



Aphrodisiacs for the Amorous



Throughout history, many foods and drinks have had a reputation for making one's love life more attainable and/or pleasurable, though from a historical and scientific standpoint, many have had their desired results simply because their users have chosen to believe they will be effective.

There was not always agreement upon what foods were actually aphrodisiacs or "anaphrodisiacs" (decrease potency). But the ancient list included Anise, basil, carrot, saliva, gladiolus root, orchid bulbs, pistachio nuts, rocket (arugula), sage, sea fennel, turnips, skink flesh (a type of lizard) and river snails. But being a modern gal, maybe try these instead:

Everyday Foods That Are Sure To Trigger Your Inner Cupid

Aniseed: Sucking on the seeds will increase your desire.

Asparagus: Phallic in shape, eating 3 days in a row for the most powerful affect.

Almond: A symbol of fertility, the aroma is thought to induce passion in women.

Arugula: "Rocket" seed has been documented as an aphrodisiac since the first century A.D.

Avocado: Aztecs called the avocado tree "Ahuacuatl" (testicle tree) because of how the fruit hung in pairs from the trees.

Bananas: An Islamic tale states that Adam and Eve covered their "nudity" with banana leaves not fig leaves. They're also rich in potassium and vitamin B, necessities for sex hormone production. The banana flower also has a phallic shape.

Basil: Stimulates sex drive and boosts fertility.

Broccoli Rabe: Increases virility.

Chocolate : Aztecs referred to it as the "nourishment of the Gods". It contains chemicals thought to effect neurotransmitters in the brain called theobromine.

Carrots: The phallus shaped stimulant for men has been recognized since ancient times and was used by early Middle Eastern royalty to aid seduction.

Coffee: Coffee stimulates both the body and the mind.

Coriander (Cilantro seed): A 1000 year old book of The Arabian Knights tells a tale of a merchant who cured childlessness by a concoction that included coriander.

Figs: An open fig is thought to emulate the female sex organs and traditionally thought of as sexual stimulant.

Garlic: The 'heat' in garlic is said to stir sexual desires.

Ginger: Raw, cooked or crystallized is a stimulant to the circulatory system.

Honey: Used for sterility and impotence medicines by the Egyptians. Medieval seducers plied their partners with Mead, a fermented drink made from honey.

Licorice: Chewing on bits of licorice root is said to enhance love and lust. It is particularly stimulating to woman.

Mustard: Believed to stimulate the sexual glands and increase desire.

Nutmeg: Highly prized by Chinese women as an aphrodisiac. In quantity nutmeg can produce a hallucinogenic effect.

Oysters: Documented in second century A.D as an aphrodisiac by the Romans. The oyster also resembles the "female" genitals.

Pine Nuts: This key mineral necessary to maintain male potency was used to stimulate the libido as far back as Medieval times.

Pineapple: Used in the homeopathic treatment for impotence.

Raspberries and Strawberries: Both invite love and are described in erotic literature as fruit nipples.

Truffles: The Greeks and the Romans considered the musky scent to stimulate and sensitize the skin to touch.

Vanilla: The scent and flavor is believed to increase lust.

Wine: A glass or two of wine can greatly enhance a romantic interlude. Wine relaxes and helps to stimulate our senses. A moderate amount of wine has been said to "arouse" but much more than that amount will have the reverse affect.

"You've heard the way to a man's heart is through his stomach.
But, imagine the possibilities if the meal
has an aphrodisiac quality?"



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