

Sexy Foods

Discover the magic of eating for a better sex life...

Would you like to increase your sexual arousal and stamina?

Would you like to get rid of the fatigue and tiredness that often hinder your sex life?

Would you like to prevent that headache that always comes in the way?

Would you like to stop embarrassing symptoms such as cold hands and feet, the need for frequent urination, stretch marks, and cracked lips?

If you answered yes to any of those questions, then you're reading the right article. Read on to find out how to maximize your health for a better sex life!!

SEXY FOODS

Many foods have been given the reputation of increasing sexual appetite. Some of them contain vitamins, minerals and amino acids that can boost sexual desire and help remedy most sexual problems. Popular 'aphrodisiacs' include strawberries, oysters, and mangoes. But don't worry if you don't like any of those because there's more:

Rye is rich in many minerals that can enhance sexuality, including iron, magnesium, and zinc. It is also a good source of energy-enhancing B vitamins which improve mood and self-perception. It comes in many forms, including rye bread.

Ginger is a stimulant which is known to thin the blood and therefore increase circulation, boosting sexual function, especially in males. It is one of the oldest-known aphrodisiacs, containing beta carotene, vitamin C, calcium, iron, zinc, and magnesium. Ginger can either be used on its own to make tea or added to a variety of dishes.

Almonds are delicious nuts that are a rich source of magnesium and essential fatty acids, needed for the production of sex hormones. They also contain a host of vitamins and minerals such as vitamins B2 and B3, vitamin E, calcium, and zinc. They are great for preventing infertility as well as increasing libido. Almonds are best eaten raw and kept in the freezer to prevent moulding.

Avocados contain two vitamins that are vital for overall sexual performance: vitamin B6 and vitamin E. A deficiency of these vitamins is associated with low sex drive and reduced fertility. Avocados are also high in iron, beta carotene and folic acid. They can be added to salads, or eaten as a dip with crackers or rice cakes.

Brown rice doesn't sound like the ideal food to indulge on but it is very rich in all the B vitamins required for energy. It is also a good source of zinc, iron, magnesium, chromium, and calcium, all of which are linked to boosting sex drive. It makes a great risotto or an ideal side dish for any meal.

Tomatoes are some of the richest sources of beta carotene, which is converted in the body into vitamin A. And since vitamin A is essential for the production of male and female sex hormones and for promoting fertility, tomatoes are a must on the dinner table.

Beetroot is a blood cleanser. It is also very supportive to the liver, where hormones are processed. And it is a rich source of iron, calcium, and potassium, all of which are required for healthy circulation. Furthermore, it contains beta carotene and vitamin C, which are needed to support and protect the sexual

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organs.

Pumpkin seeds have many protective properties for prostate health. They are a great source of calcium, iron, magnesium, zinc, and B vitamins. They are also rich in essential fats that are required for the production of sex hormones. They are best eaten raw or added to salads and soups.

Lentils are not usually seen as sexy foods, but their benefits shouldn't be overlooked. These power-packed pulses are rich sources of B vitamins, zinc, and manganese, all of which have libido-increasing properties. Lentils make great dishes as soup or accompanied with rice and vegetables.

Saffron, the world's most expensive spice, is dried strands of the crocus plant. It has long been considered in India to have sexually stimulating effects that justify its considerable expense. Saffron is sexually stimulating and has a particular benefit for the male libido, especially the Asian saffron crocus which is harvested at certain times of the year.

Nutmeg is a spice known as a sexual stimulant, and has long been considered to have aphrodisiac properties.

Blackberries and raspberries are two of the richest sources of vitamin C. They are also a good source of vitamin E, which is required for increasing sex drive and maintaining a soft, supple skin. They also contain calcium, magnesium, and beta carotene. Berries make an ideal 'red' dessert.

Dark chocolate is the item everybody looks for on any food list. And finally, it's good for something! Women with PMS often crave chocolate before their periods because it is abundant in magnesium, which can help relax menstrual cramps. Chocolate also contains the amino acid phenylalanine that affects arousal and enhances mood. You can enjoy it occasionally, but keep it as a treat and favour the dark chocolate instead.

FOOD PLAN FOR LOVE

Breakfast / Brunch

Eggs with spinach. Eggs are important for energy and stamina as they are rich in protein. With spinach, they make the perfect start to the day, and can be eaten with some toasted rye bread or pumpernickel for maximum energy.

Snack

For a light snack, try brown rice crackers with avocado dip which should help ensure your mood is balanced and energy needs restored.

Dinner

Start with a rocket salad with oranges and sesame seeds OR a fennel, apple, and almond salad

Main course: grilled fish with olive oil, lemon, and pepper, topped with Coriander Pesto Sauce*. Serve with a side of steamed beetroot, broccoli, and French beans.

Dessert

Enjoy a cup of green tea or peppermint tea with a small dessert of a bowl of berries topped with two tablespoons of melted dark chocolate

*** Recipe: Coriander Pesto Sauce**

This recipe is a very quick and easy recipe for a sauce that can be used with pasta, fish, prawns, chicken, or even as a sandwich filling. It contains healthy herbs, essential fats from pine nuts and olive oil, and garlic for circulation:

$\frac{3}{4}$ clove garlic; $\frac{1}{2}$ cup pine nuts; 1 cup packed fresh coriander leaves; 2 tbsp lemon juice; 6 tbsp olive oil. Add coriander and oil and blend until chopped. Add the rest of the ingredients until it becomes a lumpy paste and add to your preferred dish. It can be frozen for future use.

Alia Almoayed is a Nutritional Therapist running a busy nutrition consultancy in Bahrain, offering nutrition advice to the whole Middle East community. She writes health articles for various publications, holds lectures and seminars on health and nutrition, runs a weekly live radio health programme, and heads a number of weight loss projects. Alia is the author of *I Want Healthy Kids*, a book on how to raise healthy kids, and *The Dream Body Eating Plan*, a weight loss guide; she is also co-author of *101 Ways To Improve Your Health*. For more information, to book appointments, to get regular email health tips, or to request Alia's special FREE Report entitled: *5 Secrets Your Doctor Won't Tell You About Your Health*, visit www.AliaAlmoayed.com.