



1

**SALMON:** Jam-packed with healthy omega-3 fats, this fish improves the blood flow and circulation that are essential for enhancing sexual stimulation. Opt for two to three serves of oily fish a week to reap the benefits.



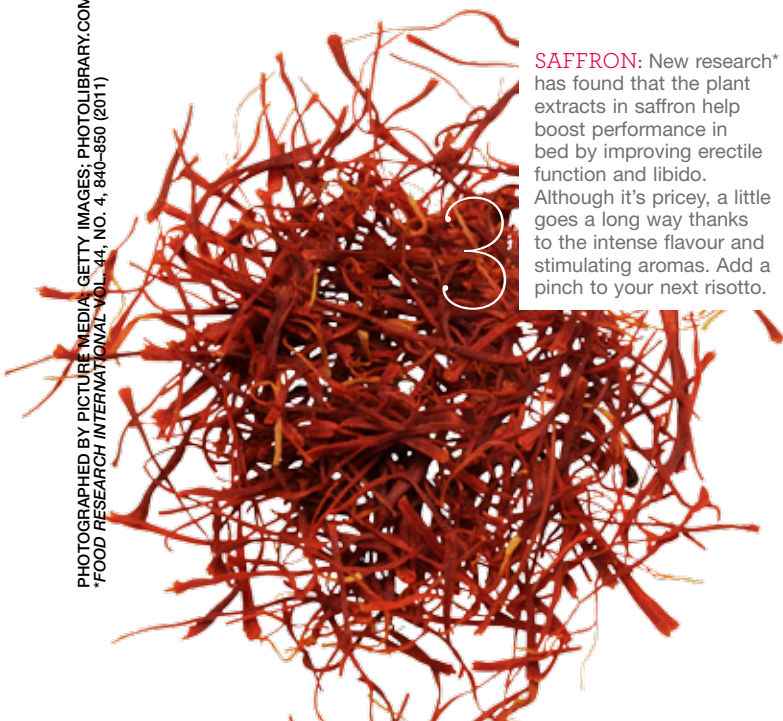
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**VITAMIN C:** This potent anti-oxidant will keep sexual organs in top-notch condition by staving off cell-damaging free radicals. Make a fruit salad part of your daily routine; vitamin C-rich fruits include oranges, strawberries, kiwifruit and blueberries.

# 10 FOODS TO SPICE UP YOUR SEX LIFE

Feed your libido with these top sex drive-boosting ingredients

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\*FOOD RESEARCH INTERNATIONAL VOL. 44, NO. 4, 840-850 (2011)



3

**SAFFRON:** New research\* has found that the plant extracts in saffron help boost performance in bed by improving erectile function and libido. Although it's pricey, a little goes a long way thanks to the intense flavour and stimulating aromas. Add a pinch to your next risotto.

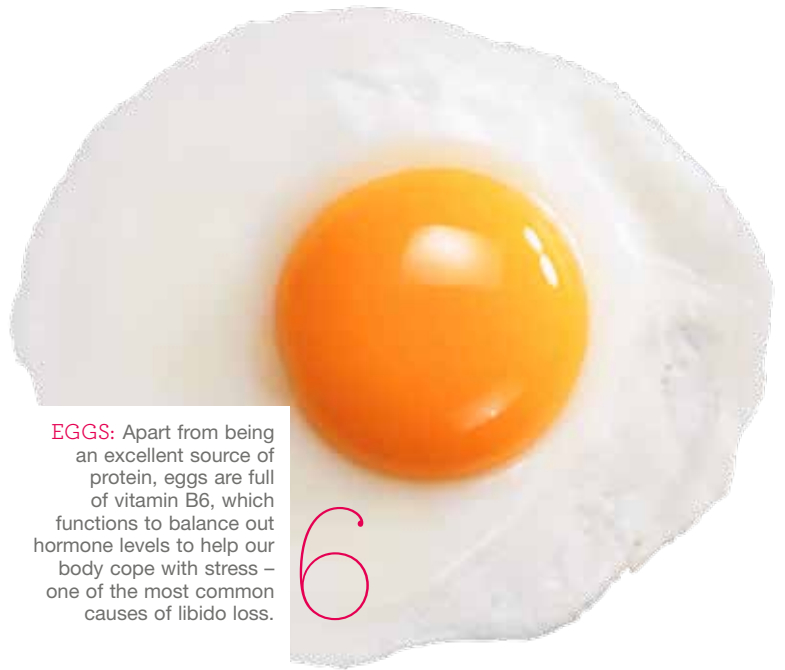


4

**OYSTERS:** Romantic date? You can't go wrong with oysters. They're packed with zinc, which boosts sperm and testosterone production and contains dopamine – a hormone known to liven up the libido. ▶



**CHOCOLATE:** Although researchers are not convinced that the cocoa in chocolate is linked to sexual arousal, the feel-good effects from chocolate are linked to phenylethylamine, an ingredient that can affect serotonin and endorphin levels – two brain chemicals that we secrete when we're in love.



**EGGS:** Apart from being an excellent source of protein, eggs are full of vitamin B6, which functions to balance out hormone levels to help our body cope with stress – one of the most common causes of libido loss.



**PUMPKIN SEEDS:** Lost your libido? You could be lacking zinc; the mineral is crucial for sustaining sexual desire in women. Sprinkle a quarter of a cup of zinc-packed pumpkin seeds onto cereal or salads.



**FENUGREEK:** For hot sex, try spicy herbs. Commonly used in curry dishes, fennel seeds contain compounds called saponins, which trigger the release of sex hormones and create a feeling of excitement. Ditch the salt and flavour your food with this zesty spice instead.



**BANANAS:** Loaded with B vitamins and potassium, which are needed for the production of sex hormones in men and women, bananas also contain slow-releasing energy to help stretch out your stamina in the sack.



**ALMONDS:** A handful of almonds a day will jumpstart your mojo – they're packed with essential fats and vitamin E, which activates the secretion of vital sex hormones. Bonus: the smell of almonds has been shown to rev up female arousal. ■