

# SEXUAL EATING

## 16 Foods For A Fuller, More Satisfying Sex Life

BY SCOTT HAYS

**DURING THE PAST SEVERAL DECADES**, scientific researchers have become pretty adept at decoding the chemical matrix of the foods we eat. What they've discovered is that most foods contain hundreds of chemical compounds that have specific effects – and some of those effects are sex-enhancing.

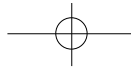
This doesn't mean these foods are "aphrodisiacs," tidbits guaranteed to drive you and your partner headlong into the sack. Rather, these morsels fine-tune the machinery of sex – reducing cholesterol buildup, enhancing blood flow, stimulating the release of feel-good brain chemicals, giving penis cells the chemical energy they need to stand at full attention.

Consider carrots. Better yet, consider their color, which is produced by beta-carotene, a compound that reduces the arterial accumulation of "bad" low-density lipoprotein (LDL) cholesterol, thereby

making it easier for a man to get and sustain an erection that is as stiff as, well, a fresh carrot.

The best part is that you don't need to venture into odd or exotic shops, foraging through musty bins redolent with brown, knobby foods bearing unfamiliar names and peculiar smells. The best foods for the ol' sex life, it turns out, are among the most familiar: Oranges. Chocolate. Hot Peppers. Steak.

Now, before you decide to limit your diet to chili-fried steak smothered in orange-chocolate mole, know that just about all the non-processed foods out there contain some of the basic vitamins and minerals you need to maintain a healthy sex life. Obviously, different foods supply different things, which is why the first rule of good nutrition – especially when you're eating for sexual health – is to eat a wide range of foods. Within that range, there are clearly some foods that are "the best." They deliver the biggest bang, so to speak, in terms of sexual performance, endurance or fertility. Most of these foods are found in



kinds of mouth-watering favorites you slap on the grill or dish up with a spoon.

Ready to eat? OK, check out the top sex-drenched digestibles.

### 1. BURNISH YOUR SPEAR

Seems those suggestively erect green shafts known as asparagus spears are loaded with potassium, phosphorus, calcium and vitamin E, all essential for producing energy and maintaining urinary health. Asparagus also provides the nutrients you need to produce testosterone and other sex hormones.

### 2. FIRE IN THE HOLE

All hot chilies contain capsaicin, a chemical compound that causes your taste buds to inform your brain, "I am on fire." This, in turn, causes the heart to race and the skin to flush – a sure sign that blood is flowing nicely. In dilating blood vessels, chilies help flow blood to your "pole."



### 3. SOWING WILD OATS

What could possibly be sexy about a bowl of mushy oatmeal? Well, turns out oats contain a variety of compounds that aid blood circulation and prevent cholesterol buildup. Oats can also help reduce nervous anxiety. And they're high in fiber, that tough plant stuff working to maintain blood-flow to your penis.

### 4. A MAN AND HIS EGGS

Eggs offer loads of B vitamins, nutrients that help reduce anxiety – in the sack and out. They also keep the libido high.

### 5. MEET MR. PEANUT

These crunchy nuts, roasted or plain, are rich in arginine, an amino acid that dilates blood vessels and promotes better erections.



### 6. HOT WITH CHOCOLATE

There's a good reason why women worldwide consider chocolate "love food." Cocoa contains stimulants that increase skin sensitivity; chocolate also offers compounds chemically similar to

the euphoria-inducing hormone your body produces when you're in love.

### 7. SOMETHING FISHY

Caviar, oysters, lobster and the like all deserve their sexy reputations. These sea creatures are loaded with zinc, a mineral that increases the production of testosterone, promoting male fertility and prostate health.

### 8. FORBIDDEN FRUIT

Nearly all fruits are high in vitamin C – with oranges, grapefruits and other citrus fruits being the standouts. University of Texas researchers report that men who ingest at least 200 milligrams of vitamin C each day boast higher sperm counts than those who consume less. Vitamin C also keeps your sperm from "clumping," so you have a better chance of hitting pay dirt.

### 9. BE A STALKER

Celery contains androsterone, a powerful male hormone that acts as a pheromone, which taps into the most primitive part of a woman's brain, attracting her without her even really "knowing" it. Simply "irresistible."

### 10. SPOONING CREAM

Any ice cream is good, so long as it's low in fat. Ice cream is high in calcium and phosphorus, minerals that build muscular energy reserves and boost libido. All that calcium can also make orgasms more powerful, since the muscles that control ejaculation need calcium to contract properly.



### 11. MANBERRIES

Forget Viagra. Mother Nature's original blue potency pills may do even more for you. Blueberries are high in soluble fiber, which helps remove excess cholesterol from the blood before it is deposited in the arterial walls. Blueberries also relax blood vessels

and improve blood flow. Thus, more blood enters the penis, producing stronger erections.

### 12. LIVER IN HAND

Ounce for ounce, liver is among the best sources of fertility-boosting vitamin A, which produces higher sperm counts and better sexual performance.

### 13. SNAP, CRACKLE, POP

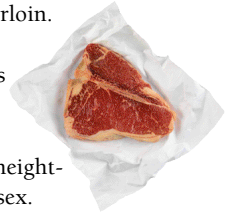
Too tired for sex? Spoon down breakfast cereal loaded with thiamin and riboflavin. Both vitamins help you use energy efficiently, so you'll stop falling asleep in the recliner while watching reruns of *Sex and The City*.

### 14. SIPPIN' JUICE

If you don't have enough beneficial HDL cholesterol scouring your arteries, even low amounts of harmful LDL can form blockages that could reduce your ability to produce wood. The higher your HDL count, the better – and orange juice generates very high levels of HDL.

### 15. SIZZLING HOT

Visit your favorite steak house and order up some lean sirloin. The protein in steak naturally boosts levels of dopamine and norepinephrine, two brain chemicals that heighten sensitivity during sex. Steak is also stuffed with zinc, which boosts libido by reducing production of the hormone prolactin, a bad beastie that can retard arousal.



### 16. GOT MILK?

The calcium in low-fat milk and cheese provides protein and riboflavin. Dairy products, renowned for strengthening bones, also can help strengthen your sex bone. Muscles use calcium to contract, which could promote better – and stronger – orgasms. **ME**

