

HOW TO "EAT" YOUR
WAY TO AMAZING
AND LONG-LASTING SEX



SEX FOODS
&
STIMULANTS

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Part 1

Introduction

Too bad, most people only associate a healthy lifestyle with habits that are not always the most fun... like gruelling workouts or eating salads and the likes.

However, I'll let you in on one secret...

Increasing your sexual activity (as long as you're engaging in safe-sex) is a surefire strategy for a better health and well being

That's not all, you see, your sex life can tell you a lot about your overall health. Most times, having sexual issues is just a "warning sign" that a more serious health problem is coming.

Now, probably for most of you reading this book, sex used to be an exciting topic to discuss and engage in...but... Not so much anymore. This because your sex drive, energy and passion aren't where it used to be. You now prefer facebook to sex.

Well, that is about to change because reading this book is the first step to re-energising and stimulating your libido, desire and lust.

In the first part of this book, I show you why healthy sex has much more to offer than you think. I try to convince you to prefer sex to social media and have more of it.

The second part of this book is all about those embarrassing sexual problems we don't like to discuss. More importantly, I pinpoint the major causes of these problems you might not be aware of and what to do about it.

And the last part of this book goes into juicy details of how to reverse sex problem and enjoy great sex and lust again — Starting with the foods that go into your mouth. The “food first” philosophy is by far the best, safest and cheapest approach to optimising your overall health (including your sexual health)

You'll also discover some of the world's most powerful natural aphrodisiac that can intensify erotic desires, increase libido, vigour and stamina.

And lastly, I introduce you to my WSS Sex System, which can literally turn your body system into a well-oiled sex machine.

Without further talk let get started, shall we?

Chapter 1:

The Beauty Of Sex

If you thought the only benefits of sex are making babies and, well, pure pleasure, then you're in for a surprise.

You see, having sex regularly has been proven to provide some incredible boosts to your overall physical, emotional and mental wellbeing.

The benefits of sex truly extend from head to toe. Let's see why.

Why Sex Is Good For You

Here are some of the reasons (11 of them) why having more healthy sex is good for you:

1. Improved Heart Health

Indulging in sexual activities can actually be considered a good form of exercise. And just like any good form of physical activity, sex is beneficial for your heart.

What makes thing more interesting is that regular sex also keeps the levels of estrogen and testosterone in balance, which is also important for heart health.

Although, sex was once considered to cause heart problems. However, many studies have found that to be false and put that myth to rest. For example:

An interesting 20-year-long study done on more than 900 men, proved that frequency of sex did not increase stroke risk. Well, as a matter of fact, they discovered that sex protects against cardiovascular diseases, like stroke or heart attack. Gentlemen who had sex at least twice weekly reduced their risk of a fatal heart attack by 50% compared to gents who had sex less than once a month.

Another study in Israel found that women who had two orgasms per week reduced their chances of having heart disease by 30% compared to their peers who did not enjoy sex or didn't have an orgasm.

2. Burns Calories

Sex can be a much more fun way to burn down some excess calories.

You see, moderately active sex, twice a week, can amount to an extra 5,000 calories burn a year! And even more, if you incorporate a variety of sexual positions.

If I may add, varying your sexual positions is also a great, extra-fun way to tone up your body, increase balance and maintain flexibility.

3. Sweet Pain Relief

Sexual stimulation and orgasm can help reduce the sensation of pain and increase the body's pain threshold. Some studies concluded that sex and orgasm can help relieve (or block) menstrual cramps, arthritis, and even headache.

4. Relieves Stress And Lowers Blood Pressure

Sex is well-known to help relieve stress because it increases mood-boosting hormones in the body like endorphins.

These natural “feel-good” chemicals released during sex not only help in easing stress, but also helps boost your calmness and self-esteem.

In addition, a Scottish study published in the *Journal Biological Psychology* found that indulging in sexual activity prevents the increase in blood pressure during stressful events (like speaking in public).

5. May Lower Risk of Prostate Cancer

A male-specific health benefit of sex is that of prostate health. The link between sex and prostate health was first suspected after several studies found that monks and priests appeared to have a higher chance of developing prostate cancer.

Researchers at Nottingham University found that men who enjoy a regular sex life in their 50s are at lower risk of developing prostate cancer. This is largely due to the fact that sex clears the prostate off toxins that could otherwise hang around and trigger cancerous changes.

6. Better Sleep

You may doze off more quickly after sex for good reasons.

According to the National Sleep Foundation, the relaxation-inducing hormone “prolactin” is released after sex. You see, Prolactin promotes feelings of relaxation and sleepiness. In addition, the love-hormone *oxytocin* released when you have an orgasm also promotes sleep.

Mind you after-sex-sleep leads to better sleep and a more refreshed feeling when you wake up. Next time you’re having trouble sleeping, just grab your partner and do the needful.

7. Happier Mood And Stronger Relationship

Sex forces your brain to release “feel-good” chemicals that boost levels of serotonin (the happy hormone). And this leads to a mood lift and a happier feeling.

There’s more...

Another chemical released during sexual intercourse is the phenylethylamine (PEA). PEA is addictive because it has an effect on the level of dopamine in the brain. It makes you feel light-headed and light-hearted.

You see, PEA is even one of the active ingredients used in making many man-made stimulants and antidepressants.

Also, as you might have suspected, having sex builds bonding and feelings of intimacy with your partner. This is because sex and orgasms stimulate increased levels of oxytocin (AKA the “love hormone”).

The “love hormone” evokes the feelings of love, trust and generosity. That’s why you’re more likely to agree to any request from your partner after sex.

To wrap up, according to a study on nearly 300 women in the *American Archives Of Sexual Behavior* by psychologist Gordon Gallup, women in a sexually active long-term relationships are less likely to feel depressed than women who go without sex.

8. Anti-ageing Effect And Better-Looking Skin

Having regular healthy sex has youth-enhancing effects on you.

You see, it is believed that having high levels of the natural steroid hormone, “DHEA” or dehydroepiandrosterone (or “the anti-ageing hormone” as they are called) is key to keeping your body’s youthful appearance.

And during sex DHEA is released throughout the body.

Even better, the level of DHEA in the bloodstream is sky high (up to five times its normal amount) after an orgasm.

Also, regular sex stimulates the release of estrogen and testosterone hormones, which helps improve the tone and texture of your skin and hair.

In other words, making love makes you look good.

One study I found really amusing was the study where judges were asked to guess ages of participants. Participants who had sex at least 4 times weekly with their partner were perceived to be 7 to 12 years younger than they actually were.

Make no mistake, you won’t just be a beauty without brains. You see, frequent intercourse may actually make your brain work better.

Researchers discovered that sex switches the brain into a more analytical mode of thinking. In addition, sex seems to enhance the areas of the brain involved in memory, in studies done on animals.

9. Longevity

Want to live longer? Then more healthy sex might be the sweet answer.

The result of a Ten year-long study of over a thousand middle-aged men showed that those who had the most sex had half the death rate of those who were less active sexually.

Of course, many other factors contribute to longevity but frequent orgasm is definitely the easiest and most pleasurable of all.

10. Boosts Fertility

Talking about practice makes perfect, studies have shown that the more often a man make love, the better quality he's sperm cells will be.

In particular, a study done by a fertility centre discovered that men who ejaculated daily for a week had higher-quality sperm than those who didn't.

The Men who ejaculated daily had sperm with DNA that was less fragmented than the DNA from sperm of the men who ejaculated less. A less fragmented DNA simply means a healthier DNA, which is more likely to fertilize an egg.

It doesn't only apply to men. You see, frequent sex has also been found to assist balancing of hormones in women and help regulate periods. All of which can enhance fertility.

11. Immune Stimulation

Frequent Sex has been found to boosts your body's ability to make protective antibodies that battle against bacteria, viruses, and other germs that cause common illnesses.

A study done on 112 college students reported that those who had the most sex (three or more times per week) had 30% higher levels of immunoglobulin A (IgA).

You see, IgA immune system is your body's first line of defence. Its job is to fight off invading organisms at their points of entry, which reduces or even eliminating the need for activation of your body's immune system.

So, literally, more sex equals fewer sick days.

As you can see, the benefits of sex truly extend from head to toe. For nothing else, hopefully, you're more convinced to have more (safe) sex. Now, the next questions are how many times a week and when should you be having sex in order to get the most out of what sex has to offer? Let's find out...

How Many Times A Week You Should Be Having Sex

To reap most of the benefits of sex mention so far, you need to have sex schedule for at least 3 times a week. The reason is simple.

You see, most of the studies cited above, on an average mentioned having sex at least 3 times weekly as the sweet spot.

Now, we have an estimate of how many times weekly, let's go a step further to the exact times that are best to have sex.

Best Times To Have Sex

As they say, timing is everything. That holds true for sex as well.

You see, certain times of the day and month are best for sex depending on what your goals are.

Now, it's commonly known that the ideal time of the month for a woman to get pregnant is when she's ovulating (usually in the middle of her menstrual cycle, between day 11 and 21).

But what's less commonly known is that the day a woman is most likely to experience a "mind-blowing" orgasm is actually a day before her period starts.

Here's why:

You see, the accumulation of blood makes the uterus heavy, so contractions are more significant during orgasm and the labial and clitoral tissue are likely to be more sensitive because of fluid.

Most people, for one reason or the other, happen to have sex mostly at night (or in the dark). However, research, people and many experts have confirmed that, for a more satisfying sex, mornings definitely win over evenings.

Forza Supplements, a health and well-being firm monitored 1,000 people in a study and found that the best time to have sex is 7:30 a.m. — which is, on average, about 45 minutes after you wake up.

The reason is quite simple.

You see, waking hours are when your energy levels are highest and testosterone levels are at its peak. So men have the most stamina to last long around this time.

This makes sense too, because, as you've likely noticed, men often wake up with erections. Which definitely is not an accident (mother nature knows best)

And that's not all.

When you get busy early in the morning, it helps jump-start your day. The rush of “endorphins” from early morning sex actually lowers your blood pressure and stress levels. And this provides you with a mood boost that can last throughout the entire day.

To back up this theory, scientist Dr. Debby Herbenick conducted a study and found that adults who made love first thing in the morning were not only more upbeat for the rest of the day, but they also benefited from a stronger immune system than those people who didn't.

Please note: I am not (and would never be) recommending you turn down sex whenever you're in the mood at other times of the day. No. All I'm advising is that it's worth adding more morning sex to your weekly routine, even if you have to wake up 15 minutes earlier.

PART 2: Sexual Problem & Causes

The sex organs are not the only ones involved when it comes to sex. In fact, from the process of arousal down to the sex act itself requires virtually the participation of the entire human body including our emotions.

Unfortunately, this only means that a lot of things can go wrong. And that's exactly what this section is about, those factors that can go wrong in the bedroom.

This section covers popular bedroom problems and several root causes you might not be aware of.

Okay, without any further ado, let start with often overlooked sex problem for men, which is;

Chapter 2:

Loss Of Libido

Libido is simply a person's appetite for sexual activities. It is used to describes the strength of one's desires and interest in sex.

Although, it is commonplace for a man's libido to start dropping as he ages. And it is normal to lose interest in sex from time to time. Our bodies are not machines. Even machines break down from time to time.

However, low libido for a long period of time should cause for alarm.

A sudden loss or drastic drop in libido is a big problem and in most cases an indicator that a serious health condition is on the way.

Now, loss of libido can be caused by a number of different reasons, which I have grouped into two broad categories:

- A. Health & Physical Factors.
- B. Emotional & Physiological Factors

Let's take them one by one.

A.Health & Physical Factors

There are several health conditions and external factors that can negatively affect your libido and overall sexual function. Here are some of the most

popular:

Chronic Fatigue

If you have no energy, then you definitely will have no libido. No two ways about that. Frequent chronic fatigue is mostly caused by a poor thyroid function.

You see, the thyroid gland is the master metabolism gland where energy is produced. So, an underperforming thyroid gland not only leads to low energy and libido but weight gain, and about 60 more symptoms.

If you're experiencing frequent low energy level, low libido, and a sudden weight gain, then an underactive thyroid might be the suspect.

A quick tip to help correct an underactive thyroid is to eat food rich in iodine (like seafood, sea salt) and stay away from any soy product and byproducts (except fermented), as soy contains "*goitrogens*", which interfere with functions of thyroid hormones

Hormonal Imbalance.

Hormonal imbalance is one of the leading causes of loss of libido and erectile dysfunction in men (especially from age 35 on). There are several sexual hormones that can become imbalanced. Let's look at each and its causes:

1. Low Testosterone level

Testosterone is an essential male hormone, which is mostly produced in the testicles. It is responsible for stimulating sperm production and building of muscle and bone mass.

As far as sexual function goes, your testosterone levels directly influence your libido level. Testosterone is even nicknamed the “hormone of desire”.

So, when your testosterone levels decrease, your desire for sex also decreases. You’re considered to have low testosterone (or low T) when your levels fall below 300 to 350 nanograms per deciliter (ng/dL).

Popular cause of low testosterone includes ageing, a problem with the testes and poor dietary & lifestyle causes.

Some lifestyle tweaks, certain foods and supplements can help increase your testosterone levels. All which are discussed in greater details later in this book.

2.Excess Estrogen

Although estrogen is mostly considered a “female” hormone, which is responsible for most feminine characteristics. However, estrogen is produced naturally in men as part of the natural hormonal system function.

Estrogen is produced by an enzyme call aromatase, mostly found in the brain, bones, fat and skin cells. Aromatase takes testosterone and converts it to estrogen.

Now, a problem arises when there’s an imbalance of estrogen-to-testosterone ratio. That is, there’s more than enough estrogen required for normal functioning of a healthy male.

What happens when there is excess estrogen in your body?

These excess estrogen floating around begin to attach themselves and displace testosterone at their various cell receptor sites. And this leads to a lot of undesirable effects, especially loss of libido.

Some symptoms associated with excess estrogen include:

- Shut down of regular production of testosterone in the testicles.
- More sex-hormone binding globulin (SHBG) is produced, which, like a sponge, soaks up the free testosterone molecules in the blood that is necessary for fueling sex drive and desire.
- Increases the risk of health issues like diabetes, heart disease, and some cancers in the long- term.

So, what causes estrogen-testosterone imbalance?

There several reasons estrogen level go out of control, however, all causes can be grouped into two major categories:

- I. Increase in aromatase activities in your body. Aromatase converts testosterone into estrogen, thus leads to an increase in estrogen while decreasing testosterone level.
- II. A decline in the body's ability to eliminate excess estrogen, leading to a buildup of estrogen which then leads to a decline in testosterone production.

Here are some common factors that contribute to excess estrogen in the body:

- **Ageing:** The enzyme aromatase increases as we age. This is largely due to an increase in body fat. Also, as we grow older, the body's ability to eliminate estrogen decreases. All of these causes more testosterone to be converted to estrogen, as we age.
- **Obesity:** Being overweight leads to a rise in estrogen. You see, fat cells have large amounts of the enzyme aromatase, which causes more testosterone to be converted to estrogen.
- **Zinc Deficiency:** Zinc is a nutrient that discourages the activities of aromatase in the body. So, a deficiency in zinc leads to an increase in aromatase activity. Due to our dietary choices nowadays, it's easy to become zinc deficient.
- **Impaired Liver Function:** The liver is where all toxins and excess hormones (including excess estrogen) are eliminated from the body. However, toxic overload from alcohol, drugs and toxins in our food supply and environment weakens the functioning of the liver, hence resulting in excess estrogen in the body.

3.Low DHEA

Unlike the other hormones mention so far, Dehydroepiandrosterone (DHEA) affects your libido in a slightly indirect way.

You see, DHEA affects the level of your libido by influencing the levels of your sex hormones. DHEA, for example, can be converted to testosterone. That's why it's sometimes called the "precursor hormone".

The sad news again is that levels of DHEA naturally decrease with age. Also, **chronic stress** depletes the levels DHEA in the body.

Alcohol Use And Drugs

Contrary to popular belief, excess (or regular) alcohol and drug abuse can have an adverse effect on your sex drive, stamina and performance.

Let's take a closer look at how alcohol and some commonly abused drugs can damage your libido and performance.

Alcohol: Alcohol is usually not the answer to any problem, including sex drive and performance. Of course, moderate alcohol here and there can help lower inhibitions. However, the long-term effects of too much are unavoidably dangerous to all aspect of your sex life.

In other words, Alcohol increases your desire to have sex but decreases your ability.

You see, the liver is required to detoxify alcohol. But the liver does more than just detoxing, it's also required for metabolizing your sex (and other) hormones. So, excessive or frequent alcohol intake leads to a disruption in oestrogen production in women, which cause loss of libido, vaginal dryness, delayed orgasm and infertility.

And in men, it causes a drop in testosterone levels, which leads to low sperm production, inability to get or maintain erection and difficulty to become aroused.

Marijuana: Initial use of marijuana can stimulate heightened senses. Use (Whether you smoke it or eat it) on a regular basis, however, can suppress the pituitary gland, which regulates the production of

testosterone. And this can lead to loss of libido and lower count, speed and agility (motility) of your sperm.

Ecstasy: Ecstasy can heighten the senses of smell and touch. It is commonly referred to as the 'sex drug'. However, it is interesting to know that ecstasy was originally developed as a 'truth' drug for criminals and other psychological tests. Use of ecstasy causes serious dehydration in the body, which leads to a decrease in vaginal secretion, making penetration painful and uncomfortable for women. And the continuous use of ecstasy has been found to damage the thyroid gland (master metabolism gland) responsible for energy production.

Cocaine: Cocaine is known initially to increase libido because it elevates blood pressure. But its side effects are nasty to both your sexual and overall health. Just to name a few, use of cocaine can cause heart attack, erectile dysfunction, low sperm count, and hormonal imbalance.

Prescription Drugs

Not only recreational drugs can interfere with your sexual desire and performance, also some certain prescribed drugs can.

Many high blood pressure drugs like ACE inhibitors and beta-blockers, for example, can prevent ejaculation and erections in men.

Also, most antidepressants have a sedative effect, that also affects your libido.

If you suspect your medication is affecting your sex drive, talk to your doctor.

They may advise you to switch to an alternate medication.

Emotional & Physiological Factors

Your emotional state can affect your sexual desire. There are a number of psychological and emotional causes of low sex drive, here are the most popular:

Stress

Stress, especially for long periods, is a chemical disaster in the body and the root cause of many hormonal imbalances. Your body reacts to stress by releasing lots of adrenaline and cortisol, which can disrupt your body's hormonal levels. That's not all. Also, in stressful times, narrowing of the arteries occurs, which restrict blood flow to the sex organ, causing erectile dysfunction and reduced sexual desire.

All types of stress including emotional, financial, relationship or work stress can affect your sexual desire and performance.

Chronic stress also leads to other unattractive effects like cravings, weight gain, difficulty sleeping, fatigue, Unstable blood sugar and so on.

Since we can't completely eliminate stress from our lives, proper stress management is therefore very important.

Depression

People who are in the depressive state are not much fun to be around.

A common symptom of depression is a loss of sexual appetite. Other symptoms may include Irritability, fatigue, emptiness feeling, disinterest in hobbies, insomnia, changes in eating habit and so on.

If you have a combination of these feelings then I advise you see a health professional. Also, there are some minerals and nutrient that can offer support like B-groups vitamins, Zinc and selenium. Check chapter 5 for foods rich in these nutrients.

Low Self-esteem And Poor Body Image

Your self-esteem has a direct effect on your libido. You see, if you have a poor body image or you feel your body shape is unattractive, then you're less likely to want to have sex.

If you're affected by this, then being happy with yourself is an important first step before anything else. As they say, sexy is as sexy feels. So, you're actually in control of your happiness and emotions, use it to your advantage.

Another important tip is to be present in the moment and enjoy what's happening. Forget about if you look fat ...or... if the lights are on...or... any type of shameful thoughts that might go through your mind. Put them aside and concentrate on pleasure and how good everything feels.

Relationship Issues

For many people (especially women), emotional connection is a prerequisite for having sexual intimacy. So, relationship issues that cause negative emotions such as trust issues, fights, Communication problems, lack of intimacy and so on, can also cause libido issues.

History of physical or sexual abuse and previous negative sexual experiences can also be the major libido problem. I suggest you see a therapist if you have experienced such.

Chapter 3:

Erectile Dysfunction

Erectile dysfunction is a condition in which a man cannot get or maintain erections firm enough to have satisfactory sexual intercourse.

There is a difference between erectile dysfunction and lack of libido, yet they are interrelated.

Loss of libido is way less common in men compared to erectile dysfunction. However, loss of libido is a side effect of erectile dysfunction. You see, once a man experiences erectile dysfunction, his ego is at stake. So, his libido shuts down to protect his ego.

Erection problems are more common in older men, but also affect younger men. Most times erection problems are due to physical causes in older men and emotional causes in younger men.

Now, the big question is what causes erectile dysfunction?

To understand better what causes erectile dysfunction, we need to first understand how the process of getting and maintaining an erection works.

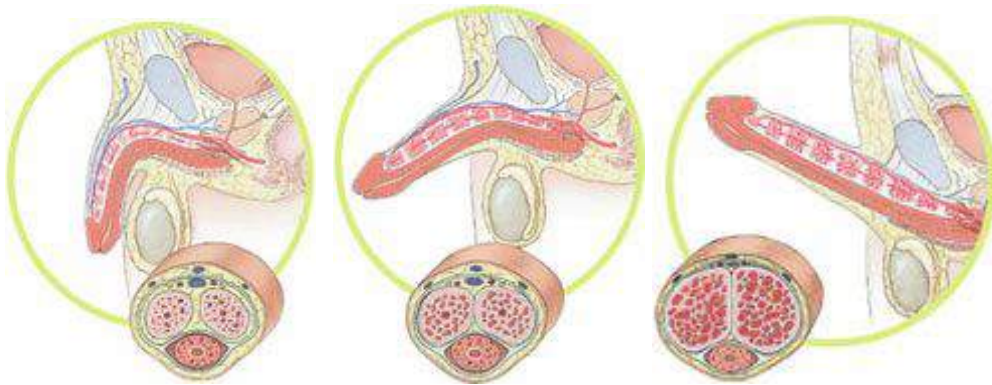
The erection process starts in the brain.

When you become aroused (either by sensory or mental stimulation), your brain responds by sending signals to trigger a hormonal response that allows

arteries supplying blood to your penis to relax and open up to let more blood to flow in.

This influx of blood forces the sponge-like tissues in the penis to expand. And at the same time, the veins get compressed and traps the blood flowing into your penis.

When your brain stops sending sexual arousal signals, the hormonal response ends. Your arteries go back to their normal state, the veins open back up for blood to flow out and your penis returns to a soft state.



So...

What Causes Erectile Dysfunction?

Erectile dysfunction simply means something is blocking the natural process of you getting and maintaining an erection.

Now, because the brain, nerves, hormones and blood vessels are all involved with getting and sustaining an erection, it means there are multiple potential points of failure and not just one. Here are four major potential points of failure

1. **Your Brain Is Not Sending The Right Signals To Your Penis:** This is often caused by Neurological disorders such as stroke, spinal cord injury,

multiple sclerosis (MS), Alzheimer's disease, Parkinson's disease ... and... Psychological disorders like depression, guilt, low self-esteem, stress and performance anxiety. They can all disrupt your brain's capability to send sexual arousal signal to your sex organs, which leads to erectile dysfunction.

2. **Your Erectile Tissue Is Damaged:** This usually caused by Peyronie's disease or damage from radiation treatment for prostate cancer.
3. **Hormonal Issues:** This usually a result of low levels of testosterone and some prescription drugs that affect your hormonal balance.
4. **Inadequate Blood Flow To Your Penis:** This often caused by Cardiovascular issues such as Atherosclerosis, high blood pressure, heart disease, high cholesterol, ...and... Lifestyle issues such as smoking, obesity, alcohol and drug use. All this can affect blood flow to the penis, making it difficult to get and maintain an erection.

Of the 4 major cause of erectile dysfunction, hormonal issues (see page 18) and inadequate blood flow to the penis are by far the most common causes.

You see, to get and sustain an erect penis, blood flow is an extremely important part of the process. And, especially as you get older, blood flow to the penis becomes limited as a result of atherosclerosis. Atherosclerosis is a condition in which blood flow through the arteries becomes restricted because of accumulated plaque in the arteries.

What Causes Arterial Plaques To Build Up And Atherosclerosis?

You see, it all starts with the build-up of some particles known as “**free radicals**”. Free radicals cause damage to the lining of the arteries.

Now, in order for the body to repair these damages, it coats the affected area in a sticky plaque-type substance.

And what this does is to reduce the internal circumference of the blood vessels, therefore decreasing overall flow to the affected area (the genital region, in the case of erectile dysfunction)

Now, naturally, the bodyguards itself against potential free radical damage by manufacturing a substance know as antioxidant. However, free radical damage occurs when there is not enough antioxidant to match up with the number of free radicals in the body.

How To Naturally Fight Against Erectile Dysfunction.

There are many different methods of managing erectile dysfunction. However, I will be showing two simple, natural, safe and longer-lasting ways to go about it.

They are methods that can help to both Prevent ...and... Manage erectile dysfunction. Well, as a matter of facts, no matter the type of erectile dysfunction treatment you choose, you still need to follow these two methods anyways.

Here are the two methods;

1. Eating of Antioxidant Foods Regularly

You see, to improve erection, we need to increase blood flow to the penis. To increase blood flow, we need to prevent the formation of plaque in the arteries. And to do that, we need enough supply of antioxidant to protect arterial walls lining from free radical damage.

For this reason, it is a must to consume nutrients that help the body produce enough antioxidant that squash free radicals. What are these antioxidant nutrients?

They are Vitamins A, C, E, Magnesium, Selenium and Zinc. Below are foods priced for their rich antioxidant properties:

- **Fruits:** Apples, apricot, avocados, bananas, kiwi fruit, blueberries, fig, pear, lemons, strawberries and blackcurrants.
- **Vegetables:** Garlic, onions, potatoes (both sweet & Irish), kidney beans, squash, carrots, asparagus, brussels sprout, watercress, beetroot (or beet) and sea vegetables
- **Others:** Seafood, Chicken, salmon, tuna, oats, millet, quinoa, rye, barley, peanuts (raw), Parsley, spirulina, pumpkin seeds, sesame seeds, and hazelnuts.

Ensure many of these foods as fresh as possible should be in your everyday diet.

And now, let's move on to the second method which is related to the first method is:

2. Use Of Blood-flow Enhancers

Again, to manage erectile dysfunction, increasing blood flow to the penis is very important. Now, there are certain nutrients and herbs that help enhance blood flow to the penis. They include:

- **Co-enzyme Q10:** This a nutrient required by every single cell in the body. Because it's specifically needed for end-stage energy production at the cellular levels. And it has an added antioxidant property for good

measures. That's why it's a much-needed nutrient for powering blood flow. The bad news is that as we age, our body's supply of Co-enzyme Q10 decreases while our body's demand for it doesn't.

That's why it crucial to consume food rich in Co-enzyme Q10. These foods include spinach, sardines, peanuts, blue-green algae, chlorella, spirulina and all animal produce.

- **Vitamin E:** It is an essential nutrient for sexual health and vitality. It protects the heart and cardiovascular system and helps thin the blood. All which enhances blood flow down below. It's also a great antioxidant nutrient. The richest sources of vitamin E are Oatmeal, brown/oldfada rice, nuts, wheat germ and all green leafy vegetables like spinach, broccoli, kale, watercress, parsley and especially avocado.
- **Natural Viagra-like Herbs & their Supplements:** There are a number of herbs that work like viagra by trapping blood in the penis, which helps in maintaining an erection. The advantage of these herbs over viagra is that they don't have as much side effects and are mostly safe for people who have high blood pressure. I have covered this herb in greater details in chapter 6.

Of course, there so many other ways to go about managing erectile dysfunction, including psychotherapy, drug therapy, oral medications, injectable medications, vacuum devices, and surgery. But they all come at a cost and possible side effects.

Also, note that using many of these other treatment methods will largely depend on your underlying health condition. If your suffering from conditions such as heart disease or diabetes, then you'll need to first treat these

conditions before you can begin treating erectile dysfunction. And needless to say that treating some underlying health conditions can help resolve the erectile dysfunction problem as well.

Lastly, for the above tips to be effective, you need to incorporate some lifestyle changes like losing some weight if you're overweight, give up smoking, moderate alcohol consumption, exercise, cut out excess sugar and many others discussed in the next chapter (chapter 4)

Part 3: Overcoming Sexual Problems & Increasing Sex Drive Naturally.

This is the section where things get exciting. It covers tips, tricks, do's and don'ts of having a healthy sex life.

You'll discover all the foods, drinks, herbs and spices for optimising sex health, so you can have better and more amazing sex.

And most importantly, you'll discover my WSS sex system that combines everything you into a super effective system that gives you better and faster results.

Okay, once you're ready to dive in, turn to the next page.

Chapter 4:

Natural Ways To Deal With Sexual Problems

We are so busy taking care of family, business, friends and forget to take care of the most important thing, which is ourselves.

Listen, if your sex drive is low or you suffer from erectile dysfunctions, it generally means you are not in picture perfect health.

You see, your overall health and wellness have a huge impact on your sex life, especially as you get older.

So, the secret to a killer sex drive and having amazing sex at any age boils down to a Healthy Lifestyle.

Here are 12 important changes that would rejuvenate your sex life

1. Lose Weight.

The size of your testicles and the size of your belly are related to your testosterone level, thus your sexual performance.

If you find out your testicles are shrinking or getting smaller than usual, then you need to see your doctor.

Men with big bellies (potbellies) or excess body fat usually have lower testosterone (see why on page 21). This means that the more overweight you are the higher the chance for a low libido, erectile dysfunction and infertility.

Excess body fat not only leads to low testosterone but estrogen dominance, inflammation, nutrient deficiencies, increased risk of type 2 diabetes and other serious diseases.

All which also seriously affects your libido and sexual function

Just by Shedding some excess fat would lead to a significant boost in libido and enhance overall sexual function and health.

Now, there are endless program and information on weight loss. I suggest you follow the one you can easily stick to and I highly recommend this one.

2. Throw Out Your Cigarettes.

If you smoke, then it's time to quit. Research studies have shown a strong link between cigarette smoking and erectile dysfunction. You see, smoking affects the ability of the blood vessels to relax, which affects the erection process. It is even said that quitting smoking is better than any erectile dysfunction (ED) drug.

3. Eat Real Food.

Processed foods are horrible for your sex drive, weight and overall health. This is because processed foods are packed full of artificial hormones, preservatives, and antibiotics that cause hormonal imbalance in the body.

By far, the best way to energise your sex life is to mostly eat real nutritious foods (especially the sex foods in Chapter 5) and do away with processed junk foods

4. Avoid Soy Product And By-Products.

Numerous studies have revealed that soy's estrogenic isoflavones disrupt the reproductive health and production (and use) of testosterone in your body. So, when you see soy product or by-products, please don't touch.

5. Cut Out The Sugar

If you think you don't take sugar, then think again. you see, almost all consumable products and even some non-consumables like toothpaste contain sugar. And these days, sugar is given all kinds of names like High Fructose Corn Syrup, and so on.

As you might be aware, sugar causes a lot of havoc such as belly fat, insulin resistance, drop in testosterone, hormonal imbalance and more in the body. All of which can seriously affect your sexual health and libido.

Stay clear of sugar and be aware of what you are consuming.

6. Do The Right Kind Of Exercise Regularly.

Regular exercise is one lifestyle change that can do wonders for your health, sex drive, and stamina. For example, one study revealed that interval training may balance and improve sex-related hormones like testosterone, cortisol, and growth hormone.

Also, kegel exercise is very important for strengthening pelvic floor muscles, which makes sex so much sweeter.

That said, too much cardiovascular type of exercises like running, jogging and so on can actually decrease your testosterone.

So focus more on weight training (nothing more than 3 to 4 times weekly), High-Intensity Interval Training (1 to 2 time weekly) and kegel exercise (3 to 5 times weekly)

7. Limit Alcohol And Abstain From Use Of Recreational Drug

Although moderate intake of Alcohol (wine especially) can be good for the body.

However, excessive intake overworks the liver which is responsible for the elimination of toxic material. And this leads to serious problems including hormonal imbalance, which affects your sexual performance.

Avoid beer, especially the ones that contain hops. Hops are among the world's most powerful estrogenic plants. When it's ingested into the body, it affects testosterone/estrogen balance.

Finally, stay away from recreational drugs. As discussed earlier (on page 22), they have an adverse effect on your libido, performance and sexual health.

8. Control Stress.

As we have seen, stress is a chemical disaster in the body, which is bad for your sex life. Although we can't completely eliminate stress from our lives, however, we can avoid and control a large number of stressful situations.

There are many ways to relax and de-stress. The picture below gives you a couple of Ideas.



Pick the ones that work best for you and practise them.

9. Get Enough And “Better” Sleep.

Notice, I said enough and “better” sleep. You probably know you should be getting around 8 hours sleep. However, better sleep means you’re sleeping at the right time. And the best time to sleep is anytime before midnight.

Sleep and sex are dependent on each other. Sleep plays such an important role in libido strength and overall sexual health. Several studies have shown inadequate sleep can lead to a decrease in sex hormones like testosterone.

And besides, when you feel drowsy and tired from lack of enough sleep, sex will most likely be the last thing on your mind.

So try to aim for about eight hours of an uninterrupted good night sleep (starting before midnight), in order to optimise your sex life.

10. Use Your Imagination Brain

The brain is the most powerful sexual organ we have. Using our imagination is one of the most underutilised sexual weapons amongst adults.

Read books, magazines and watch movies (not Porn) that may get your imagination juices, sexual feelings and fantasies flowing.

11. Extend Foreplay

Naturally, extended foreplay is one of the best ways to build sexual tension, desire and increased lubrication for your women. Indulging in foreplay before sex can help increase libido, pleasure, orgasm and sexual performance.

If you need some help, you can make use of sex toys with your partner. And don't forget to be spontaneous and mix things up.

12. Have More Sex

A simple yet often overlooked way to boost your libido, performance and sexual health is simply by having more sex. Regular healthy sex has been shown time and time again to be beneficial for the entire body, including the libido and sexual performance department.

So make sure, sex should be part of your weekly schedule.

Chapter 5:

Sex Foods

Let food be thy medicine and medicine be thy food. — Hippocrates, father of medicine, 431 B.C.

Very true. There certain foods that can naturally help fight premature ejaculation, give you longer lasting erections, boost fertility and improve your orgasms. Nothing beats eating right kind of food if you want the best sex of your life.

Before I give you these sex foods, first I want to tell you why these foods are considered as sex foods. It simply because they contain some certain nutrients that are amazing for sex.

You see, if these vitamins and minerals are lacking then you cannot enjoy great sex. In fact, our bodies will not be able to function properly in general if these nutrient are inadequate.

Most Essential Nutrients For A Strong Sex Drive & Optimal Sexual Health

Nutrient	Function And Sources
Vitamin A	Vitamin A helps regulate the synthesis of the sex hormone. It is also equally important for the production of oestrogen and

	<p>testosterone.</p> <p>Vitamin A comes in two forms; Retinol, which is found in animal produce and beta-carotene, which is a precursor to retinol gotten from vegetable sources.</p>
B-Complex Vitamins	<p>B-Complex Vitamins are essential for energy production. Lack of energy is the foundation of a dying libido. The B-group of vitamins are also involved in the synthesis and proper functioning of sexual hormones.</p>
Vitamin C	<p>Vitamin C is crucial for increasing the quantity and quality of a man's semen. It's also important for the synthesis of sex hormones, which can enhance sex desire and strengthen sex organs in both male and female. Vitamin C is abundant in fruits (mostly citrus fruits) and some vegetables.</p>
Vitamin D	<p>Vitamin D is a vital nutrient that supports hormone function, and activation of other nutrients.</p>

	<p>Deficiency in vitamin D will leave your libido cold. The best source of Vitamin D is the Sun.</p> <p>Ensure you get between 15 to 30 minutes of direct sunlight daily, if possible. Other sources of vitamin D are a D3 supplement or Fermented Cod Liver Oil.</p>
Vitamin E	<p>Vitamin E is known as the king of sex vitamins. It is involved in the direct production of sex hormones.</p> <p>Deficiency of this essential nutrients leads to a broken libido and decrease in fertility.</p>
Essential Fatty Acids	<p>Essential Fatty Acids are the building blocks for the manufacturing of sex hormones.</p> <p>They are anti-ageing, improve your mood, reduce inflammation in the body and help you maintain a healthy brain and heart. All of which keeps your sexual desire burning and keep you sexually active.</p> <p>Essential fatty acids are found in</p>

	<p>many kind of seafoods and vegetables.</p>
Zinc	<p>Zinc is necessary for the production and release of some sex hormone in both men and women. A deficiency in Zinc has been associated with hypogonadism in men, a condition where the sex glands produce little or no hormones.</p> <p>Zinc is naturally supplied by cashews, chicken, chickpeas and some seafood.</p>
Folate	<p>Folate is necessary for increasing blood flow below the belt. It is also involved in the production of a special protein, histamines, which is involved in many allergic reactions.</p> <p>The interesting part is, histamines are also required if you want to experience an orgasm. Simply put, the very thing that makes you sneeze, can also bring about a mind-blowing pleasure.</p> <p>Folate can be found mostly in vegetables like Asparagus, spinach,</p>

	<p>kale, broccoli and some fruits.</p> <p>Folate in foods can be destroyed when cooked, so it's best to eat your vegetables and fruits fresh when possible.</p>
Magnesium	<p>Magnesium is called the wonder mineral because it supports hundreds of reactions in the body including that of sex hormones.</p> <p>According to a University of Parma's research, magnesium consumption affects the overall amount of testosterone activity in the body, especially among older men. In the research, they also discovered magnesium to have an anti-ageing effect, keeping the body youthful in terms of sexual drive and stamina.</p>
Chromium	<p>Chromium is a key sex trace mineral. Without chromium in your diet, your sex drive would suffer. Deficiency in chromium also affects your sperm-count, blood-sugar and energy levels. Chromium can be found in</p>

	whole grains, meat, yeast, cheese and thyme.
Selenium	Selenium a much need sex mineral, especially for men. You see, selenium is necessary for sperm production and mobility. Well, as a matter of fact, nearly half of the selenium in a man's body is in his testes and seminal ducts. Also, men lose selenium in their semen.
Boron	Boron is a trace mineral that is involved in sex hormone production. A Small quantity of broon has been shown to increase estrogen and testosterone level in the blood, especially in older women. They are mostly present in fruits and vegetables.
L-arginine	L-arginine is an amino acid that is widely used in the treatment of erectile dysfunction, infertility and other sexual problems in both men and women. You see, when L-arginine is in the body, it is converted into nitric oxide,

	<p>a substance that causes the blood vessels to dilate, thus improving blood flow throughout the entire body (including to the sex organs). L-arginine can be found in dairy products, red meat, poultry, and fish.</p>
<p>Fibre</p>	<p>Fibre plays an important role when it comes to sexual function. Just like protein, enough fibre helps reduce the amount globulin that binds to testosterone. And this results in more available free testosterone to use for fueling sexual activity. Also, the added benefit of eating more fibre is that of weight management. As you know, being overweight can hinder sexual performance.</p>

Now we know the nutrients that play an important role in keeping our bodies running like well-oiled sexual machines. Let's check out the foods that are chock full of these sexual nutrients

Top Foods for Enhancing Your Sex Life

Here's the list of foods that are rich in sex nutrients that have been scientifically and historically proven to help boost libido, fertility and overall sexual health.

Almond

Almonds have long stood as a symbol of fertility. They are rich in selenium zinc, calcium, folic acid, vitamin B2, B3 and E, which are essential for fertility health. The omega-3 fatty acids and Magnesium in almonds helps in the production of sex hormones and Improve blood circulation to the genitals. So, that makes almonds both a great libido-booster and great fertility-booster.

Asparagus

Asparagus is regarded as one of the most useful foods for the liver. And as you may know, liver health is key to balancing and proper functioning of sexual hormones. Asparagus is rich in nutrients such as vitamin C, folic acid and beta-carotene.

Avocados

Fun facts, because the Catholic Spanish priests found avocados so sexy, the parishioners were forbidden to eat them.

Another one, the ancient Aztec's nickname for avocado was "ahuacatl," which means "testicle" because of its shape.

Avocados are rich in vitamin B6, Vitamin E and Folic acid, which are essential for overall energy and sexual performance. A lack of these nutrients has been linked to low sex drive and a decrease in fertility.

Avocados also contains highly-important nutrients like vitamin B3, iron and beta-carotene.

Banana

Popularly known for its suggestive shape, nevertheless, bananas are rich in a compound, bromelain, which lift your sex drive and fight against impotence. Also, are one of the top sources of potassium, an essential nutrient for muscle contraction which is crucial for good quality sex and a boost in energy level.

Other important nutrients in banana include riboflavin, vitamin c and beta-carotene

Beet (beetroot)

Beets are perhaps the sweetest vegetable there is, and they are nutritious too. For starters, they are rich in vitamin C and beta-carotene, which are both important for overall sexual function. Beets are also a great source of iron, potassium and calcium, which enhance blood circulation around the body (including to the genitals).

Bell Peppers

Bell peppers, especially red ones, are very rich in vitamin C. And Vitamin C assist in blood circulation to organs, which can raise your libido and overall sexual performance.

Broccoli

As one of the healthiest green vegetables, broccoli has a lot of health improving properties including for sexual health. It contains important nutrients like iron, vitamin A, B-vitamins and vitamin C.

Brown/Ofada rice

Brown/Ofada rice houses all of the B vitamins. And many other nutrients associated with boosting libido and fertility like chromium, calcium, zinc, iron, manganese and magnesium.

CeLery

In the far east, celery root has long been considered as mainly an aphrodisiac. Celery stimulates the main gland, pituitary gland, which stimulates all other glands that produce sex hormones.

Celery contains an amino acid, arginine, which expands blood vessels same way Viagra is supposed to do. It is also a good source of selenium, beta-carotene, folic acid and vitamin B6.

Chickpeas

Chickpeas are packed with Vitamin B6, a vital vitamin that helps regulate estrogen levels, thus support testosterone levels. In other words, Vitamin B6 help in balancing of sex hormones. And as we already know, balanced hormones leads to a healthy sexual appetite.

Cheese

Cheese is one of the highest sources of Zinc, second to seafood. And also contains a balance of some other incredible sex nutrients like arginine, magnesium and calcium.

Dark Chocolates

Dark chocolate contains an amino acid known as phenylethylamine, which stimulates arousal, lowers stress level and boosts your mood. Chocolate also contains magnesium, which helps suppress menstrual cramp.

Now, what makes dark chocolate so powerful is its high cacao content. All chocolate is made from cacao beans(processed version is called cocoa). You see, raw cacao in its unadulterated form is a superfood that contains more antioxidants than green tea or red wine.

Well, as a matter of fact, the people of Aztecs referred to cacao as “nourishment of the gods”. It is even rumoured that Montezuma, an Aztec ruler, used to drink up to 50 cups of a cacao drink before heading to his harem.

Anyways, the point is, make sure you choose dark chocolate made from at least 60% to 70% cocoa and don't eat them too often.

Eggs

Eggs are a powerhouse of some of the most important sex nutrient. Eggs (especially the yolk) contains Zinc, B-vitamins, calcium and of course, high-quality protein. They help combat stress and boost libido levels in both men and women.

Figs

Figs were valued to be more precious than gold by the ancient Greeks. And in many other cultures, figs were a symbol of sexuality and fertility.

History lessons aside, figs are rich in beta-carotene, zinc and magnesium, which are needed for the constant production of testosterone and other sex hormones. They are also a great source of vitamin C, which helps to rev up your sexual appetite and reduce stress, and calcium

Flaxseed oil

Flaxseed oil is a rich source of omega-3 fatty acids, which enhances sperm quality and helps boost libido by increasing blood flow to the sex organs.

Garlic

According to historians, Garlic was widely used to boost sexual endurance by ancient Egyptians. Yes, it is true that garlic helps boost sexual stamina because

it is full of a compound, allicin, which stimulates blood circulation for stronger erections and greater endurance.

Also, garlic helps keep the arteries clear, by blocking the formation of nano plaques (new fatty deposits) inside arterial walls, which is one of the major causes of impotence in men. Garlic has a variety of other health properties and it's a rich source of vitamin C and calcium.

Ginger

Ginger is one of the oldest-known aphrodisiacs. It can improve your sex life by encouraging blood flow in the sexual organs. This leads to firmer and prolonged erection in men and more pleasurable sex for women.

Ginger also provides heart-healthy benefits and contains a variety of nutrients such as Vitamin C, Zinc, Calcium, iron and beta-carotene. You can enjoy ginger in tea, soups, and a variety of dishes or on its own.

Guavas

Guavas are also considered to be a fertility food as they are rich in folate.

Kidney Beans

Kidney beans contain a high amount of L-arginine, which has been shown to improve sexual desire, satisfaction, and frequency.

Lentils

Lentils are packed full of libido-boosting nutrients such as Zinc, manganese and B-complex vitamins. They also contain calcium and magnesium.

Liver

Animal Liver is a delicious healthy source of a variety of nutrients like Vitamin D, zinc, selenium, iron, folic acid, B12, and CoQ10. Many of which are nutrients that cater to a better overall sexual function.

Mango

Mango is not only rich in taste, but also rich in two key sex nutrients, beta-carotene and Vitamin C. Beta-carotene is necessary for production of sex hormones (oestrogen and testosterone) and vitamin C help de-clump sperm cells (Sperm cells clumped together cause infertility)

Mushrooms & Truffles

Mushrooms contain B-complex vitamins, calcium, zinc, iron and magnesium, most of which are much needed for sexual function. Truffles have long been considered an aphrodisiac. Well, as a matter of fact, rumour has it that Napoleon ate truffle mushrooms to boost his sexual abilities. Truffles are harder to find, so cheaper alternatives you can try are truffle salt and truffle oil.

Nuts

Nuts are a good source of arginine, which relaxes blood vessels and improves blood flow, thus, helping men maintain a lasting firmer erection and better orgasm for women.

Oats

Oats are packed full of amazing nutrients for both better sex and sleep. For starters, Oats are a good source of an amino acid, L-arginine, commonly used to treat erectile dysfunction. Oats can help you last longer in bed, as they are an excellent fibre source, which helps to regulate blood pressure and maintain a good blood-sugar level.

In addition, oats are also rich in B-complex vitamins,, copper, calcium, magnesium and iron.

Onions

Onions, just like garlic, have helps boost sexual stamina and performance in men. Also, onions are known to be one of the liver-supporting foods, therefore, helps in hormonal balance in women. Especially those who have PMS and menopausal symptoms. Onions are also a good sources of nutrients like folic acid, magnesium, beta-carotene and calcium.

Oysters

Oysters have long been regarded as the king of sexual foods. History has it that the Venetian romancer, Casanova, ate dozens of oysters per day. And it was even reported that Casanova once seduced a virgin by seductively sliding an oyster from his mouth to hers. Modern science has proved the claim of oyster being a love drug to be somewhat true.

You see, according to scientists, oysters contain D-aspartic acid and N-methyl-D-aspartate, two amino acids that increase sex hormones in men and women. Also, it is a rich source of zinc that elevates testosterone and improve blood circulation — both of which enhance your libido level and improve overall performance.

Papaya (Pawpaw)

Papayas are sweet sources of vitamin C, beta-carotene, magnesium and calcium. To get the most out of papaya, their seeds (or pips) can be grounded using a blender and consumed. You see, grounding the seed releases the rich essential fatty acid they contain, which is necessary for stimulating the production of sex hormones

Pine Nuts

People have long been consuming pine nuts to stimulate the libido, since the medieval times. Pine nuts are full of Zinc, which is much needed for the production of testosterone. The higher your Zinc in your system (in both men and women) the higher your sex drive. Plain and simple.

There's more, pine nut is also a good source of B vitamins, calcium and magnesium, all which are can sustain your energy and stamina in bed.

The easiest way to incorporate pine nuts into your diet is to add them to your salads.

Prawns (shrimps)

Prawns are chock-full of Magnesium, Zinc, iodine, selenium and calcium. Most of which are excellent sexual nutrients. That's not all, prawns are also a great source of an amino acid, phenylalanine, which are required for producing "neurotransmitters" in the brain that regulate mood and heighten sex drive.

Prunes

Prunes are best known for their digestive properties, nevertheless, because they contain phytoestrogen, it makes them an excellent hormone balancer in women. They are also an abundant source of Iron and calcium

Pumpkin Seeds

Pumpkin seeds are just power-packed with a lot of good-for-you nutrients.

These seeds are rich in zinc and essential fatty acids (omega-3 & 6), which play a vital role in the production of sex hormones and boosting your libido.

Pumpkin seeds are also loaded with antioxidants, calcium, iron, magnesium, B-vitamins and more

Red Grapes

Red grapes provide the body with plenty of boron, a mineral that helps stimulate the production of both estrogen and testosterone. And an increase in estrogen and testosterone simply means wilder sex drive and a boost in bedroom pleasure.

Rye

Rye is a rich source of many of the sex-boosting nutrients (like iron, magnesium, and zinc), energy-boosting nutrient (like Vitamin E, Calcium and phosphorus) and mood-boosting nutrients (like Vitamin B5 and B6).

Sea Bass

Sea bass is a white fish that is essential for sperm production and can heighten sexual arousal because it is rich in omega-3 essential fatty acids, which help to lower blood pressure and improve blood circulation around the body (including sex organs). They are also a good source of zinc, magnesium and selenium. If you can find (don't like) sea bass, oily coldwater fish like wild salmon, sardines, and tuna are also good because they are abundant omega-3 fats as well.

Sesame seeds

Sesame seeds are tiny in size but mighty when it comes to nutrients. They are one of the largest sources of selenium, and also contain a significant amount of Zinc. Both of which are important for fertility health. In addition to that, they are a great source of vitamin E, folic acid, calcium, magnesium, iron and omega-3 & omega-6 EFAs.

It is important to note that to get essential nutrient for sesame seeds, they should be briefly grounded. Or better still, you can use sesame oil as food

dressing but never heat the oil because heating damages the essential fatty acids.

Spinach

Consuming spinach puts you in the mood and make sex more pleasurable because it increases blood flow to the genitals. You see, spinach is a rich source of magnesium that helps dilate blood vessels, thus increasing blood flow to all parts of your body (including the sex organs). And Increased blood flow to the sex organs simply means better erection for men and easier orgasm for women.

So, spinach makes a great vegetable to eat before sex.

In addition, spinach is also a great source of vitamin C, vitamin B3, B6, calcium, magnesium, beta-carotene, folic acid and co-enzyme Q10 (when eaten raw)

Strawberries

This delicious fruit is choke-full of vitamin C, one of the crucial sex nutrients. It also contains a wide range of other sex nutrients like Vitamin E, Calcium, Magnesium, beta-carotene, folic acid and iron. Blackberries and raspberries have similar have equally libido-boosting properties.

Sweet Potatoes

In some African cultures, sweet potatoes have been part of the therapy ingredients used in boosting libido and treating infertility. You see, sweet potatoes are rich in beta-carotene, which can boosts fertility by promoting better cervical fluid.

Also, sweet potatoes are packed with potassium, which helps wrestle high blood pressure, a major culprit associated with erectile dysfunction. And in

addition, it's high potassium content can also improve your mood. Research has shown low potassium levels to be linked with depression.

Tiger nut

Tiger nuts are said to help with reversing erectile dysfunction (ED). Matter of fact, tiger nut is part of the ingredients used as traditional medicine for treating ED by some Ghanaian natives. Tiger nuts are particularly rich in Vitamin E, amongst a host other key sex nutrients.

Tomato

Tomato is one of, if not the richest source of beta-carotene. Beta-carotene is not only an antioxidant that improves heart health but a precursor of vitamin A, which is crucial for stimulating the secretion of both male and female sex hormones and helps enhance fertility.

Tuna

Tuna is often referred to as the king of sexual foods (after oysters), not without a good reason. You see, tuna is abundant protein, omega-3 fatty acid, selenium, zinc, vitamin B3 and B12. All of which increase sexual appetite, improves performance and increase sperm production in men.

Watercress

This leaf is crucial for regulating the heart and overall blood circulation because it is a rich source of Iron and potassium. Watercress is great for men who suffer from erectile dysfunction caused by cardiovascular issues, as it is known to help cleanse the blood. It also contains vitamin C, calcium, magnesium and beta-carotene.

Watermelon

Some people have called watermelon the new Viagra. You see, phytonutrient citrulline and lycopene in watermelon are responsible for Viagra-like effects that relax the blood vessels to improve blood flow to the sex organs, which may enhance arousal and increase stimulation. Watermelon has also been reported to enhance your mood, so it makes a great appetizer to eat before sex.

Sex Drinks

Coconut Water

Coconut water has just about the same level of electrolytes as your blood, therefore it improves blood flow around the body including the genitals. And the more blood flow to the genitals the better the sexual experience

Pomegranate juice

Pomegranate juice has long been used in the treatment of erectile dysfunction. It is a rich source of antioxidant, which has been shown to improve blood circulation and increase testosterone levels. All which can lead to an increase in sexual appetite, better erections, improved mood and reduced stress level.

Pomegranates are particularly useful for people who suffer from other health issues and want to treat erectile dysfunction. Because it is hardly interfered by interactions with other medication and it provides a host of additional health benefits.

Water

Of course, the list of sex drinks would not be complete without water. Drinking more water is one of the single most important investment in your sex life you'll ever make. I go into more detail why in chapter 7, and you'll so discover how to get the most out of drink water for boosting your sex drive and vitality.

Lastly, aim for 2.7 to 3 litres of water daily and more if you exercise...or...if the weather is hot...or...anytime you drink sugary beverages.

Wine

Wine has also been proven to a good arousal stimulator because it is a relaxant and increases blood flow to the genitals, thereby heightening sexual arousal. However, taking too much causes the opposite effect. So, moderation is the key here.

A glass or two of wine is enough to put you in the mood. But Anything three glasses or above can crash the mood.

Sex Herbs & Spices

Cardamom

Cardamom has long been considered a powerful sexual stimulant and used for the treatment of impotence. This spice contains a high amount of 1,8-cineole, a compound that enhances blood circulation and releases muscular tension. In addition, Cardamom has a stimulating scent.

Cinnamon

Cinnamon is considered to be one of the most effective natural aphrodisiacs. It heats the body, increasing appetite, both physical and sexual. Sprinkle

cinnamon in your coffee, yoghurt, or milk, or use the spice to zest up baked desserts, such as muffins, cupcakes, cakes, and cookies.

Nutmeg

Nutmeg has long been considered a sexual stimulant. This is largely due to its anti-inflammatory properties, which help improve blood circulation to the sex organs, thus, increasing your libido. This spice also is used for a great number of home ready treatment for things like stomach ailments, headaches and so on. That said, a large dose of nutmeg can be harmful. So use sparingly.

Sweet Basil

The basil scent has long been associated with that of arousal. In fact, it is said that medieval prostitutes used to dab basil essential oil on their skin to seduce men. When eaten, basil help increases blood flow around the body including to the genital area, which can help charge up your libido. This herb also has calming and anti-stress properties.

Tarragon

Tarragon herbs are known to help to be a blood cleanser and tonifier, which improves blood circulation and help maintain clog-free arteries. And this, in turn, helps proper functioning and balancing of sex hormones.

Chapter 6:

Sex Stimulants & Aphrodisiac

There are certain essential oils and natural herbs commonly used in manufacturing sexual stimulants. These oils and herbs are considered to be powerful aphrodisiacs.

By the way, aphrodisiac is a word derived from the name, Aphrodite, the Greek goddess of love and beauty.

These natural aphrodisiacs are considered to help

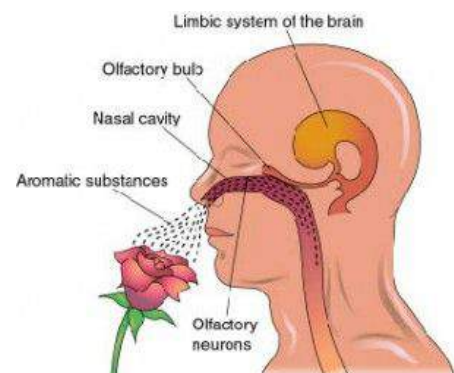
- Stimulate sexual desire and function
- Supports the health of sex organs
- Enhance mood, happiness and wellbeing and
- Prevent sexual dysfunction

In essence, using natural stimulant can have a significant positive impact on your sex life and provide you with the needed boost to get the job done right.

Okay, let's take a closer look at each of these natural aphrodisiacs. Starting with essential oils

Essential oils

Aroma from certain plants is considered to boost libido because they produce certain chemical reactions in the brain.



Our sense of smell stimulates the nerve endings of the olfactory bulb (located at the back of the nose), which in turn stimulates the limbic system of the brain that triggers our libido.

And that's where essential oils come in.

They not only stimulate libido system but also stimulate the pituitary gland, which controls hormone production (including sexual hormone). You see, a pituitary gland that is inactive is one of the causes of a low sex drive. And using essential oil is a way to keep them active.

By the way, an essential oil is just a highly concentrated version of the natural oil found in a plant, which is extracted usually through a distillation process.

Essential oils have been used for thousands of years to fire up dead libido by a process known as Aromatherapy. Aromatherapy is simply an alternative medicine approach to treatment through inhalation...or... the application of aromatic essential oil to the skin.

There are so many types of essential oil with a variety of uses. However, here are the top essential prized for their aphrodisiac properties:

Rose

Rose has historically been used as a symbol of love and inspiration. Rose oil is even often referred to as the “essential oil of love”

It has the ability to calm both emotional and psychological pain. Rose oil frees emotions, stirs up desire, elevate the spirit, self-esteem and confidence.

And for its psychological ability, rose helps in balancing of hormones, reliving sexual difficulties and may alleviate impotency (by aid semen production in men)

You can blend the rose oil into a perfume or diffuse in your room.

Ylang Ylang

Ylang-Ylang has this gentle floral scent that is appealing to nearly everyone.

It is considered by many as one of the most powerful aphrodisiacs oils. Ylang Ylang's powerful relaxant and sedative properties help increase libido and attraction between lovers

It promotes easier communication because it calms down stressful emotions like anxiety, anger, worry, and mood swings. It just gets you in the mood for some loving and intensifies eroticism.

Studies have also shown Ylang Ylang to help alleviate depression and decreases blood pressure. Ylang Ylang oil can be used by Diffusion, inhalation, or diluted into a carrier oil as a massage oil for both men and women.

Caution: Ensure you don't use too much of it because it can take you into a state of euphoria and cause a headache and nausea.

Patchouli

Patchouli has long been used as a natural aphrodisiac to combat frigidity and impotence. This oil It has a lot to offer. It helps stimulates the sex glands, enhance libido, lift mood and improve overall sense of well being.

On top of that, it also has a beneficial effect on the nervous system. Using a little of this oil can go a long way. Inhaling too much can overstimulate your senses, thus leaving you feeling breathless. So use sparingly, if you will.

Cinnamon

Cinnamon oil is the ultimate oil for building sexual stamina. It may relieve sluggish feeling, depression, emotional coldness, impotence and physical tension. It's also helpful for recovery after physical exhaustion.

It is sure to bring some warmth and spice up your relationship with your partner. As a bonus, cinnamon oil is also great for the skin, circulation and the nervous system.

Sandalwood

Sandalwood is one of the oldest materials used in making perfumes.

It acts as a soothing tonic, which relieves tension, relaxes muscles, calms blood pressure and enhances libido and sexual response.

The interesting thing about sandalwood oil is that its sweet, woody exotic scent is similar to a man's natural body scent. So it can send out a highly effective erotic signal to the opposite sex

Sandalwood oil is also said to be perfect for clearing negativity, restoring harmony, and healing the body, mind, and emotions of stored trauma.

Jasmine

Due to Jasmine potent erogenous effect, it has been used as a traditional treatment for Impotence, premature ejaculation and frigidity.

And scientific studies have shown jasmine oil to help make your senses more alert and make you feel more refreshed

Jasmine oil can be added to a perfume or used as sensual massage oil for men and women.

Clary Sage

Clary sage provides a host of some great benefits. It's relaxing, a powerful aphrodisiac, and promotes an overall feeling of well being.

Clary sage oil can be used by diffusion or by inhaling a couple of times a day.

Neroli

Neroli, also known as orange blossom, has been used for centuries as a natural aphrodisiac in various countries.

It helps relieve frigidity and increase libido (particularly in women).

It can be especially useful for treating low libido caused by hormonal issues or stress.

NB: To pick the perfect oils for you, you need to explore and experiment with as many of the above essential oils (or a blend) as possible. Then Choose the oils you have a “feel good” response to when you inhale.

To ensure quality, always choose oils that are guaranteed to be organic.

All-Natural Alternatives Herbs To Viagra

In case you've never heard of viagra or not completely sure of how it works, here is a quick rundown.

Viagra (also know as Revatio) was developed in the united kingdom in 1998. The generic name for Viagra is sildenafil. Viagra works by slowing down the action of the enzyme called PDE5, which works in the tissues of the penis.

This PDE5 enzyme breaks down a substance that is responsible for blood flow in the penis. Slowing down the actions of PDE5 leads to increased blood flow to the penis, which then helps a man get and maintain an erection.

However, generally, Sildenafil (including viagra) can only help you maintain an erection if there is (either by sensory or mental stimulation or when you become aroused. Without any sort of stimulation, sildenafil on its own cannot cause an erection.

Now, viagra doesn't work for everyone. About 50% of men who use it say it's ineffective. And that's not even the bad part.

You see, just like any drugs, viagra have severe, sometimes deadly side effects including a headache, indigestion, nasal congestion, a blue tint to the vision and more.

There are several alternatives to Viagra including natural ones. Now, we will be focusing on some plants that are considered to have aphrodisiac and stimulating effects. They include:

Ginseng

Ginseng is an Asian herb that has been widely researched and shown to help reduce stress level, increase energy, sexual desire and performance in both men and women.

There are several types of Ginseng available in the market. The most popular includes:

Korean Red Ginseng: This is one of the purest forms of the Asian herb. It is said to have a direct effect on the nervous system and gonads by raising production of nitric oxide, at the same time increasing energy and stamina. It is also considered to have aphrodisiac effects on those with sexual dysfunction because it improves blood circulation and helps maintain a healthy hormonal balance when taken regularly. In 2002, the BMJ reported clinical trials in which 45 men reaped the benefits of 'more successful erections, more sexual desire and lower stress levels. A study conducted in 2010 found Korean red ginseng to help increase sexual arousal in menopausal women in particular.

Indian ginseng(also known as Ashwagandha): It is another common variety of ginseng also used as an aphrodisiac. It has been clinically shown to help increase fertility in women and semen quality in men. Other advantages of the herb include balancing of the immune system, decreasing inflammation and stress.

Siberian Ginseng (Eleutherococcus senticosus): Another ginseng variety known to boost energy and increase sexual stamina. It is also commonly used to treat BPH (Benign prostatic hyperplasia)

Catuaba (Juniperus Brasiliensis)

A herb native to the Tupi tribe in Brazil, where it is praised and used for its wild aphrodisiac properties. It is found to stimulate the central nervous system and increases dopamine levels in the brain, which leads to enhanced sensitivity to erogenous stimulation.

Regular use is said to create erotic dreams, heighten sexual experience and intensity orgasm in both men and women.

Epimedium (Horny Goat Weed)

Epimedium, more commonly known as horny goat weed, is a herb from Japan, Korea, and parts of China.

According to Chinese origin story, Epimedium was discovered by a goat herder who noticed his goats were sexually aroused and especially noisy after eating the herb. Hence why it's nicknamed horny goat weed.

Researchers found it to contain a substance called icariin, which stimulates the nerves and increases testosterone levels in the body.

Unlike Viagra or Yohimbe that works with immediate effect, it takes a couple doses to a week before you start noticing horny goat weed effect on your sex drive and erection. Regular use can help increase libido and maintains erectile function with little to no side effects.

Ginkgo Biloba

Ginkgo biloba is another plant considered to improve male erection and boost sexual desire. Because of the high flavonoids in ginkgo, it helps improve blood circulation around the body including to the genital area.

Also, some consider Ginkgo to increase nitric oxide activity, which also helps to increase blood flow to the penis, thus improve erections.

Ginkgo is available and can be purchased in various forms such as liquid extract, dry leaves and capsule or tablet form.

Maca

Maca is herb native to Peru, which has been used for decades as an aphrodisiac and to boost energy. It is often referred to as Peru's "natural Viagra". Both history and research suggest that maca herb can increase libido, fertility, strength, stamina, and reduce stress, fatigue and depression.

Maca not only works for men, many women also notice a decrease in PMS, increased fertility, increased libido and improved skin.

Maca root extract is also high in minerals, essential fatty acids, and contains unique phytochemicals, 'macamides' and 'macaenes', which restore hormone levels and boost energy in both male and female.

So, all in all, it's an all-round powerful and useful herb. Maca Root comes in different colours and often sold in form of tablets and powder, which can be easily added to your tea or smoothies.

Mucana Pruriens Extract

Mucana Pruriens Extract is a rare and powerful Ayurvedic herb that contains a high amount of naturally occurring L-Dopa. L-Dopa is an amino responsible for making of feel-good chemical, dopamine, in the brain. This herb may help enhance libido and increase intensity and frequency of orgasms for both men and women.

L-arginine

L-arginine is an amino acid considered as the natural viagra. It works by raising the production of nitric oxide (NO) in the body, which relaxes and widens blood vessels. Thus increasing blood flow to the penis, allowing for a better and lasting erection.

L-arginine is found in many proteinous foods from animal sources. However, you might have to take it in supplement form to get a desirable result.

If you have any heart condition, please consult your doctor before using L-arginine supplement because it contracts blood vessels throughout the circulatory system.

Tongkat Ali (*Eurycoma longifolia*)

Tongkat Ali is one of the most powerful herbs for boosting testosterone levels. As you know, an increase testosterone level leads to an increase in sex drive, energy, stamina and longer and better erection just to name a few.

Tongkat Ali is particularly useful for older men with a declining testosterone level. Tongkat Ali is also used traditionally as an antimalarial, antidiabetic, antimicrobial, and antipyretic (fever-reducer).

To get the desired result make sure you buy 'Tongkat Ali extract' with high concentration.

Muirapuama

Muirapuama is often referred to as the “potency wood” because of its high potency. It’s commonly used in Brazil to cure impotency, restore libido and increase sexual desire

Tribulus Terrestris

Tribulus is a herb that has the capacity to boost libido in both women and men. A couple of research has shown Tribulus to show promising benefit for erectile dysfunction and can help increase sperm count.

Also, the herb has been said to also help reduce stress, anxiety and depression.

Yohimbe

Yohimbe is one of the most popular and effective natural herb alternatives to viagra. Well, as a matter of fact, Yohimbe Hydrochloride, a drug made from Yohimbe herb, was a popular prescription drug in the US for erectile dysfunction before viagra was discovered.

Yohimbe is the bark of the tree, corynanthe Yohimbe, found in Cameroon and Zaire. The bark contains a compound that boosts blood flow to the sex organs, which allows for stronger erection and ejaculation.

However, Yohimbe may cause some side effects like headaches, jitters, and even panic attacks. Also, people suffering from any heart condition should be cautious because Yohimbe has been associated with high blood pressure, hypertension and stroke.

In some countries like the Uk, Yohimbe is available only with your doctor's prescription.

Important Note

Note that these aphrodisiac herbs are mostly available as a supplement

extract form.

Now, the reason I listed as many of these herbs instead of recommending one or two is simply because everyone is different.

You see, no one herb works for everyone. Your body might work well with one and not for another.

So you have to test some of these herbs to see which one gives you the most sexual charge and which don't go well with your body.

Also, you don't need to limit yourself to one at a time, as some of these herbs blend well and complement each other's properties.

Remember to always go with high concentrate, organic brands so you don't end up dumping a bunch of chemicals, fake additives, preservatives, or binding agents into your body.

Finally but most importantly, some of these herbs may interfere with other prescribed medications. So, consult your doctor before taking any of the all-natural alternatives to Viagra.

Chapter 7:

WSS Sex System

So far, so good, we've covered and learnt so many important stuff in the previous chapters.

Now, what the WSS System does is combine some of the important things into more or less, an easy "action" plan that dramatically improves your sex life.

The order in which the system is combined makes it 10 times more effective and powerful. This little system has been responsible for many success stories for my friends, clients and me inclusive.

If you put this system to work, then it is almost guaranteed that your body starts to work like a well-oiled sex machine.

So, What exactly is the WSS Sex System?

WSS part is actually an acronym for the steps in the system, which stands for:

- **W**ater Therapy First thing in the morning
- **S**ex foods Throughout the day
- **S**exercise every other day.

Let's dissect each one, shall we?

Water Therapy In The Morning

The first part of the WSS Sex System is called water therapy. Water therapy is simply a traditional method of drinking water first thing in the morning after waking up. This helps jump start and cleanse out your body system.

Now, before I tell you power-packed benefits of doing water therapy, first let me show you procedure of doing water therapy properly.

How To Do Water Therapy Properly

Here are the steps, rules and guidelines for carrying out water therapy.

Step 1: First thing after you wake up, without brushing your teeth, drink **1 to 1.5 Litres (L)** of clean water (room temperature preferably)

Step 2: After you finish your water, **DON'T** eat or drink anything for the next **45 minute** (but you can brush your teeth)

Step 3: After 45 minutes you're free to eat and drink as normal.

That's it, folks. Very simple yet very powerful.

Why is water therapy so powerful for your sexual health?

For one thing, water therapy helps hydrate your tissues. You see, tissue dehydration may lead to a headache, vaginal dryness, poor blood circulation and low circulatory pressure to the tissues (which can cause erectile dysfunction). All of which can destroy your libido and sexual performance.

For another, water therapy helps cleanse your body of impurities and toxins. Inadequate water intake can lead to a build-up of toxins in the body, which cause hormonal imbalance. And so you know, hormonal imbalance is a no-no for your sex-drive and appetite.

Now, make no mistake, water therapy is not just good for your sex life but provides a host of natural health benefits.

Well, as a matter of fact, water therapy is popular in many Asian branches of traditional medicine. Where it is used for the treatment of major diseases and illness (as well as minor ones) like a headache, diabetes, epilepsy, menstrual disorders, body ache, heart problems, arthritis and much much more.

Listen, just implementing this water therapy alone and cutting down on some of the bad-for-your-health things (discussed in chapter 45) will have a huge positive impact on your sex life for sure.

Most people who have put water therapy to the test, always come back to me with a positive feedback of how their sex lives have improved enormously! For men, better and longer lasting erection and for women, more lubrication.

Put it to the tests, and don't forget to send me flowers when you start to see the sexual magic of water therapy.

Once you're done with water therapy, then you're fully ready for the second part of the WSS sex system.

Sex Foods Throughout The Day

The second part of the WSS sex system is simply to add sex foods, drinks,

herbs and spices to your everyday diet. That is foods that have been proven to provide you with sexual energy, boost your libido and enhance your orgasm.

These foods, drinks, herbs and spices have been well covered in Chapters 5 and 6. All you need to do is pick your favourites from the list and you're good to go.

Sexercise Every Other Day

The first two part of the WSS Sex system takes care of the health of your sexual appetite and sex organs. The last piece of the puzzle is your physical stamina and staying power. And this where the last part of the system, sexercise, comes in.

Sexercise are just exercises that help improve your "performance" in the bedroom. Some of the most powerful sexercises includes:

Kegel exercise: This exercise targets the PC/pubococcygeus/pelvic floor muscles. That is, the muscle between your genitals and anus, which you use in holding fart or stopping the flow of urine. The kegel exercise is simple, all you need to do is squeeze and hold PC muscles for a couple of seconds, then you release. Do a couple of reps (repetition) every other day and you're good. This exercise is simple yet very important because a strong pelvic floor improves erection strength, ejaculatory control, and intensifies of your orgasms.

Core And Lower Back Exercises: Your abdominal and lower back muscles are engaged in almost every sex position imaginable. So, it only makes sense for them to be as strong as they can get. Exercises like squats, deadlifts, planks, and pushups can help you get the job done.

Arm Exercises: There is no denying that a strong arm is required for stamina and quite a number of spontaneous sexual positions. Exercises like dumbbell curls and push-ups are great for building a strong arm.

There you have it, the WSS Sex System.

In a nutshell, the WSS formula is simply:

- **W**ater Therapy First thing in the morning
- **S**ex foods Throughout the day
- **S**exercise every other day.

Simple yet super effective.

Now, for the WSS Sex system to work its magic, you need to please and please adapt many of the lifestyle changes I talked about in **chapter 4**.

If you do, then your libido, erectile strength and endurance (in and out of the bedroom) will be on another level, I promise you.

Final Thought

First and foremost, I want say thank you and congratulations for reading this book.

It is my fervent hope you end up having the vitality, stamina and exciting sex you desire.

This guide contains everything you need to optimise your sexual health. All that's left is a little action, which in your hands.

Lastly, when you start seeing those sweet results, please don't forget to share with me. I love to hear them no matter how small.

I wish you good luck!