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COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"He has a urine hang-up"

Q My boyfriend won't go down on me if he knows I've urinated recently -- like in the past three hours! How can I convince him that pee is clean?

A You're right. Unless you have an infection, urine is generally germ-free. It's made mostly of water, plus minimal amounts of substances your body doesn't need, like vitamins, minerals and other elements. Your first flow in the morning is usually the most concentrated; the fluid becomes diluted as the day wears on. Explain this to your man in a matter-of-fact, nonaccusatory manner -- when you're not about to get it on. Perhaps hearing an official explanation (tell him you heard it from *Cosmo*) will help ease his mind.

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