

THE SEX ISSUE

FEBRUARY 2018
VOL 1, ISSUE 1

**GET
WHAT
YOU
WANT**

(Orgasms,
duh!)

**LAUREN
CROW**

Answers Our Burning
Questions

3 Slick,
Slippery,
Sexy
Products We
LOVE 💧

FEELING MYSELF

Your guide to...

**Sex
Toys!**

F* YOU, PAY ME**

Seriously
Life-Changing
Advice From
@YeoshinLourdes

**Bedside
Astrologer**
The stars say you
should **fuck!**
tonight

**Only
\$5.00**

WHAT'S YOUR FANTASY?
Is it giving yourself an enema?

@yeoshinlourdes wants your money

Don't just follow her on Twitter. Actually follow her advice.

For me, scrolling down @YeoshinLourdes' timeline feels like lowering myself into a hot bath: painfully, painfully good. It's her who I turn to when I need someone to talk me out of offering another chance to a dude who has repeatedly proven his ain't-shit-ness, when I start to think that I'm asking for too much from a relationship, or even before I ask for a raise. Basically, I read her timeline anytime I start to doubt my worth.

To be clear, she isn't some sort of ooey-goey fountain of inspirational quotes. She's more like a volcano spewing hot lava in the form of truths that counteract the myths about what heterosexual dating and relationships are supposed to be like.

Her perspective is that, basically, all women do sex work — just not all of them get paid for it. She makes



the radical argument that women are owed a lifetime of debt, and that the best way that debt can be repaid is in cash. Regular installments of cash. Not for doing anything “extra,” but for doing the things we've been doing all along.

FOLLOW

CUNTRESSE
@YeoshinLourdes

Following

Stop giving girlfriend benefits to men who don't give you boyfriend benefits. 💡

RETWEETS

778

LIKES

1,204

1:25 PM - 11 Nov 2016

CUNTRESSE
@YeoshinLourdes

Following

Maid, chef, sex worker, therapist, personal assistant, life coach, personal advisor & cheerleader. 24/7 on-call no weekends & no vacation.

RETWEETS

45

LIKES

135

12:30 PM - 18 Jan 2017

CUNTRESSE
@YeoshinLourdes

Following

Seeing goodness in a man who hasn't already demonstrated goodness? It's a projection of your own humanity & divinity. Stop projecting.

RETWEETS

2,505

LIKES

3,674

10:57 AM - 29 Nov 2015



NOLA
25, Berkeley

What's the worst pick-up line someone has ever used on you? A guy showed me the tattoo on his lower abdomen. It said, "You're Welcome."

Best advice for a first date? If you're nervous, assume the other person is as nervous as you are.

Best social media account you follow? @artheocollective on Twitter.

Most surprising social media account? A guy who regularly tweets "what up its ya boy nutsling"

Favorite part of your daily routine? Applying liquid eyeliner.

this is a zine about freedom and power. this is a zine about love.

it's about sharing the ideas and teachings that we've gathered
so what is this all about? from years of pointedly seeking out

self-empowerment and pleasure, in classes, in books, in sex shops, in therapy, in bedrooms (and other locales where we've fucked), on the internet, and – especially, maybe – in conversation with other women.

the goal here is to make quality information about sex accessible. like all advice, it's what we wish we knew when we were younger.

powerful institutions know that if you can make people hate themselves for things that are completely natural – for self-pleasuring, for having brown skin or rolls on your belly or an assigned gender that is not your own – if you can make people hate who they are, then you can control them. in this time of a state apparatus that is increasingly intent on controlling us through distraction, fear and hate, it's necessary for us to care for the parts of ourselves that will protect and heal us from these forces.

this zine is about taking that power away from them and giving it back to us.

talk to us! sexissuezine@gmail.com

Favorite nut-based product: So Delicious cashew milk-based ice cream, snickerdoodle flavor.

What's your bad habit? Smokin' fuckin' cigarettes.

If you could be an animal, which one would you be?
 A bird, preferably a cockatoo because I'm annoying as a person and I'd likely be annoying as a bird.

Most recent text you sent: "Weebism is an orientalist disease."

Current top 5 songs?
 Usher - "My Boo"

My Chemical Romance - "Thanks For The Venom"

Kanye West - "Fade"

Chief Keef - "Love Sosa"

G.L.O.S.S. - "Lined Lips and Spiked Bats"

One wardrobe item you can't live without?
 High-waisted black jeans.

When the apocalypse hits, where will you be? Probably riding fuckin' BART (Bay Area Rapid Transit).

#EVERYDAYCRUSH

ON THE COVER

Lauren Crow

technicolor weirdo +
fine art photographer

 @4locrow

Little-known
fact about you:

I was on a world
championship improv
team in middle school

The world
should know:

Reverse racism doesn't exist

Favorite boy band?

Recent boy band - OneDirection

Childhood boy band - N*Sync

Favorite sex toy?

Hitachi is a classic for a reason!

Hi, I'm Lauren!

People know me for my bright clothing, my openness to talking about not only my triumphs, but my struggles, and my photography which often touches on body image and showing beauty in all people/bodies. I'm currently working on a project inspired by 60s/70s pornography.



Favorite dessert?

I do love a
good pie!



Ultimate teen movie?

Josie and the
Pussycat is definitely
in my top favorites

sex toys

Demystified

THE AMOUNT OF PRODUCT AVAILABLE TO US IS STAGGERING!
IT'S EASY TO GET OVERWHELMED AND LOSE SIGHT OF
WHAT'S REALLY IMPORTANT: **PLEASURE AND FUN!**
HERE'S SOME ADVICE & SUGGESTIONS FROM A GAL THAT
KNOWS HER WAY AROUND A SEX SHOP.



FORMERLY "HITACHI",
NOW IT'S JUST "THE MAGIC
WAND" The Magic Wand
Original, \$60, shevibe.com

you gotta know

THE BASICS

TOUCH YOUR BODY Having an idea of what you like will help you find your perfect toy! Explore position, temperature, texture, pressure, duration... Discover what you love and learn about yourself!



TEASE!
Rabbit
Bullet,
Je Joue,
\$59,
jejoue.
com

USE YOUR HEAD Even the strongest vibrator might not get you off if your brain isn't feeling the heat. Allow yourself to explore your desires and fantasies and get really turned on!

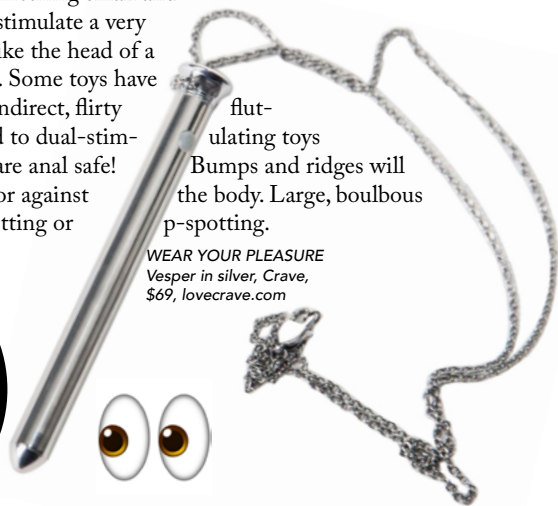
MATERIALS AND SAFETY

Non-porous materials like hard plastic, silicone, stainless steel and glass are easy to clean, possibly sterilizable, and durable. If you fall in love with a porous "jelly rubber" or elastomer toy, use a condom to cover it every time you use it. Anything going in your butt needs a flared base, and hard pass on any anal toy made with a porous material.

SHAPE AND TEXTURE Something small and pointed, like a bullet vibe, will stimulate a very specific area. A broad surface, like the head of a wand vibe, will cover more area. Some toys have little tickly "ears" that provide indirect, flirty tingling! These are often attached to dual-stimulated "rabbits". Fun fact: they are anal safe! feel interesting moving in/out or against ends are usually great for g-spotting or

flut-
ulating toys
Bumps and ridges will
the body. Large, bouldous
p-spotting.

WEAR YOUR PLEASURE
Vesper in silver, Crave,
\$69, lovecrave.com



DON'T
use silicone
lube with silicone
toys!
DO cover them with
condoms to protect
them!

FACT:
The more
orgasms you
have, the easier
it becomes to
orgasm!

You
deserve
it!

no more secrets

PRO TIPS

THERE IS NO BEST SEX TOY

You are not wrong if a sex toy doesn't please you. The sex toy should please you. You owe it nothing; it owes you everything! There's only the best sex toy *for you*. Trust yourself. The wand chooses the witch, after all.

VAGINAL/ANAL ELASTICITY You will never "stretch out" your vagina or anus permanently with a sex toy. That just isn't how our

bodies work! "Loose pussy/asshole" is a lie to make us feel ashamed of our bodies and desires. (TBH another patriarchal attempt to exert control over women's bodies and sexuality.)

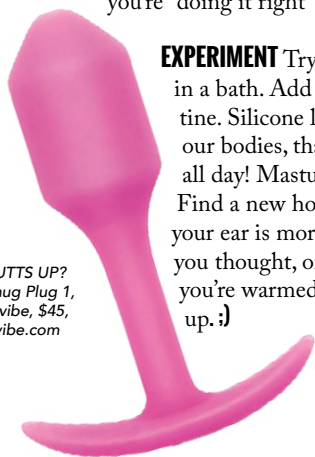
There's no shame in loving your sex toys

Using penetrative toys can actually work out those muscles and make you stronger! Take it as big as you want it!

WORRY LESS Instead of thinking about whether you're having a clitoral orgasm, a g-spot orgasm, or if you're "doing it right", just feel pleasure.

EXPERIMENT Try something new. Masturbate in a bath. Add lube to your regular routine. Silicone lube never absorbs into our bodies, that means you'll stay slick all day! Masturbate through cloth. Find a new hot spot! Maybe your ear is more sensitive than you thought, once you're warmed up. :)

BUTTS UP?
Snug Plug 1,
b vibe, \$45,
bvibe.com



THE ULTIMATE
G-SPOTTER Pure
Wand, njoy, \$110,
sheboptheshop.com



GOT LUBE?
Sliquid H2O,
\$16, feel-
more510.com

Butts do not self-lubricate. Always add lube!

MAYBE YOU'LL FALL IN LOVE WITH YOURSELF

what's the buzz?

VIBRATION NATION

THE TRUTH Vibrators provide a level of stimulation that's pretty much impossible for any human to achieve. It's not cheating, it's making your life easier! Embrace the technology. Whether you need it, or want it, GET IT!

VIBE SCIENCE Higher frequency "buzzy" vibrations will stay on the surface of the body, staying concentrated on whatever area they're placed. Lower frequency "rumbly" vibration tends to travel farther into tissue, also involving surrounding tissue. Try them both to find your favorite!



TIMELESS CLASSIC
Pink Lemonade,
Pleasure Works, \$19,
goodvibes.com

BATTERY VS. RECHARGABLE

Battery toys are great on a budget. Find something that takes AA or AAA batteries to make your life easier. Rechargeable toys are getting more affordable, but you'll often have to invest more for higher quality.

Remember to keep them charged! If they die during use you'll have to make due without for a few hours. Or you could keep a spare battery toy with extra batteries handy in case of emergency.

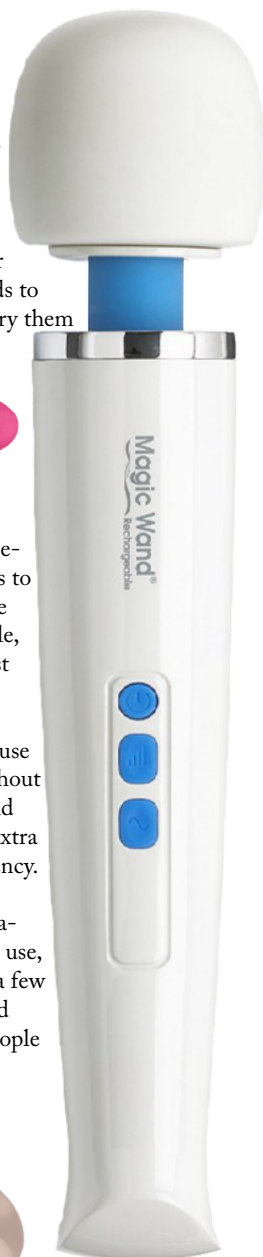
**Remove
batteries after
every use!**

+/-

YOU WON'T GET "ADDICTED" Your nerves will never be permanently de-sensitized. If you're concerned about your vibrator use, or just miss using your own hands, give yourself a break for a few days then try other stimulation again. But if it feels good and you're having great orgasms, why deprive yourself? Many people need a certain amount of stimulation to even get close to an orgasm! There's nothing "unnatural" about that!



SO CUTE! Cayona, Fun
Factory, \$99, smitten-kittenonline.com



POWERHOUSE The Magic
Wand Rechargeable, \$125,
sexualityresources.com

go f*ck yourself!

NO ONE CAN DO IT BETTER

IT DOESN'T HAVE TO VIBRATE Dildos provide fullness, pressure and movement inside the body. High quality silicone dildos are expensive, but if you treat them right, they'll be with you for a lifetime.



GROCERY SHOPPING JUST GOT A LOT MORE INTERESTING.

YOU DON'T HAVE TO PENETRATE

Many small vibrators are intended just for external use, like on the nipples, clitoris or frenulum. Masturbation sleeves, usually intended for penises, can be turned inside out over your hand to add interesting texture and sensation wherever they're rubbed. That begs the question: what other toys could you get creative with?

Don't forget: Anal safe means there's a base

IMPROVISE! Objects all around you could bring you pleasure. We like to call them "pervertables". Buy a

condom, and suddenly you have access to all kinds of toys. Don't choose something sharp, breakable or shaped in a way that could break the condom. Be aware of the material. A silicone spatula can be sterilized, but the rubber handle of your hairbrush cannot.

Wash toys with mild soap and warm water. Easy!

SEEING IS BELIEVING If you're able to visit a sex positive retailer that has their product on display showroom style, make the trip! If there's no store near you, find sex toy reviewers online and read their perspectives. Just remember that everyone is different; their least favorite toy could be the best orgasm you've ever had!



TACTILE TREATS
Easy Beat Egg, Tenga,
\$9, babeland.com



HATE THE NAME,
LOVE THE TOY
Womanizer Pro 40, \$129,
thepleasurechest.com





überlube Lubricant \$18 for 50 ml,
early2bedshop.com

Silicone lube kinda rules. It doesn't absorb into our bodies, literally ever, so you don't have to worry about reapplying. It's the most hypoallergenic lube for that reason. It's condom safe. If you don't like it as lubricant you can use it to prevent chub rub, tame frizz in your hair, protect your hair before styling, even lube up your bike chain! Just be aware it can stain cloth, like oil does, and you'll have to wash it off with soap and water. **AND DON'T USE IT WITH SILICONE TOYS!**



Good, Clean Love Bio-Match Restore Moisturizing Personal Lubricant \$14.99 for 2 oz,
goodcleanlove.com

First: I'm NOT a doctor and this is not medical advice— just a solution that worked for me. For awhile I was getting BV all the time. BV is when the pH balance in your vagina is off. The doctor put me on antibiotics every time. SEVEN DAYS of swallowing big-ass pills and no drinking! You can imagine my delight when Katja introduced me to Good Clean Love, a gel that I can baste my cunt with every time I feel the BV coming on. It's lifetimes better than bleaching my innards with antibiotics every other month.

**3 SLICK,
SLIPPERY,
SEXY**

products we love



Please Cream Intimate Lubricant Sample Sachet \$1 per sachet,
glydeamerica.com


Can you guess the amount of times I've been at some dudes place only to find that he has neither condoms NOR lube?? Rather than ABANDON the unprepared Boy Scout as I should, I whip out two kinds of condoms and a sample packet of lube. They fit in my "going out" purse and have saved me many a morning from waking up with my snatch feeling raw.

5 STEPS TO GIVING YOURSELF AN ENEMA

So, you wanna clean your ass?

This can be a great way to ease your mind before anal sex. (Though, poop is in most digestive tracts, and it can just be washed off, so no poop shaming, please!) This is also a great way to help with difficult bowel movements, or just feel extra fresh! Behold: basic enema procedure.

It's actually incredibly lowkey to give yourself an enema. First you'll want to get ahold of an enema bulb. You can probably find one at your local drug store; it looks like a bottle with a long nozzle tip. You could use the liquid from the enema bottle, but be sure it's free of any laxatives or additives, you really only need warm water from the tap. If you want to be a bit more discreet, you can use a regular water bottle. If you want to reuse your enema bulb, I'd recommend finding one that's a non-porous material, like silicone. The nozzle tip is just to help you get to your butthole between the cheeks, it does not have to go all the way inside, unless you'd like that.

I recommend you do this either before or after you've dried off from a shower, because if you do it during you might get your bathroom floor  and your toilet very wet. Stand in your shower or bathtub because there could be some leaking.



SQUEEZE & SQUIRT Enema Bulb, Cleanstream, \$17, amazon.com


- 1** Fill the bottle or bulb with warm water from your shower or tap.
- 2** Place the tip of the enema bulb, or the mouth of the water bottle, just against your anus with light pressure; the tip does not have to go inside. If it feels uncomfortable, adding some soap suds or lube can help make things slide more comfortably against your body. This can take practice, so do this the first few times without a time constraint.
- 3** Squeeze the bulb or bottle for about five seconds. You will feel the water pressure push inside your body. Now your rectum is filled with water!
- 4** If you have an open shower drain you can expel the fluid in the shower, but I recommend sitting on the toilet, so you can inspect what you're expelling. Gently push as if you're trying to pass a bowel movement and water should flow out easily, lasting only a few seconds. You should not have to strain very hard.
- 5** Repeat a few times, 2-5 times is usually enough for the water to run mostly clear. A little cramping is normal, but shouldn't feel excruciating. If you're uncomfortable, take it easy, lay down and rub your belly. The pain will pass shortly. Be sure to wash the enema tip with warm, soapy water once you're done. I'd recommend only using water bottles and plastic enemas once. And don't trust your first fart.


 **Now go out and enjoy your sparkly clean anus & rectum!**





Bedside Astrologer: V-Day Edition


Hint: 
The stars say
you should **fuck**
tonight!


Libra: Strap your donkey to a harness and take it on a ride up to Cougar Town. 


Aries: You're getting a lot of weird urges this month. Listen to them. Whatever random idea pops in your head. Wrap your phone in saran wrap and stick in it your pussy lol. **See if Siri will eat you out.** 


Scorpio: As the investigator of the zodiac, you're the master of getting to the bottom of things. Why not find out once and for all if it's possible to **eat your own asshole?** 

Taurus: Don't deny it. You love attention. Next time you're in the bedroom, make sure your partner can't take their eyes off you when you begin dry heaving and convulsing in the middle of the room. **That's hot!** 


Sagittarius: Your wild Sagittarius self craves freedom. Now's the time to fuck someone random—**literally anyone.** Fuck the Comcast dude, a bus driver, your mom's friend. I don't care. A banana. 

Gemini: Looking for something new to spice up your boring routine? This month, eat a quarter-pound of mushrooms and **show up at your partner's house naked,** shivering, blindfolded, dripping wet and tripping balls. 

Capricorn: Throw people off a little this month: Put in extra-long hours at work, then slack off the next week. Keep switching until no one knows who you are. In your new life, no one will know your true identity. 

Cancer: Treat yourself by getting a **vagina facial.** Draw a smiley face on your vagina, and tape on two googly eyes. Give your new face-vagina a name: Harry, Matilda, even Cameron! 

Aquarius: For non-stop sex, start by lifting your legs above your partners face in a half-moon shape. Slowly lower yourself to their navel, then begin thrusting furiously back and forth. **Start counting backwards from 100.** 

Virgo: You'll really want to reflect on the thoughts that have been circling your mind endlessly for the better half of a year. Dwell on them! Dig a hole, and eat yourself out of it. You'll never be the same. 

Pisces: Try watching a bunch of weird **fucken porn** and see if you dream about it lmfao 