

APHRODISIACS

Compiled by

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(2009)

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IMPORTANT

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Introduction

An aphrodisiac arouses or intensifies sexual desire. 'Aphrodisiacs' is a term which had been used for more than five thousand years - the term was derived from the myth of Aphrodite, the Greek goddess of love. It is she who emerged from the sea on an oyster shell.

**See also: <http://campbellmgold.com>
for hypnosis programs to relax
and to help women
to develop their
"attractiveness" and "sensuality".**

The following items, if not generally available, can usually be obtained through a good health food store.

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Recommended Supplements

Ginseng - Ginseng is one of the bestselling herbs in health food stores. In much of Asia, ginseng is prized as a revitalizer for the whole body, partly because of the human-like shape of the root. Take as a liquid tonic or as caps. Dose as per manufacturer's instructions

Vit C - 1,000 ml daily

Vit B-Complex - 100 mg daily

Vit E - 400 iu daily - start with 100 iu daily and increase dose by 100 iu every two weeks until 400 iu is reached

Zinc - 25 - 50 mg daily

L-Arginine 3,000 mg caps - an amino acid found in meat, nuts, eggs, coconut milk and cheese, has been found as a safe and effective route to increase the amount of growth hormone (GH) released from the pituitary gland that helps to retard many aspects of aging. As a natural female aphrodisiac, Arginine, along with other supplements, enhances sexual desire, can reduce vaginal dryness, increase the frequency of intercourse and orgasm and even improve clitoral sensation and sexual arousal, thus giving a boost to the libido. It has been used for erectile dysfunction and is often promoted as a Viagra alternative. Dose as per manufacturer's instructions

Chocolate - favoured by the Aztec gods, helps the release of serotonin that is responsible for feelings of relaxation and pleasure. Dark chocolate is preferable as it contains a higher level of cocoa that is supposed to be more effective. It provides a boost to some good, old-fashioned loving and has the additional advantage of being high in magnesium and antioxidants.

Damiana - has been found to contain alkaloids that directly stimulate the sex organs and is also known for its ability to tone the mucous membranes of reproductive organs. Mexican women used to drink an infusion of the herb a couple of hours before bed, to get aroused for their men. Thus it acts as a sexual stimulant. It not only increases the possibility of reaching orgasm but also increases its intensity and betters sexual performance. It is also known to be helpful for the digestive system. It has been helpful in female physiological/hormonal areas such as irritability, headache and acne, and menstrual difficulties, insufficient flow or delayed menstruation in adolescent girls. Dose as per manufacturer's instructions.

Horny Goats Weed Capsules - Increase energy and improve sexual performance. Dose as per manufacturer's instructions.

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Other Aphrodisiacs

Aromatherapy Love Potions

The following blends have a very powerful effect on women; moreover, women use these blends to cast love-spells on men:

Love Blend (One)

30ml Carrier Oil
6 x drops Ylang-Ylang
5 x drops Palmarosa
3 x drops Lavender
2 x drops Geranium

Wear. Alternatively, add 8 - 10 drops to a hot bath, soak for 20 minutes, and visualise your love goals. Alternatively, dress on pink candle(s), and burn while visualising your love goals. Alternatively, anoint clothing, letters, cards, gifts, jewellery etc, visualising your love goals.

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Love Blend (Two)

30ml Carrier Oil

6 x drops Ylang-Ylang
5 x drops Palmarosa
4 x drops Jasmine
3 x drops Lavender
2 x drops Geranium

Wear. Alternatively, add 8 - 10 drops to a hot bath, soak for 20 minutes, and visualise your love goals. Alternatively, dress on pink candle(s), and burn while visualising your love goals. Alternatively, anoint clothing, letters, cards, gifts, jewellery etc, visualising your love goals.

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Love Blend (Three)

30ml Carrier Oil

6 x drops Ylang-Ylang
5 x drops Jasmine
3 x drops Lavender
2 x drops Geranium

Wear. Alternatively, add 8 - 10 drops to a hot bath, soak for 20 minutes, and visualise your love goals. Alternatively, dress on pink candle(s), and burn while visualising your love goals. Alternatively, anoint clothing, letters, cards, gifts, jewellery etc, visualising your love goals.

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Other Aromas

Peppermint Soap/shampoo - Buy natural peppermint soap or shampoo made with pure essential oil for a cheap, easy enhancer. The cooling effect increases sexual pleasure and intensity. Women love this simple, quick trick to heighten stimulation, especially if the "Big O" is elusive. And for those lucky ladies who easily reach orgasm, peppermint products may help them to become multi-orgasmic.

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Foods

Foods with aphrodisiac properties are not new, and such elements have been used in ancient Greek, Egyptian, and Roman cultures. Some of the common aphrodisiac foods include:

- Apples
- Artichoke
- Asparagus
- Bananas
- Berries
- Carrots
- Celery
- Chilli Peppers
- Chocolate
- Chocolate covered strawberries
- Cinnamon
- Garlic
- Ginger
- Liquorice
- Mussels
- Olives
- Onion
- Oysters
- Pumpkin seeds
- Shrimp
- Soy Beans
- Tomatoes

Asparagus - Asparagus is high in vitamin E, which increases blood and oxygen flow to the genitals, and potassium, which is important for healthy sex hormone production, making this veggie a well-known aphrodisiac. Its suggestive phallic shape makes it as enticing to the eye as it is to the mouth. To get the best effect, eat this delicious and healthy vegetable at least three days in a row.

Bananas - A fruit with a "sexy shape", bananas are said to contain chemicals that can lift your mood and make you more confident. Bananas are also famously high in potassium, a nutrient that aids in sex hormone production and boosts energy.

Berries - The perfect foods to feed your lover, strawberries, raspberries, and blueberries are high in vitamin C, which is important for making sex hormones and neurotransmitters.

Chocolate - Nothing shows your love-or your compassion-better than a box of chocolates for your "sweetheart". Chocolate contains the chemical phenylethylamine, which is believed to stimulate romantic feelings by making you happy and excited. Its natural caffeine provides an added boost by giving you more energy.

Garlic - Garlic is the most popular aphrodisiac used to stimulate sexual libido. The inclusion of garlic in daily diets, or through supplementation, prevents sexual exhaustion. Because of the high quantities of allicin found in garlic, chewing just 1/2 clove of raw garlic per day enhance blood circulation to the sexual organs in males which further aids in better erection. Further, garlic is often used in the treatment of sexual disability and impotency. Garlic can also be take in odourless capsule form.

Liquorice - A fun food to hand-feed your lover; and researchers have found that the smell of liquorice mixed with cucumber is the most sexually stimulating scent for women. Liquorice is widely believed to produce feelings of love and lust-particularly in women.

Nuts - Men should eat cashews, pecans, almonds, walnuts, and other nuts to take in a healthy amount of zinc, which keeps men potent and prevents prostate problems. Nuts are also high in protein, which gives you the energy to keep you going throughout the day-and night.

Onion (*Allium cepa*) - is well known for its efficacy in treating stomach aches, colds and piles. This plant also increases the ability to enjoy sex, during actions, thus making intercourse more pleasurable.

Pumpkin - Neurological research has shown that the scent of pumpkin pie is a sexual stimulant for both men and women, increasing male penile blood flow by 40 percent. Pumpkin seeds are one of the best vegan sources of zinc, which for men is crucial for potency and in preventing prostate problems.

Soya beans - are a natural alternative to protein found in non-vegetarian diet. It is available as grocery item in form of pulses (to cook) and oats (to take with milk). It is also a natural sexual potency booster.

Soy isn't just protein-packed and amazingly versatile-it's also great for the sex lives of both men and women. For women, soy's natural nutrients have been linked to less PMS and better lubrication (meow!). The benefits for men are even better-soy has also been found to lower men's chances for developing cancer of the prostate (a vital gland for keeping everything pumping in the bedroom). Researchers at Kansas State University found that soy protein was just as good as beef for guys trying to gain muscle mass. But quite unlike cow flesh, tofu and veggie burgers have zero cholesterol and almost no saturated fat, substances that lead to heart disease, impotence, and other not-so-sexy stuff, like bad breath and body odour.

Lychii Fruit (*Lycium barbarum*) - Lychii fruit, also called Wolfberry, and Go-Qi-Zi, has traditionally been used in China for thousands of years for its rejuvenating effects on sexuality and fertility. Lychii is a small red berry which is dried and prepared as a tea. Scientific studies have found that polysaccharides found in Lychii fruit protect both male and female sex organs from free radical damage. In addition to protection of sexual tissue, *Lycium barbarum* polysaccharide-protein complex (LBP(3p)) has been shown to increase the expression of interleukin-2 and tumour necrosis factor-alpha in a dose-dependent manner in human mononuclear cells, and eliminate fatigue, increase adaptability to an exercise load and enhance resistance. All of this modern evidence supports the ancient Chinese use of this tangy, delicious fruit for its sexually invigorating and anti-aging properties. The usual dosage is 1/4- 1/2 cup of Lychii berries soaked in one cup warm water/ day.

Some researchers believe that any food shaped like a "sexual organ", when eaten, would promote and enhance the sexual desire.

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Spices, etc

Here is a list of some of the most widely known and used aphrodisiac spices, etc for women:

Celery - is widely popular across the globe as one of the most potent aphrodisiacs in its natural form.

Clove - Cloves are good for the muscles and great blood liquefiers. It decreases the level of cholesterol and also combat aging of arteries. It is high in vitamins A, C, B and P. The Romans have defined his spice as the food for God Pluto who is the god of sex and hell.

Jasmine - Jasmine flowers are cultivated all across the globe due to their mesmerizing scent. The Spanish widely use it to make perfume liqueurs. However, always follow the manufacturer's instructions when using Jasmine tea or supplements.

Cayenne pepper - This is high in vitamin C. This vitamin is vital for blood circulation.

Coriander -The dried seeds of coriander are known to have a euphoric effect in women. This spice is usually soaked in wine.

Cinnamon - This spice has been shown to increase sex drive over time and, in women, reduce urinary tract infections. The benefits come from its ability to lower high blood sugar, which restricts blood flow to the vagina (and the penis). So, if you can control your blood sugar, you'll have better sex. However, Cinnamon is not an immediate aphrodisiac, but it's still reason enough to say yes to warm cinnamon buns for dessert.

Saffron - Saffron is famous for its' stimulating properties especially on the erogenous areas. Certain studies have proved that it behaves just like hormones. However, make sure you don't over consume this spice.

Musk - This is a brown coloured substance derived from the gland of a small deer under its abdominal skin. This deer is a native of South-Eastern Asia. This spice is also known to be cure for several health problems such as pneumonia, whooping cough, epilepsy and typhoid fever. The gland is also known to have great aphrodisiac properties. Hence, it is used in making powder, perfumes and scents.

Thyme - Thyme is a type of Nerve tonic with good aphrodisiac effects and also acts as a potent cleanser for the body.

Mustard - This spice is known to stimulate the functions of sexual organs.

Ginger - This spice is widely used in drinks. It tends to excite the senses and if taken in required doses can result in healthy hot flushes.

Horseradish - The pulp of horseradish has great aphrodisiac properties.

Vanilla - It has a huge aphorizing effect on the body and fight sexual asthenia. The spice also acts on the nervous system of the body, thereby triggering sexual stimulation.

Oregano - It is an Italian spice and known to have stupendous aphrodisiac effect on the body when infused.

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Herbs

Ginseng - Ginseng is one of the bestselling herbs in health food stores. In much of Asia, ginseng is prized as a revitalizer for the whole body, partly due to the human-like shape of the root.

Horny Goat Weed - According to folklore, horny goat weed's reputed aphrodisiac qualities were discovered when a Chinese goat herder noticed increased sexual activity in his flock after they ingested the weed.

Fo-Ti - Fo-ti is also called *he shou wu*, which means "black-haired Mr. He" in Chinese. This name refers to a legend of an older villager named Mr. He who took fo-ti and restored his black hair, youthful appearance and sexual vitality.

Damiana - Damiana is a plant native to Mexico and the southern United States. It has been widely used as an aphrodisiac in Mexico for men and women.

Tribulus Terrestris - Tribulus terrestris is a herb that has been used in the traditional medicine of China and India for centuries. It was only in the mid-90s when Eastern European Olympic athletes claimed that tribulus contributed to their success that tribulus became known in the North America.

Tongkat Ali - Tongkat Ali is a tree native to Malaysia, Thailand, and Indonesia. It was dubbed the "Asian Viagra" in a May 1999 report in the New Sunday Times. For more information about tongkat ali, read the Tongkat Ali.

Maca - According to folklore, ancient Incan warriors took maca before going off to battle to make them physically strong. However, they were later prohibited from taking it, in order to protect conquered women from their heightened libidos.

Muirapuama - Muirapuama, also called "potency wood" is a small Brazilian tree that grows across the Amazon river basin. It has a long history of use in Brazilian folk medicine as an aphrodisiac.

Yohimbe - Yohimbe is an evergreen tree that grows in western Africa in Nigeria, Cameroon, the Congo and Gabon. Yohimbe bark extracts are widely promoted online and in health food stores as a natural aphrodisiac to increase libido and treat erectile dysfunction.

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Aphrodisiacs - The Practical Guide

Phallic Foods Designed By Nature

Male:	Female:
Banana	Fig
Carrot	Peach
Turnip	Pear
Cucumber	Kiwi
Celery	Mango
Asparagus	Passion Fruit
Liquorice	Pomegranate
Zucchini	Artichoke
Vanilla Bean	Oysters
Leek	Clams
Eel	Mussels

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Aphrodisiacs for Flirting

Chili Peppers - Gets the face flushing, heart pumping, pores sweating, and blood flowing towards the genitals

Bananas - Contains bufotenine, a chemical that acts on the brain to increase happiness, self-confidence, and sex drive

Carrots - Have strong fibrous ingredients that supercharge the body and lead to a feeling of strong sexual desire

Damiano - This "lover's herb" contains alkaloids, which stimulate blood flow to genitals and increase sensitivity

Clary Sage (Aromatherapy Oil) - this is known for decreasing inhibitions with its relaxing, euphoric, mildly intoxicating effects

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Aphrodisiacs for Seduction

Oysters - Contain zinc, essential mineral for men needed for sperm production. Also releases testosterone in women

Shrimp - High in iodine, which is needed by the thyroid gland that regulates energy, including sexual energy

Chocolate - Includes caffeine and a plant substance called phytosterol that mimics human sex hormones

Ginger - Comes from the root of the plant and increases blood flow to the genitals in both men and women

Olives - Green ones make men more virile while black ones are believed to increase sex drive for women

Tomatoes - Known as "love apples" and forbidden by Puritans because of its reputation as a potent sexual stimulant

Asparagus - Rich with potassium, phosphorous, calcium, and vitamin E, all vital for increased hormone production

Apples - Ever since Biblical days, apples have been known as the fruit of temptation. They are also filled with vitamins, minerals, and enzymes that stimulate sexual desire

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Aphrodisiacs for Exploration

Liquorice - Contains plant estrogens and stimulates the sex glands, bringing oxygen to the female genitals 40% faster

Pumpkin Seeds or **Pumpkin Pie** - The top contender to increase penile blood flow an average of 40% faster. These seeds are high in zinc, which has been known to increase fertility and sex drive.

Muir Puama - The American Journal of Natural Medicine stated: "One of the best herbs to use for erectile dysfunction or lack of libido (also known as potency wood)

Cinnamon - This sweet, spicy flavour and aroma has been used to aid in the treatment of impotence and proven to be sexually stimulating for men

Basil - Considered the sacred herb of India, it awakens the senses, stimulates blood flow, and relieves fatigue

Artichoke - Share this sex vitamin, high in Vitamin C, folic acid, magnesium, and phosphorus with your lover because it's fun to eat together

Celery - Contains androsterone, a powerful male hormone released through sweat glands to attract women

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Aphrodisiac Aromas

Pheromones - Designed by nature to ensure we attract a biologically suitable mate. Produced in sweat glands that are attached to hair follicles: head, underarms, and genitals

How they work - Pheromones are released into the air from sweat that evaporates from our skin in the 40 million skin cells we shed each day

Erotic aromas for men - Cinnamon, popcorn, pumpkin pie, and doughnuts

Erotic aromas for women - Melon, chocolate, oranges, and bread

Erotic scents for men - Vanilla, lavender, and Jasmine

Erotic scents for women - Musk, orange blossom, and sandalwood

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Appendix

Psychological Aphrodisiacs

Physiological aphrodisiacs are those things which somehow have a physical effect on the body.

Typically, these may have relaxing effects on the nervous system, but they may stimulate as well. They could be things which have direct effects on the sexual organs, or they could simply work by strengthening the whole body.

The most powerful aphrodisiacs work on both physiological and psychological levels. The smell of jasmine perhaps, a physiological aphrodisiac, which also brings you back psychologically to that incredible night when you made love in the garden by jasmine bushes...

Psychological Aphrodisiacs Include:

- things which bring back memories of pleasant or pleasurable events
- ideas which you find exciting, such as fantasies
- being made to feel important or special
- wearing sexy clothing

The following is very personal and individualized, but it usually works consistently on the same people.

- 1) **The correlation between food and sex:** Food and sex are two of the greatest pleasures known to mankind and both appetites need to be fulfilled. They are part of our vital life force and stimulate all of our senses.
- 2) **When you cook with love:** If you put your heart into cooking, you will undoubtedly do it better. Cooking with love will nourish your relationship physically, mentally, and spiritually.
- 3) **The most romantic dish you have ever prepared.** Holiday dishes are always special occasions so that's when I pull out all the stops. Besides, many restaurants and hotels are fully booked so I prefer to stay at home. On Halloween I stuffed baby pumpkins with caviar and on Valentine's Day I served heart shaped pancakes to my husband in bed and in the evening we had a picnic right in the middle of our bedroom.
- 4) **Cooking with attitude especially for someone you love.** The love and energy you put into cooking is what you'll get out of it. Attitude affects cooking just like it affects anything else. Cook with passion and creativity to keep the sizzle and spice in your food and relationship.
- 5) **Tips for spicing up your love life with food.** Turn eating into a sensual ritual. Begin with ice and use it on your erogenous zones. Everyone has unique areas that can be stimulated to produce sensual and erotic feelings. Rub the ice up and down your lover's spine, behind their ears and down the neck, around the breasts, on the inside of the thighs, and so on. Spray whipping cream on the parts of your lover's body you most enjoy licking off. Hide a dab of honey on your body and let your lover find it using nothing but their tongue.
- 6) **The craziest thing a couple can do with food.** A couple said that they poured flavoured gelatine into their shower head, turn on the hot shower and took the most delightful gooey, slippery and sensual shower of their lives. Now that's what I call creating a memory.
- 7) **The most romantic foods.** Any food you eat with your fingers can be romantic. Some foods are known **aphrodisiacs** like oysters because they are filled with zinc which helps increase production of testosterone, while others are simply visually stimulating such as strawberries.
- 8) **Why should a couple experiment with food and sex?** It will enhance the senses, turn sex into adult play, expand their horizon, and bring them closer together.
- 9) **The history of food and its connection with love and sex.**
It all started with Adam and Eve and the forbidden fruit. Even today, forbidden fruit always

tastes the sweetest. In ancient Rome and Greece eating was always the centre of attraction for social events and people ate reclining with Nubian slaves feeding them.

- 10) **How does a couple get started with food and sex?** Begin by setting the mood for love and stimulating all the senses. For example oranges can make your home smell fresh and inviting, so can apple pie or cinnamon. So find out what your lover's favourite food aromas are and indulge them. Then share meals together and feed one another. Even if you're on a diet you can share an asparagus by one person taking one end of the asparagus in their mouth and the other person taking the other end, and then meet in the middle. This can be fun with carrots, celery, and pasta too - be creative.
 - 11) **An intimate dinner.** It would have a variety of flavours, textures and it would look like a work of art. For example fresh shrimp cocktail presented in beautiful glasses, followed by a light colourful salad sprinkled with sesame seeds, then a juicy, succulent piece of meat or a soft, fluffy fish with designer vegetables, and delicious chocolate soufflé to complete the meal. Mmmm, it sounds orgasmic, doesn't it?
 - 12) **Tips for putting the sizzle back into a relationship.** Communication is the key ingredient for a consistently successful relationship and the use of fantasy will spice up anyone's love life. So I suggest that one person begins telling their partner their fantasy, and then the other person has to finish the fantasy. If both of you like it, why not make your fantasy come true. For example, your fantasy may begin like this: "My fantasy is to take a lovely picnic basket filled with fresh fruits, vegetables, and an assortment of chocolates and sweets to a beautiful deserted beach somewhere in the tropics. As we lie next to each other, basking in the sun, I roll on top of you and give you a long, deep passionate kiss. You take me in your arms and then... Now it's time for your partner to complete the fantasy and see where it takes you both.
 - 13) **Chocolate and seduction.** Chocolate has always been used as a temptation. Even when you were a child, you were either deprived of it when you didn't behave or rewarded with it when you were good. There is scientific evidence that chocolate releases the same pleasure hormones in your body that you feel when you're in love so it's no wonder that it's so addictive. Feed your lover chocolate and let the swooning begin.
 - 14) **Erotic Food.** Any food that resembles the sexual organs is visually erotic. Figs and bananas are also naughty looking fruit that can stimulate our most erotic organ, our brain. Foods that look, feel, smell, and taste good such as marshmallows are also erotic because they are soft, white, and fluffy and melt in your mouth. Actually chocolate covered marshmallows sound even better.
 - 15) **Dripping in ecstasy.** Achieve total decadence, uninhibited indulgence of your favourite foods combined with wild and wonderful sex, by using food on top of your lover, not inside them.
 - 16) **What do people need to learn from Europeans when it comes to bonding with food?** To take their time and savour each meal. Turn it into a sensual ritual and enjoy the aroma and taste of wine as part of the whole experience.
 - 17) **What's the best reason for taking food out of the dining room and into the bedroom?** Because the bedroom should be a sacred place just for love. No negativity, no talk of problems. When you take food into your bedroom it automatically becomes seductive so always have your favourite finger foods ready before you start making love. After all, who wants to make love on an empty stomach?
- **What do men want?**
Generally speaking they want fast food and fast sex.
 - **What do women want?**
Most women enjoy gourmet food and gourmet sex.
 - **How do you spice up a 30-year relationship with food if the couple has never experimented with food and love before?**
Exchange a wish list of three things that you think will heighten a romantic experience for you that include food. Exchange the lists and make at least one wish come true for your partner. On a picnic, feed each other finger foods and turn your sex life into adult play by doing the things you used to do when you were dating.

- **What's more important in a relationship...good food, love or sex? Why?**
When you have good love, your food will taste good and your sex will be good too because you have a firm foundation for your relationship. Many people overeat because they are not getting enough love or sex so the answer is that we all need a healthy balanced diet in food and in our relationship

Enjoy...

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Appendix

Saw Palmetto

Saw Palmetto (*serenoa repens*) - Men with prostate problems, such as prostatitis or an enlarged prostate, respond best to saw palmetto.

Studies prove it eases weak flow, night urges (to urinate, that is) and that awful feeling you haven't emptied your bladder.

Saw palmetto helps nourish the prostate gland and stimulate production of the sex hormone testosterone.

As a bonus, it may also help slow down male pattern baldness.

Take 160 mg twice a day and make sure the product contains at least 85% fatty acids.

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Appendix

L-arginine

L-arginine - Arginine is ideal for men with hypertension (or coronary artery disease) and erectile dysfunction.

This natural amino acid works much like Viagra, helping to open up blood vessels that lead to the penis and the heart, improving blood flow and ultimately, performance.

It's found in many commercial sex supplements, like VasoRect (www.amazon.com) and Libido Tonight (www.RapidNutritionProducts.com).

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Appendix

Ginkgo Biloba

Ginkgo Biloba - This centuries-old herb improves blood flow to the brain, heart and all your "good parts" to help obtain and maintain an erection. Ginkgo could be a good antidote to the pesky sexual side effects of antidepressants, such as Zoloft, Paxil, Celexa, Prozac, Wellbutrin and others.

Take about 40-80 mg twice daily, and be sure your product contains 24% "ginkgo heterosides," a potent antioxidant that also reduces free radicals.

It's safe for women too.

Warning: Ginkgo biloba is a strong blood thinner, and may interact with Coumadin (warfarin), Lovenox, Plavix, aspirin, and other blood thinners. Consequently, ask your health professional if it's OK for you.

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