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Natural Ways To Boost Your Sexual Power In Autumn

By Amy Guven

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by: **Amy Guven**

If your sexual tempo is decreased after sunny summer days do not be anxious! This is totally normal. You will find a few recommendations and a special formula for men to overcome these hard days on the next lines.

According to mythology, love goddess Aphrodite was known by her own formulated preparations and ointments that she gives to her lovers to increase their sexual power. This is the reason of why today we are calling all stimulating elixirs as aphrodisiacs. Nowadays men are not such lucky and we highly recommend to read this article to men who live in big cities.

Without doubt best aphrodisiacs are Sun, a good sleep and fresh air. A good sleep is necessary for the body to pack itself up, to increase its energy and revitalize its hormones. Sun light is a powerful doping for our body including sexual hormones. The main reason of men's vitality in holidays is being relaxed in fresh air. But in Autumn's cloudy days some natural reinforcements may help a lot.

Magical power of foods:

Basil, clove, ginger, onion, tomato, radish, celery, egg, carrot, red pepper, oats, asparagus, fresh onion, chestnut, hazelnut, pistachio nut, coconut, cucumber, oyster, caviar are main foods to improve your sexual power. Having them in your weekly menu selections would be a wise choice. Specially, foods containing vitamin E like pistachio, almond, hazelnut and walnut are natural drugs for impotence and erectile disorders.

Red is good for men's vitality:

When we say aphrodisiacs we generally mean drugs for men because they must be active in sexual relationships. In other words, for a successful lovemaking they must be aroused and erected. For a man vigor red color is important. In astrology Mars represents man and its sexual power, and Mars's

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color symbol is red. So, red colored foods and drinks are recommended for man's arousal. For example red pepper, red ginseng...

A man who is always wearing pale, pastel or dark colored dresses may get less excitations. Maybe this is the reason of using red lights, red under wares, red bed sheets... to create an erotic environment. Red coral or ruby stone are also good for increasing man's energy.

Women who feel sexually less active may also profit from red color and stones. But the most important aphrodisiacs for a woman is love and affection added into lovemaking.

As vegetal aphrodisiacs, vitamins are very helpful for a successful sex life. Specially vitamin E is vital for men. Beside pills you can get vitamin E through natural foods and specially hazelnut contains many minerals and essential fat acids. To overcome the fatigue syndrome due to modern life and high technology, vitamin B is also indispensable.

Avoid depression:

Remember that behind sexual troubles, many hormonal and nourishing disorders, and heavy depressions may exist. Also, after a serious depression or a nutrition disorder only a treatment of natural mixtures may not be sufficient, in such cases help of a psychiatrist (sexologist) or nutrition expert is needed.

Heavy training may be harmful:

For a healthy sexual life a light and not tiring training program is as important as vegetal aphrodisiacs. A light and regular exercise program will balance your metabolism and hormonal system to keep you sexually active. But beware of heavy and tiring training programs because an extra low fat texture may cause a performance decrease.

Yoga, meditation and many other positive energy techniques are recommended to purify your brain against stress and support sexual energy. Right breathing exercises are also important for a successful sex life. If you insist for heavy training please pay special attention for a regular and healthy nutrition.

A Special Booster Formula for Men:

Put 1 kg. of a good quality flower honey into a glass pot, add 250 gr. powdered ginger, 100 gr. powdered Indian saffron, 50 gr. peeled and pounded green cardamom, 1 gr. saffron, 5 gr. pounded coriander, 4 sweet spoons of pounded stinging nettle seeds, 2 sweet spoons of royal jelly, 4 sweet spoonful of pollen, 100 gr. unshelled and pounded pistachio nut and 100 gr. of pine nut. Stir and mix the whole with a wood spoon. You can store the pot in a cool and gloomy place. If you don't have any allergy or illness against those ingredients, eat one tablespoon 2 times (morning and night) in a day.

Amy Guven is partner of

since 2000 and the author of famous eBook "Amy's

Tutorial – Reshape your Womanhood" about better sex tips and techniques to improve sexual talents and maximize happiness in relationships. Being highly successful in its goal of making people sexually confident and happy, Amy's Tutorial has been sold thousands of copies till today.

Autumn Wreaths Mark The Season

By Dawn Keadic

Wreaths are sometimes thought of as a Christmas-only decoration. This is a short-sighted view, as a beautiful wreath can be used to decorate a home for any season. Wreaths made to celebrate the autumn months can be very attractive home decorations.

Autumn wreaths often attempt to take the most beautiful elements of the fall season and to combine them in one artistic statement. They will often feature the striking colors of fall foliage and often reflect an "outdoors" or "country" look.

Autumn wreaths can be based on any number of foundations. Some have found the rustic and neutral look of a grapevine wreath makes a perfect foundation for an autumn wreath. Others may prefer to work from a woodier twig base. It is even possible to start with a basic wreath form (often made of foam and available at craft and hobby stores). Whatever option is used can work wonderfully as a springboard for beautiful fall decorating.

Autumn wreaths can be made from the season's fallen leaves. Such projects, although beautiful, are short-lived as the leaves dry and crack. As such, many wreath makers rely upon silk and other artificial leaves to decorate their wreaths. Accents are often provided by simple homemade bows. Small seasonal decorations (for instance a miniature scarecrow) are sometimes attached to the finished product with a glue gun as a way of commemorating the autumn months.

There are no rules or limits one must obey when creating an autumn wreath. The idea is to capture the essence of autumn in the wreath, and that can be accomplished in any number of ways. An autumn wreath is an exercise in creativity and many beautiful decorations have been produced around the theme.

Wreaths are not exclusively for the Christmas holidays. A decorative wreath can brighten any home, and wreaths celebrating autumn provide a unique opportunity to bring the essence of the outdoors into one's home.

Dawn Keadic enjoys decorating with wreaths, both indoors and outdoors. For more information on Christmas, fall and autumn wreaths, including wreaths you can make at home, visit

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