

SEXUAL SUPER FOODS



**HOW TO SUPERCHARGE YOUR STAMINA,
ENERGY LEVELS AND EVEN YOUR LENGTH...**

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Chapter

1

Introduction

Welcome to Sexual Superfoods.

In this Bonus Book, you are going where few modern men have gone before. You're going to take what you learned about optimizing your diet in the ED Miracle and go one step further. You're going to use ancient secrets to eat your way to the best sex of your life.

Wait, does this sound crazy? Yes, I'm sure that it does.

As I mentioned in Boostaro, my name is Tom Bradford, and I'm just a regular guy that had a problem down there.

I have spent years doing research, so you don't have to. And I can assure you that Sexual Superfoods are real and they work. Sexual Superfoods work on a chemical level in ways that science still doesn't fully understand.

Long before Viagra, Cialis and Levitra, people used Sexual Superfoods to make themselves better lovers. Sex was incredible. And these Sexual Superfoods helped men have amazing sex well into their 80s.

These Superfoods even made them more attractive to women. All without side effects. Nothing but incredible health. A fiery libido. Strong erections. Potent sperm. And the ability to attract women on the chemical level.

So what are you waiting for? In the next chapter, I'll introduce you to the ways in which these Superfoods will change your sex life for the better.

Chapter

2

What Are Sexual Superfoods?

Before Viagra and the drugs in its class, we had foods. Foods that helped us to increase our passion and perform better in the bedroom. These were what we know now as *aphrodisiacs*. Aphrodisiacs increase our sexual instincts, desire, pleasure and performance¹.



All Sexual Superfoods have different mechanisms to make us better lovers, sometimes in ways that science still doesn't fully understand.

I've spent years studying these amazing foods and what I've found is unbelievable. I've studied these incredible foods and their effects on sex and have grouped them into four very important categories.

1. **Libido Boosters** – Find out which foods will increase your desire in ways that defy age.
2. **Pleasure Boosters** – Find out which foods will make sex feel amazing by increasing blood flow to key places.
3. **Potency Boosters** – Find out which foods will improve the amount and quality of your sperm.
4. **Attractiveness Booster** – Find out which food will make you more attractive to women, without them even realizing.

Now, these foods all work by increasing YOUR libido, pleasure, potency and attractiveness. There are many different Sexual Superfoods that will increase your woman's libido, pleasure, potency and attractiveness. That's for a different book, at another time.

How to Use This Guide

Sure, eating one clove of garlic won't make you a sexual superhuman overnight, but incorporating these foods into your ED Diet on a regular basis will help to increase your body's potential for bigger and stronger erections and a better, more satisfying sex life. So what are you waiting for?

While you're on the ED Diet, start to include one approved Sexual Superfood from each category each day. Pretty soon, you'll be a modern day Casanova!

Chapter

3

Libido Boosters

Simply put, your libido is your sexual desire. Some foods, whether they're high in the "sex vitamin," or just plain increase your arousal, will make you want to have more sex than ever before.

In ancient cultures, men would eat foods that look like genitalia to improve the tone of their own genitals. You may notice that some of these foods remind you of sex when you see them.

Almonds

They were once regarded as a symbol of male genitalia and their scent is arousing to women. Almonds are high in Vitamin E, an antioxidant vitamin that helps to protect the cardiovascular system, preventing free radical damage and reducing the formation of blood clots.

Vitamin E is also known as the "sex vitamin," as it helps to increase sex hormones, and is also anti-aging. According to the Linus Pauling Institute at the State University of Oregon, it is estimated that 90% of Americans do not get enough Vitamin E.

The essential fatty acids contained in almonds will help to balance hormones and raise your metabolic rate – this will make you look good.

Almonds are high in the amino acid l-arginine, which helps to increase nitric oxide production. You need lots of nitric oxide to increase blood flow to your penis.

So snack on a few if you're hungry between meals.

Avocados

The Aztecs called the avocado tree the testicle tree. Don't believe me? Don't you think that avocados look like testicles? And they may be full of fat, but avocados are sources of "good" fat, in the form of heart-protecting oleic acid.

Avocados are full of potassium and Vitamin K, two vitamins that contribute to a healthy heart and healthy circulation. Avocados are also full of Vitamin E, an antioxidant and "sex vitamin" that is incredibly protective to the cardiovascular system.



Vitamin E prevents free-radical damage and reduces blood clot formation. And avocados can also help to nourish and support the thyroid, the body's metabolic and temperature regulator. When your thyroid is under functioning, your body's cholesterol output increases and libido decreases.

Enjoy avocado on top of a salad for a sex vitamin boost.

Bananas

Bananas, like avocados, look like a part of your sexual anatomy. Bananas are high in heart-healthy potassium, which relaxes arterial walls, allowing for better circulation. Potassium is a mineral that helps to combat diets high in sodium. Bananas also contain bromelain, a natural enzyme that has been linked to a heightened libido in men.

Blend a frozen banana with a little water and enjoy it as you would ice cream.



Maca

Don't worry if you've never heard of it – Maca is a nutritious root Superfood from South America and is even known as 'Peruvian Viagra!' Maca helps to boost energy while helping your body to deal with stress. Maca has been shown to increase sexual desire and erectile function.

In a 2009 study, subjects suffering from mild ED were fed Maca versus a placebo. After 12 weeks, the group on Maca exhibited a more significant increase in erectile function than those taking a placeboⁱⁱ.

Oysters

Oysters may be the best-known aphrodisiacs. I'll be blunt, do oysters remind you of anything? Anything that belongs to a woman?

Casanova, the famed Italian lover, was said to have eaten 50 oysters every morning for breakfast. But even before that, the Greeks and Romans were said to use oysters to increase their sexual powers.

Oysters are high in zinc, which increases blood flow and testosterone, which is essential for your libido and sexual function. Oysters also increase dopamine, which is a neurochemical that influences libido. Just one oyster per day will provide you with your zinc needs.

Oysters are best eaten freshly shucked and raw.



Saffron

Saffron is a yellow herb from the iris family. It is cultivated in India and Greece.ⁱⁱⁱ You may be familiar with saffron if you have ever eaten the Spanish rice dish called *paella*. Saffron is the herb that gives this dish its yellow colour and musky taste.

In traditional medicine, saffron is regarded as an aphrodisiac. In one study, researchers found that saffron increased erection frequency.^{iv} Saffron can be added to rice, soups and marinades for meat.

Shrimp

The use of shrimp for libido goes back hundreds of years. An ancient Chinese herbalist would advise husbands to avoid eating shrimp when they were travelling away from their wives.

Why? Well, in Traditional Chinese Medicine, Shrimps have a reputation for increasing sexual desire^v. Shrimps contain L-arginine, the precursor to nitric oxide (nitric oxide is the chemical that increases blood flow to the penis).

Plus, shrimps contain plenty of zinc. A great way to prepare shrimp is to sauté in olive or sesame oil with other sexual Superfoods garlic and ginger.

Chapter

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Pleasure Boosters

Eating Libido Boosters will put you in the mood for sex. And when you eat pleasure-boosting foods, sex will be so much more... pleasurable. Pleasure Boosting Sexual Superfoods work by increasing heat and circulation to your genitals and increasing the brain chemicals that make sex feel so damn good.

Bee Pollen & Propolis

I know, it may sound like snake oil but I assure you that bee pollen is a food that you'll want to try. Bee pollen contains more than ninety nutrients, which makes it one of the most nourishing foods on the planet.

Bee pollen is a full protein and its nutrients are anti-aging. It's got nutrients that increase your energy, elevate your mood, support your liver and prostate, tone your blood and increase circulation.

A chemical called *rutin* in bee pollen helps to ensure that capillaries and blood vessels are strong and healthy. And bee pollen even helps to lower lipids in the blood, restoring your body's nutrient delivery system to health.

Bee pollen is also a potent aphrodisiac, and is one of the most powerful aphrodisiacs for men. It helps to increase your libido, balance your hormones and enhance your erections.

With bee pollen, a little goes a long way. Some people find that they are mildly allergic to bee pollen, so go slowly, adding a pinch at a time to your smoothies.

Cacao

Cacao can help to reduce hypertension-induced ED, improve circulation and enhance the neurochemicals associated with sexual pleasure. Cacao contains flavanols, which are phytonutrients which help to increase the bioavailability of nitric oxide, the chemical responsible for erections.

Its polyphenols that help to reduce the oxidation of cholesterol. And cacao helps to promote healthy cholesterol levels, helping to increase your "good" HDL cholesterol. Cacao is rich in heart healthy magnesium, which helps to relax smooth muscle and is known as nature's best calcium channel blocker. Cacao is also an excellent source of zinc.

The flavonoids present in cacao can help to dilate arteries, helping to lower blood pressure. Cacao's antioxidants help to heal the endothelium, which is the area most often damaged in the arterial wall.

Cacao also contains *phenethylamine*, also known as PEA, the love chemical. PEA stimulates the central nervous system and triggers the release of endorphins and dopamine, a neurochemical associated with sexual pleasure.

Cacao is the raw, unprocessed form of cocoa. Be sure that you are buying it instead of cocoa.

Garlic

Garlic could be one of the best foods ever to increase circulation. *Allicin*, the potent antioxidant in garlic, can increase blood flow to sexual organs. Studies

have also found that garlic can be just as effective at lowering blood pressure as some of the drugs on the market.

Blood pressure lowering drugs can have a whole host of complications and side effects – some of the less serious being lowered libido and ED!

So add garlic to salad dressings, marinades and dips for a boost. And make sure your partner eats some, too.

Ginger

Herbalists would call ginger a peripheral circulatory stimulant and a carminative spice. This translates to increased circulation! Ginger relaxes arteries and improves blood flow throughout the body, including your digestive organs. This is known as your body's "fire" and you want it hot.

Enjoy ginger as you would garlic. You can even steep ginger in hot water and drink it as a tea.



Parsley

It could be the most popular culinary herb in the world, but it's also got sexual superpowers. The Greeks even thought it was sacred and would use its motif as decoration.

Parsley is very high in Vitamin C, the most common antioxidant in our bodies. Vitamin C is a potent healer and catalyst – it increases the effects of the antioxidant Vitamin E and nitric oxide (the chemical responsible for erections).

Salmon

The oils in cold water fish are the coveted omega-3 essential fatty acids. They're called "essential" because our bodies cannot make them – we need to get them through our diets. Omega-3 fatty acids help to increase metabolism and oxygen to the cells.



Fish contains chemicals called EPA and DHA, which help to repair cell membranes and decrease inflammation in the arteries. EPA and DHA have an anti-inflammatory role in the body and help to reverse plaque in the arteries and make blood more slippery. These chemicals also regulate mood and memory.

Salmon also contains L-arginine, an amino acid that is used by the body to produce nitric oxide (the chemical needed to increase blood flow to the penis).

Watermelon

Watermelon is high in *citrulline*, which is a chemical that stimulates nitric oxide production. Nitric oxide is the chemical needed to boost blood flow to the penis. Watermelon is also high in lycopene, an antioxidant that helps to support your prostate as you age.

Wheatgrass Juice

This juice is known as the “fountain of youth,” and for good reason. Chlorophyll, the nutrient found in green vegetables, is identical to blood except for one molecule.

This has given it a reputation of being a fantastic blood builder, helping to rejuvenate your blood and circulation. Wheatgrass juice doesn't taste good, but try one shot a day and see what it does for you.



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Potency Boosters

These foods will replenish your body with the most important trace mineral for sexual function. Whether you are looking to start a family, or your baby-making days are over, these foods will help to increase the potency, amount and force of your love juice.

Lentils

Lentils, a member of the legume family, are a staple in the Mediterranean diet. Lentils are a good source of zinc, the most crucial trace mineral for male sexual function. Nutritionists sometimes refer to it as “zinc for your dink.” Zinc is a trace mineral that helps to balance hormones – if your testosterone is too low, zinc will raise it. If it’s too high, zinc will help to lower it.

Enjoy lentils in a soup or lentil salad.

Pomegranate

Pomegranate is an ancient symbol of fertility and regeneration. Just think of its many seeds. And when you open up a pomegranate you may notice that its many chambers kind of look like a heart!

It’s no wonder that pomegranates help to heal the heart and circulation. But pomegranate is also a proven testosterone-booster. Pomegranate also helps to

boost testosterone. One study found that supplementing with pomegranate juice boosted testosterone by 22% in rats.^{vi}

Pomegranate helps to reduce arterial plaque – a substance that’s responsible for lower blood circulation and ED. One study took ten subjects with arterial damage and supplemented daily with pomegranate juice. After one year, arterial plaque was reduced by 30%! ^{vii}



Pomegranate seeds are a great salad topper, or can be eaten on their own as a snack between meals.

Pumpkin Seeds

Pumpkin seeds help to strengthen the veins and arteries in the body to increase circulation.

Pumpkin seeds are loaded with zinc.

Did you know that you lose zinc each time you ejaculate? And get this. Deficiency in zinc can actually lower your libido. This is the body's way of conserving your sexual energy! So throw some pumpkin seeds into your morning smoothie or snack on a small handful when you need an energy boost.

Walnuts

Do you think that walnuts look more like your brain or like your genitals? The Greeks thought that walnuts definitely looked like the brain, while the Romans thought the latter.

Walnuts are high in L-arginine, which is used by the body to make nitric oxide. Arginine helps to keep arteries dilated (large) and your blood slippery. This is what helps to increase circulation throughout your body.

Walnuts are also high in heart-healthy omega-3 and -6 essential fatty acids. These fats are known as "good" fats, which help to decrease inflammation and increase your metabolism.

Walnuts are a good source of zinc, the mineral which helps to regulate the amount of testosterone in the body. Enjoy a few walnuts between meals or as a salad topper.

Chapter

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Attractiveness Booster

Sure, in ancient wisdom, eating foods that nourish your reproductive system will actually make you more attractive. Eating whole foods that nourish your whole body, like you're doing with the ED Diet, will tone your skin, boost your metabolic rate and make you look better than before.

But there is one food that helps to boost attractiveness on the chemical level.

Celery

In Europe, celery has been known as an aphrodisiac for centuries. Celery naturally helps to lower blood pressure and contains zinc, the most important trace mineral for male sexual function.

It's a hormone regulator, and will help to ensure that your hormones are balanced. One of the most interesting things about celery is that it will literally make you more sexually attractive to women.

When you eat lots of raw celery, your body produces a chemical called *androsterone*, which is what's known as a pheromone – and women find it intoxicating. Androsterone is released through your pores when you sweat, although it can't actually be smelled on the body.

Chapter

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Conclusion

Well, now you've learned all there is to know about eating your way to the bedroom. I've shown you my four categories of Sexual Superfoods that will have you covered all the way from desire to climax.

Here's a recap:

- Libido Boosters – Foods that increase your desire.
- Pleasure Boosters – Foods that will make sex feel amazing.
- Potency Boosters – Foods that will improve the amount and quality of your sperm.
- Attractiveness Booster – This food will make you more attractive to women, without them even realizing.

So try to eat one Sexual Superfood from each category every day. And find that your sex life improves in ways you never thought possible.

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