

foods for Libido

Humanity has obsessed over aphrodisiacs for thousands of years. In ancient Egypt, couples ate wine-soaked lily flowers to boost passion. Some aphrodisiacs since then have been somewhat more unpleasant or even dangerous, like cobra blood, sea cucumber, ants, birds' nests, or the secretions of blister beetles.

Most aphrodisiacs have been proven useless, but that doesn't stop mankind's search for the **ultimate love potion**

Fortunately there is a way to boost libido, energy, and passion without relying on anything dangerous, illegal, disgusting, or just plain stupid.



Libido naturally lags when the body isn't getting all the nutrition it needs



Eating well, maintaining a healthy weight, and exercising regularly will make a big difference in your sex life.

Nature

has given us plenty of commonly known foods that can help



basil

improves circulation; warming effect on body that can enhance arousal

tomatoes

contain lycopene, an antioxidant that boosts prostate health, which improves virility in men



soy

contains phytoestrogens – can be beneficial for women who have low estrogen levels



walnuts & almonds

contain arginine, important to blood flow; rich in essential fatty acids which are crucial in the production of hormones for both men and women.

chia seeds

naturally boost testosterone thanks to essential fatty acids that serve as building blocks for hormones



garlic

allicin increases blood flow and keeps the heart healthy

peppers

Capsaicin, the compound in peppers that give them their bite, increases heart rate, dilates blood vessels, and releases endorphins



ginger

increases blood flow and testosterone production



celery

contains androsterone, a male hormone that works as a pheromone to signal masculinity and virility



bananas

rich in potassium and B vitamins which boost energy levels; contain the enzyme Bromelain and give men a boost in libido

avocado

rich in essential fatty acids and B6—both increase male hormone production; contains potassium, which helps regulate the thyroid gland in women



dark chocolate

has tons of antioxidants to keep the body healthy, but it also encourages the release of endorphins



asparagus

rich in folate, a B vitamin linked to a healthy sex drive

pumpkin seeds

rich in zinc, which keeps the male sex organs healthy and productive



maca

Peruvian root that has long been used by the local population to increase strength, stamina, energy, fertility, and libido for men and women



watermelon

contains lycopene and helps relax the blood vessels to improve blood flow



nutmeg

long been used in Indian medicine to boost libido

beans & legumes

contain zinc, which is important for adrenal function and is tied to our sense of smell so those pheromones can flow



broccoli

contain indole-3-carbinol which can reduce estrogen levels in men to give their libido a boost



goji berries

These exotic berries are thought to boost energy levels, but they may also increase testosterone production



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