



Learn About Natural Ways to Boost Libido with Out Side Effects

They say that you can never be too rich, too thin or too hot. The search for potions, foods, herbs, and supplements to increase sagging libido is never ending. Not only does erectile dysfunction (ED) affect approximately 30 million American men and one-third of those American males between the ages of 40 and 70, but about 43 percent of women have reported having some kind of sexual dissatisfaction, with about one-third of them specifically reporting low sexual desire.

In the 1970s and 80s a famous erotic entertainer named the brain as being the most erogenous zone in the body. A lack in libido can have a lot more to do with the brain than with genital areas. Stress, lack of energy, fatigue, depression, anger, and worry all kill sexual appetite, and few foods have been found to make much of dent in your mind or other places. On the other hand, slow libido for men or women occasionally has a physical base, being the combination of both desire and the ability to do something about it.

If we assume that the “spirit is willing” we still have to make sure that the body is able, with the first order of business being circulation. The best way to improve overall circulation is exercise, of which almost any kind will do as long as your heart is pumping, blood is flowing, and oxygen is reaching the brain. Exercise also raises the feel-good chemicals in the brain referred to as catecholamines, which makes it more likely that you’ll be more in the mood. Many yoga postures that are done prior to sex have been shown to be fantastic enhances, especially the butterfly pose for women.

There is also a list of sexy foods including, almonds, avocados, celery, chili peppers, chocolate, oysters, figs, and nutmeg. Almonds contain important fatty acids which help the brain to work better while avocados are not only a sensual delight, but also contain important fatty acids that help the brain and heart. Celery actually contains a small amount of androsterone, which is a male hormone that is released in sweat, known to turn women on. Chili peppers contain capsaicin, which stimulates circulation.

Chocolate contains pheylethylalmine (PEA), which is a chemical raised in the brain when you’re in love. Oysters, which are high in zinc, help men with sexual functioning. Figs are high in amino acids and are also believed to increase sexual stamina and nutmeg is used in Indian medicine for enhancing desire, with studies showing that it has the same effect as Viagra. Dishes that are high in carbohydrates, such as pasta, are much more



likely to lead to sleep rather than romance. So be sure to eat energy producing protein and vegetables, leaving the table just a bit hungry.

There are some foods that can trigger thoughts of love, such as a peach or even an avocado. Those foods that have luscious textures and tastes are also shown to enhance mood. In order to turn on the brain naturally, think of smells. Almond and coconut make great scented candles and are good bets to improve libido. Lavender has been shown to be one of the most universal turn-on's and can be used through out the day with relaxing and mood boosting properties. However you decide to boost libido, adding the above mentioned foods might help improve quality of life.



[Libido for Men and Women 90 caps](#)

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