

Scientific & Medical Proof?

Posted by yyys - 04 Dec 2017 15:50

Hi all!

I've been struggling with porn and masturbation and have talked to my wife about how she can help me out. Although she agreed to help out by keeping my restrictions password for my phone in order to help me overcome that temptation, she has asked me a question.

She is in the medical field and wants to know if there are any scientific (apart from religious) studies on the negative effects of masturbation. I've attempted some internet searches, but have not found any solid (Oxford, Prestigious Medical Journal, etc.) studies about the negative effects of porn and masturbation.

Can someone point something my way, please? Thanks!

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Re: Scientific & Medical Proof?

Posted by youcan - 05 Dec 2017 04:33

There is a theory out there that frequent masturbation is linked to higher risk of prostate cancer, but I don't think it has scientific studies to prove it.

But that's for sure that it has a negative effect on you emotionally, especially if you're married, it makes you fantasize about things that you're not able to get in real life which (from my experience) makes you miserable depressed etc.

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Re: Scientific & Medical Proof?

Posted by Markz - 05 Dec 2017 05:09

[yyys wrote on 04 Dec 2017 15:50:](#)

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The scientific world has an agenda, and the medical field does too. Many probably encourage masturbation - if that helps you...

Again, they have an agenda - try a different google search for "the scientific benefits of euthanasia". You will probably strike gold.

Do you want to take their advice to heart? If not, why do you want to take their advice about something which you feel may be affecting your marriage

Or how about another one "the benefits of living alone according to Klinenberg's research"... the list is endless.

Or better yet - how about the scientific definition of 'stupidity' where researchers in 2 universities finally came to some meeting of the mind on Nov 2015... do you really need to know their conclusion?

I don't think you're thaaaaaat stupid - unless you're a scientist...

Forgive me if you are, I didn't mean to rub you the wrong way ;-)

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Re: Scientific & Medical Proof?

Posted by bb0212 - 05 Dec 2017 07:01

[yyys wrote on 04 Dec 2017 15:50:](#)

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This is from one of the awesome members of the forum, but I forgot who. He sent this to me months ago.

Science has shown how viewing porn negatively affects the frontal cortex of your brain and how it damages the connections between the various parts of your brain and stuff like that. yourbrainonporn.com

That should give you all the research you'll ever need.

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Re: Scientific & Medical Proof?

Posted by doingtshuva - 10 Dec 2017 01:43

Dear yyys,

If I read your wife's question correctly, she is asking about masturbation? Not about porn, right ?

About masturbation, I have read that some doctors (secular) even encourage it or say it's healthy.

From what I have learned through Haluche, masturbation or even having relation's excessively, weakens the man.

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Re: Scientific & Medical Proof?

Posted by yyys - 20 Dec 2017 17:17

From what I have learned through Haluche, masturbation or even having relation's excessively, weakens the man.

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Yes, she is asking about masturbation. As for weakening a man, I had heard the same thing.

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Re: Scientific & Medical Proof?

Posted by Markz - 20 Dec 2017 19:25

[yyys wrote on 20 Dec 2017 17:17:](#)

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How many times a day is excessive?

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Re: Scientific & Medical Proof?

Posted by youcan - 20 Dec 2017 20:08

[Markz wrote on 20 Dec 2017 19:25:](#)

[yyys wrote on 20 Dec 2017 17:17:](#)

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Yes, she is asking about masturbation. As for weakening a man, I had heard the same thing.

How many times a day is excessive?

You meant to ask how many times a week, right?.....

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Re: Scientific & Medical Proof?

Posted by Markz - 20 Dec 2017 20:19

No

The poster wants medically proven facts. The Rambam stated a fact, but it's not clear how "often" is too often

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Re: Scientific & Medical Proof?

Posted by lionking - 20 Dec 2017 23:46

Totally not recommended to research this topic, however there is always every couple of months on fake news, reddit, etc... some story of a boy dying after masturbating a specific number of times, which isn't verifiable since the boy is supposedly dead already.

Also there is 'news' stories about the Chinese Military becoming weak because of it.

Would the poster be ok with emotional issues? I can supply some personal anecdotes...

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Re: Scientific & Medical Proof?

Posted by yyys - 22 Dec 2017 14:12

lionking, yes, I also used personal examples and that seemed to satisfy the discussion.

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