



# SECRET FOODS

**Increase your libido and that of your partner with these natural foods**

# INTRODUCTION

A DECREASE IN SEXUAL DESIRE CAN OCCUR AT ANY STAGE OF OUR EXISTENCES DUE TO VARIOUS CAUSES, SUCH AS MELANCHOLY, TENSION, EXCESS WEIGHT OR CONSUMPTION OF CERTAIN MEDICINES. ARE YOU AWARE THAT THERE ARE PARTICULAR FOODS THAT CAN CONTRIBUTE TO BRINGING A LITTLE MORE "FIRE" INTO YOUR INTIMATE LIFE? CHECK OUT THE ALTERNATIVES!

# 1 - AVOCADO

A SOURCE OF VITAMIN E, VITAMIN B6 AND MONOUNSATURATED FATS WHICH CONTRIBUTES TO THE HEALTH OF SKIN AND NAILS, THE FRUIT ALSO OFFERS POTASSIUM, TO PROMOTE A HEALTHY HEART AND CIRCULATION, ESSENTIAL ASPECTS FOR AN ACTIVE SEX LIFE. STUDIES INDICATE THAT MEN WITH HEART PROBLEMS EXPERIENCE ERECTILE DYSFUNCTION, SINCE BOTH CONDITIONS RESULT FROM DAMAGE TO THE ARTERIES. A SUGGESTION IS TO CRUSH THE FRUIT ON TOAST IN THE MORNING OR INCLUDE SLICES IN THE SANDWICH OR SALAD.



## 2 - Dark Chocolate (and cocoa powder)

IT HELPS IN IMPROVING MOOD, AS IT RAISES LEVELS OF DOPAMINE AND SEROTONIN IN THE BRAIN, KNOWN AS NEUROTRANSMITTERS OF HAPPINESS. ADDITIONALLY, FLAVONOIDS, WHICH CONTRIBUTE TO THE RELAXATION OF BLOOD VESSELS AND INCREASE BLOOD FLOW. CONSIDERING THAT THE AMOUNT (AND, THEREFORE, THE BENEFITS) OF COCOA FLAVONOIDS CAN VARY SIGNIFICANTLY, IT IS MORE APPROPRIATE TO OPT FOR THE SUGAR-FREE VERSION OR A FORTIFIED POWDER.



# 3 - PEPPER

THE EFFECTS TRIGGERED AFTER CONSUMING PEPPER RESULT IN PHYSIOLOGICAL REACTIONS IN THE BODY, SUCH AS AN INCREASE IN HEART RATE, BLOOD PRESSURE AND THE SENSATIONS EXPERIENCED DURING SEXUAL ACT. FOR THIS REASON, PEPPER IS RECOGNIZED AS AN APHRODISIAC FOOD.



# 4 - Peanuts, Brazil nuts, walnuts and cashews

IT IS AN ENERGETIC FOOD, FULL OF FATS AND CONTAINS VITAMIN E, CRUCIAL FOR THE PRODUCTION OF SEXUAL HORMONES. HENCE ALL THE MYSTIC AURA AROUND PEANUTS. OTHER SOURCES INCLUDE BRAZIL NUTS, CASHEW NUTS, NUTS, ALMONDS AND VEGETABLE OILS SUCH AS SUNFLOWER OIL. OPT FOR THE ROASTED AND UNSALTED VERSION, AND CONSUME, AT A MAXIMUM, THE AMOUNT THAT CAN FIT IN ONE CUP OF COFFEE.



# 5 - GINSENG

INGESTING GINSENG SUPPLEMENTS HAS DEMONSTRATED A SIGNIFICANT INCREASE IN LIBIDO. FOR 68% OF THEM, THERE WAS A CONSIDERABLE IMPROVEMENT IN THEIR SEX LIFE. THE SIMPLE WAY TO CONSUME IT IS THROUGH GINSENG TEA.



# 6 - Pumpkin Seed

ONE OF THE MOST EXCELLENT VEGETABLE SOURCES OF ZINC, PUMPKIN SEEDS ARE ALSO RICH IN PROTEIN, FIBER, POTASSIUM AND IRON. IN ADDITION TO PLAYING A CRUCIAL ROLE IN IMMUNE FUNCTION, WOUND HEALING AND EYE HEALTH, ZINC IS CRITICAL TO MALE SEXUAL DESIRE AS ITS DEFICIENCY CAN RESULT IN LOW TESTOSTERONE LEVELS. A STUDY REVEALED THAT MEN WHO RECEIVED 30 MILLIGRAMS OF ZINC PER DAY EXPERIENCED INCREASED LEVELS OF FREE TESTOSTERONE IN THEIR BODIES. ENJOY PUMPKIN SEEDS AS A SNACK OR ADD THEM TO YOUR SALAD, FOR EXAMPLE.





## 7 - SALMON, TUNA AND SARDINES

FATTY FISH, SUCH AS TUNA, SARDINES AND SALMON, ARE ABUNDANT IN OMEGA-3 FATTY ACIDS, BENEFICIAL FOR HEART HEALTH, WHILE ALSO INCREASING DOPAMINE LEVELS IN THE BRAIN, IMPROVING CIRCULATION AND BLOOD FLOW. IN ADDITION, THEY ARE RICH IN PROTEINS AND CONSTITUTE A GOOD SOURCE OF VITAMIN B-6, ESSENTIAL FOR HEALTHY BLOOD PRODUCTION. A QUICK SUGGESTION IS TO MIX CANNED TUNA WITH RICOTTA CREAM AND CONSUME IT BETWEEN TWO SLICES OF WHOLE BREAD.



# 8 - Oysters

OYSTERS CONTAIN ZINC, ASSOCIATED WITH THE PRODUCTION OF TESTOSTERONE. THERE ARE FOODS THAT STIMULATE THE PRODUCTION OF BOTH SPERM AND TESTOSTERONE. IN ADDITION, OYSTER IS AN ENERGETIC FOOD, RICH IN PHOSPHORUS, IODINE, ZINC AND WITH LOW FAT CONTENT.



## 9 - POMEGRANATE

A RECENT STUDY REVEALED THAT POMEGRANATE JUICE SIGNIFICANTLY INCREASES BLOOD FLOW IN THE CONCENTRATION OF ANTIOXIDANTS, RESULTING IN BENEFICIAL EFFECTS FOR MEN WITH ERECTILE DYSFUNCTION.



# 10 - Banana

CONTAINING POTASSIUM AND VITAMIN B, WHICH PROVIDE MORE ENERGY, THESE FOODS ALSO STIMULATE THE PRODUCTION OF SEXUAL HORMONES, ESPECIALLY IN MEN. THIS INCREASE CONTRIBUTES TO AN INCREASE IN DESIRE AND IMPROVED SEXUAL PERFORMANCE.





**So just include these foods in your meals and your libido will definitely increase.**