cm inside the rectum, just under the lining of the rectum. It can be found down at 6 o'clock if your partner is bent over facing away in front of you, and up at 12 if you are looking at your partner face to face and they are on their back. Hit it with a "come hither" motion of your finger.



# COMMUNICATION IS KEY.

Everyone's curves are different. Find the position that works best for the two (or more) of you! Read verbal and visual cues... If both of you aren't enjoying it then change positions!



## NOT EVERY BOTTOM WANTS TO CUM.

Some just want your cum as their trophy...but communicate about that! If they want to cum, make sure they get off too!!







Design: Bryan Baahman, GenslerAufkommen

## **EVERYONE IS PERSONALLY RESPONSIBLE FOR THEIR OWN LEVEL OF PROTECTION,**

which should be discussed and negotiated before sex. Whether barrier-free play with PrEP, Treatment as prevention, or condoms are used... make sure that is planned out in advance of sex. Remember PrEP when taken properly

does a fantastic job of protecting against HIV infection and someone who is consistently Undetectable for HIV cannot spread the virus through sex, but there are other STI's to consider if condoms are not used.

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