

Power Lines

The Official Newsletter of the Orlando Munch



Amazing Change, How Sweet The Sound

As the Orlando Munch moves forward, more and more things change. Hopefully, such change does not scare people, but reassures them that the Munch is adapting to new situations.

We are one of the sponsors for the first-ever Central Florida Flea Market (page 7), and we welcome the opportunity to further the Florida community in whichever way we are able.

The Orlando Munch's Newbie Roundtable has been doing fantastically well at finding new people and bringing them out of their shells and into the community.

The Singles' Group is planning a get-together on

Volume 11, Issue 5

a weeknight (gasp- page 11) to help out the people whose busy schedules prevent them from attending a regular Munch.

We can find new people while keeping our existing members. We can further the statewide community with no negative repercussions for the Munch. We can adapt our ways of doing things to make room for new ideas.

Most of all, we need input from all of our members, both new and old. Please feel free to share your thoughts on changes we have made, or make suggestions for changes you'd like to see!

Eria



Can Whipping Cure Depression?	2
10 Ways to Increase Endorphins	3
Cleaning Your Toys	4
Central Florida Fetish Flea Market	7
10 Rules for Submissives	8
Upcoming Events	11

August 2007

Can a whipping cure depression?

Can a whipping cure depression? Some Russian scientists think it can. In fact, they made quite a sensation at an international conference with their research paper entitled, “Methods of painful impact to treat addictive behavior”. According to these researchers:

“The absence of the will to live is caused with decreasing production of endorphins - the substance, which is known as the hormone of happiness. If a depressed individual receives a physical punishment, whipping that is, it will stir up endorphin receptors, activate the “production of happiness” and eventually remove depressive feelings”.

The proscribed course of treatment in their study included 30 sessions, each consisting of 60 flogs on the backside with a cane. Results were described as “good and excellent”.

While the mere suggestion of such a therapy might seem shocking or barbaric to mainstream medical practitioners, the underlying idea is not new. Indeed, a deficiency of endorphins was suggested as a cause of depression as early as the 1970’s. So, what, exactly are “endorphins”?

Endorphins are natural opiates produced by the human body. They have a chemical structure similar to synthetic opiates like morphine or codeine and they function similarly in the regulation of pain, pleasure, and euphoria. The high experienced by long distance runners and the “subspace” or “bottomspace” known to BDSM practitioners have both been linked to increased endorphin production. Simply put, if you’re feeling down or stressed out, making an effort to incorporate activities known to stimulate endorphin production into your daily routine might elevate your mood and make you feel better without the tolerance or side effects associated with synthetic drugs or medication.



10 Ways to Increase Your Natural Endorphins

1. A Good Whipping – Pain stimulates the production of our natural endorphin painkillers. Endorphins may partly explain the masochistic link between pain and pleasure.

There is great variability in the ability of different individuals to achieve an “endorphin high”. It has been speculated that masochists may produce abnormally high levels of endorphins in response to some types of stimulus. The resulting euphoria and pain killing effect basically overrides the normal pain response.

2. Tickle Torture & Laughter – Tickling also stimulates pain receptors in the skin (and thus endorphin production), albeit in a slightly different way, than a whipping.

3. Capsaicin – The active chemical found in chili peppers. It is responsible for the burning sensation

associated with hot spicy foods. The pain resulting from the consumption of capsaicin containing foods stimulates endorphin release.

4. Acupuncture – A form of traditional Chinese medicine, involves inserting thin needles into specific locations on the body known as meridians. It is frequently used as a treatment for chronic pain. Medical studies have confirmed its efficacy by documenting increased endorphin activity in response to the insertion of acupuncture needles.

5. Orgasm – The post-orgasm, relaxed afterglow has been attributed to endorphins released during orgasm.

6. D-Phenylalanine (DPA) – An amino acid exhibiting some unique endorphin preserving properties. It effectively inhibits the enzymes in the body that are responsible for destroying



10 Ways...

endorphins, allowing their concentration to increase over time. There have been several studies showing DPA as a promising alternative treatment for chronic pain and depression. DPA is available online and in some health food stores.

7. Exercise – Some researchers have theorized that the “runner’s high” is a result of increased endorphin production in response to the physical stress of exercise. Workouts of moderate to high intensity including running, swimming, bicycling, weight lifting, or aerobics are most likely to produce this effect.

8. Chocolate – Contains a number of psychoactive chemicals, which have been shown to affect both the endogenous opioid and cannabinoid systems.

9. Sunbathing – Skin cells have been shown to produce endorphins in response to exposure to UV light. Researchers have theorized that frequent tanners and sunbathers may have a mild addiction to this effect.

10. Roller coasters & Scary Movies – Fear causes endorphin release.

Cleaning Your Toys

Bleach is one of the ideal sterilizing agents for the control of pathogenic organisms (ie, germs, viruses like AIDS and bacteria that make us sick). It's commonly available, not very expensive, and most laboratory studies have indicated that a soak in a 10% solution of bleach (9 parts water to 1 part bleach) for 10 or 15 minutes will reliably kill the AIDS virus.

However, at least one study has suggested that some disease organisms may survive a rinse in 10% bleach solution, particularly if the soaking isn't long enough. In addition, most of the laboratory studies have been applied primarily to less porous and degradable substances than leather - most specifically to shared drug syringes.

Scientists are definitely aware that sex and shared needles are common vectors of transmissions (ways people get sick) for the AIDS virus. They are much less commonly aware of the special issues around leather and what we do with it in the BDSM community, and it is important to look at their study results carefully if we want to better understand our risks.

Cleaning Your Toys

Leather has some issues and problems all its own, and it is not (as far as I know) a specific subject of any of the studies done on the survivability of the AIDS virus. It doesn't stand up very well to extended or repeated soaks in bleach water, which creates some special questions and potential problems for us since we do use leather toys which have the potential to break skin and which may be used on more than one person.

Toys made of metal, plastic derivatives or fiberglass are not easily damaged by a higher percentage solution of bleach or a longer soak time, so they are easy to clean - a 15 minute soak in bleach water and a rinse is adequate for us to be sure that there are no infectious pathogens left viable (alive) on the toy. Toys made of wood, some kinds of rubber, cloth or synthetic fiber, such as the nylon cracker on a singletail, stand up reasonably well to up to a 20% or even 25% solution of bleach and water, but may degrade over time. It is a good idea to wash these toys with soap and water to remove traces of the bleach solution after soaking. Some toys may be autoclaved if real

sterility is desired.

Leather toys, especially expensive ones such as floggers, are much more difficult to adequately clean if they are exposed to potentially infectious body fluids. Bleach will damage leather fairly quickly, though your leather toys will last longer if professional leather care solutions are

Some days...

it's just not
worth
chewing
through
the straps!



Cleaning Your Toys

used in addition to the bleach solution. Purchase leather care and conditioning products at saddle and tack shops or retail leather clothing outlets, and make sure you have the right one for the type of leather that was used to make your toy.

Depending on its weight and manufacture, some leather will actually survive one autoclaving, but some won't, and it's an expensive proposition to find out which is which. I doubt any leather could survive repeated autoclaving. (Hint: rawhide **definitely** does not make it, and dyes fade.)

More leather-friendly (but much more expensive) alternatives to bleach or boiling include solutions like ClinASept, a hospital sterilizing wash, or another full spectrum viricide/antiseptic, sometimes in combination with an extended period of being left dry and unused as an additional precaution.

Some experiments have been done on the viricidal and antiseptic properties of various types of radiation ranging from simple sunlight to more complicated forms, but the jury still

seems to be out on the results. Certainly some exposure to sunlight won't hurt, and may even help, if some scientists' theories turn out to be right. Microwaving on low power has also been suggested, but I am not certain of the efficacy of this technique and I am certain that it can cause scorching and warping.

Humidity is definitely an important factor in the length of time that a pathogen can survive outside a human host, and a dry environment is much less pathogen friendly than a humid one. There are some bacterial spores known to be able to survive an extended dry period, but most authorities agree that the virus that causes AIDS does not survive well outside the human body for any significant length of time.



Central Florida Fetish Flea Market

Friday September 14th
6:00pm to Midnight

This is an amazing chance to buy from some of the best local vendors in Florida, especially if you've missed the yearly events! Some of the featured vendors are not often found at such events, so some will be new to almost everyone.

There will be vendors of dungeon furniture, BDSM clothing, adult toys, supplies, and more!

This event is being sponsored by several area Munches.

Find an updated list of vendors at:

<http://www.orlandomunch.com/fetishfleamarket/index.html>

10 Rules for Submissives

Be Patient

A potential top will let you know if she or he is interested in you or not. Keep in mind that your purpose as a submissive is to serve and to satisfy someone who will take into consideration the realization of your fantasies.

Don't expect your top to be able to turn on like a light switch. The timing must be right for both of you.

Be Humble

You may be God's or Goddess' gift to the world and the most sought after prize in town, but no one needs to hear it or wants to hear it. You will have ample opportunity to show how good you are. No matter what you claim, the "real you" will show through in a scene. Don't set yourself up for failure by developing expectations that you know you and your top can never reach.

Be Open

You can learn something about SM

and about yourself from everyone into the scene, no matter how experienced or inexperienced they are, or how dominant or submissive they are. SM is a very personal art, and an "I already know it all" attitude will make you miss valuable SM lessons and experiences, and ignore potentially valuable SM friends.

Communicate

Verbalization is necessary, but at the appropriate time and in the appropriate way. Your top needs to know basic information about you, such as experiences, fantasies, health concerns, and turn-offs. But -unless it's an emergency - wait until your top asks. Don't expect your dominant to be a mind-reader who instinctively knows your needs, wants, and limits. Your cooperation will enhance the scene for both of you.



10 Rules for Submissives

Be Honest

Don't be afraid to share your needs and fantasies. Your dominant expects it. Honesty about your wants, health concerns, and turn-offs is essential to a good scene. Lying or being less than candid can only lead to problems, as the top will base the scene on inaccurate information. Besides causing problems, it can be dangerous.

Be Vulnerable

Your scene is a two-way street. It is not just the physical realization of your prior fantasies. If you want to limit your experience to certain physical and psychological stimulation, then contract with your top ahead of time. But don't always expect your top to be a puppet in a fantasy play you've written in your head. It's far better to let your top surprise you, to extend your limits, to take you to places you're never been before. When you trust your top completely, let her or him know it, and let him or her guide you into new fantasies.

Be Realistic

Your dominant is human, and even the most experienced tops have moments of awkwardness and indecision. Don't call attention to what you perceive as a lapse. Know the difference between reality and the fantasy world you see in books and magazines. Few tops are rich enough to afford a large dungeon with a lavish layout of equipment... Your top's equipment is expensive - respect it and don't abuse it.

Be Really Submissive

This is the whole point. Let your dominant take you over completely. Don't coach or second guess or be critical of your top. Exchange information on your special needs before the scene starts, but once it starts be quiet! If you insist on



10 Rules for Submissives

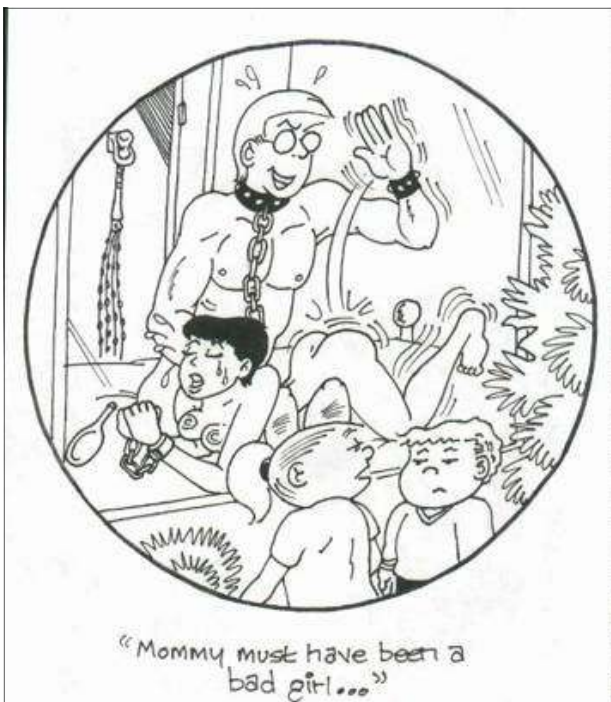
running a scene to your own specifications, then you should try being a top. You have agreed to limitations of your own power. Stay within those limitations. Respect and obey your top and expect punishment if you don't. Accept it gracefully and cheerfully. Your top has many things to be concerned with, including your safety and what turns you on. Be loyal and dependable and enjoy your role.

Be Healthy

SM, like any strenuous activity, requires that its participants - both active and passive - be in top physical and emotional health. The amount you sleep, your eating habits, your alcohol and drug intake, and everyday stress affect your response and endurance during a scene. Your dominant needs to know when your physical or emotional energy is low. No matter how tempting a scene sounds, an "I want it all now" attitude when you aren't able to give your all will leave both of you feeling let down. You serve your dominant and yourself by staying healthy.

Have Fun

After all, sex is all about having a good time. You have earned and you are entitled to the unique, intense pleasure which comes from responsible, creative SM play.



Upcoming Events

August 9-12th

Fetish Con
Tampa, FL.

www.fetishcon.com

August 29th-September 3rd

Southern Decadence
New Orleans, LA.

www.southern decadence.com

September 14th

Central Florida Fetish Flea Market
DeLand, FL.

<http://www.orlandomunch.com/fetishfleamarket/index.html>

September 28th - September 30th

Beyond Vanilla XVII
Dallas, TX.

www.beyondvanilla.com

October 11th- 14th

DomCon Atlanta

www.domconatlanta.com

The Orlando Munch runs the fourth Saturday of the month. The Newbie group starts it all off at 12 noon, with the Singles' Munch following at 1pm. The Munch proper starts at 2pm and runs until 5pm. The Newbie groups hosts a post-Munch discussion or class each month.

The Orlando Munch Coordinators

Torville

Admin@orlandomunch.com

Singles' Munch

Patti

Patti@orlandomunch.com

Newbie Roundtable

Danielle

Danielle@orlandomunch.com

Chris

Chris@orlandomunch.com

Wench

Wench@orlandomunch.com

Guest Writers

Sherri

Steven Davis

A big thank you to our contributors! You make the newsletter worth reading!

Power Lines Staff

Editor

Eriayasha

Otownbdsm@yahoo.com

Writer

Chris

Chris@orlandomunch.com