

CUNNILINGUS

FAQ®

Too Afraid to Ask? Don't Worry. Here Are the Answers!

by Jennifer S. Dobrowitz

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Introduction

In short, this book is a collection of answers to questions I am frequently asked to save me from having to answer the same things over and over again.

If there are still any questions you may have left unanswered or a new question pops into your head while going through this FAQ, please feel free to email it to me at jennifer.dobrowitz@gmail.com. If your question does get into the next edition, worry not, your anonymity is always guaranteed!

1. Is it safe to perform cunnilingus if she has recently urinated?

In short: Yes.

It's not clean, but it's usually safe. Physiologically, urine is sterile because it's a super-filtrate of blood. It becomes contaminated with bacteria on its way out of the body as it passes through the urethra. Depending on the sorts of bacteria with which it comes into contact, her urine can be physiological or pathological. Women also typically wipe away excess urine after peeing and, even if they fail to do so, the remaining amount of urine is likely too small to do significant harm, even if harmful bacteria may be present.

2. Do women like receiving cunnilingus?

In short: Yes.

Not every woman is the same. Some of us like certain treats and treatments, others may disagree. A majority do like oral sex, but there are some that don't. Like every other difference between individuals, this one should be treated with respect and understanding.

3. Can I get my girlfriend pregnant by giving her oral sex?

In short: No.

In order to impregnate her, you need fertile sperm cells. Sperm is a product of the testicles, not the mouth, so you cannot get her pregnant solely by performing oral sex. However, if oral sex is done as foreplay, it *is* possible to get her pregnant during the ensuing vaginal intercourse. Essentially, any situation in which sperm is injected into your partner's vagina can result in pregnancy. So, if (for some reason) you decide to put sperm in your mouth (or any other body part) and shoot it into her vagina, there is a chance that she will get pregnant.

4. Is it safe to perform cunnilingus?

What about STDs?

In short: It is usually safe if she has tested negative for STDs.

If a woman has tested negative for STDs, it is likely safe to give her oral sex. Note, however, that there is something called a “window period” for STDs, which is between the initial infection and the point in time at which it can be detected. Thus, she might receive false negative results from an STD test. During window period, no visible signs of infection can be spotted, nor lab tests can detect presence of infect agents (usually due to the fact that the number of pathogens is lesser than the threshold of sensitivity of those tests). The window period varies among different types of STDs; from several days (for Chlamydia and Gonorrhea) to several weeks (for Hepatitis, HIV, and Syphilis).

5. I can't get over her smell, what should I do?

In short: Try harder to get over it, or try to fix the smell.

If it's so difficult for you to get over her vaginal odor, maybe attempting to change the odor will help. First of all, a bad smell can be a sign of vaginal infection. It would be wise to visit a doctor to run some tests. If the tests indicate that no infection is present, but natural vaginal discharge is still too repulsive to take the dive to tongue town, taking a shower just before oral sex might help. Additionally, you could try to convince her to change her diet. Pineapple works wonders!

6. My girlfriend has a hairy pubic region. How can I convince her to shave it without offending her?

In short: Ask her politely.

Try suggesting that some changes might be refreshing to your sex life. Ask her what she would like to try first — if there are changes that she would like to see from you. She will probably ask you the same question in return. If not, just casually lead the conversation toward your own ideas, using whatever suave techniques you used to pick her up in the first place. Be kind and don't insist too much. Rather, make it seem intriguing how great it might be if she turns that fur burger into a clean pink taco!

7. My girlfriend says it hurts her, a lot, when I lick her. What's wrong?

In short: She is too sensitive or you are overdoing it.

Your best bet would be to have an open and honest conversation with your girlfriend. Ask her what it is *exactly* that you are doing when she feels pain. Be kind and polite. Experiment! Try doing it while she navigates you to the special spots where she likes to be touched or licked. Have her guide you with suggestions of pressure and pace. Take your time.

The main mistake in cunnilingus one can usually make is applying too much pressure to her clitoris using a stiff tongue. If this sounds like it might strike a chord with you, stop immediately! Instead, you need to make sure that you have softened your tongue and gently make circles around her clitoris without touching it directly. This technique is a “regular” method you can use to bring many to orgasm. If, and I mean only she shows or otherwise indicates that she is into something more

intense, you could explore further by slowly moving your ever so soft and wet tongue onto the hood of her clitoris and focus particularly on that spot. Keep your rhythm steady and your tongue soft and wet. This will most likely bring her to the orgasm. However, if you recognize that she is ready to go even further, let your tongue go straight for the clitoris. Naturally, the pressure should be light and your tongue soft and wet, all until she asks for more, when you can harden it and begin to lick harder.

8. My neck hurts when I go down on her, what should I do?

In short: Change position and check your neck.

If you experience pain in your neck while giving her oral pleasure, try to find other positions that will be more comfortable for you. There are many of positions explained in *Learn to Lick*. If your neck hurts at all times, or when you aren't yodeling in your woman's valley, you may want to see your doctor.

9. How long should it take to get her to orgasm?

In short: It differs from woman to woman.

Not every woman is exactly the same. Some can achieve orgasm in a few minutes, while others require much more time and effort. In addition, some women are anorgasmic (unable to experience that special moment) or even asexual (lacking interest in any sexual activity).

10. Can my girlfriend lose her virginity if I give her oral sex?

In short: No, if you do not penetrate her. Yes, if you do.

Actually, it depends on how you define virginity. If your definition is that she has an “intact hymen”, then do not penetrate her with anything (fingers, tongue, sex toys, etc.) under any circumstances, and

she will remain a virgin. However, if your understanding of virginity is more stringent, and you define the term as complete purity of body and never having experienced any kind of sexual activity with another person, then your girlfriend will no longer be a virgin once you've gone south on her.

11. My jaw hurts after giving her oral sex. Is it possible that I'm naturally not meant to?

In short: If you can speak and eat, you can do oral sex.

The problem here is likely the position you are in when eating that box lunch. Try to find positions that are also pleasurable for you by experimenting. Please read the chapter in *Learn to Lick* dedicated solely to explaining positions for cunnilingus. Have fun experimenting!

**12. I'm not sure I can find her clitoris.
Her labia are making it difficult to find,
and I'm confused.**

In short: The clitoris is located under the clitoral hood.

The clitoris is a small, bud-like organ located under the clitoral hood. The clitoral hood is formed by two labia minora just under the pubic bone. The anatomy of female genitalia is undoubtedly confusing to some, so I included a detailed and illustrated explanation on this subject in *Learn to Lick* before delving into everything you need to know about making incredible mouth-love to your partner.

**13. I know I should use a dental dam if
I want to be completely safe during
oral sex, but I'm ashamed to suggest it.**

I know my girlfriend had a promiscuous past, so how can I ask her to use one in a way that doesn't offend her?

In short: Tell her that you always use a dental dam before you have confirmed that all of her STD tests showed negative results; make it a necessity.

Tell her politely that you always, at all circumstances, practice completely safe sex, in any form. Oral sex is no exception. Tell her that it's your habit to use dental dam unless you have both shown to be STD free and are in a completely monogamous relationship. Please keep in mind the window for all of the diseases to be tested for, as we have previously discussed. Do not make her do it alone. Offer to do it together with her for yourself to show you have nothing to hide.

14. Can I do oral sex while she's having her period?

In short: Yes.

If she uses a tampon, she can practically stop her menstrual bleeding altogether for a short period of time. Even if a small amount of blood happens to enter your mouth, you probably would not even notice. It is not going to kill you nor harm you in any way. However, it is ill-advised to lick and swallow menstrual blood if you are unsure of her status with STDs. Use a dental dam or another protective method explained in *Learn to Lick*.

15. Is it possible to contract HIV from cunnilingus?

In short: Yes.

If you have any kind of wound in your mouth and you go down someone who is HIV positive, there is a chance you might contract HIV. Use a dental dam as protection in this case. *Learn to Lick* gives a detailed explanation on how to use a dental dam, along with all the important things you need to know about STDs and methods of protecting yourself and your partner during cunnilingus.

16. Can I hurt her with my teeth while giving her cunnilingus?

In short: Yes.

The female sex organ is very sensitive. Any extreme manipulation can cause harm. Strong bites, irregular use of sex toys or other objects, violent hand movements, or anything of the sort may cause injury. Besides, what do you need teeth for while performing cunnilingus anyway?

17. I want to try cunnilingus, but it looks disgusting! How does it taste?

In short: Don't judge a book by its cover.

It looks disgusting?! What made you think that? Porn videos? A friend told you? You saw it in some other, extremely awkward situation that you'd rather not explain? Well, all I can tell you is that you had one bad experience. The taste can't be explained easily. It's as difficult to describe as the taste of sperm, tears, blood, etc. It also depends widely on your partner's diet, the period of her menstrual cycle and a number of other factors. My initial response to the question "what is the taste of the vagina in question?" is: "Sexy." Find out for yourself and email me your personal answer at jennifer.dobrowitz@gmail.com.

18. What is the origin of the term *cunnilingus*?

In short: Cunnus (Latin for vulva) + Lingua (Latin for tongue)

The term cunnilingus refers to the practice of placing one's tongue on another's vulva, i.e. licking the vulva. It is derived from two Latin words: *cunnus*, which means vulva, and *lingua*, which means tongue. One of my professors at the School of Medicine once told us:

“When you don't know how to politely name a certain part of the body or some act, just use Latin.”

Ergo, cunnilingus is the “decent” term for muff diving, eating out, going down on her, licking her out, and so on.

19. I think I have a small penis. Can giving good oral sex make up for that fact?

In short: Yes and no.

We are all different. There is no mathematic exchange of pleasure between sex acts. You can't walk up to your partner or roll over in bed and say, "I'll give you 3 vaginal orgasms using my penis, 2 vaginal orgasms using your dildo and I'll lick you until you reach 6 clitoral orgasms. In return, I want you to give me two blow jobs each day this week." The truth is, some women prefer certain types of sex over others. If you can't overcome insecurities about your manhood, you can try to find a partner that enjoys oral more than she enjoys vaginal or anal sex. Besides, who truly has the authority to determine what makes a penis "small"? Size to the woman is subject to her past experience. Who knows — if you consider it small, maybe your future wife will consider it to be perfect.

20. I'm a lesbian and I'm not a fan of giving or receiving oral sex. I also haven't had much luck with women in the past. Can my aversion to oral be a reason for this?

In short: Yes and no.

Some women enjoy oral sex and some just hate it — giving and/or receiving. If your ex-girlfriends loved it, that *could* be the reason those relationships ended. But that doesn't mean that you should give up searching for a partner. There are certainly those out there who dislike oral sex and also like the activities you enjoy. It's just a matter of finding that perfect mate, just like any other individual wishes to do. I personally know of one lesbian couple that has no interest in oral sex whatsoever. You should see their collection of strap-ons...

21. Some medications I take have been giving me impotence problems. The fact that I'm married makes this an even bigger issue for me. Will good oral sex satisfy my wife?

In short: I guess so.

I can only guess how your wife will react to oral sex. You can, however, find out for yourself. Consult *Learn to Lick* for some great advice on how to create a pleasurable atmosphere, choose the perfect position, establish technique, and other essential practices. All the tools you need should be either in the book or within your own abilities.

22. Can you get herpes when performing cunnilingus?

In short: Yes.

Herpes is a common STD caused by Herpes Simplex virus (HSV). You can get herpes even if your partner shows no signs of infection, which is why it is of extreme importance that your partner gets tested for STDs prior to having unprotected sex of any sort. There are different sorts of protection, including dental dams, condoms used for cunnilingus, etc. STDs and methods of protection are thoroughly explained in *Learn to Lick*.

23. How can I be sure that I have her permission to give her cunnilingus?

What should I ask her?

In short: Ask either verbally or non-verbally, and expect a verbal or non-verbal answer.

There is seduction and persuasion, there is passion and desire. At the heart of every romantic relationship should be love and mutual respect. Never do anything that will harm or hurt your partner's feelings. Sometimes you can simply ask for "favors" in a polite and sexy way.

Sometimes the actions you and your partner display can communicate much more than words ever could. It's up to the connection you share and your sensibility to determine the best way to ask. There is a chapter about proper mindset for giving her unforgettable oral, as well as a chapter that discusses the details and nuances of foreplay in *Learn to Lick*.

24. Should cunnilingus be reserved for marriage or serious relationships, or is it something that you can do with any sexual partner?

In short: It's up to you.

Explanation: If you treat cunnilingus as your most common sexual practice, do it with every partner that inspires you (and is also interested in cunnilingus). If you consider cunnilingus to be something special, you should save it for your number one. If you ask me, either way is perfectly fine.

25. I've been married for 8 years. I have classical (vaginal) sex with my

husband and I give him oral sex on a regular basis. However, he never does the same for me. How can I make him go down on me?

In short: Talk to him.

You know what they say, “honesty is the best policy.” Tell him how you feel and that you would like to give it a try. Ask him if there are specific reasons he has avoided giving you oral sex in the past, and if he reveals anything, try to focus on those specific concerns.

26. I had sex with a prostitute last night. We had protected vaginal sex and she gave me a BJ while I wore a

**condom. I felt moved and I gave her
cunnilingus... unprotected! Can I get
gonorrhea, HIV or another STD? My
lips are swollen and my tongue burns a
bit, but it could be from the alcohol I
drank and cigarettes I smoked, right?**

In short: Test yourself for STDs.

HIV, Herpes, gonorrhea, Chlamydia, and other STDs are just waiting for guys like you. I don't have a magical crystal ball that can tell me whether you contracted an STD. (But, in my humble opinion as a medical practitioner, it should rather be said that you have taken an STD from another instead of received it.) Go see your doctor and run a battery of tests for STDs once the window period for the infections has passed.

Next time, be more conscious of your health and protect yourself properly.

27. I brushed my teeth last night and went down on my female friend shortly afterward. Can I get an infection because I ate her out so soon after brushing?

In short: Usually no.

Actually, it depends greatly on how thoroughly you brushed your teeth. If you did not apply excessive force or experience any bleeding from your gums, then it should be safe as long as your partner lacks STDs. However, if you do not know her status with STDs, you *can* get infected, regardless of what you did with your teeth minutes before. Additionally, any bleeding of your gums or other parts of your mouth

will only increase your chances of getting infected. For your own safety, as well as for hers, you should use physical protection when performing cunnilingus.

28. What is this “dental dam” that everyone’s talking about and where can I buy one?

In short: A dental dam is a latex sheet used as a protective barrier when performing cunnilingus. You can buy them at most drug stores or online.

A dental dam is used by dentists to isolate an area in need of treatment from the other parts of the mouth. Due to its characteristics, a dental dam can also be used to prevent the transmission of STDs while performing cunnilingus. A detailed explanation of how to use a dental dam — or how to make one using a condom and a pair of scissors — is given in *Learn to Lick*.

29. I'm a lesbian. How can I make it easier to experience simultaneous orgasms with my partner while we perform cunnilingus on each other?

We miss it every time!

In short: Practice your timing more if this is of such great importance to you.

Achieving a synchronized orgasm isn't the ultimate indicator of a successful sex life. That said, I do respect your wishes for a greater connection with your partner. In your case, what's left to be done is to practice achieving your own orgasm either faster or slower, in reaction to the specifics of each situation. It's up to you to find what suits you best and finally catch that elusive shared "O".

30. What should I do while I'm receiving cunnilingus?

In short: Enjoy!

Whatever you feel like you want to do. If you want to smile, mumble, talk dirty, scream — oh well — just do it! Always respect your neighbors, though. I personally like to gently caress the head of the person giving me the tongue work. I usually go with verbal indications like “mhmhm” or I give him/her instructions, like the following: “A bit down... Stronger... Soften your tongue a bit...”

Just relax and enjoy — your body will know what to do!

31. My boyfriend always insists that I give him a blowjob, but when I ask him to return the favor, he tells me

that I'm going to become a lesbian if he gives me oral sex. Is this true?

In short: No.

Your boyfriend is either a manipulator or he is stupid. Shouldn't the same logic apply to him as well? Wouldn't all those BJ's you've given him turn him gay? Educate him. Tell him it's not true. Maybe you'll discover that he was just insecure because he doesn't quite know how to pleasure you while "kneeling at your crevice". *Learn to Lick* can help him if he's willing to learn. First, you just have to get him to open his eyes and understand the truth. Good luck, girl!

32. Why do some men avoid cunnilingus entirely?

In short: There are several potential reasons for this, and none of them are adequate, if you ask me.

I'm deeply convinced that the main reason for anyone to avoid performing cunnilingus is simple ignorance. Often, men don't know what to do down there, so they use "I don't like it" as a basic excuse and means of evasion. Education is the first step into mastering oral sex. First of all, they have to be taught about the anatomy of the vulva. Then, more advanced knowledge such as different techniques and positions for oral sex can be understood. Also, every sexually active person must be aware of STDs and the various methods of protection against them. All that and much more can be found in *Learn to Lick*.

33. Where should I lick her to make her orgasm?

In short: Wherever she likes to be licked.

Some like to be licked gently all over their vagina, after which they like their clitoris to be licked until they orgasm. Some like their clitoris to be licked like there's no tomorrow — right from the start until the end of their orgasm. Some like penetration; others don't. For each one you

wish to satisfy, you'll have to figure it out by yourself with a bit of experimentation. For detailed variations, consult *Learn to Lick* itself.

34. I want to try cunnilingus, but my wife thinks it's dirty, and she won't let me. What should I do?

In short: Talk to her and explain your point of view.

Why does she think it's dirty? Is she afraid of her own odor? If that's the case, she can take a shower just before the act. Afraid of vaginal discharge? If there is a significant amount of discharge, and it's exhibiting a funny odor or color, she should definitely schedule a visit with her gynecologist. It's possible to *make* her want you to "take the dive". This is all explained in my book *Learn to Lick*.

35. What is the best position for cunnilingus?

In short: The one that you and your partner agree is the best.

I like to be on my back, in my bed. My ex-girlfriend liked it in the back seat of her car. The position that you and your girlfriend find to be the most mutually pleasurable is the best position in your case. If you discover or create any new, interesting position that isn't covered in the *Learn to Lick* book, let me know at jennifer.dobrowitz@gmail.com. I'll be more than thrilled to try it out!

36. How can I find out exactly where and how she wants me to lick her?

In short: Follow her reactions and responses.

This is thoroughly explained in *Learn to Lick*. You have to move slowly from one technique to another and follow her reactions and signals along the way. Her body language will tell you *exactly* what she enjoys and what you should avoid. All women are different, so there is no way to give you an exact technical description of cunnilingus technique that will work universally. For each one you decide to go down on, you'll have to discover the best method for yourself.

37. If she orgasms during cunnilingus, will she want vaginal penetration?

In short: Yes.

Why wouldn't she? An orgasm achieved during oral doesn't act as a deterrent to other kinds of orgasms. She might simply prefer oral sex to other sex acts for one (perhaps totally unrelated) reason or another. If that is the case, try learning the reasons by talking to her. Maybe there isn't enough lubrication for her to enjoy vaginal sex, so she prefers the moisture provided by your tongue. Maybe she likes to be dominant,

and having you perform your “cunning linguistics” on her gives her that sense of control. It’s time to open her cards, I’d say.

38. Why do women love cunnilingus?

In short: Because it feels good.

Why do men love fellatio? Because it’s great - you feel as if you’re at the top of the world when you ejaculate in her mouth. Well, it’s similar. You can call it domination, showing true love, sex, after-party, foreplay, whatever; but cunnilingus feels great. If done right, it can make her entire day *incredible!*

39. Can I get bad breath by giving oral?

In short: Only if you catch an STD.

There are several infections that can be transmitted from a vagina to your mouth. One consequence of this unfortunate event might be bad breath. Use a dental dam or another kind of barrier protection when

giving her cunnilingus if you have this fear. You can find all the pertinent information regarding STDs and methods of protection in *Learn to Lick*.

40. How can I be sure that I've found her clitoris?

In short: You can tell by her reactions.

You need two things to be consistently successful at locating her clitoris: a professional anatomy lesson and a body language dictionary of some sort. Or, read *Learn to Lick* to understand everything you could ever need to know about this topic.

41. I think I'm a lesbian, but I'm also still a virgin. Is licking the only sex act lesbians engage in?

In short: Nope.

There is so much more to lesbian relationships than what is most often depicted in porn movies. Just like every other relationship, lesbian romance can be full of emotions, sexuality, and a range of acts and feelings. Everyone is different. This fact applies to lesbians as well. Some like strap-ons and classical penetration, whereas others like domination and/or submission. There are asexual, polyamorous and monogamous lesbian relationships, among other kinds. It's wonderful that we're all different. I just adore diversity.

42. It seems like nothing I do works when I go down on my wife! She has

**regular orgasms during penetration,
but lately I'm concerned that she
might be faking it! How can I check if
she's faking it or not?**

In short: You can't.

When a woman wants to fake it, she can be one hell of an actor. There is no definitive way you can tell that she is acting. She can do a whole lot of the "Ooohhh" and "Aaahhh" act while doing her Kegel exercises. Your best bet would be to avoid acting like a detective, and instead be a tender lover. She should feel comfortable telling you all of her desires and she should *not* feel pressured to have an orgasm, or to pretend as if she is having one. Everything should feel natural, loving and fun.

43. When is it appropriate to either give or receive oral sex for the first time?

In short: When it feels right to both of you.

I was pretty young when I first experienced cunnilingus — both as a giver and a receiver. Yeah, that's right: My first time was in 69. It just happened spontaneously. Never rush into something you don't feel comfortable doing, but also try to prevent the good things from passing you by. You will know when the time is right: It will be a sensual urge felt by you *and* your partner.

44. When is it the right time to give oral sex in a relationship?

In short: When you feel that it's the right time.

Nobody knows the answer to this question except for you and your partner. If you like one-night stands, then during an ONS it is. If you prefer passionate relationships with some longevity, then it might be the first day you meet your partner, or it could be much, much later. It's up to the two of you.

45. Can I lose my virginity by receiving cunnilingus?

In short: You might and you might not.

Practically, it depends on how you define virginity. If you define virginity as maintaining an intact hymen, then you might choose to prevent anything (fingers, tongue, sex toys, etc.) from penetrating you. This way, you will keep your virginity while still being able to enjoy clitoral stimulation by someone's hand or tongue. However, if your understanding of virginity is more stringent and you define the term as complete purity of body and having never experienced any kind of

sexual activity with another person, then avoid touching and licking if you wish to preserve it.

46. Is cunnilingus foreplay or sex?

In short: Sex.

Cunnilingus is oral sex. Therefore, it's sex. Makes sense, right? Some might say that it's usually performed as foreplay leading up to penetration, but because each of these acts are technically sex, vaginal can be done as foreplay to oral as well.

47. Is oral sex with a man other than my boyfriend considered cheating?

In short: If you think that it's cheating, then it's cheating.

It depends greatly on how you define your relationship and the term “cheating”. Some pairs I know consider even *thinking* about another person in a sexual manner to be cheating. Others find it acceptable to have sex with another person, as long as the act is devoid of romantic emotions and implications. If your partner’s feelings are hurt as a result of an external sexual relationship such as this, then he likely considers it cheating. Would you feel the same way?

48. My girlfriend is allergic to peanuts.

I’m concerned... What if I eat peanut butter, and then give her cunnilingus?

Could she have an allergic reaction?

In short: Yes, there is a possibility.

This scenario represents something called a sexually transmitted allergic reaction. If you eat something to which your sexual partner is allergic, proteins from that food will be in your blood and other bodily

fluids for a certain period of time. You *can* transmit these food proteins from your saliva to your girlfriend's vulva during cunnilingus. The safest way to prevent such a transmission is to avoid ingesting anything to which your girlfriend might have a reaction prior to sexual contact.

49. Should I take my dentures out before giving my wife oral sex?

In short: Yes, if you're not in total control of your dentures.

If you take your dentures out before performing oral sex, there is no risk of causing any harm with them. However, if you feel comfortable enough with your dentures, you can certainly let them remain in your mouth while taking your partner to pleasureville.

50. I'm getting an orthodontic operation next week. Will I be able to give oral sex afterward?

In short: Not until any bleeding has ceased.

If you have any kind of bleeding in your mouth, or you had an intervention that resulted in any sort of cut to your gums, you should not give your partner oral sex. Wait a few days or weeks (healing duration changes from person to person) until your wounds are *completely* healed.

51. I always queef when my partner gives me cunnilingus. It's extremely embarrassing. What should I do?

In short: Ignore and enjoy!

Well, honey, there is nothing to be ashamed of. It happens. Not only during sex, but also during exercise, when your head and chest are below your hips. Air enters your vagina and, eventually, it has to come out. It just so happens that it makes a particularly embarrassing noise when it does so. If you are ashamed, you can prevent yourself from queefing by avoiding positions that typically cause this to happen. Experiment with a variety of positions: have your hips below chest-level and/or make sure your legs aren't spread too far apart. Also, you can always practice tightening your vaginal muscles by doing Kegel exercises.

52. My girlfriend is unable to have an orgasm when I go down on her. She says it's not important and that she enjoys it nonetheless, but I feel like I'm not good enough. Any suggestions?

In short: Talk to her.

What you need is a single honest, emotional conversation. Is she afraid of something? Is she relaxed enough to have an orgasm? Are you doing the things that *really* please her? Are you moving too fast with your tongue? Too slow? Maybe she dislikes the position you've been trying. Are you pressing your tongue too hard or is she highly sensitive in that area? There are many questions to ask, and you should find answers to *all* of them.

53. Does vagina taste bad? A friend told me that it tastes like fish. Is this true?

In short: No.

Your friend had a bad experience, either as a result of a flaw in his female partners or in his own nose. Vaginal discharge can smell (and, I guess, taste) bad if there is any sort of infection in the vagina or vulva. The smell and taste greatly depend on her diet. (It's said that pineapple and pineapple juice do miracles in this department.) Remember that you shouldn't perform oral sex on women whose sexual history and status with STDs is unfamiliar to you. Always use a dental dam or similar barrier protection method before you confirm that she has tested negative for STDs.

54. Which technique is the best for helping her reach the strongest orgasm?

In short: The one that best suits you and your partner.

Again, different women are different. Special techniques that can bring *me* to seventh heaven may be utterly boring — sometimes even painful — to others. You just have to experiment and find out what tricks and moves work best for you and your partner.

55. My girlfriend has some gynecological problems. I currently have a sore throat. Can I infect her further if I give her cunnilingus?

In short: Yes.

What specific gynecological problems does she have? Irregular bleeding? Myomas? Infection perhaps? Not all gynecological problems are transmittable, and not all of them have the ability to make women more prone to infections. However, your sore throat may be the first sign of an infection, and that means you can infect her during *any* intimate activity. I recommend that you wait until you are healthy before doing any of the fun and naughty stuff with her.

56. Is it dangerous to swallow vaginal juices?

In short: Usually, it's not dangerous.

If she is healthy, her vaginal discharge is physiological and lacks pathogens. I would suggest doing a complete STD test just to be sure she is completely infection and disease-free.

57. My GF acquired a Candida infection. I gave her oral sex a few days ago after eating a lot of yogurt, and I've heard that yogurt contains fungi. Is it possible that I caused the infection?

In short: Not related.

Vaginal candidiasis is a yeast infection caused by a fungus called *Candida albicans*. Yogurt contains the following types of bacteria: *Lactobacillus delbrueckii* subsp. *bulgaricus*, *Streptococcus salivarius* subsp. *thermophiles*, and others. Yogurt is good for you and there is no way you can infect your girlfriend with *Candida* after eating it.

58. Why is it wrong to learn how to make love by watching porn?

In short: Porn stars are simply actors faking it.

Porn movies are made as “J-O” material, *not* as educational material. Pornography lacks love, genuine passion, realistic foreplay, and afterplay. Simply put, porn lacks truthful emotional interaction. However, while porn lacks authentic human intimacy, it *can* still provide significant lessons on anatomy. On techniques and positions, however, not so much, as porn actors usually need to “over-exaggerate” everything to make it visible on camera.

59. I have an ulcer in my mouth. Can I harm my girlfriend by giving her cunnilingus?

In short: Yes and no.

What caused the ulcer in your mouth? If it was caused by germs, then you *can* transmit an infection to your girlfriend. If you are not infective, keep in mind still that any open wound makes you more susceptible to infections. Always use a dental dam or another barrier protection method to protect yourself and your partner during oral sex.