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Sometimes we are often too stressed of workload and other problems that we forget to find some leisure activities for ourselves. We can't even find the time to rest and relax, how much more having sex? In a committed relationship, physical intimacy is important to keep the relationship healthy and connected. If stress and other factors are removing your drive for intimacy, you won't notice that you are losing something very important.

Many couples are able to become comfortable with each other even without frequently having intimacy, but at the same time, many are also in need of such. Sexual intimacy is naturally a pleasurable activity for partners, making it a time of living, loving and growing together. The lack of it may indicate unhealthiness, but there is no specific amount or frequency that could really define the signs of healthy marriage. Quality is more important than frequency. It is important that you know you are doing it for love because sex for the wrong reasons isn't good at all, but a simple diversion of other problems.

It is normal to feel sexy and excited in human nature. Sexual activities done with a committed partner improves your relationship, as well as it also makes one feel confident and gorgeous. Having dull and weak moments are normal, but feeling asexual for long periods of time can create negativity.

Taking and trying aphrodisiacs may not be bad at all. What's there to lose anyway? Many foods over the centuries have been noted to contain aphrodisiac properties. Aphrodisiacs are foods,

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drink or substances that increase sexual desire or arousal. The name came from the Greek goddess of sensuality, Aphrodite. When you are feeling some dull moments, try some of these foods to give you a boost. They might significantly help in removing the factors that causes that dullness.

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Cinnamon

Consuming cinnamon helps in heating up the body and eventually, sex drive. It contains anti-inflammatory properties and helps normalize and lower high blood sugar and restricts the flow of blood to the vagina or penis. Controlling the blood sugar therefore results to better intimacy. Although it is not an immediate aphrodisiac, it simply contributes to heating up our feel. Adding a teaspoonful of fresh cinnamon in your coffee everyday will do the trick, but do not eat or put too much.

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Basil

Adding this sweet, strong herb into your meals may help improve your sex life. It does not only add flavor to the meal, but improves sexual desire by stimulating heart rate and blood flow. Just put little sprinkles of chopped, fresh basil leaves over tomatoes or in a homemade vegetable soup.

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Garlic

Despite the strong and bad scent that garlic gives, it may just be what you need for an intimate life. Garlic contains allicin, a compound that increases blood flow which in return may give improved stamina and energize your sexual desires. A famous sexologist in the United States said that garlic is a tonic for loss of sexual desire due to whatever cause. Take two to three cloves daily.

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Avocado

Slice an avocado in half and eating it fresh or reducing it to juices, shakes, part of the salad or in whatever form. Even back in ancient Aztec times, avocado has had the reputation of being an aphrodisiac. The Aztecs even call it “Ahuacuatl” which means “testicle tree”. Avocado also contains essential nutrients that improve sexual health which includes magnesium, beta-carotene and Vitamin E which is known as the sex vitamin.

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Chili Peppers

Cultures throughout the world have used peppers as aphrodisiacs. Peppers contain a compound called capsaicin the heats the body up and increases blood flow. A feel-good chemical like endorphin is released by the brain with the help of peppers. Aside from the internal arousal of peppers, it also produces external effects like swollen lips and flushed skin.

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Carrots

To Greeks, carrots act as philtron, or love charm, while the Elizabethans believed that carrots would gain the interest of Venus, giving pleasure to the eater. What's there is that carrots contain lots Vitamin A and together with Vitamin E, gives positive effects on sex hormones and combats weariness. Chop 150 mg of carrots finely and take with half-boiled egg and dipped in a tablespoon of honey daily for a month to increase sexual stamina.

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Ginger

Ginger acts the same way as chili peppers do. It helps in adding spice in all forms and improves circulation and body temperature. Legend even says that Madame du Barry, a famous French courtesan, improved her lover's desire and pleasure by providing them all with ginger.

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Watermelon

Six slices of this delicious and nutritious fruit would do the trick as aphrodisiac. It contains citrulline, an amino acid that relaxes blood vessels and speeds up circulation, helping in arousal especially in men and may also help prevent and treat erectile dysfunction.

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Dark Chocolate

Many romantics, upon hearing and tasting chocolate, find it as an aphrodisiac. For centuries old, it has been reputed and known as an aphrodisiac to those with low sensual desires, most especially the pure, dark chocolate. Chemicals found in chocolate, most especially phenethylamine arises the same hormone that the body releases during sex and improves the production of dopamine in the brain. Theobromine and phenethylamine also increases the serotonin levels of the brain, a neurotransmitter that persuades the feeling of pleasure. For women, it also increases testosterone levels. Taking a square of low, dark chocolate will do the trick if you're scared of taking too much.

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Pomegranates

The seeds of this delicious red fruit help improve blood flow and increase sensitivity of the genitals. The high anti-oxidant content of this fruit also helps keep free radicals from interfering with circulation, having good effects in erectile dysfunction.

Sources

aphrodisiacsinfo.com
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10 Foods That Are Natural Aphrodisiacs - Natural Health On The Web

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