

Signs & Symptoms

Posted by Davidlssy - 04 Sep 2010 06:34

I have been wondering if anyone has experienced any ill effects of this addiction, due to ejaculation. For example memory loss/loss of concentration. Other physical problems such as acne and hair thinning? I did try to search the forum and website but didn't manage to find anything like this.

Hello everyone once again

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Re: Signs & Symptoms

Posted by DesertLion - 04 Sep 2010 09:36

Hey David,

All the physical symptoms you mentioned are symptoms of masturbation/excessive ejaculation. I suffered from all of these things and even more extreme things. Masturbation and porn also makes you ugly, very ugly.

I'd be happy to hear from you all

The bottom line is that you have to break this bad habit/addiction. If you don't, then things will surely and inevitably go rapidly downhill.

I took things to the point where my back ached all the time, my back became stooped, I was incontinent, IMPOTENT at the age of 21!!!, and I literally felt like I had one foot in the grave already. I hated God, life, people, myself and I wanted to commit suicide.

Also, it doesn't just end with physical suffering. Far worse, is the spiritual damage that this disease causes. I don't want to bore you with a whole list of things that I experienced, but trust

me when I say that this is no less dangerous than being a heroin addict. (Perhaps even more so)

If you're interested, you can read my recovery story to find out more of the things this addiction did to my life:

www.guardureyes.com/GUE/Stories/RecStory8.asp

I hope that helps and don't give up.

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Re: Signs & Symptoms
Posted by 14 - 04 Sep 2010 10:34

I indeed have 1 or 2 of these symptoms, but I never made the connection to M&P.

Is there anything I can read about the physical symptoms of M&P? Especially memory and concentration.

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Re: Signs & Symptoms
Posted by DavidIssy - 04 Sep 2010 17:27

Hey DesertLion, your post was helpful and I'll be sure to check your story out.

That's it you are right, excessive ejaculation can cause these ill effects. Nowadays you will get doctors telling you different, but the fact is there is truth in it. Anything done in excess is bad. The way out for an addict is to break free because the damage that has been done is too

much.

It's true, it does make you look ugly. It gives you acne, eye-bags and makes your skin look dull. It takes away the glow on your face and you look like a dead person. I notice after I stay away from masturbation for 3 weeks (longest i've ever been) my skin looks healthier and my face glows.

The only way out is to break from this addiction, not reduce it, but to completely break away and never look back! That way your life will change.

David

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Re: Signs & Symptoms

Posted by Davidlssy - 05 Sep 2010 04:18

[Not14 wrote on 04 Sep 2010 10:34:](#)

I indeed have 1 or 2 of these symptoms, but I never made the connection to M&P.

Is there anything I can read about the phisicall symptoms of M&P? Especialy memory and concantration.

There isn't much evidence out there, like I said people are in denial and don't believe

What's M&P by the way and which symptoms do you have?

David

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Re: Signs & Symptoms

Posted by strugglingandstrivngBT - 06 Sep 2010 16:16

before we frighten everyone on here, can you back any of these statements up with either medical or halachic sources?

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Re: Signs & Symptoms

Posted by 14 - 06 Sep 2010 17:11

David,

M&P =masterbation and pornography.

I don't have crazy symptoms bh, but I have noticed that even in learning in general I'm Bh good, my concantration and memory can often be poor.

Obviously this could be for other reasons, but if it's true that masterbation does have such affects, it would make allot of sence.

Also I have acne but that's because I'm 16.

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Re: Signs & Symptoms

Posted by 14 - 07 Sep 2010 07:47

Btw I did my bit of research on the web, and yes, there plenty even doctors who say that exesive ejaculation does have such symptoms.

Of course there are those that would deny this.

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Re: Signs & Symptoms

Posted by Davidlssy - 07 Sep 2010 10:02

[strugglingandstrivngBT wrote on 06 Sep 2010 16:16:](#)

before we frighten everyone on here, can you back any of these statements up with either medical or halachic sources?

Frighten? well isn't it a good thing that it can cause ill effects? I mean wouldn't that strengthen a person and make them think twice before doing it again? Personally it does scare me but it makes me stay away from masturbation.

Like I said earlier there isn't much evidence out there. People will always want to see proof. People like myself who have experienced these effects can point them out because we have experienced these changes due to these bad effects.

This may help:

www.truekabbalah.org/pages/documents/k00028.htm

www.truekabbalah.org/pages/documents/k00029.htm

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Re: Signs & Symptoms

Posted by Davidlssy - 07 Sep 2010 10:05

[Not14 wrote on 06 Sep 2010 17:11:](#)

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Obviously this could be for other reasons, but if it's true that masterbation does have such affects, it would make allot of sence.

Also I have acne but that's because I'm 16.

Yes I reckon it does make sense. Acne can be caused by various things. You are partly right in

saying that you are 16, in your teenage years your hormones are raging! Try cutting back on masturbation and see what it does to your skin. If it does nothing then something else could be causing your acne. I find that when I abstain from masturbation my skin clears up and my face glows as compared to when I used to masturbate my face would have spots and look dull.

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Re: Signs & Symptoms

Posted by strugglingandstrivngBT - 08 Sep 2010 00:50

IMO fear tactics dont tend to work. it just creates an attitude of dispair and neurosis that leads to more averios. Love tends to achieve much more. That info would just make one that cant stop feel that much worse about themselves. Can a smoker stop because he knows it's killing him?

I also see strong connections between psychological functioning and spiritual function, but I'm skeptical that ejactulation causes psych defects more than any other obsessive/addictive behavior. Not in any way trying to justify the act, just not convinced THIS is a reason to stop.

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Re: Signs & Symptoms

Posted by Davidlssy - 12 Sep 2010 10:16

[strugglingandstrivngBT wrote on 08 Sep 2010 00:50:](#)

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I agree.

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