



Superfoods to ignite your passion

By Johanna Kern

Tasty, yummy, delicious, sublime, heavenly, divine, orgasmic! Oh, yes!

Eating is a primal need associated with pleasure, somewhat similar to arousal. When delightful food melts in our mouth, the pleasure washes away our worries and stress. Many researchers agree that certain foods contain properties that stimulate pleasure centers in the brain. It is also well known that the so-called superfoods loaded with vitamins and minerals boost our energy – and so can positively affect our libido. Apart from that, who wouldn't enjoy a romantic, sensual meal that perfectly enhances the pleasure of the feast of our senses?

When preparing for our celebration of Love, we can "spice up" the room not only with light and music but also with scents, shapes and colors of food that trigger the "palate of our imagination." Actually, most of the aphrodisiac mythology stems from food with symbolic appearance, while famous chefs in the world agree that before we put any food in our mouth, we tend to eat it with our eyes. Its attractive presentation adds

tremendously to the pleasure of consuming a meal.

The sky is the limit once you include some of the superfoods that are also well-loved aphrodisiacs in your candlelight romantic dinner loving menu.

For instance, a simple snack made of fresh strawberries, oranges, and bananas dipped in dark chocolate melted with chopped chili peppers, coconut or pistachios will send your taste buds through the orgasmic roof. It will make you and your lover crave for each other like never before.

Dark Chocolate (at least 70% cacao). Cacao bean pods were used by the Aztecs and Maya as a form of currency. The Maya were known to exchange a few beans for a night of passion at the brothel, while the rumors about the Aztec emperor Montezuma say that he consumed no less than fifty cups of chocolate daily to satisfy his numerous wives. The famous Casanova also mentions chocolate in his memoirs as a means to maintain his libido. Dark Chocolate is not only sensual because of its taste and

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aroma, but also increases stamina and causes a spike in dopamine – the hormone which induces feelings of pleasure. Due to its contents of phenylethylamine and tryptophan, chocolate gives us pleasure described by some as similar to falling in love and helps in the production of serotonin, which elevates the mood and sexual arousal.

Strawberries were once known as a symbol of Venus, the Roman goddess of love. There was a time

in ancient Greece when eating the heart-shaped strawberries, and all other red foods were forbidden! They are a superfood rich in antioxidants and phytochemicals which help to reduce joint inflammation, boost immunity, lower cholesterol levels, and promote eye and heart health. They also contain ellagic acid, which prevents collagen destruction and inflammatory response – the two major factors in the development of wrinkles after continued exposure to skin-damaging UV-B rays. The high



content of vitamin C in strawberries is beneficial for the production of sex hormones and neurotransmitters in the brain to increase libido.

Chili Peppers contain capsaicin – this is what makes them spicy and stimulates nerve endings in the tongue, which releases epinephrine (adrenaline). These chemicals increase heart rate and release endorphins – the natural opiates found in the human body. Be careful while eating them since if you rub them on your

skin outside your mouth or anywhere on your body – that will sting.

Pistachios are one of the few nuts that contain most of the nutrients that are required by humans for complete health. They are so dense with nutrients that merely a 100-gram serving provides 562 calories and 20% of the daily requirements of protein, dietary fiber, several dietary minerals, thiamine, and as much as 131% of the daily requirement of vitamin B6. With a daily intake of a handful of

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pistachios, one's libido significantly increases.

Coconut contains vitamin C and essential minerals such as copper, iron, magnesium, manganese, phosphorus, and selenium. It helps in building strong bones, reducing joint inflammation, regulating blood sugar levels, and relaxing the mind and body. It is said that the fiber present in coconut controls food cravings. However, it is good to remember that

coconut oil is almost pure saturated fat and it should be consumed in moderation.

Citrus Fruits not only have flavors that are among the most preferred around the world but are also a rich source of minerals, vitamins and dietary fiber (non-starch polysaccharides). They also contain phytochemicals which help to reduce the risk of many chronic diseases. Apart from being a source of vitamin

C, citrus fruits contain essential nutrients such as glycemic and non-glycemic carbohydrate (sugars and fiber), calcium, copper, folate, magnesium, niacin, pantothenic acid, phosphorus, potassium, riboflavin, thiamine, and vitamin B6. They are also beneficial for men's reproductive health.

Bananas are rich in potassium, which aids the cardiovascular system in maintaining low and

regular blood flow. They contain tryptophan – a protein that the body uses to convert to serotonin. Banana is a favorite snack of athletes, and it is loaded with bromelain and vitamin B – both regulators of testosterone. They are not only good for the male libido but also boost prostate health due to the high content of manganese and magnesium.

The list of superfoods that are also aphrodisiacs is quite long. Each of us can find something that we truly like and use it in our favorite recipes as the main ingredient or a substitute.

Here are some of the most popular superfoods/ aphrodisiacs to tickle your imagination:

- Acai, Almonds, Aniseeds, Apple, Apricot, Arugula, Asparagus, Avocado
- Bananas, Basil, Bay Leaf, Beets, Blueberries
- Caviar, Celery, Cherries, Chili Peppers, Chocolate, Cinnamon, Clams, Coconut Water, Cranberry, Cucumber
- Eggs

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- Fennel, Figs, Fugu (Pufferfish)
- Garlic, Ginger, Ginkgo, Ginseng, Goji Berry, Grapes
- Hemp, Honey
- Kale, Kava
- Lavender, Lobster
- Mallow (Marshmallow), Mango, Maple Syrup, Mint, Mushrooms, Mussels
- Nutmeg, Nuts
- Olive Oil, Oats, Oysters
- Peach, Pepper, Pineapple, Pomegranate, Pumpkin Seeds
- Radish, Raspberries, Rocket,

- Rosemary
- Saffron, Salmon, Sandalwood, Scallops, Seaweed, Sea Cucumber, Sea Urchin (Uni), Shark, Shrimp, Sweet Basil, Strawberries, Sushi
- Tarragon, Tomato, Truffles, Tuna
- Vanilla, Watermelon
- Yarsagumba (The Himalayan Viagra, mushroom)

You can add red wine or champagne to your delightful menu. They can relax us and get us in a romantic mood. Red wine

contains resveratrol, a powerful antioxidant which helps to decrease inflammation and literally gets our blood pumping. Red wine, champagne, and sparkling wine allow the alcohol to be absorbed by our bloodstream quicker, adding to our relaxation and promoting good mood in a romantic setting. In general, alcohol is considered to be an aphrodisiac, mostly because of its physiological effects.

However, as Shakespeare said about alcohol: "It provokes the desire, but it takes

away the performance." In other words – the less, the more.

If you don't drink any alcohol, you can substitute with grape juice (either red or white), as it contains the same amounts of resveratrol as red and white wine. ☘

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