



# Decircumcision : Foreskin Restoration ,Methods and Circumcision Practices

*Gary M. Griffin*

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You CAN have a foreskin! Whether circumcised as an infant or an adult, this groundbreaking book shows how any male can restore his foreskin with this easy-to-follow method.

The step-by-step, fully illustrated instructions show you how to safely and effectively regenerate the foreskin to any length you desire, featuring:

Detailed description of various circumcision procedures

Female circumcision and circumcision practices in tribal societies

Greek and Roman infibulation practices

Why the English started circumcising their military men in the 18th century

The states and countries with the highest intact vs. circumcised rates

The truth about circumcision rates and STDs

Surgical foreskin restoration methods

Complete step-by-step methods for nonsurgical restoration

How to develop an overhang of any desired length

Special products that can be worn day and night to assist in foreskin elongation

Support groups for circumcised men and men undergoing foreskin restoration

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