

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Do Aphrodisiac Foods Exist**

**By Kadence Buchanan**

Many of us have heard that sea-food excite the human senses or that walnuts and honey are the best aphrodisiac. But do certain types of food affect the human erotic impulse? Can specific food categories be the cause of the increase or decrease of male or female libido? Is there any scientific evidence that suggests some types of foods can help the sex life of today's individuals, or all these are just a legend that goes back to the ancient times? Although a balanced diet is considered today to be the best aphrodisiac, this article can help you spice up your life and answer some of your questions on the subject of aphrodisiac food materials.

– What is the role our brain plays?

The sexual disposition and activity of a person are directly related with the brain's activity. Crucial for the transferring of sexual stimulus are considered the neurotransmitters, the chemical substances that transfer messages to and out a person's brain. These neurotransmitters contribute to one's good memory and ability to focus, increase the good mood one carries and improve the levels of euphoria, while at the same time they are responsible to release sexual temper.

– The secrets of ancient Greeks:

Ancient Greeks are legendary for the particular focus they portrayed in the dinner preparation, making it resemble to a ritual as they devoted long periods of time to eat. The information we have available show that they used all of the five senses in an effort to create a sensual environment. Moreover, the food served was carefully selected and prepared and they used to grab food with their hands, as they supported that this practice creates a very interesting sensation stimulating also the brain. Additionally, ancient Greeks were firm believers that the food on the table had to be served with the right order and paid special attention to its appearance on the plate. The food smells and appearances were considered important stimulators for the functions of a healthy brain.

– Vitamin E, the "love" vitamin:

## Do Aphrodisiac Foods Exist

As scientists and ancient civilizations have found, vitamin E is one of the most important vitamins one should consume daily. Since vitamin E protects the blood cells and directly affects the sexual activity and the fecundity of a person, it is also known as the "fertility vitamin" and is recommended by physicians to treat the reproductive organs' malfunctions of males worldwide. Nuts, olive oil and avocado are great resources of vitamin E, and one should consume approximately 15 mg a day of these types of food.

Indeed, as contemporary researchers indicate, the consumption of certain food categories is related to the activities of the human organism. Dieticians specifically state that people wanting to have a balanced sex life have to include these special types of foods in their diet. As experts agree, exercising often and maintaining a balanced diet are the secrets to reduce stress and enjoy a better and healthier sex life.

Kadence Buchanan writes articles for

<http://letstalkaboutfood.com/>

– In addition, Kadence also writes

articles for

<http://universeofentertainment.com/>

and

<http://totallytraveling.net/>

### **Natural Foods Defined**

#### **By Stephanie Yeh**

With so many people concerned about natural and organic foods these days, it's useful to stop and really take a look at what "natural" and "organic" foods really are. We all know that natural and organic foods are better for us than highly processed or artificial foods, but do we really know which foods are natural and organic? When you buy food that is labeled "natural," what does that really mean? What about "organic"?

It turns out that the term "natural" doesn't mean all that much. Because it's only been broadly defined by the Food and Drug Administration (FDA), it's a fairly arbitrary term, the meaning of which is left up to the conscience of the food manufacturer. The FDA says that any food can be labeled as natural so long as it doesn't include added color, synthetic substances or artificial flavors.

This definition sounds good—until you realize that it can be stretched to include such definitely non-natural substances such as aspartame, the artificial sweetener. More liberal food manufacturers argue that "natural" means any material that exists in nature. While aspartame does not exist in nature

## Do Aphrodisiac Foods Exist

(you have to use a chemical process to create it), manufacturers say that the resulting product is made up of two amino acids, both of which do exist in nature. Never mind that they don't exist glued together as aspartame!

So what can the savvy nutritionally-conscious consumer do about this? Go with a term that is clearly defined and regulated by the FDA: organic. In the next issue we'll delve into the intricacies of organic foods, including basic regulations and differing levels of organic production. In the meantime, avoid foods that are only labeled as "natural" and go for those labeled "organic" or "natural and organic." It's the real stuff.

Stephanie Yeh and her partner have helped many other people achieve and experience prosperity with the help of a strong 15 year network marketing business. Her current project, the Journeyman Wealth Program, is aimed at helping 15 people a year fully achieve their dreams. Stephanie's Prosperity Abounds website works on the basic principle that "You are the creator of your own reality!". Get more details on her website at

<http://www.prosperity-abounds.com>

.

[info@prosperity-abounds.com](mailto:info@prosperity-abounds.com)

Natural Foods Defined  
Negative Calorie Effect in Foods  
Religion .....There it is  
Salt saves, salt kills.  
Fat Burning Foods

Obesity and Weight Loss  
Baby's First Year –What Parent Needs To Know  
Complete Library Of Cooking  
101 Recipes For The Deep Fryer  
Email Commando



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**