



# 5 BEST APHRODISIAC FOODS

proven by science

## ROSEMARY

Ancient Greeks and Romans used to add rosemary as a culinary herb to their food to increase their feelings of empowerment; plus they have been drinking rosemary as a tea to relax.



## CHILIES

Chilies stimulate the human brain to release endorphins, the very same hormones which are being released after sex, too. So, eating hot chilies will naturally bring a sexual desire.

## WATERMELON

Watermelon contains amino acid citrulline that works as a libido-booster. When the body absorbs it, another amino acid, arginine, is being produced, increasing blood flow.



## AVOCADOS

Avocado contains Vitamin E that boosts fertility and protects a woman's sex hormones from oxidation. Also, this fruit contains glutathione that boosts and protects testosterone levels.

## GINGER

Ginger increases blood circulation getting emotions to arise. Additionally, ginger increases sensitivity in erogenous zones.



**vibeplanet**  
Healthy Pleasure

# Aphrodisiac Culinary Manual

**Daniel F McAuley**



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