



## CHEAP SHOT G-SHOT

### Plastic Surgery Invades the G-spot

**LOVE-YOUR-BODY WARNING:** THE G-SHOT OR ANY COLLAGEN AUGMENTATION OF THE G-SPOT IS UNNECESSARY AND MAY BE HARMFUL

by Deborah Sundahl  
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This article is in response to national television coverage (June 9, 2007) on a new plastic surgery procedure, called the G-shot, which injects collagen into the G-spot. I have listed six reasons why women should be cautioned against this procedure.

First of all, the G-spot is the female prostate. Doctors who are performing this G-shot procedure are mostly uninformed on this fact. And fact it is: in 2001 the term 'female prostate' was finally awarded a place in *Histology Terminology*, the medical journal responsible for naming anatomical parts.<sup>1</sup> Therefore, I would strongly advise any woman from opting for this procedure. Too little is known about the female prostate in general, much less the effects that collagen injections would have on the numerous tiny ducts and glands that make up the female prostate.

Secondly, it is simply not necessary to arouse your G-spot to that extent. This procedure, at this point in time, is taking advantage of the fact that women are frustrated in their attempts at trying to awaken the sensations of the G-spot (or even find it) due to the complete blackout of information on the G-spot until recently. This silencing of the G-spot's central role in female sexuality is mostly due to this same medical profession, who have for years considered the G-spot vestigial "dried up and non-functioning," or denied its existence altogether - as one gynecologist so eloquently put it in *USA Today*, "The G-spot is as real as a UFO."<sup>2</sup>

I find it abhorrent that a profession can denigrate and deny the existence of a central piece of female sexuality since Victorian times, and then turn around and prey upon the results of this forced ignorance on the public, by offering an expensive procedure to fix the problem they created. This should be outlawed!

Thirdly, the G-shot site and other websites - including Wikipedia - are hopelessly out of date regarding the location and nature of the G-spot.<sup>3</sup> The female prostate's glands and ducts, surrounded by erectile tissue, is sprinkled along the urethral canal, starting at the outside opening and extending approx two inches along the canal toward the bladder. Since the urethral canal parallels the vaginal canal, the G-spot can therefore be felt 1) around the opening of the urethra; 2) at the opening of the vagina, and 3) just inside the vagina through the vaginal roof.

I repeat: It is an organ. It is not a spot. On the G-shot website and far too many other websites, this lovely organ is still depicted as a spot.

In my book, I define the *head*, *body* and *tail* of the G-spot, in order to give us a bit more language with which to understand and appreciate this precious, juice filled organ. The G-spot's head surrounds the urethral opening and continues to the vaginal opening. The body is just inside the vagina where you can feel the famous G-spot ridges. The tail is the area approximately two inches inside the vagina where the finger naturally curves around the tail of this organ, and is the famous location where most

women feel the most sensation - in an unawakened G-spot.

What is going on that most women do not feel aroused by their G-spot, or feel exquisite feelings in their vagina, since this organ - as men can attest to - is ultra sensitive by nature? Let me stress that: *ultra sensitive by nature*.

In my lecture, I address the four main reasons why this is, and I will not go into these here. However, as I say in my lectures, what would men do if their partners came at them with a hard, large dildo, and rammed it to their prostates? Perhaps numb out? Perhaps shut down sexually? Perhaps say, "Not tonight, dear. I have a headache?" Perhaps find it difficult to have an orgasm, and then feel confused (and perhaps a little abused) when the culture cries from every corner that 1) perhaps men just are not orgasmic; 2) perhaps men are just not meant to have orgasm; 3) the most insulting discourse yet: what is the evolutionary nature of the male orgasm anyway?

And what would men do if they were told they did not ejaculate? That in fact their ejaculate was urine? Maybe they would be afraid to feel their full desire. Certainly, they would clamp down and hold back on their ejaculation so as not to offend their partner(s) or embarrass themselves. And in doing so, men would rarely, if ever, experience full sexual satisfaction. Perhaps they would have a hard time 'letting go' (men's biggest sexual complaint about women). In addition, some would feel a burning sensation upon being touched or even slightly aroused, and they would think something is wrong with them, perhaps a medical condition. Or, in order to not feel this burning sensation, they would consign themselves to live a life of the 'low libido male'.

Fourthly, it is fairly easy to awaken these sensations with informed education, as well as some healthy erotic techniques. And because the G-spot's sensations are naturally awakened, they are more exquisite than the sensation of being pumped up with collagen - *and under your control!*

Fifth, the G-shot website states that collagen injection will make the G-spot "...about the size of a quarter in width, and one fourth of an inch in height (meaning the projection into the vagina)"<sup>4</sup> HELLO! This is the size of most women's G-spots when they are aroused anyway! For the smaller percentage of women whose G-spot's are not *felt* to be that size, their G-spot will, in most cases, enlarge to that size once a woman is ejaculating and has integrated this organ into her sex life.

So, the collagen will make the G-spot constantly the size of its naturally aroused state! What kind of ignorance and shammy sales hype is this? Is this healthy? Is this necessary? For sure, it is not approved by the FDA as a safe procedure, and the G-shot website states the collagen they use is second-rate, "an 'off label' use".<sup>5</sup>

Please! Treating women's sexuality like some cheap, male-devised sexual thrill, and her erotic body inconsequential enough to inject it with second-rate bio-chemicals is last century's mindset. Women! Don't fall for that trap!

If a woman wants to run around for a month with the equivalent of a hard penis, at the cost of \$1,800 - \$6,000 on average, and be prepared to suffer the health risks of this choice, then this is a free country, so have at it.

What I am outraged and deeply concerned about is that too many women who are sexually frustrated will opt for this procedure. Please don't! Instead, spend some time with yourself to explore the G-spot and slowly re-awaken its sensations - sensations you were born with. Learn over time to have a G-spot orgasm (the elusive vaginal orgasm). But don't fall for a cheap shot, G-shot remedy as a last resort to sexual frustration and confusion. Restoring this lovely organ to its original, healthy state after centuries of silence and abuse takes some time and commitment of course. Remember, the G-spot is not a magic button, but an organ to treat with love and respect. So, give it the time and attention it (and you) deserves.

Lastly, I am constantly shocked at a medical profession who pushes drugs and procedures onto its public, which all have side effects and in some cases deadly. The long list of *68 health risks* listed on the G-shot website is blood curdling.<sup>6</sup> What is truly

terrifying is this: ***plastic surgeons don't know the full risks involved in collagen injections to the G-spot, if they don't know that the G-spot is the female prostate!***

As the G-shot website pointed out, collagen injections are used for treating urinary stress incontinence. While this may be true in the past, most informed doctors and health practitioners today are aware of the fact that simple kegel exercises (vaginal/pelvic muscle exercises) are used successfully in correcting incontinence problems. We have the Federation for Feminist Women's Health Care Network, which began in the 1970's, to thank for this cure, not the health care profession. Use it (your vaginal muscles) or loose it! Using drugs and costly, invasive medical procedures to cure a health problem when natural alternatives are available is the same twisted logic as eating junk food and getting surgery to loose fat, when exercise and diet could shed most of that. And what this doesn't reduce, then common sense tells us that most women's natural, beautiful bodies are obviously built fuller and rounder. Therefore, women should be actively protesting against a culture that wants to reduce them and their daughters to something as thin as a twig, instead of fretting over the piece of bread they ate today.

Love your body! Love your sexuality and your erotic desires! Don't give into a puritan culture that is so body, pleasure and love hating that it vilifies sexuality on the one hand, and yet acts in the most adolescent, perverse and/or risky sexual manner on the other hand.

Find balance. Find your own rhythm, Take some time for yourself and treat yourself to a new dimension, free of drugs, doctors, costly procedures and G-shots! Create instead a delicious sexual dimension under *your* control.

Be Well. Be Juicy. Be Smart.



**Deborah Sundahl** is author of [Female Ejaculation and the G-SPOT](#) (printed in three languages), producer and host of three DVD's on this topic (including the first video on female ejaculation (1991)), international lecturer and seminar leader, as well as a life long spokesperson for female sexuality, She has studied the scientific findings and discourse on the G-spot for over 20 years. She cautions against the use of collagen injections to the G-spot - the female prostate.

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The Female Ejaculation Sex Education Institute™

**Deborah Sundahl's Website is a Collagen Free G-spot Zone**

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1 Sundahl, D. [Female Ejaculation and the G-SPOT](#). Alameda, CA: Hunter House, 2003 pg. 31.

2 Sundahl, D. [Female Ejaculation and the G-SPOT](#). Alameda, CA: Hunter House, 2003 pg. 100.



*"It's not pee,  
it's love juice!"*

3 <http://www.thegshot.com/background.htm>

4 <http://www.thegshot.com/how.htm>

5 <http://www.thegshot.com/risks.htm>

6 <http://www.thegshot.com/risks.htm>