

HEALTH ISSUES pertaining to MB

Posted by shivisi - 23 Feb 2014 13:29

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Besides for the extremely severe issurim (prohibition) and P'gam ruchani (spiritual damaging Defect) which masturbation involves, I was wondering if there is any known physical health issue claimed to be caused by it.

Although as far as the act itself is concerned the prohibitions of the Torah don't need the backing of health limitations, but sometimes a person can use such things to help resist the temptations which might trigger him to act out.

I also understand that this may not help in the case of either serious addiction, or great temptation, [note "smoking causes death, cancer, infertility, heart disease, etc etc], but for a short term "hold back" for a one time urge, and as a supplement to all the other weapons used to fight the urge, this may have at least some use.

In the past I would just do a search for this information on the internet, but now I'm aware of what such a search could lead to, (even if I could circumvent the filters blocking of all content which contains the "M word"), therefore I refrain from going that way.

I think I recall that there is a source in the RAMBAM for such a claim, yet I don't remember where. Also many say that a lot of the health related information in the Rambam is not always relevant in today's circumstances due to changes in the body's reactions to things over time. And whether this is true or not, the yetzer horah might surely use it as a push-off if I tried to use it against him. Therefore I'm wondering if anyone knows of any facts claimed by medical reports on this matter.

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Re: HEALTH ISSUES pertaining to MB

Posted by tryingtoshteig - 24 Feb 2014 20:17

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Can't wait to read what Dov has to say about this....

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Re: HEALTH ISSUES pertaining to MB

Posted by kilochalu - 06 Mar 2014 03:53

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Re: HEALTH ISSUES pertaining to MB  
Posted by Joenoahide - 11 Mar 2014 23:52

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loss of ability to think rationally, so very true, i tend to think i am always right and i take goals and plans that are unachivable after i give into lust

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Re: HEALTH ISSUES pertaining to MB  
Posted by Dov - 12 Mar 2014 10:12

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So true and so well said.

But I'd still bet that most of us are using lust more often as a **result** of "thinking we are always right and making goals and plans that are unachievable."

But it certainly brings out the worst in most of us, yeah.

But for a different perspective you may enjoy a post called "The Nuclear reset Button". Have fun!

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Re: HEALTH ISSUES pertaining to MB  
Posted by Dov - 12 Mar 2014 11:14

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And BTW, to shivisi (who i really love a lot):

If you believe that knowing a rambam or medical journal or whatever about "the damage masturbating yourself can do to your body, mind, neshoma, whatever", will actually stop you...then I suggest you may have already sunk deeply into kidding yourself.

And talking of the yetzer as though he were somebody else, as you sound like you are in this post - doesn't that sound like a problem to you? Is that reality at all? have you no responsibility? Is this not about what you want at all? Are we through blaming G-d (and the yetzer hora He gave us) for the way we *love* porn, turn to it in hope that it will give us what we want, and masturbate ourselves trying to feel the sweet feeling of orgasm - and ready to begin to take a little responsibility for our recovery on ourselves?

Finding a medical excuse to stop will not work an iota, and neither will a RMB"M. Gimmicks is all they are, I think.

If you hate what hiding and sneaking and using porn and masturbating yourself (phone sex, voyeurism, or whatever else you may be doing) makes you into and makes you think and feel - then join us in recovery chaver! The water is cold at first, but it warms up pretty soon. Life is OK without lust. Warning labels not relevant.

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Re: HEALTH ISSUES pertaining to MB  
Posted by shivisi - 13 Mar 2014 13:05

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[Dov wrote:](#)

And BTW, **to shivisi (who i really love a lot):**

**Shivisi responds:**

For some reason this introduction reminded me of when I was a young child and my mother a.h. would open a discussion with "I love you very much..." I knew I should brace myself for a good

[Dov wrote:](#)

If you believe that knowing a Rambam or medical journal or whatever about "the damage masturbating yourself can do to your body, mind, neshoma, whatever", will actually stop you...then I suggest you may have already sunk deeply into kidding yourself.

[Dov wrote:](#)

Finding a medical excuse to stop will not work an iota, and neither will a RMB"M. Gimmicks is all they are, I think.

**Shivisi responds:**

[quoted from my original post]:

[I also understand that this may not help in the case of either serious addiction, or great temptation, [note "smoking causes death, cancer, infertility, heart disease, etc etc], but for a short term "hold back" for a one time urge, and as a supplement to all the other weapons used to fight the urge, this may have at least some use.]

I clearly pointed out in my OP my realization that this will not serve as a remedy from my addiction, [just as the warning on cigarette packages does not stop addictive smokers], and I never thought it to be a replacement to anything else I should and am doing toward recovery.

[Dov wrote:](#)

And talking of the yetzer as though he were somebody else, as you sound like you are in this post - doesn't that sound like a problem to you? Is that reality at all? Have you no responsibility? Is this not about what you want at all? Are we through blaming G-d (and the yetzer hora He gave us) for the way we *love* porn, turn to it in hope that it will give us what we want, and masturbate ourselves trying to feel the sweet feeling of orgasm - and ready to begin to take a little responsibility for our recovery on ourselves?

**Shivisi responds:** referring to the YH as an outside force, coming to wage war on the person, tempting him to sin, is the way the sifrei mussar instruct us to take action in our constant "Milchemes Hayetzer". This in no means is not removing responsibility from oneself, nor is it "blaming Hashem or the YH and shifting blame from one's self. I have clearly noted that my goal is to use past experiences which I have found to work to help me in MY JOB of overcoming temporary temptations served to me BY HASHEM, through His angel the YH, to tempt me with this addiction, and to GIVE ME A JOB AND RESPONSIBILITY to look for ways and tactics of overcoming this.

[Dov wrote:](#)

If you hate what hiding and sneaking and using porn and masturbating yourself (phone sex, voyeurism, or whatever else you may be doing) makes you into and makes you think and feel - then join us in recovery chaver! The water is cold at first, but it warms up pretty soon. Life is OK without lust. Warning labels not relevant.

**shivisi responds:**

I BH have joined GYE 28 days ago! and [have been clean since]trying to do what it takes to both learn from others and invest the effort it takes to advance in the recovery process.

Thank you Dov, for all you have given to me and to this site, and may the zchus of all those who you have helped stand in your credit.

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Re: HEALTH ISSUES pertaining to MB

Posted by Dov - 20 Mar 2014 07:28

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We are talking different languages, not just semantics, and also not arguing about anything. Just different issues: 'same pew but an altogether different shul'.

So whatever u r doing, I hope you keep right along doing it, brother! We definitely don't mess with something that is *not* broken.

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