

JJ VIRGIN'S
**SUGAR
IMPACT
DIET**

10
**Aphrodisiac
Foods**



GARLIC some people consider garlic a potential remedy for erectile dysfunction. One reason is that garlic increases circulation via an enzyme called nitric oxide synthase, therefore promoting more blood flow "down there." You would probably need therapeutic amounts of garlic to get these effects, and the odor could ward off any would-be suitor.



POMEGRANATE the Egyptians considered this antioxidant-rich fruit an aphrodisiac, most likely because it can increase arterial flow to the brain, heart, and genitals. One study in the International Journal of Andrology (<http://www.ncbi.nlm.nih.gov/pubmed/20584092>), for instance, found pomegranate extract could reduce the oxidative stress associated with erectile dysfunction. This is a medium-sugar impact fruit, so proceed accordingly.

WALNUTS are rich in zinc, a mineral that promotes prostate health and testosterone for men. Walnuts also have an omega-3 called alpha linolenic acid (ALA), which improves circulation.

FIGS I don't know of anything nutrient-wise that would make figs an aphrodisiac, though they're rich in potassium and have pretty impressive amounts of fiber. Nonetheless, because they resemble a certain female anatomy and have a literary history of being an arousing stimulant, they get lumped into the aphrodisiac category.



10 APHRODISIAC FOODS



SPINACH spinach is a nutrient powerhouse, including the mineral magnesium that helps your arteries relax and promotes blood flow to the genitals. One study (<http://www.ncbi.nlm.nih.gov/pubmed/20352370>) showed magnesium increases testosterone levels in men. Anything to get people to eat more spinach, including classifying it as an aphrodisiac, is good with me.

BASIL the flavonoids in basil are anti-inflammatory, and inflammation is a component in erectile dysfunction and low libido. Greeks and Romans revered basil, the latter describing it as a symbol of love.



CHILI PEPPERS the active component of chili peppers, capsaicin, can stimulate nerve endings and increase feel-good endorphins. Too much of a good thing, though, can make that stimulating tingling become an uncomfortable burn, so don't get carried away with the chili peppers!

HONEY the Kama Sutra mentions honey as an aphrodisiac, and among its benefits is heightened orgasm. Its sticky, sweet texture could make it fun for doing... things, and honey is synonymous with procreation. Too much of a good thing, though, can raise blood sugar and kill the mood, so you're better off staying away from honey.



VANILLA its calming, pleasant scent can lower cortisol levels and relax your nervous system, and relaxation is a crucial component for getting in the mood. Vanilla's scent also can stimulate you sexually.



ARUGULA Romans and Egyptians considered this leafy cruciferous green an aphrodisiac, and its rich array of nutrients and antioxidants makes a nice salad to put you both in the mood.



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