



## 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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