

'Fifty Shades' Questions You Were Too Afraid to Ask

If you've read the "50 Shades" trilogy, chances are you're curious about a few of Anastasia's racy encounters. We dish on some of this book's dirtiest scenes.

If you've read the "Fifty Shades of Grey" trilogy by E.L. James (who hasn't), chances are it opened your eyes - and left you with a few nagging questions. But where to go for the information you need? After all, searching for sex terms online can be a bit of a minefield of porn sites and virus-laden spam. So, I've come to your rescue by going out and doing the dirty work for you. Here are some answers to satisfy your curiosity...

1. What are those metal balls Anastasia wears when Christian is spanking her and again while attending the charity event?

These little metal balls are most commonly known as Ben Wa Balls. They have a long list of other names - like love balls, Geisha balls and Kegel balls - but they're essentially all the same thing. These small (about 3/4 of an inch to one-inch in diameter), round weighted balls are designed to be inserted into the vagina, either for pleasure or to strengthen the Kegel muscles. Ben Wa balls can be worn for minutes, hours or the whole day (it's up to you).

One thing to keep in mind, though: If you're wearing them for stimulation, make sure that you'll be able to remove them if the sensation becomes too intense.

2. Can a woman orgasm from nipple stimulation alone?

Yes ladies, it is possible. It is referred to as a nipple orgasm - how original! It takes a bit of work on your partner's end, but it can be pretty mind blowing. In "Fifty Shades of Grey," the heroine, Anastasia, experiences a nipple orgasm as the second orgasm of her life. I'd have to say this isn't likely without more practice, but with a master lover like Mr. Grey, I guess anything's possible!

(Keep in mind that this kind of orgasm is nearly impossible for a man, and if you try it, it's likely to lead to discomfort rather than pleasure because men's nipples are more sensitive.)

3. Does the world of dominants, submissives and sex contracts actually exist?

It absolutely does. In fact, it's far more popular than one might think. There are social network sites like FetLife for meeting like-minded people and sharing experiences. There are even online training schools for dominants and submissives, and plenty of free online contract samples that aspiring dominant/submissive partners can customize to their liking.

You can even get these on the Different Strokes website to download. If you are interested in this world, you'll be amazed at how big, broad, diverse and accessible it really is.

4. Can having intercourse with a full bladder result in a better orgasm?

This worked for Anastasia and it could work for you, as long as your bladder isn't too full, or you could have a mess to clean up ("golden shower" anyone?). The urge to urinate can sometimes cause stronger and more frequent orgasms in women because a full bladder can push on the G-spot. Hey, it can't hurt to give it a try, so drink up, ladies!



5. Does Christian's trademark of circling his fingers inside Anastasia's vagina actually work?

Again the answer is yes (yes! yes!). Some partners don't realize that when it comes to finger stimulation, a straight in and out motion often only leaves a woman wanting something more. In "Fifty Shades," lover boy Christian Grey often uses a finger circling motion to stimulate Anastasia. And why wouldn't he? It's an expert move in the manual stimulation department. Give it a try on yourself if you aren't a believer - you can thank me later!

6. What is an "egg"?

During Christian and Anastasia's discussion about their hard and soft limits there is a mention of "eggs" in the anal sex toy area of the contract. Now, I am going to assume E.L. James didn't mean actual eggs because, well, that would be messy. These "eggs" could refer to one of two things: the many egg-shaped vibrators on the market or a specific sex toy called Asian anal eggs. Either way, they are pleasure givers - so get cracking!

7. What is TPE?

In the first book of the trilogy, Christian refers to wanting a "TPE relationship". TPE stands for total power exchange, and you probably shouldn't agree to be in this type of relationship unless you fully understand what it entails.

A TPE relationship most commonly exists in a long-term dominant and submissive relationship, where the submissive agrees to give the dominant complete control, hence the "total" part of the equation. The dominant may control the submissive, but in return is completely responsible for the submissive's well-being. Some refer to it as consensual slavery.

8. Can a person really have that many orgasms in one day?

In "Fifty Shades," Christian and Ana have mind-blowing sex, well, pretty much constantly - although they do pause for a meal now and then. Can two people really enjoy each other that much? The answer is that it's possible, but not very likely.

The female world record holder for most orgasms in a day is Deanna Webb at 226, but while most women are capable of multiplying the pleasure, most lose interest long before this point and get on with their day. So is it possible to have intercourse and orgasms, say, four to six times a day for weeks on end like Anastasia Steele?

Yes, technically the body can do this, but really, who has time for that?

9. Can sex in a bathtub really be as good as described in the book?

Well, you are dealing with a few additional factors when having sex in the bathtub - tub fixtures, a very hard slippery surface and water that is constantly washing away a woman's natural lubrication.

Plus, condoms can't be used for underwater play, because they just don't stay put. Never say never, but I think the hot steamy bathtub sex in "Fifty Shades" is just plain fiction. However, in the foreplay department, a hot bath certainly ranks way up there.

Exactly how E.L. James, a shy, British housewife with no "Red Room of Pain" to call her own, came up with "Fifty Shades of Grey" and managed to capture the sexual unconscious of millions of people is a mystery.

But she must have done her research, because while the story may not be probable, most of it is well within what's possible. According to Christian Grey, all you have to do to make it happen is "free your mind and listen to your body."

Have fun! Play Safe!