

RESOURCES

Community Resources

- ❖ San Francisco Leathermen's Discussion Group <http://www.sfldg.org>
- ❖ San Francisco Citadel <http://www.citadelsf.org>
- ❖ Handball Heaven: <http://www.handballheaven.com>
- ❖ Hell Hole SF (monthly fisting parties in San Francisco) <http://www.HellHoleSF.com>
- ❖ Center for Sex & Culture: <http://www.sexandculture.org>
- ❖ National Coalition for Sexual Freedom: <http://www.ncsfreedom.org/>
- ❖ Woodhull Freedom Foundation: <http://www.woodhullfoundation.org>

Health Related

- ❖ Kinky Medical Antiseptics and Disinfectants: <http://www.KinkyMedical.net>. Click on "antiseptics" and scroll to the bottom of the page for the four-way quarternary disinfectant. (My favorite. A 2 oz. bottle makes four gallons and it only costs \$5.00!)
- ❖ CDC Fact Sheet on Hepatitis A:
<http://www.cdc.gov/ncidod/diseases/hepatitis/a/fact.htm>
- ❖ CDC Fact Sheet on Hepatitis B:
<http://www.cdc.gov/ncidod/diseases/hepatitis/b/fact.htm>
- ❖ CDC Fact Sheet on Hepatitis C:
[www.cdc.gov/ncidod/diseases/hepatitis:c/fact.htm](http://www.cdc.gov/ncidod/diseases/hepatitis/c/fact.htm)
- ❖ EPA Products recommended for disinfecting against MRSA:
http://epa.gov/oppad001/list_h_mrsa_vre.pdf
- ❖ SF Dept of Public Health Info on MRSA: <http://www.sfcddcp.org/mrsa.html>
- ❖ Hepatitis C: An epidemic for anyone, <http://www.epidemic.org/>
- ❖ Hepatitis C: An Introductory Guide for Patients,
<http://hepatitis.va.gov/vahep?page=basics-hcv-booklet>
- ❖ Personal Risk Assessment for Hep C:
<http://www.epidemic.org/theTest/personalRisk/>
- ❖ What Is Hep C? <http://www.epidemic.org/theFacts/essentials/whatIsHepatitisC/>
- ❖ Vast info on gay health with a database of gay-friendly healthcare providers:
<http://www.gayhealth.com>
- ❖ San Francisco StopAIDS Project, <http://www.stopaids.org>
- ❖ Project Inform, <http://www.projectinform.org>
- ❖ San Francisco Department of Public Health <http://www.mrsasf.com>

Reading

- ❖ FIRST HAND, an erotic guide to fisting, by Tim Brough, with an introduction by Jack Fritscher, PhD.
- ❖ The Intelligent Man's Guide to HANDBALL (the sexual sport) by R.A. Fournier
- ❖ Trust: The Handbook, A Guide to the sensual and spiritual art of handballing, Bert Herman, 1991.

Just For FFun

- ❖ For an interesting discussion on fisting and Christianity, see <http://www.sexinchrist.com/fist.html>(They're in favor of it!)
- ❖ J-Lube Recipes: <http://www.westom.com/ff/jlube.htm>
- ❖ More J-Lube FAQs: <http://www.anus.org/SEX/jlube.html>
- ❖ Slam Dunk at <http://www.slamdunk.com>
- ❖ Fisting Facts: <http://www.winternet.com/~redright/aimqth.htm - anchorTOP>