

THE ALPHA TONIC HIGH
TESTOSTERONE SHORTCUTS

Aphrodisiac Foods & Herbs



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THE BEST APHRODISIAC HERBS AND FOOD



Sexuality is such a major constituent of human beings' lives. Numerous studies have shown that sexual organs are responsible for lowering stress and producing the happiness hormones, small amounts of which can be found in chocolate. That is why human beings, men or

women, yearn to hold on to their sexual pleasure and make it last longer. But to do so, they need to remain in good physical condition.

However, doing so isn't always easy, since factors such as fatigue, stress or erectile dysfunctions can all come into play. Stress makes it hard for men to get erections and for women to experience real sexual pleasure. In order to unwind and be able to reach climax, it's therefore necessary to be somewhat relaxed. And to accomplish this without consuming substances that are toxic for our health, it is therefore necessary to be familiar with the natural nutrients that come from plants that you can eat at your heart's content. Numerous items are part of this category, from herbs to animal by-products like eggs.

All these types of food have one thing in common: all of them increase the testosterone produced by the male organ and help actively driving blood towards sexual organs. The consequences are superb and long-lasting erections. In short, whether you are under or over 30, you will experience a powerful sense of arousal and you will last longer in bed, and will therefore help your loved one reach climax every single time. That's why he or she has a vested interest in buying all the ingredients to prepare all the easy recipes sprinkled throughout this eBook. Ready, set, climax!

Oysters as aphrodisiac food



Men and to a lesser degree, women, need testosterone to gain enough vitality to support their sex drive. Testosterone can be described as a composite with anabolic properties:

The benefits of oysters on sexuality

When you eat an oyster, it has a direct impact on testosterone production in your body, which is why this type of food is a powerful aphrodisiac. Thanks to oysters, your muscle power recovers more quickly, which allow sexual intercourses to as long as possible. For men over thirty, the shortfall in testosterone can be compensated by oysters and this can lead to better erections. This way, you can recover your sexual energy regardless of your age by eating oysters.

How to properly eat oysters?

You can eat oysters in different forms, be it only their flesh or as pills. When you eat its flesh, the oyster is a mollusk that's essentially made of minerals and nutrients and one that also happens to be particularly delicious. When you eat it as pills, it's an extract of oyster or meat made and molded from dried oysters. When crushed, this dry meat turns into powder which is used to make pills or capsules.

About the amount of zinc in oysters

Oysters can also help improve the amount of zinc in your body. This helps preventing dermatitis, skin conditions and other types of skin diseases. For men, oysters also have an effect on testicles and sperm and helps improving its quality. The zinc in oysters also stimulates testosterone production. There is also some Vitamin D in oysters, which also helps producing testosterone. All this is why oysters have a big impact on sexual health.

It's important to know that erectile dysfunction can be caused by insufficient levels of zinc. That is why by eating oysters you will both improve your erections while providing pleasure

to your palate at the same time. When it comes to immune health, oysters can also help enhancing the immune system and fight back against a number of illnesses.

On ginseng, ginger and garlic

Stress is a major factor when it comes to sexual dysfunctions, for men and women alike. We'll take a look at the benefits of ginseng, ginger and garlic regarding this issue :

Ginseng



Ginseng is a miraculous type of food when it comes to decreasing such an inhibiting factor like stress, which is the reason why it dramatically enhances sexual performance. What's more, it has a direct impact on testosterone production and increases the amount of this particular hormone in the blood flow. Thus, sexual energy is increased manifold and the penis can grow more naturally.

Many different variants of ginseng exist but there are four you should look for in particular:

- › Panax japonicum, or ginseng bamboo.
- › Panax ginseng, more commonly known as Asian or Korean ginseng, which, as the name would imply, comes from Korea and China.
- › Panax quinquefolium, or American gineng.
- › Eleutherococcus senticosus, or Siberian ginsengou, more commonly referred to as devil's shrub.

Ginseng contains saponin which possesses erotogenic properties. Ginseng is also popular in cultures interested in taking advantage of its benefits. Its appearance is that of a brown root, with a strong smell and a somewhat hard skin. To use it, you can either peel the skin off or grind it in a small cooking mortar. Whichever method you choose, ginseng's bitterness is one of its main characteristics and one that you must be prepared for if you intend to eat it raw.

The virtues of ginger



effective, as both a remedy against impotence, low libido for men and women and in cases of infertility.

Ginger is also an aphrodisiac whose effectiveness should be noted. When you use the roots, you'll come across gingerols which have highly aphrodisiac properties. Indeed, ginger increases the testicles' output. It also increases the speed of sperms. That's what makes ginger doubly

You can either ingest ginger directly as is or mix it with other ingredients to increase its benefits, just like in the following recipe :

Ingredients : *half a hard-boiled egg, half a spoon of ginger, 4 drops of lemon juice, one spoon of honey.*

Preparation : *Simply mix all these ingredients and eat some of it every day for a month. The ideal timeframe is to eat an hour before going to sleep. Your wife should be pleased with the results.*

Garlic and its benefits



As for garlic, it contains allicin. This molecule can help enhance blood flow around the genital area of both sexes.

To take full advantage of its benefits, garlic should be chewed raw. It's better to eat it on an empty stomach or at the start of a meal. Cooking garlic isn't recommended if you intend to take advantage of its natural benefits. If you do, the cooking process will result in it losing all aphrodisiac property. That is why you shouldn't cook therapeutic garlic. Furthermore, the taste of garlic can be hard to stomach for some people, since it is a very strong and peculiar flavor. To minimize it, you can chew coffee beans at the same time as garlic. This should neutralize its strong flavor. It is also

possible to chew on apiaceae seeds if coffee isn't really your thing. Combined with garlic, these seeds should make it so its flavor isn't quite as overwhelming.

Mushrooms

Mushrooms are full of amino acids, vitamins and mineral elements. They play a major part in mitigating sexual asthenia. In particular, 6 types of mushrooms have been shown to help with sexual asthenia, among which are the boletus aerus, the sparassis crispa, the boletus edulis, the cordyceps sinensis, the tricholoma matsutake and the morchella rotunda.

Truffle is a very well-known aphrodisiac amongst great chefs. It contains androsterone. This plant hormone is similar to the male hormone. When ingested, this hormone goes through the pheromones when perspiring and women are especially sensitive to the end result of this process.

That is why men can stimulate women's sexual drive simply eating mushrooms. The smallest perspiration will help diffuse the pheromone directly towards the female sensors and can immediately lubricate them. Consequently, the enhanced levels of stimulation can greatly improve desire and performance.

Cocoa, chocolate, milk, honey and royal jelly

These 4 ingredients play an important role in sexual arousal :

All there is to know about the aphrodisiac properties of cocoa and chocolate

Cocoa is a powerful nervous stimulant thanks to its high concentration of phenethylamine and theobromine. Cocoa also contains caffeine. All these elements have an impact on our mood, which is why cocoa can be used to a certain extent as an antidepressant. Its exhilarating effect is also non-negligible, especially since we now know stress inhibits sexual drive.



In short, the psych stimulant properties of cocoa make it a very good aphrodisiac type of food.

Among all the different sorts of chocolate that are available, the most interesting one is dark chocolate. It contains huge amounts of phenylalanine amino acid, which is a powerful aphrodisiac. How powerful? Significant amounts of this amino acid can be found in the blood stream of individuals who fell in love at first sight. That is why it plays a major role in exhibiting sexual desire and has an effect on erectile functions for men and on lubrication for women.

In addition, dark chocolate also contains large amounts of phosphorus. It plays a key role in men's erections. Milk chocolate, on the other hand, isn't really recommended if the goal is to boost sexual drive. The milk will indeed dilute the antioxidants which can be found in pure chocolate, and it will therefore significantly hamper the desired erotogenic or lubricating effects.

Regarding milk

When discussing sexual stimulants, few people talk about milk. And yet, the memory of breastfeeding can be categorized as one of the first sexual urges in life. As far as milk's benefits are concerned, it plays a part in sexual revitalization. To improve these benefits, consider mixing it with large amounts of honey.

The role of honey

When it comes to honey, the sugar it's mostly made of helps with the production of seminal fluid. It also provides energy to the body since that is one of sugar's main properties. When you're looking for quick results to boost your sexual performance, you should consider raw, organic, local honey.

Royal jelly

Alongside honey, royal jelly is a type of food that plays the exact same role. It can be helpful in cases of impotence, frigidity and sterility. For women who've reached menopause, it contributes to rejuvenation and, in a few miraculous cases, researchers observed that some of these women conceived after following a treatment based on royal jelly.

Bee pollen

Bee pollen contains substances that support sperm production. That is to say predigested sugars. Once they're transformed into glucagon, they increase sperm production. Bee pollen also contains aspartic acid. Aspartic acid plays a very important role in revitalizing sexual glands. Thanks to this type of food, the sex drive is improved due to the impact of the natural hormones it contains.

For someone to reach an orgasm, the numerous back and forth movements of the pelvis must be performed with a certain speed but also for a certain period of time. Bee pollen helps those who ingest it have enough energy to perform this exercise and to reach and help their partner reach climax. To benefit as much as possible from the positive impact bee pollen has on virility, you should eat it with some milk, some fruit juices or some yoghurts. You can also incorporate some of it in delicious and very beneficial organic smoothies, or in salads or cereals.

Yohimbe bark and Tibulus fruits

These two trees are very important:

Yohimbe

There is in Western African a tree called Yohimbe from which a bark can be extracted called Yohimbine. Its bark has the same effect as sildenafil, the base compound of Viagra. It produces very strong erections. In the case of the Yohimbe bark, it's important to only eat bark whose yohimbine content is controlled. The amount must be between 1 and 4 percent at the most.

A few precautions should also be taken when ingesting this bark:

- › You must reduce your caffeine consumption when you decide to use Yohimbe bark, same goes for you phedrine consumption.
- › You shouldn't take Yohimbine if you are pregnant.
- › This bark is not recommended for individuals who are prone to heart diseases, or with high blood pressure or hypotension.
- › Same goes for people suffering from prostatitis, hypersensitivity, anxiety or kidney problems. They should also avoid using this bark.
- › Finally, those suffering from depression or schizophrenia or other mental illnesses should not consume it either.

Tribulus

Regarding tribulus, it remains effective for 3 days. During this period of time testosterone production increases significantly and erections become stronger. For bodybuilding buffs, it also can have a real impact. Originally from Asia, tribulus fruits are used in traditional Chinese and Korean medicines. Their effects on sexual disorders and infertility guaranteed it

a spot on the list of the most renowned aphrodisiac herbs in the world. Once ingested, tribulus fruits increase testosterone estrogen and DHE production.

Eggs

Eggs can be very important for the sex drive because of the vitamins they contain. They include vitamin B5 and vitamin B6, which help regulate hormones. Also, when you eat a lot of eggs, your liver gets freed of the toxins that were inside of it. Eggs also contain pantothenic acid which generates arousal. Also included is phosphorus, whose effects were mentioned earlier, as well as lecithin. All these elements increase how aroused your body can get. Therefore, when you eat large amounts of eggs, your body can only thank you for it.

For better results, the eggs should be eaten in the morning on an empty stomach. 2 or 3 eggs every morning should do the trick. You can then also eat 2 or 3 during the day to reach a maximum consumption of 6 eggs a day, with a minimum of 2 a day.

If you're eating eggs for their aphrodisiac properties, you should pierce the egg and eat its content with a little salt. If you have a preference for condiments or spices, you can use those instead. You can also use caviar. A ritual like this also benefits the heart since lecithin is important when it comes to regulating cholesterol.

Asparagus, artichokes and sweet potatoes

Asparagus have diuretic properties. Artichokes are made of calcium and Vitamin B, both of which boos the sex drive. Artichokes also contain phosphorus.

The amount of potassium in sweet potatoes helps preventing erectile dysfunctions. Likewise, they also contain Vitamin A which in many cases was able to make a significant difference when it comes to infertility.

Fish and frog's legs

Fish are also very good aphrodisiacs. Of particular interest are tunas, carps and salmons. Here is the recipe which should satisfy both you and your partner in your quest for both pleasure and orgasms :

Ingredients :

You will need four tuna filets. Salmon can also do the trick. Maximum two tablespoons of lemon juice and soy sauce, Spanish pepper, two pinches of ginger powder, and two chopped chives at most.

Preparation :

You need to marinate the fish for 3 hours and 15 minutes. To do that, dip the fish in the mix of all the ingredients we've just mentioned and let stand. 3 hours later, dust some flour on the fish after having dried them. Then fry them in a pan with some olive oil. Fry each side of the fish during 2 minutes at most. Then serve on some sticky rice and bon appétit, before moving on to the more risqué part of the recipe.

Frog's legs are also aphrodisiacs.



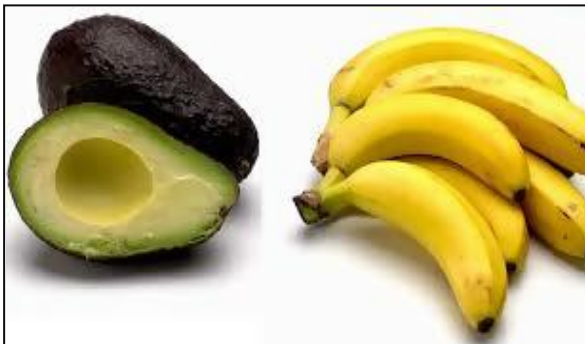
How so? The cantharidin contained helps the genital parts get thicker. In other words, it helps making the penis swell and erections last longer. However, it's important to monitor the amount of cantharidin you ingest to prevent getting poisoned. You should never go above 10 milligrams if you want to use this substance serenely. For those of you with a curious disposition, the cantharidin fly also contains compound.

Bananas

Here's one aphrodisiac recipe you probably haven't thought about, banana with almonds: You will need 60 milliliters (2oz) of butter, the same amount of brown sugar and also the same amount of curaçao. Add four peeled bananas and split lengthwise in half to the mix. You will also need 15 milliliters (0.50oz) of finely shredded orange zest.

Melt the butter in a pan and add until the whole thing simmers. Also add the bananas until they start changing color. Pour the liquor on the mixture and sprinkle the orange zest. Serve with a good ice cream after having sprinkled almonds on the mixture.

Avocados and almonds



To spice up your sexual life, you should favor food with vasodilatory properties. These will have a very positive impact on your spermatogenesis, and your sexual pleasure should strongly increase as a result. Additionally, the pleasure hormones will also multiply. Among these food items, avocados and almonds are on the top of the list.

For avocados, the amount of antioxidant vitamin E they contain is non-negligible. This vitamin plays a role in the spermatogenesis, or sperm production. Avocados are also rich in potassium. Potassium awakens women's sensuality and testosterone production for male organs. They also contain vitamin B6. It helps improving sexual pleasure since it increases dopamine production, a very important type of neuro-hormone. Avocados also contain the kind of fat that is actually beneficial for both the human body and the heart.

Concerning almonds :



Zinc and various other minerals can be found in their composition. Also present are selenium, vitamins and especially vitamin E. For those struggling with infertility, selenium therapies are especially recommended. The fact that almonds are so rich in omega 3 makes them beneficial for the blood flow, as are the fatty acids.

Thanks to them, the veins on the penis easily dilate which guarantees some very strong erections. The aforementioned components are also beneficial for the heart, which means the men who ingest them have more stamina during sex. The zinc in almonds increases the amount of sexual hormones in the male body and even sometimes women's sexual drive.

Celery



The plant hormone androsterone is present in celery. This hormone affects the muscles around the perineal area, which helps increasing sexual desire. Celery also contains alkaloids, which is why this plant is a perfect aphrodisiac. Some researchers

actually recommend taking celery oil instead, especially in cases of impotence.

Here is a recipe to fully profit from celery :

Madame de Pompadour's recipe for the King

Take two celery sticks, slice them, blanch them and dry them. Heat 30ml (1oz) of butter in a large pan and add the same amount of flour. Let the whole thing simmer. Add two egg yolks

and 125ml (4.2oz) of cream. Finally, add muscade and sliced truffles. The gentleman will undoubtedly notice the effect in his performance.

Broccoli

Broccoli also stimulates the sex drive. It is made of indoles, which limit the amount of estrogen in a man's body in order to increase the amount of testosterone. The more testosterone a man has, the stronger his erections will be.

The best recipe to release broccoli's properties is the following one :

Ingredients :

3 potatoes, fresh cream salt and pepper, half a cauliflower, butter, broth, garlic, 2 eggs.

Preparation :

Cook the potatoes in water for 20 minutes. Once they're ready, also boil the cauliflower and the broccoli in a hot-water bath. The vegetables should remain half-raw, hence why steam cooking is recommended. Add the garlic, the butter, the broth, the salt and pepper in a pan and warm over low heat. While this mixture simmers, crush the broccoli, the cauliflower and the potatoes in a mixer until you get a homogeneous paste. Add half of the cream to make the paste more fluid.

Put this paste in the pan with the butter and garlic and add what's left of the fresh cream as well as the butter and both eggs. When everything is mixed, add pepper and heat a little before serving. As a reminder, cooking the broccoli diminishes its aphrodisiac properties, which is why the vegetables should be kept slightly tender, but as raw as possible.

Maca

The South American soil is where maca can grow. This tuber is commonly found in the highlands of Peru. When a man ingests it, his endurance during sex is increased manifolds. Furthermore, his ejaculation is both more frequent and more important. Erections are also more vigorous. It is highly recommended to combine maca with royal jelly. Indeed, royal jelly allows you to recover the energy spent during sex, transforming you into a bona fide sex gladiator.

As an aside, it should be noted that maca eases women's pains during their periods, as well as the unpleasant sensations they experience during menopause. In other words, this plant is equally beneficial for men and women.

Muirapuama

This aphrodisiac plant can only be found in Brazil's equatorial forest. Their barks are used because of their stimulative effects. Their common name is potency wood, which rather effectively summarizes their function. It has a powerful effect on the sex drive, against impotence but also against pains linked to rheumatisms and the common cold. It is very effective when it comes to increasing tonicity and defeating tiredness.

To enjoy its benefits, here are the preparations you can make using this bark :

- > in a container, mix Caribbean rum with the muirapuama bark. Add just a little rum and a vanilla pod. Macerate the mixture under the sun for at least a month. Drink moderately.
- > decoction :
 - Simply wash the muirapuama bark and chop it finely. Then, put it in a pot of water and boil it. Fifteen minutes should be more than enough time. Then let it cool and filter it. It is now ready to be eaten.

› muira puama infusion

- Boil some water for a long while. Then turn off the heat and throw the pieces of bark in the pot. Let it rest for 5 minutes and it should be ready.
- For those who would like the effect to be stronger, you should choose the decoction over the infusion, which will allow you to fully benefit from its properties.

Guarana



You can find guarana in South America, more specifically in Venezuela, Brazil, Bahia and in Amazonia. Guarana looks like a plant with red berries-looking fruits. The flesh of these fruits is completely white. Guarana has a high concentration of caffeine.

Besides caffeine, guarana contains many substances that have a very positive impact on the sex drive :

- › Xanthine, la theophylline, guanine, mucilages, tannins, magnesium, selenium, essential acids, pectin, phosphorus, vitamins E, A, PP, B1 and B3, theobromine, caffeine, adenine, amino acids, trace elements, potassium, germanium.

Besides this explosive mix, guarana also contains caffeine, with an amount 5 times larger than the one found in coffee itself. This means that when your body is tired, guarana will assuredly wake it up and with it your drowsy manhood.

You may think that a larger cup of coffee would have the same effect as guarana. That isn't actually the case. The other substances this plant contains have an impact on the brain's nerve centers. Hence why the intense excitement it induces.

Many people, when they're very tired, end up falling asleep while having sex. With Guarana, this becomes impossible. You will lose all desire to rest and instead want all of your senses to experience an intense pleasure. Your brain's processing power will increase, your focus, your

memorization, your intellectual capabilities will be enhanced. As a small cherry on this already very large cake, guarana also has anti-diarrhea, analgesic and diuretic properties

Catuaba

Among all the aphrodisiac plants, there's also catuaba. Catuaba comes from Brazil, where it grows in its Northern regions. Its Latin name is *Erythroxylum catuaba*. To benefit from its aphrodisiac properties, it's the bark of this small tree that's used. The role of catuaba is to dilate the blood vessels. The result is that more blood is sent towards the phallus. Catuaba also contains alkaloids, including catuanine A, catuanine C and catuanine B.

These alkaloids have a direct impact on the central nervous system, which increases the sex drive. Catuaba is even more effective when combined with muira puima. Having all these ingredients in your pharmacy is therefore recommended if you want your lady friend to experience as intense a sexual pleasure as possible for a long time.

Damania

Damania can be found in Central America, in the West Indies and also in the Amazonian forests. It has great relaxing and aphrodisiac properties. The tree which produces this plant is the *Turnera opifera*. You can recognize it thanks to its very pretty white flowers. However, when making aphrodisiac products, it's mostly the leaves that you will put to good use.

The best way to get the benefits of damania is to prepare this tree's leaves as an herbal tea. The main effect of damania is to allow the heart to pump blood and make the phallus grow. Damania therefore plays a part in the blood flow and in the male organ. On the flip side, damania also reduces stress. Its powerful relaxation properties combined with the dilation of blood vessels allows men to get phenomenal erections. Drink a damania infusion right before going to bed and your partner is sure to thank you for it.

Cola

Kola originally comes from Africa, but later on developed in South America, Sri Lanka, in the Caribbean, in Central America and in Malaysia. Scientifically speaking, it is also called cola Acuminata or cola nitida. The edible part of the kola tree is inside the seed-shell. Each one can contain anywhere from 5 to 10 cola seeds. Cola leaves can also be used as herbal teas, thanks to their pleasant green color.

From an aphrodisiac standpoint, kola nuts contain many interesting components including:

- › theobromine, which has an instantaneous effect on the nervous system.
- › high amounts of caffeine which rejuvenate the body if it has become tired for any reason.
- › starch, which helps the phallus remain erect during sex.
- › kolanin, carbohydrates.
- › tannins, which help the body absorb caffeine more slowly, which increases how long it remains effective in the body..

All these elements, once combined, help you have very strong erections and a much increased stamina.

However, cola should be used with some precautions to prevent too strong of a nervous excitement. That is why it is not advisable to combine it with other substances. Likewise, pregnant women or those who are breastfeeding their child should also not eat them. Anyone with a heart condition should also definitely stay away from cola, same goes for people with gastric problems. An overdose of cola nut should is also a risk that should you should be aware of since its side effects would be headaches, insomnias and muscle cramps.

Gingko Biloba

Gingko biloba is a plant which helps retain free radicals. Among its active ingredients are terpenes and flavonoids, mostly present in the leaves.

This herb, which originally comes from Japan, helps mitigating the degenerative effects of old age.

Nutmeg and its aphrodisiac properties



If spices are well known for being first-rate aphrodisiacs, nutmegs also deserve a spot among them. Nutmegs look like almonds and come from the nutmeg tree, also called *myristica fragans*. The nutmeg tree is an exotic tree which never grows above 15m (49ft) and which can mostly be found in Indonesia. In most cases, it adapted to tropical climates, which is why making it grow in cold countries is a difficult thing to achieve.

To use this nut, it needs to be grated, which will preserve this herb's organoleptic properties. Nutmegs cause a reaction similar to that of Viagra three hours after having been ingested. To use it, it's important to mix it with dishes with a sauce like squash soup or red kuri squash soup. You can also incorporate it in gratins or quiches, especially those with vegetables and béchamel or even leeks. Likewise, it goes perfectly with spinaches in cream and onion soups. To preserve its attributes, nutmeg should be incorporated late in the cooking process.

Nutmeg essential oils

Just like every other essential oil, nutmeg essential oil should not be ingested. You can however inhale it or pour it in your bath. You can also use it as massage oil. Nutmeg essential oil can also be mixed coriander, rosemary or any other vegetable oil. You shouldn't mix more than 3 essential oils at once and the whole thing should be diluted in a few drops of vegetable oil. The mixture you end up with should be used in circular massages around the lower back and around the spine to rouse men's sexual drive.

As a precaution, it is important to note that pregnant women should not use this essential oil. As a general rule, no essential oils should be used by women who are either pregnant or breastfeeding a child.

Cloves as aphrodisiacs

As a type of spice, cloves are wonderful aphrodisiacs. The tree they come from is called the clove tree and the clove itself is its flower bud. Present in Indonesia and mostly in the Maluku Islands; it was exported towards Sri Lanka and Eastern Africa where it is currently being cultivated.

To end up with the clove, the flower buds are cut and dried. From a sexual point of view, the clove helps reducing the cool down period between one intercourse and another, and it therefore allows for erections that are closer in time to each other. It impacts sexual behavior by increasing the frequency of intercourses. On top of all that, it stimulates testosterone production.

To use it properly, you can incorporate it in your meals. You can also drink it mixed with some chai, a concentrated tea containing spices from India. Here's one example of a perfect mixture of aphrodisiac tea with cloves or chai tea :

Take 4 tablespoons of Assam black tea with twelve lightly crushed cardamom pods. Also add one teaspoon of very fresh ginger, as well as 6 cloves 4 aniseeds and 2 cinnamon sticks. Boil the entire mix in water for 4 minutes before adding sugar and milk.

Cloves are also excellent in sauces and with rice. To completely preserve their properties, you can use one drop of clove essential oil in your cooking for the end of the meal.

To combat fatigue, clove essential oil is also recommended. All you need to do is to massage the spine with a few drops mixed with some vegetable oil and you're sure to regain your energy.

From a purely sexual standpoint, you should keep an eye on the doses of cloves you consume. When the dose isn't too strong, a large amount of testosterone is produced. But when it is too strong, testosterone production is inhibited. Consequently, you should use it just like you would use an essential oil, meaning in homeopathic doses.

Other herbs which help boosting sex drive

Ashwagandha

Very popular in traditional Indian medicine, it is a plant with important anti-stress properties. When ingested, this plant can increase the male organ's testosterone production by 15 percent. It helps enhance the quality of the sperm for infertile men and helps boost the sex drive.

Epimedium

Also called horny goat weed, this herb is popular in the Chinese medicine. It contains large amounts of icariin, a compound which affects testosterone. Scientific studies have shown that even for animals that were chemically castrated, most notably rats, this herb had a positive impact on testosterone production.

Coleus forskohlii

This herb is very interesting in that in addition to its aphrodisiac properties, it helps men lose their excess weight when ingesting it. Even those struggling with obesity end up with

positive results thanks to this herb in a 12-month time frame. In this way, this herb is doubly beneficial in that it helps not only with people's figure, but also with their insides.

Basella alba

This is an herb that can be eaten as is or transformed into a powder without losing its nutritional value. As a vegetable, it is very popular among cooks since it is also called the Indian spinach. With it, the amount of testosterone in a man can become twice as important.

General recommendation :

It's important not to ingest at the same time several of these herbs, since it can lead to an overdose of their active principles. Likewise, when going through a therapy, pauses of at least 7 days should be made in between two therapy periods. These should last no more than 30 days at once.

Malaysian ginseng

Also called tongkat ali, Malaysian ginseng is another herb capable of boosting male sexuality. It helps muscles relax more easily, including near the arteries. Furthermore, it increases the amount of testosterone in the organism.

For more effective results, you should eat between 20 and 30 grams (0.7 to 1oz) of roots. You should favor dried roots. The aforementioned dose is the daily dose. In cases of severe andropause, you can combine tongkat ali directly with testosterone to get spectacular results.

A few aphrodisiac recipes

1. Mussels with pastis

Mussels, like oysters, are rich in calcium, in zinc and in iron. They will therefore have an important role in increasing your sex drive. For 4 persons, the ingredients are 25 grams (0.88oz) of butter, 2 tablespoon of finely chopped parsley, 2 kilograms (2.2lb) of perfectly clean mussels, ground pepper, 2 finely sliced leeks, 1 big garlic clove, 125 milliliter (8.5 tablespoon) of vegetable broth, 1 finely sliced bulb fennel, fresh cream and 4 tablespoons of pastis

As for the preparation, you will need to soften the butter in a pot before adding the fennel garlic and leeks. The heat must be set to the lowest value possible. Warm up during 5 minutes stirring it. Once the 5 minutes are over, add the broth and let it simmer for 10 minutes while covering the pot. Add the pastis and let it simmer once gain. Then put the mussels in the pot and cover it again during 5 minutes but this time over high heat. Then skill the mussels in a salad bowl and put the mussels that are still closed aside. Put the pot back over the fire and add the parsley and the cream. Add some pepper to the mix with the cooking liquid and let it boil longer. Then add the mussels in the pot. Your work is complete.

The nutrient intakes of this meal have a direct and significant impact on the sex drive. The amount of potassium is around 765 milligrams (25oz) per person. Likewise, the fibers intake is 4 grams (0.13oz), and the protein intake is 23 grams (0.74oz).

2. Oyster marinade

For this aphrodisiac dish, you will need half a shallot, twelve oysters, 1/4 bottle of champagne vinegar, and some salt and pepper.



To prepare it, you will need to macerate your shallot for an hour in champagne vinegar with salt and pepper. Then pour the marinade on the twelve opened oysters and leave it in the fridge for at least 30 minutes. Finally, put the oysters on the grill and let it cook until the marinade completely evaporates. To eat it, you can just use a little beer to deglaze the oyster.

3. Lobster tail with two spices

In this dish, you will find saffron which revives the human body's erogenous zones. This is because of the phytosterols contained in this type of food.

As far as the ingredients are concerned, you will need 4 lobster tails cut lengthwise. You will also need saffron pistil, 30 milliliters (1oz) of sweet paprika, and 60 milliliters (2.10oz) of cocoa butter, salt as well as ground pepper.

For the couscous, you will need chorizo, seeded tomatoes, crushed garlic, salt and Algerian couscous.

For the preparation itself, you will need to mix the saffron and paprika in a bowl with the cocoa butter. Then put the salt and pepper on the lobster tails. Then baste the mixture on the lobster flesh and keep the remaining spices for the couscous.

Put a plan on the stove and grill the lobster directly, without adding any fat. To make sure they're cooked as perfectly as possible, cook the lobsters a little longer on their flesh side than on their shell side in the pan. Then finish cooking them in a preheated oven set to 200 degrees.

Grill the chorizo in a pan without grease, and when it's nice and golden, remove the fat with paper towels. Then cook the couscous in the cooking water with the remaining spiced. Add the tomatoes and the chorizo in this couscous and serve after having sprinkled some salt and pepper.

4. Asian noodles with spicy almond sauce



For this preparation the ingredients you will need are 50 milliliters (1.75oz) of almonds, 340 (11oz) grams of whole-wheat spaghettis, finely sliced broccoli stems and florets, half a broccoli head, 500 milliliters (17oz) of snow peas, a sliced red pepper, 250 milliliters (9oz) of non-salted almond butter, 120 milliliters of low-sodium soy sauce, 45 milliliters (1.6oz) of fresh lime juice, 2 teaspoons of brown sugar, 1 teaspoon of chili sauce,

one green onion.

To prepare this dish, you will need to boil a large amount of water. Then put the almonds in a pan until they're nice and golden. After cooking the pasta al dente, add the broccoli in the pot and then the peas and the pepper.

While the pasta are cooking, mix the almond butter, the brown sugar, the soy sauce, the chili sauce, the lime juice and 3 tablespoons of boiling water. Once all these ingredients are mixed, stir until it becomes homogeneous. Remove the excess water in the pasta and in the vegetables. Sprinkle the roasted almonds and the onions before serving.

From an aphrodisiac standpoint, the potassium intake is high, around 646 milligrams (21oz) per person. Likewise, the vitamin E intake is 6,4 milligrams (0.2oz) per person. The magnesium intake is 181 milligrams (5.8oz) while the calcium intake is 135 milligrams (4.3oz). Based on everything you've read until now, it should be clear that with all these nutrients, the man who eats such a dish should feel quite a favorable impact on his sexuality.

5. Indian-style beef curry

Spices are among the best aphrodisiacs. Here is a recipe which allows you to benefit from their numerous positive properties:

For the ingredients, you will need 3 tablespoons of sesame oil, the same amount of garlic clove, 2 large onions bought at the same as the garlic. 2 teaspoons of crushed ginger, 2 teaspoons of curry powder, one tablespoon of cumin and the same amount of ground turmeric, one tablespoon of cardamom seeds. You will also need one half-cup of chopped coriander and two chopped peppers. Choose preferably strong peppers. You will also need 2 teaspoons of finely grated coconut. Also take 2 kilograms (5.3lb) of beef, 2 cups of broth and of coconut milk and some salt.

For the preparation, put the oil in a pot and heat it before adding the garlic and onions which you'll brown. You can also add the spices, peppers, half of your coriander, the coconut and stir the mix very slowly during 2 minutes at least. Then add the meat, the broth and the coconut milk and let it cook at low heat for an hour and a half. Once it's done, check the seasoning and improve it if needed with the coriander leaves.

6. Special libido rice cake

When you add sage in a rice cake, the estrogenic properties of this herb can reawaken a woman's desire. Combined with some chestnuts and some sage, this dish will assuredly spice up your intimate evenings.

For the ingredients, you will need 250 grams (8oz) of brown rice with long grains. You will also need 2 tablespoons of olive oil and 4 sliced celery branches. You will also need 2 chopped onions, a large leek, 200 grams (604oz) of chestnuts which you cooked and chopped in half beforehand, 1 tablespoon of finely chopped sage, 75 grams (2.4oz) of grated old cheddar cheese. Finally you'll need one egg, slightly beaten, some pepper, a few drops of Tabasco sauce and some salt.

For the preparation, you will need to prepare the rice and drain it. In a preheated oven set around 180 degrees, you will put a mold with lightly greased edges. For the remaining oil, you will use it to fry the onions, the leek, the celery, the sage and the chestnuts. Stir slowly during 15 minutes over medium heat. Then you can add the rice, the cheese, the Tabasco, the content of your previous mixture and let all of it cool before adding the beaten egg. Then incorporate the entire thing in a mold and put it in the oven for 25 minutes. Once the rice cake is ready, remove it from the mold and serve it with some sage leaves as decoration.

Regarding the nutritional value of this dish, potassium has a prime spot since it is around 720 milligrams (23oz) per person. To only speak of this element, you can easily see that this dish can only improve the libido and will dilate the blood vessels in charge of making the penis go erect.

SUMMARY:

To summarize, the best types of aphrodisiac food and plants are those with positive effects on testosterone production. They are plentiful, as was demonstrated in the rest of this book, and the crucial thing to keep in mind is that in some cases, you should be careful about excess doses in order to fully enjoy the benefits of these herbs.

The same goes for the essential oils which are extracted from some of these herbs. You should use them sparingly since in most cases, small doses are enough to achieve the desired effect. You can enjoy them raw or cooked, but if you prefer them cooked, you need to minimize the cooking time or add them towards the end of the cooking process. You can also use them to make herbal teas, decoctions or dry them to transform them into a powder after having crushed them.

As a reminder, from a nutritional value standpoint, decoctions are better than herbal teas. It bears also repeating that some of these herbs can be quite rare, but if you do want to acquire most of them you can always turn to online specialty store. They have a huge number of plants in store that you may have thought had disappeared, and some even have mandrake. In short, sexual weakness, physical tiredness, stress, are all elements that play a part in weakening men and women's sex drive, but they can all be fought naturally. All you need to do is to make the consumption of these herbs and food items part of your routine before sexual intercourse. Then you will see how good you are at helping your partner get a little closer to paradise.

