



Five (Easy to Implement) Libido Boosting Foods

The foods we eat can have a huge impact on our libido. Before we get into what you *should* eat, a quick note on what you want to avoid. The biggie is refined sugar. It kills testosterone, triggers the stress hormone cortisol, and generally makes you feel tired and cranky (not exactly a recipe for a good time!)

Once you've ditched the sugar, here are five foods to add to your diet.

1. **Get fishy.** Fish are high in omega 3 which can increase the neurotransmitter dopamine and improve circulation to the whole body, including the sexual organs. It is also one of the only food sources of vitamin D, an essential building block of our other hormones. Omega 3 fatty acids are the basis of anti-inflammatory prostaglandins, which is important because when we have too much inflammation in the body (due to environmental or food sensitivities) the body lowers or shuts down reproductive function. Need we say more? If you are vegetarian, you can get a similar effect using a supplement like NutraVege.
2. **Avocado.** The Aztecs called the avocado tree "ahuacatl," aka "testicle tree." So it seems only fitting that this sexy *looking* fruit has aphrodisiac properties. They're rich in potassium and vitamin B6 both of which are important for hormone production. Personally we love avocados enough that we just eat them plain with a little lemon juice and Himalayan sea salt, but if you're looking for more ways to add them to your repertoire we suggest throwing them in your smoothie. They're super versatile – they pair well with greens, berries, tropical fruits... the list goes on!

3. **Maca:** Maca is being touted as the latest superfood. While there is not enough research evidence to support its aphrodisiac qualities (yet), there is evidence that it increases sexual function in animals and many holistic health practitioners have strong anecdotal evidence of its role in improving their clients' libidos. It's high in lots of nutrients, so as a superfood it helps to ensure all the cells in your body (including the ones essential to sexual function) are getting the ingredients they need to "juice up." It has a bit of a taste, but if you throw a tablespoon into a smoothie you should barely notice it.
4. **One more reason to love chocolate (as if you needed it!)** While sugar is a no-no for libido (meaning you'll want to stay away from most commercial chocolate products) raw cocoa has many incredible nutrients that support relaxation. These include high levels of magnesium (a relaxant) plus phenylethylamine and theobromine which are precursors to feel-good neuro-transmitters like dopamine. For more on the wonders of chocolate, check out our podcast with Shazzie, the author of *Naked Chocolate*.
5. **Bananas.** Similar to avocados, bananas are another suggestive looking fruit that are high in potassium and B vitamins, both of which are important for hormone production. We suggest adding one to your morning smoothie along with some maca for a double dose of libido-boosting goodness.

Bonus Recipe Idea

We're huge fans of chocolate avocado mousse. All you need are some ripe avocados, a sweetener of your choice (we like agave) and some cocoa powder. It combines two aphrodisiac foods, can be prepared in under ten minutes, and makes a great alternative to traditional sugar-filled desserts. You can find a recipe from our friend Zahra of Yoga Goddess at: <http://yogagoddess.ca/how-to-make-chocolate-avocado-mousse-in-10-minutes/>.

