



Named for Aphrodite, the Greek goddess of love, aphrodisiacs are substances (including food or drink) that are purported to arouse or increase sexual desire. Among the most widely touted aphrodisiacs are caviar, frog legs, oysters and truffles.

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## ***Trotter's To Go Valentine's Day Guide to Aphrodisiac Foods***

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- Asparagus** This sexually suggestive vegetable was served in three courses to bridegrooms in 19<sup>th</sup> century France to heighten sexual performance... and for good reason. Asparagus is a phenomenal source for folic acid, which boosts histamine production- an action essential for obtaining orgasms in both sexes.
- Avocado** A fruit so sexually suggestive that it was actually banned by the Catholic priests of Spain. Called "ahuacacuati, or "testicle tree" by the Aztecs, the avocado is rich in folic acid, vitamin B6 and potassium... all of which are sure to get your blood boiling.
- Basil** Is said to stimulate the sex drive and boost fertility. It is also said to produce a general sense of well being for body and mind.
- Caviar** Caviar is considered an aphrodisiac for several reasons. Eggs are a symbol of fertility. Caviar, like Aphrodite who was born from sea foam, comes from the sea. Caviar, like many aphrodisiacs, is a very precious food that is reserved for special occasions.
- Champagne** The relaxing, intoxicating power of this bubbly beverage has dramatic aphrodisiac powers when paired with a mutual attraction. Better yet, it is a wonderful accompaniment to oysters and caviar!
- Chocolate** Perhaps the most sensual food there is, chocolate contains properties that cause the brain to release serotonin, a hormone responsible for feelings of relaxation and pleasure. The effects of chocolate are so powerful that it has been banned in some monasteries. Formulations with higher concentrations of cocoa will be most effective, so choose dark chocolate for optimal results.
- Fennel** The Greeks and Hindus considered fennel to be a potent sexual stimulant. A Hindu formula for sexual vigor includes: fennel juice, honey, ghee (clarified butter), sugar and licorice. In the Mediterranean fennel soup is thought to increase sexual desire.
- Garlic** Garlic has been used as an aphrodisiac by the Egyptians, Greeks, Romans, Chinese, and Japanese. Garlic stimulates the appetite, awakens the senses and makes food taste great. As well, garlic is packed with allicin, which increases blood flow.
- Ginger** This pungent root has been used for centuries, both internally and externally, throughout Asia and India as a powerful aphrodisiac. To combat impotence Indian herbalists recommend eating a mixture of ginger juice, honey and half-boiled eggs. In Europe, young maidens baked and ate ginger bread men believing the ritual would bring them a husband.
- Honey** Sensually sticky and sweet, honey is a rich source of boron, a trace mineral which is said to increase estrogen and testosterone levels.
- Lobster** The succulent flesh of this popular shellfish is said to increase sexual performance in men and enhance fertility in women. Consuming lobster is a sensual act in itself, as it requires the use of one's hands to extract the meat.
- Oysters** One of the most well known aphrodisiacs, the oyster holds many legends of love within its shell. It is said that Casanova fed his active lifestyle by eating fifty raw oysters every morning, while the Greek goddess Aphrodite emerged from the sea within an oyster shell before giving birth to Eros. In a physiological sense, oysters are very high in zinc, a mineral that affects the sex drive by increasing testosterone production.



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- Passion Fruit** This brightly colored fruit received its name because the flowers resemble the crucifixion of Christ. However, it has since gained notoriety for its ability to induce passion as well. This may be due to its suggestive name, but the lush flavor and juicy texture certainly don't hurt!
- Rosemary** This fresh and vibrant herb contains properties that are both mentally stimulating and physically reviving. Also, the cool, green scent is invigorating and promotes feelings of well being.
- Soy** It was once documented that a woman who consumed over a pound of soy a day was diagnosed with "Persistent Sexual Arousal Syndrome." High in protein, soy has been found to better the health of both sexes, as well as strengthen both sexual organs.
- Scallops** The soft, creamy texture of fresh scallops is incomparable to any other food. Their texture alone could cause the mind to wander. Like many other shellfish, scallops have had a history of promoting desire. In many paintings of Greek gods and goddesses, Venus, the goddess of love, is often poised on top of a scallop shell.
- Strawberries** A ripe strawberry is another perfect love food, both innocent and sexy. Try dipping them in chocolate, sour cream and brown sugar or whipped cream. Wild strawberries eaten with port wine have the reputation of being a very powerful aphrodisiac.
- Truffles** This rare fungus is often discovered on forest floors by pigs that are able to pick up their earthy scent. One scientific study found that the scent of the truffle is chemically similar to a pheromone that causes sexual attraction between male and female pigs. Many hypothesize that this substance may cause the same reaction in humans.
- Tuna** Cold-water fish contain high amounts of omega-3 fatty acids, a healthy kind of fat that is known to promote healthy sexual desire and prolong stamina. Fish also increases energy levels and does not induce a sleepy sensation that usually follows a large meal.
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