

Sex Change 101

“How I Changed My Body”

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Agenda

- ♀ Getting healthy
- ♀ Hair
- ♀ Nails, piercing, tats
- ♀ Developing a femme voice
- ♀ Hormones
- ♀ Breast augmentation
- ♀ FFS
- ♀ SRS
- ♀ Is that all there is?

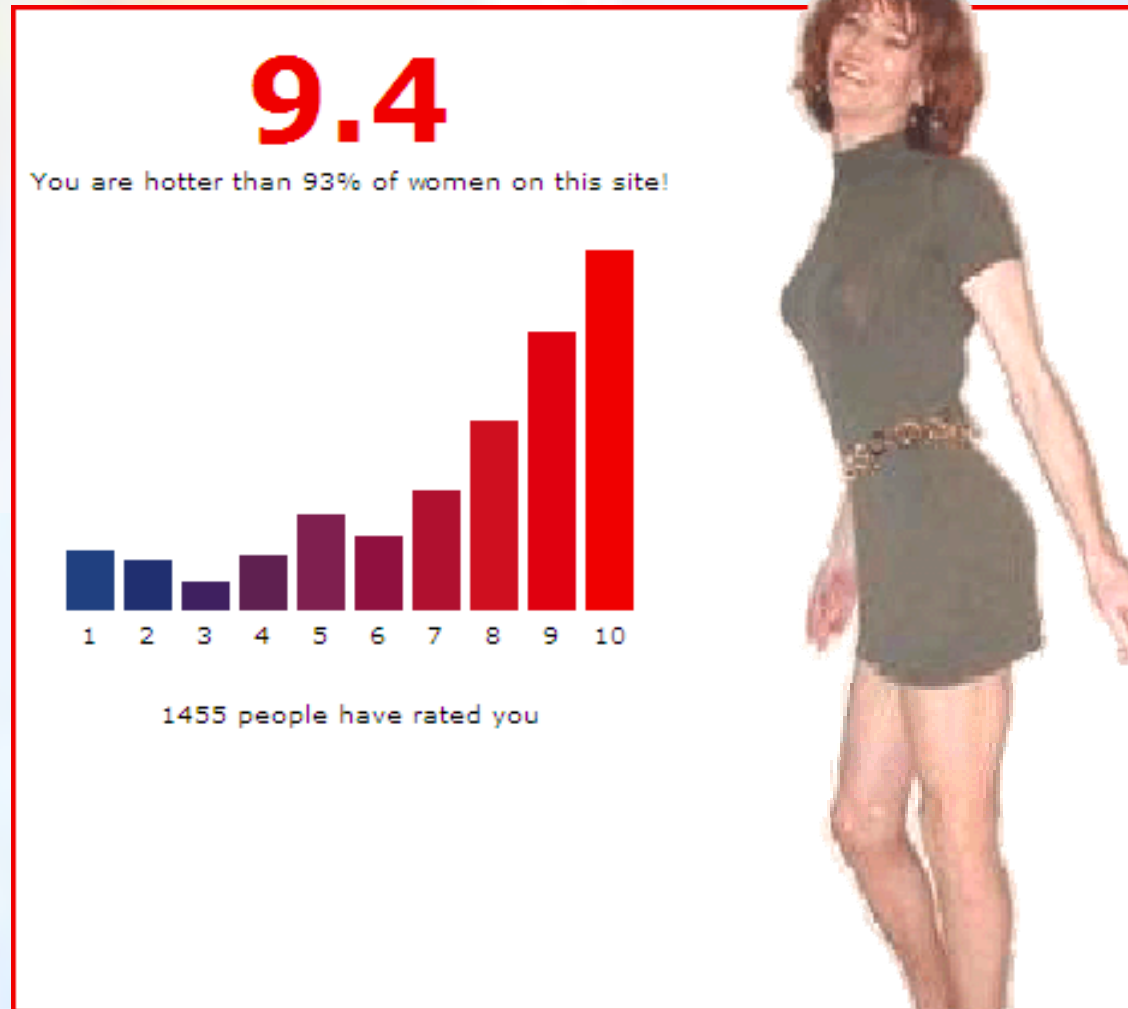


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www.hotornot.com



Getting Healthy

- ♀ No ciggies!
- ♀ No booze
- ♀ No drugs
- ♀ No sun (skin care)
- ♀ No obesity
 - ♂ Healthy diet
 - ♂ Exercise
 - ♂ Hormonal weight gain

Hair

♀ Removal

- ♂ Shaving
- ♂ Epilation
- ♂ Laser hair removal
- ♂ Electrolysis

♀ Addition

- ♂ Get a good wig
- ♂ Grow your hair out

Nails, Piercing, Tatoos

♀ Paint your toenails

♀ Grow your nails out

♂ Hormonal effect

♂ Acrylics

♀ Piercing

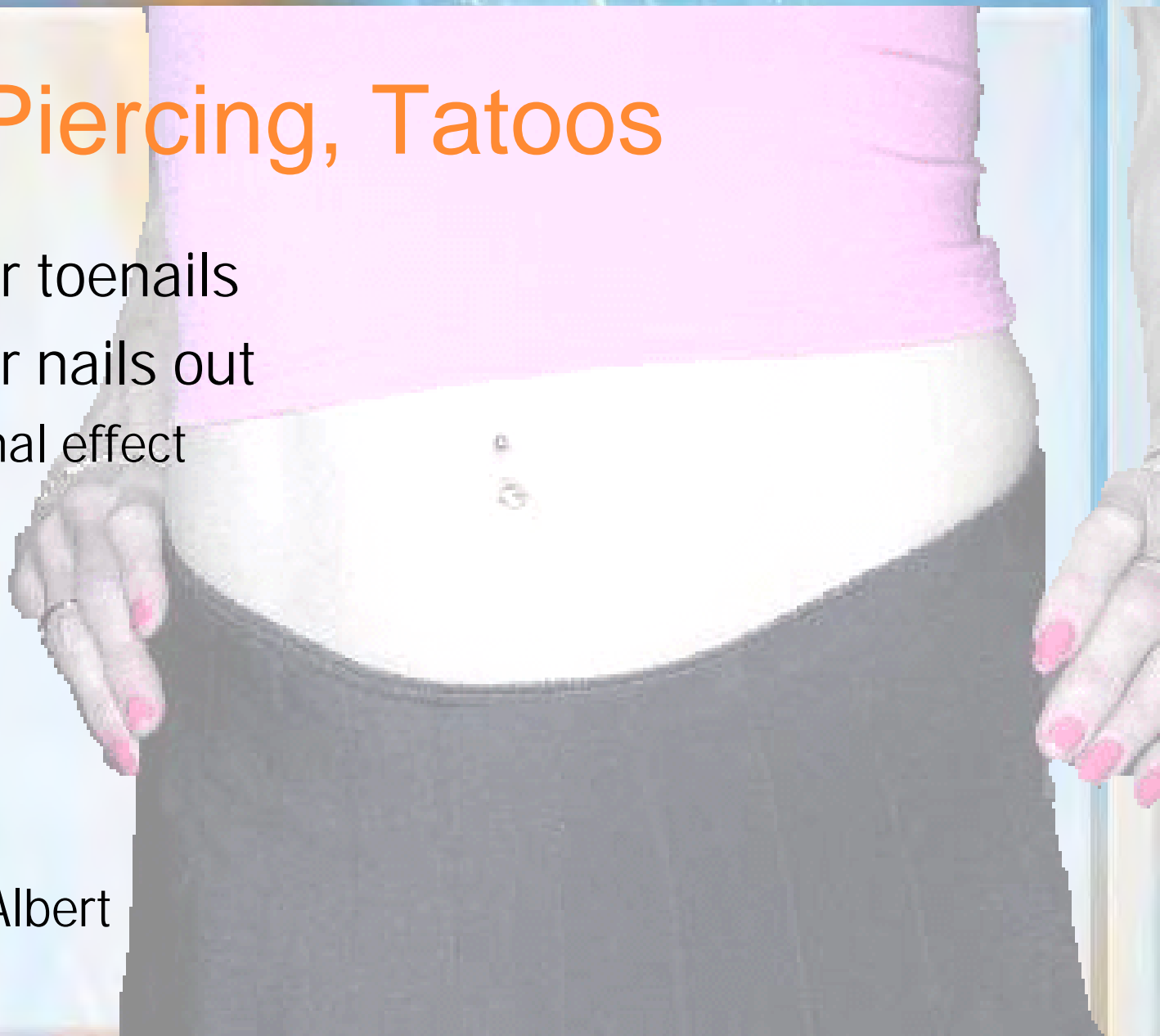
♂ Ears

♂ Navel

♂ Nipples

♂ Prince Albert

♀ Tats



Developing a Femme Voice

♀ Resonance, not pitch

- ♂ Dynamic range
- ♂ Word choice
- ♂ Enunciation
- ♂ Body language

♀ Resources

- ♂ Melanie Speaks (Melanie Anne Phillips, <http://heartcorps.com/journeys/>)
- ♂ Adrea James (www.tsroadmap.com)
- ♂ Denaë Doyle (www.femimage.com)

Hormones

- ♀ Testosterone (too much)
- ♀ Estrogen (too little)
- ♀ Spironolactone (reduces T)
- ♀ Progestin (alternative to Spiro)
- ♀ Premarin (E from pregnant mares urine)

FFS

Facial

Feminization

Surgery

An "O" job



Breast Augmentation



11/27/2006

Cal Dreamin' 16-Apr-05

11

The Operation

- ♀ GRS
 - ♂ Gender reassignment surgery
 - ♂ Genital reconstruction surgery
 - ♂ Genital repurposing surgery
- ♀ Changing your outie to an innie
- ♀ Losing the lizard
- ♀ Removing the remora
- ♀ Getting your permanent bathroom pass
- ♀ Learning to speak Italian (gen-Italian)
- ♀ De-installing your floppy
- ♀ Fixing you dangling participle
- ♀ SRS: Sex reassignment surgery

SRS Downsides

- ♀ Scrotal electrolysis
- ♀ Risk of complications
- ♀ Pain
- ♀ Catheter
- ♀ Follow-up surgeries
- ♀ Extra expenses
- ♀ Dilation
- ♀ Peeing
- ♀ Spraying
- ♀ Infection
- ♀ Healing time
- ♀ Orgasm, libido
- ♀ Long-term health care
- ♀ Profound feelings

Is That All There Is?

- ♀ Popping my cherry
- ♀ Stealth, dating, and disclosure
- ♀ Post-SRS depression
- ♀ Starting a new life
- ♀ Life partners
- ♀ Growing old

A practical guide for transsexuals, those who love them, and anyone who is just curious

How To Change Your Sex

A Light♥hearted Look
at the Hardest Thing
You'll Ever Do

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I
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