



## **Aphrodisiac products for men**

*Eliseeva Tatyana*, editor-in-chief of the EdaPlus.info project

*Tkacheva Natalya*, herbalist, nutritionist

*E-mail: [eliseeva.t@edaplus.info](mailto:eliseeva.t@edaplus.info), [tkacheva.n@edaplus.info](mailto:tkacheva.n@edaplus.info)*

**Abstract.** Is it possible to awaken unbridled passion in a beloved man simply by diversifying his usual menu with dishes from ordinary, but sometimes unusual, products? It turns out, quite! Although some still doubt this. While others make the most of knowledge that was kept in the strictest confidence and passed down from generation to generation only by a select few. And only in the age of scientific discoveries and innovative technologies did they become publicly available. That is why they cannot be neglected. And, even more so, they cannot be ignored.

**Key words:** food male aphrodisiac, recommendations, benefits, harm, beneficial properties, contraindications

## **Aphrodisiac products for men and women: what is the difference**

It has been known for quite some time that some foods can cause sexual desire only in women, and others only in men. However, the reasons for such a mysterious phenomenon have so far been practically not discussed. As a result, this only provoked a surge of bewilderment and even distrust in the culinary heritage of our ancestors, calling into question their invaluable experience.

However, today scientists have been able to explain the mechanism of the effect of various “delicious” dishes on the human body. It turns out that it's all about hormones. When a person eats a particular product, substances enter his blood that increase the level of certain hormones through complex chemical reactions.

## **Nutrition and male sex drive**

Scientists say that almost all men aged 16 to 60 are susceptible to problems with libido. This can be facilitated by a number of factors, including disease and negative environmental influences. However, in any case, there is no need to despair.

It's enough just to reconsider your diet. Perhaps the body does not receive the necessary substances that maintain libido at the proper level. Namely:

- L-arginine. This amino acid takes an active part in the synthesis of nitric oxide, but with age its production decreases, which leads to deterioration of blood circulation and microcirculation in the male genital organs, as well as problems with erection. In order to replenish L-arginine reserves, you need to eat more sesame seeds and nuts.
- Selenium. [1] It affects sperm motility and the onset of erection. The best source of selenium is fatty fish.
- Zinc. [2] It is responsible for both the production of testosterone and the health of the male reproductive system, thereby increasing libido. Zinc is found in seafood, mainly oysters.
- Magnesium. [3] Thanks to it, the body synthesizes sex hormones - androgens (male) and estrogens (female). Moreover, magnesium promotes the production of dopamine, the hormone of joy, which allows you to tune into the right mood.
- Vitamin A. [4] It is necessary for the synthesis of progesterone, a sex hormone. And you can find it in yellow, red and green vegetables and fruits.
- Vitamin B1. It is responsible for the transmission of nerve impulses and energy production, and its deficiency negatively affects erection. Sources of vitamin B1 are asparagus, sunflower seeds, cilantro.
- Vitamin C. [5] It takes part in the synthesis of sex hormones - androgens, estrogens and progesterone, thereby influencing both libido and the ability to reproduce. You can enrich your body with it by introducing rose hips and citrus fruits into your diet.
- Vitamin E. [6] A powerful antioxidant, which, among other things, is also responsible for the synthesis of hormones. Sources of vitamin E include vegetable oils, seeds and nuts.

## **Anti-estrogen diet to increase libido in men**

Perhaps, a story about nutrition that increases libido in men would be incomplete without a description of the anti-estrogen diet. Its creator is Ori Hofmekler, who subsequently described it in his book “The Anti-Estrogenic Diet” in 2007.

It is based on the assertion that it is hormonal disorders, and, in particular, an imbalance of estrogen in the male body, that lead to decreased libido, chronic fatigue, obesity, prostatitis and problems of the reproductive system.

According to the anti-estrogen diet, you need to eat very moderately during the day, leaving the largest portion for the evening, when food is absorbed best. Moreover, a kind of “fasting” before satiety has a positive effect on both physical and mental health of a person.

The diet advises avoiding foods with estrogens - fruits and vegetables, which may contain pesticide residues, limiting the consumption of meat, sweets (sweets, cookies) and salty foods. Preference is best given to organic food - grown without any fertilizers, or with a minimum amount of them, if we are talking about the same fruits and vegetables, or made without GMOs.

These can be different types of cabbage, citrus fruits, avocados, eggs, natural dairy products, weak tea and coffee.

## **Top 9 foods that increase libido in men**

1. Banana. It contains bromelain, which increases male libido. In addition, it contains potassium and B vitamins, which also have a positive effect on sexual desire. [7]
2. Seafood, in particular oysters. They are rich in zinc and protein, which promote testosterone production.
3. Black chocolate. It helps the body synthesize the “joy hormone” and has an antioxidant effect.

4. Fish. It contains Omega-3 polyunsaturated acids [8], which are actively involved in the production of sex hormones. In addition, according to nutritionist Shauna Wilkinson, it is these acids that “improve blood circulation, increase sensitivity and promote an increase in the level of dopamine - the “happy hormone” in the body.”
5. Peanut. It is an excellent source of L-arginine.
6. Brazilian nut. It is an excellent source of selenium.
7. Cardamom. [9] One of the most powerful aphrodisiacs. It can be added to main dishes or coffee. But, most importantly, do not overdo it, since in large quantities it suppresses male potency, while in small quantities it enhances it.
8. Dairy products and eggs [10]. They contain B vitamins, which prevent chronic fatigue and stress.
9. Watermelon. [11] It contains L-arginine, as well as citrulline, which promotes its synthesis.

### **Factors that contribute to decreased libido in men**

- lack of physical activity;
- poor nutrition and excessive consumption of fatty, salty and sweet foods. They cause problems with the cardiovascular system and obesity, thereby reducing sexual desire;
- stress and lack of sleep;
- difficulties in communicating with the opposite sex;
- bad habits;
- various diseases.

According to scientific research, the level of testosterone in the body of married men is lower than in the body of their single counterparts. However, this fact is unlikely to apply to those of them whose beloved women know and actively use the secrets of ero-cooking.

### **Literature**

1. Eliseeva, T. (2022). Selenium (Se) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics*, 1 (19), 55-64. DOI: 10.59316/.vi19.160
2. Tkacheva, N., & Eliseeva, T. (2022). Zinc (Zn) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics*, 1 (19), 5-15. DOI: 10.59316/.vi19.152
3. Mironenko, A., & Eliseeva, T. (2020). Magnesium (Mg, Magnesium) - description, effect on the body, best sources. *Journal of Healthy Eating and Dietetics*, (14), 60-71. DOI: 10.59316/.vi14.91
4. Eliseeva, T., & Mironenko, A. (2018). Vitamin A (retinol) - description, benefits and where it is found. *Journal of Healthy Eating and Dietetics*, 3(9), 41-86. DOI: 10.59316/j.edpl.2018.3.5
5. Eliseeva, T., & Mironenko, A. (2018). Vitamin C (ascorbic acid) description, benefits and where it is found. *Journal of Healthy Eating and Dietetics*, 2 (4), 33-44. DOI: 10.59316/.vi4.19
6. Eliseeva, T., & Mironenko, A. (2018). Vitamin E description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, 4 (6). 10.59316/.vi6.33
7. Eliseeva, T., & Tarantul, A. (2018). Banana (Musa). *Journal of Healthy Eating and Dietetics*, 3 (5), 31-43. DOI: 10.59316/.vi5.24
8. Shelestun, A., & Eliseeva, T. (2019). Omega-3 - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, (7), 88-93. DOI: 10.59316/j.edpl.2018.7.10
9. Tkacheva, N., & Eliseeva, T. (2021). Cardamom: 8 Benefits Proven by Research. *Journal of Healthy Eating and Dietetics*, 3 (17), 31-35. DOI: 10.59316/.vi17.118

10. Tarantul, A., & Eliseeva, T. (2020). Chicken egg. *Journal of Healthy Eating and Dietetics*, (11), 51-66. DOI: 10.59316/.vi11.65
11. Eliseeva, T., & Tarantul, A. (2019). Watermelon (lat. Citrullus lanátus). *Journal of Healthy Eating and Dietetics*, 3 (9), 44-56. DOI: 10.59316/.vi9.50

[The HTML version of the article](#) is available on the edaplus.info website.

### **Aphrodisiac foods for men**

*Eliseeva Tatyana*, editor-in-chief of the project EdaPlus.info

*Tkacheva Natalia*, phytotherapist, nutritionist

*E-mail:* eliseeva.t@edaplus.info, tkacheva.n@edaplus.info

*Received 06/27/2020*

**Abstract:** Is it possible to awaken unbridled passion in your favorite man simply by diversifying his usual menu with dishes from ordinary, but sometimes unusual products? It turns out, quite! Although some still doubt it. While others maximize the use of knowledge that was kept in the strictest secrecy and passed down from generation to generation only by a select few. And only in the age of scientific discoveries and innovative technologies have they become publicly available. That is why they should not be neglected. And certainly not to be ignored.