

# Everything Female Ejaculation (FE)

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# Historical References to FE

## The Greeks and Romans:

- The Greeks referred to the labia minora as *nymphae* or “water goddesses” (Sevely, 1989, p. 65).
- The Romans called female sexual fluids *liquor vitae*.
- Hippocrates and Galen both believed male and female sexual fluids were fertile or contained seed.
- Aristotle did not believe female sexual fluids were fertile or contained seed.



# Historical References to FE

## Tantra in Ancient India:

- referred to female sexual fluids as *amrita* or “nectar of the gods” (Sundhal, 2003, p. 52).
- put female ejaculation into its own category of emissions called *suklum*, or ejaculate.
- encouraged the practice of *amaroli*, or the drinking of female ejaculate for its nutritious value, and held female ejaculation as integral to achieving spiritual enlightenment.



# Historical References to FE

In Ancient Chinese Taoism:

- female sexual stimulation, arousal, and fluids were illustrated using the metaphor of a river.
- the highest state of arousal and stimulation was referred to as the “third water”, and corresponded to female ejaculation and the height of orgasm when a river overflows the banks and nourishes the fields (Sundhal, 2003).



# Historical References to FE

In 16<sup>th</sup> Century Japan:

- Woodblock prints from the *Shunga* art movement candidly depicted female ejaculation being caught in containers (Sundhal, 2003).
- Female ejaculation was prized, collected, and drunk from separate bowls, or bowls built into parts of dildos like the *harikate*, for the rejuvenating properties such as reversing the aging process.



# Historical References to FE

Catholicism in Medieval Europe:

- opposed a form of pregnancy prevention called *amplexus enervaturus*, which involved men and women holding back their ejaculate, because both were considered fertile or to contain seed (Sevely, 1989).



# Existence & Prevalence

*It is a release or gush of fluid...*

- that exists and women may experience during sexual activity (Sevely & Bennett, 1978).

Questionnaire results have indicated:

- that out of 1289 women in health-related professions 40% experienced ejaculation at orgasm, 82% considered the possibility that some women ejaculate, and 68.2% believed that some women ejaculate (Darling et al., 1990).



# Location of Emission

*It is a release or gush of fluid...*

- that is emitted from the urethra (Addiego et al., 1981).





# Common Interpretation

*It is a release or gush of fluid...*

- that women think is urine, but is actually ejaculation.
- Women who ejaculate are more likely to have perceived themselves as having urinated during sex, and to hold back orgasm for fear of urinating (Darling et al., 1990; Davidson et al., 1989).



# Description



*It is a release or gush of fluid...*

- that can be described in diverse ways through the senses of sight, touch, taste, and smell; and comparing and contrasting it to other substances (Addiego et al., 1981; Alzate, 1985b; Belzer, 1981; Darling et al., 1990; Davidson et al., 1989; Gilliland, 2009; Goldberg et al., 1983; Heath, 1984; Riley et al., 2005; Weisburg, 1981; Whipple, 2000; Whipple & Komisaruk, 1999; Zaviacic, Zaviacicova et al., 1988).

# Descriptions

- “Watered-down fat free skim/milk”
- “Milky”
- “White stuff”
- “Whitish opalescent fluid”
- “Prostatic fluid”
- Containing “whitish particles observable to the naked eye”
- “Turbid”
- “Yellow”
- “Clear”
- “Watery”



# Descriptions

- “Thin”
- “Thick”
- “Slippery”
- “Intense”
- “Heavy water flow”
- “Wet orgasms”
- “Flowing”
- “Flooding”
- “Gushing”
- “Melting”
- “Squirting”
- “Releasing”



# Volume



*It is a release or gush of fluid...*

- that has been shown to vary in volume from small to medium to large amounts when released or gushed:
  - from 1/5 to 10 1/7 teaspoons or 0.20 to 10.14 teaspoons (Alzate, 1985b; Bullough et al., 1984; Goldberg et al., 1983; Heath, 1984; Whipple 2000; Whipple & Komisaruk, 1999; and Zaviacic, Zaviacicova et al., 1988).
  - that it has left wet spots on towels comparable to the size of a soda can, compact disc, and larger (Gilliland, 2009).

# Sexual Response Cycle & Level of Sexual Arousal

*It is a release or gush of fluid...*

- that often is associated with orgasm, but has been shown to occur throughout sexual arousal before, during, and after orgasm (Gilliland, 2009).
- that is often associated with needing a sufficient or high level of sexual arousal to occur (Darling et al., 1990; Davidson et al., 1989).



# Sexual Stimulation Producing FE

*It is a release or gush of fluid...*

- that is often associated with vaginal g-spot stimulation, but has been shown to occur through other types of sexual stimulation including combined vaginal g-spot and clitoral stimulation, and clitoral stimulation alone (Gilliland, 2009; Zaviacic, Zaviacicova, et al., 1988).





# Urological Problems?



- Researchers have checked directly for urological problems in female ejaculators.
- They have found female ejaculators have no detrusor over-activity, have normal bladder activity as the results of bladder diaries and questionnaires indicate, and upon examination have no urethral diverticulum (Cartwright et., 2007; Wimpissinger et al., 2007).



# Chemical Composition



*It is a release or gush of fluid...*

- that can be chemically comparable to male ejaculate minus the sperm and/or diluted urine, and differs from urine by having:
  - (a) higher levels of glucose
  - (b) higher levels of fructose
  - (c) higher levels of Prostatic Acid Phosphatase (PAP), an enzyme produced by the male prostate that is found in semen
  - (d) higher levels of Prostate Specific Antigen (PSA), the marker for identifying prostate tissue, which is also found in high levels in male ejaculation
  - (e) lower levels of urea and creatinine, which are found in high levels in urine

(Addiego et al., 1981; Belzer et al., 1984; Cabello, 1997; Schubach, 1997; Wimpissinger et al., 2007; Zaviacic, Dolezalova, et al., 1988.)

# Source



*It is a release or gush of fluid...*

- that is theorized to originate in the female prostate based on the concept of homology (Sevely & Bennett, 1978), but from additional structures when large quantities are involved (Bohlen, 1982). Four different types of prostates have been identified and described in which the arrangement of the ductal and glandular tissue along the course of the urethra varies from woman to woman including the anterior (meatus), posterior, middle, and rudimentary types (Zaviacic, 1984a, 1984b, 1999).

# Current Research Trend on the Source of FE : Squirting/Gushing Versus FE

- Researchers are suggesting squirting/gushing and female ejaculation are two separate phenomenon that can occur at the same time (Pastor, 2013; Rubio-Casillas & Jannini, 2011).
- The “true” FE is theorized to originate in the female prostate, is emitted in small amounts, and is white and thick whereas squirting/gushing is theorized to originate in the bladder, is emitted in large quantities, and is watery in consistency (Pastor, 2013; Rubio-Casillas & Jannini, 2011).



# Function



*It is a release or gush of fluid...*

- that is theorized to play a functional role in women's health and reproduction. Ejaculating may reduce bladder, urinary tract, and vaginal infections (Whipple & Perry as cited in Ladas et al., 1982). Ejaculating may be evolutionary advantageous and help to reproduce the species (Moalem & Reidenberg, 2009). Due to containing fructose, ejaculating may play a similar role to male semen by ensuring the vitality and motility of sperm. (Zaviacic, Dolezalova, et al., 1988.)

# Multiple Orgasms & Ejaculations

- Women who ejaculate are more likely to be multi-orgasmic
- Women who ejaculate and are multi-orgasmic are more likely to have multiple ejaculations



(Darling et al., 1990; Gilliland, 2009).

# Pubococcygeal (PC) Muscles

- Women who ejaculate have stronger pubococcygeal (PC) muscles than women who do not ejaculate (Whipple & Perry, 1981).





# Types of Ejaculators

Three types of sexual response patterns among ejaculators have been identified by scientists based on digital g-spot stimulation (Zaviacic, Zaviacicova, et al., 1988):

- Relatively hard to induce expulsions
- Easily induced expulsions
- Intermediate



The three response patterns differ based on amount of time involved to ejaculate, personal involvement in stimulation, specificity of stimulation, and type of stimulation needed.

# Emotional Response, Sexual Identity & Sexual Decision-Making



*It is a release or gush of fluid...*

- that women have various emotional responses to including shame and humiliation or exploration and wonder that grows over time into either resignation or acceptance (Gilliland, 2009).
- that impacts and shapes the sexual identities and lives of women by women finding meaning in ejaculating, defining themselves by ejaculating, and seeing themselves as different because of ejaculating (Gilliland, 2009).
- that affects sexual decision-making such as partner selection, deciding whether or not to have sex, and deciding whether or not to control ejaculating (Gilliland, 2009).



# Age of Onset of FE

*It is a release of gush of fluid...*

- That women experience for the first time in their teens, twenties, thirties, and beyond. (Gilliland, 2009).



# Experiences of the Sexual Relationship at the Age of Onset of FE

*It is a release or gush of fluid...*



That women experience for the first time in various types of sexual relationships with some type of personal connection. Three different types of connection have been identified (Plapp, 2013, Master's Thesis):

- “Intimacy, closeness, friendship, or attraction”
- “Functional”
- “Sexual exploration, discovery, learning, or experimentation.”

# Experiences of the Sexual Relationship at the Age of Onset of FE

*It is a release or gush of fluid...*

that women experience for the first time in sexual relationships in which they are experiencing elements that are distinct and unprecedented compared to previous and subsequent sexual relationships in which they do not ejaculate (Plapp, 2013, Master's Thesis).



# Experiences of the Sexual Relationship at the Age of Onset of FE

Primary elements and differences women may experience in the sexual relationship when they first ejaculate are the following (Plapp, 2013, Masters Thesis):

- Trust.
- Positive traits and behaviors in their partner.
- Sexual receptivity.
- Comfort.
- Feelings for their partner.
- Sexual stimulation.
- Undergoing a biological change or transition.
- The overall personal connection that defined their sexual relationship.



# Experiences of the Sexual Relationship at the Age of Onset of FE

Ultimately the “primary” elements and differences in turn may positively impact other areas, and create other equally important “secondary” elements and differences women experience in their sexual relationship when they ejaculate for the first time (Plapp, 2013, Master’s Thesis).



# Experiences of the Sexual Relationship at the Age of Onset of FE

Equally important “secondary” elements and differences women may experience in their sexual relationship when they ejaculate for the first time are in the following areas (Plapp, 2013, Master’s Thesis):

- Sexual stimulation
- Sexual arousal
- Orgasm
- Sexual desire



# Experiences of the Sexual Relationship at the Age of Onset of FE

- Sexual decision-making
- Being comfortable
- Being relaxed during sex
- Sexual beliefs
- Having things in common
- Feelings
- Sexual frequency







## Jenna (Age of Onset of FE 19)

Jenna says, “For the most part my sexual relationships after this first one [relationship with first FE] have not been as *intimate*, have not been as *close*...I haven’t been in a serious relationship since I was nineteen, twenty years old with that one relationship with that first girl. I’ve had a fair number, between 10 and 15 sexual partners, some of them more frequently than others. I’ve had boyfriends, girlfriends for lack of a better term, but they were never serious, monogamous, or official. So I’ve never had that super, super *closeness* in physical *intimacy* that I had in that first relationship where I feel fully *comfortable* enough to let go that much both physically and emotionally. So, mostly ejaculation occurs for me now when I masturbate alone.”



## Rose (Age of Onset of FE 25)

Rose says “We were *friends* first. I knew I could *trust* him. I knew that what we did was not going to be broadcast or anything. He wasn’t going to think badly about me for asking, or think, ‘Oh, God, what a whore!’ for wanting, for asking, for saying, ‘I like this and this.’ The *trust* and the *friendship* was the big thing that I didn’t have before with other boyfriends.”





## Evelyn (Age of Onset of FE 46)

Evelyn says, “He had his fingers inside of me vaginally...I can’t put it in a nice term. He was fingering me. He was rough with it, but the rougher he was the better it felt. That’s when the gushes started...It was some place I had never been touched before. Usually during that experience men had gone for more of a deeper kind of thrust, where this one his finger was...more curved up and not as deep.”

## Roxanne (Age of Onset of FE 30)

Roxanne says, “We both had pretty liberal, *open* views about sex. And he didn’t have any hang-ups in the bedroom. I had a couple of previous relationships where the guys had hang-ups...So, when I got with him it was refreshing that he was *open* about sex, I was *open* about sex.”

Roxanne says, “It was a physical attraction. There was a chemistry. There was definitely a chemistry with him. We had chemistry. It was kind of intense, probably the most intense I felt up until that point.”





## Gwen (Age of Onset of FE 17)

Gwen says, “I feel like mentally I was having sex with her. That everything from the pattern of our heartbeats and everything, like rhythmically we put each other at the same pace. I mean my boyfriend was there. It was later that I realized it was this *connection* that her and I had that set things in motion.”

Gwen says, “I remember my yoni [vagina] felt very swollen at the time, and that my lips and everything were like outward. My clitoris swole to such an extent at that time I don’t think it had been engorged to that level.”



## Brenda (Age of Onset of FE 30)

Brenda says, “I had started losing some weight, and I got on top...That was the first time I was *comfortable* with doing it. Getting on top...I felt more *comfortable*...I was feeling a little bit sexier too at that time. I went to the beauty shop and stuff and went shopping. I was feeling kind of frisky and feisty.”

Brenda says, “I had a *good day* that day. We didn’t *argue*, or he didn’t *stress* me out so much...We were *getting along* at that time. We were just *talking and laughing*. He wasn’t acting like a *control freak*...at that time. He wasn’t being *possessive*, or none of that. He just came and picked me up from the beauty shop and was like, ‘Oh, you look nice.’...We went shopping, and he didn’t *act a fool*, He was just being on his *best behavior*. So, we had a *good day* that day.

## Annabell (Age of Onset of FE 14)

- Annabell says, “There wouldn’t be anything to compare [sexual relationships before sexual relationship with first FE]. It was just feeling pleasurable sensations when talking about it with friends or watching movies versus acting on those pleasurable sensations. When acting on it and experiencing that first female orgasm is when all the thoughts of what this meant, and all that came. But, before that I didn’t know. So, I guess one day I decided to find out.”





## Sam (Age of Onset of FE 15)

Sam says, “It was more arousing to have sex with her [previous girlfriend], but *I was better at masturbation* than she was at sex with me. There’s a different sort of thrill with somebody else than just with myself, but I was *in a technical sense more competent* than she was. So, I could usually have one orgasm with her. I could have pretty much *as many as I wanted* with myself. I was *faster* at it with myself than she was probably just because you have to give another person directions. They don’t know what it feels like. And so I have an innate advantage with myself.”





## Sam (Age of Onset of FE 15)

Sam says, “It [puberty] was this weird thing where you go from, and for me it was really almost literally overnight, knowing intellectually what sex is and being like, ‘Huh, I don’t know why I’d ever actually want that’ to suddenly having *all these brain chemicals going berserk*, and knowing that I wanted it all the time. It was really almost overnight. It was not a gradual process for me at all. I can even remember the time of year that it happened. It was really weird, because I remember distinctly having the thought of, ‘Wow, I don’t know, maybe I’ll just never have sex. I just don’t even know why that would be fun. I know why it would be fun, but it’s not interesting enough for me to want to try’ to ‘Yes! Now!’”



## Sam (Age of Onset of FE 15)

Sam says, “I have to say that as I’m gradually settling into this really odd gender identity problem, it’s not even really a problem it’s just a part of me, the more I am *comfortable* with thinking of myself as not a girl the easier it is to have female ejaculation, which I think is interesting. It’s odd. But, it’s interesting. It makes some sense...I’d figured out that a lot of my discomfort with myself was a gender dysphoria problem. And then the more I got used to thinking of myself in the masculine especially during sex, during masturbation, and with other people it was more frequent that there was ejaculation.”



## Vicky (Age of Onset of FE 17)



Solo masturbation sex with first FE:

Vicky says, “Quite a few of the girls were already sexually active, and just talking about some of the different things. Some of the girls were saying that they had tried masturbation with their boyfriend watching. While I at that point *didn’t have enough nerve* to do it with my boyfriend watching I was like, ‘I’m *going to try* this by myself again.’ ...I had *tried* masturbation one other time before, and it wasn’t really that big a deal. I *tried* to give it some effort to see if I could produce what some of the other girls said that they had produced. My mindset was a little different. I was a little calmer when I started. I was a lot more *comfortable* on the second go around, the fact that it was the second time that I was trying this. I definitely enjoyed the feeling. I was like, ‘Wow, I think this was successful.’”

## Vicky (Age of Onset of FE 17)



Vicky says, “*Exploration* with my whole body [masturbation with first FE]. Just *figuring out* the different ways to touch myself, and the feelings that it would produce. Just being *comfortable* with myself, my body, even just laying there with no clothes on in the bed, touching my breasts, or rubbing my thighs, or any of that. Just truly becoming *comfortable* with that.”

# Clinical Treatment Implications

- One case study shows that women can develop hypoactive sexual desire due to female ejaculation.
- In this particular case study the etiology for one woman was avoidance behavior masked as loss of sexual desire, which was then treated with sex therapy and education to normalize the experience of female ejaculation, which ultimately brought back her sexual desire (Riley et al., 2005).



# Other Possible Treatment Implications?

- Inorgasmia in women that is treated with sex therapy and sex education?
- Sexual dysfunction in the partner treated with sex therapy and sex?
- And ????????



The End. Thank You.  
Questions? Thoughts?

