

Effects of abstinence.

Posted by Chaim1977 - 22 Jan 2011 20:48

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Hello!

Does anybody know if never releasing the seed might have adverse effects on the body of someone who is not married?

After 24 days without, this time I've noticed I have plenty of energies but at times it seems to be too much, even if I do a lot of sport. I've started remembering some dreams I make during the night and they are highly significant now and no nightmares anymore. I also feel a general improvement of consciousness.

However in the last few days I've started being concerned since I feel a kind of fire in my body which at times feels like burning pain and there is a voice in my mind which says that I am spoiling my health and I will soon get bad consequences because of the abstinence..

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thank you!

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Re: Effects of abstinence.

Posted by ben durdayah - 22 Jan 2011 23:01

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Hi Chaim!

Here is a quote from the GYE Attitude handbook (page 6):

"Some people think that if they are unmarried and have no outlet, they cannot possibly remain clean indefinitely. This is patently false. We have helped many Bochorim to achieve complete abstinence and we have many testimonials of Bochorim who were addicted and broke free using the right tools, the right attitude and determination. In some ways, it is even easier for

Bochurim to refrain completely from lust, since they have no need to indulge in it at all. Below is an excerpt from an article on the Internet over here:

If a male doesn't ejaculate for a long period of time nothing noticeable happens. There is no buildup of pressure or extra sperm. Our bodies are always reabsorbing and disposing of extra material, including excess components of the ejaculate. It is perfectly natural to not ejaculate for a long period of time. There are no risks or health problems associated with not ejaculating.

Read the many recovery stories on our website (and on the new site as well) to see for yourself"

Hatzlucha, Ah Gitte Vuch and KOT!

E. Ben Durdayah

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Re: Effects of abstinence.

Posted by Kedusha - 23 Jan 2011 03:29

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Not to worry. If the body does need the release, it will happen at night without any assistance on your part. You should not feel guilty if this happens.

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Re: Effects of abstinence.

Posted by Chaim1977 - 23 Jan 2011 12:38

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Ok! Thank you very much to both of you.

those replies assuage my concerns!

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