

ASPARAGUS

THIS APHRODISIAC IS KNOWN FOR ITS PHALIC PROPERTIES, AND HAS THE RIGHT MIX OF VITAMINS TO BOOST HISTAMINE PRODUCTION NECESSARY TO REACH ORGASM. IT ALSO NEUTRALIZES AMMONIA, WHICH CAN LEAD TO FATIGUE AND SEXUAL DISINTEREST.

CHILI PEPPERS

INCREASE THE BODY'S METABOLISM, AND STIMULATE ENDORPHINS (THE BODIES FEEL GOOD CHEMICALS), SPEED UP THE HEART RATE AND MAKE YOU SWEAT ALL WHICH MIMIC HOW YOU FEEL WHEN AROUSED. THEY ALSO GIVE THE OUTWARDS APPEARANCE THAT YOU ARE AROUSED BY CAUSING YOUR SKIN TO FLUSH AND YOUR LIPS TO SLIGHTLY SWELL.

Olive Oil

It is believed by the Greeks that it makes Men more virile.

COFFEE

THE CAFFEINE ACTS AS A STIMULANT THAT SPEEDS UP YOUR HEART RATE, INCREASES BLOOD FLOW, HELPS INCREASE STAMINA AND THE SCENT PUTS WOMEN IN THE MOOD FOR SEX.

Whipped Cream

Decadent and light as air, while not proven to increase your libido it sure will help put you in the mood.

**STOUT BEER
BELIEVE IT OR NOT
SOME CONSIDER
STOUT BEER AN
APHRODISIAC A
MAN IS ASSUREDLY
RESPONSIBLE FOR
THIS RUMOR BUT
WHY NOT GIVE HIM
THE BENEFIT OF THE
DOUBT**

CHOCOLATE

INCLUDES A NATURAL FEEL GOOD CHEMICAL (ANANDAMIDE AND DOPAMINE) AND THE "LOVE CHEMICAL" (PEA - PHENYLETHYLAMINE) WHICH INDUCES FEELINGS OF PLEASURE.

Fig

This sexy fruit which goes back to Adam and Eve represents sexuality and is an arousing stimulant and is thought to emulate the female sex organ.

Avocado

The Aztecs name for this is *ahuacatl* translated to “Testicle Tree” Catholic priests once banned them because they were so obscenely sexual. It helps promote youthful vigor and increased energy levels and incite sexual passion.

Honey

*What the “honeymoon” is named after!
A great source of Boron, which the body uses to metabolize estrogen and enhance testosterone levels which promotes the sex drive and orgasms.
Hippocrates prescribed honey for Sexual vigor.*

Almonds:

PROMOTE FERTILITY
AND AROUSES PASSION
IN FEMALES.

Eggs

Arouses your libido when eaten before sex. Balance hormone levels and decrease stress.

Strawberries

Shaped like a heart and the symbol of Venus. It helps keep blood flowing to all parts of the body. (wink, wink).

Vanilla

Mildly stimulates nerves making sexual sensations feel even better.

CINNAMON

**HEATS UP YOUR BODY AND
THEREFORE YOUR SEX DRIVE.**

GARLIC

CHOCK FULL OF ALLICIN, WHICH PROMOTES BLOOD FLOW AND NITRIC OXIDE WHICH DILATES BLOOD VESSELS. VIAGRA NOT NEEDED -IF YOU KNOW WHAT I MEAN.

PUMPKIN PIE

STUDIES HAVE SHOWN THAT THE AROMA OF PUMPKIN PIE INCREASES PENILE BLOOD FLOW 40% (IT ALSO INCREASES SEXUAL DESIRE IN WOMEN).