

Paris Holistic Health



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Newsletter



Spicing Things Up

As Valentine's Day approaches, many people are thinking about love, romance, and sex. With this being on many people's minds, some wonder what they can do to spice things up a bit. Have you ever wondered if an aphrodisiac will help?

What exactly is an aphrodisiac? According to the Merriam-Webster dictionary, an aphrodisiac is an agent (as a food or drug) that arouses or is held to arouse sexual desire. Over the centuries most cultures have identified substances considered to have aphrodisiac properties. These substances' reputation as aphrodisiacs has been passed on through the generations. So the questions people ask are do they work and if so, how do they work?

Aphrodisiacs have not been extensively studied. However, what we do know is that these substances can help dispel the physical or psychological barriers that may interfere with sexual desire or arousal. Some foods like oysters, wheat germ, and pumpkin seeds provide essential nutrients like vitamin E, folic acid, and zinc which are essential for our body's health and sexual function. Some aphrodisiacs uplift mood, ease depression, calm anxiety and

help to cope with stress. Herbal aphrodisiacs that offer these types of benefits include damiana, shatavari, and ginseng. While you might not know where to find these aphrodisiacs, there are others that can be found in the spice aisle of the grocery store. Consider picking up ginger, cinnamon, nutmeg, clove, star anise, and fennel seeds. All of these spices have historically been considered aphrodisiacs and used in various types of preparations. So use them liberally in your cooking or use them to make a spicy aphrodisiac wine.

Ultimately you are the best aphrodisiac as long as you are comfortable and open to giving and receiving love, romance, and sex. There is no aphrodisiac herb, food, chemical or other substance that will magically or immediately arouse someone who does not want to become aroused. So invest in your relationship throughout the year and not just on Valentine's Day.

I hope that you have gained some insights on aphrodisiacs. If you want to learn more about health and herbs, Paris Holistic Health is here to help. Call today, 443-243-4728, to schedule a complimentary discovery session. Get to know the herbalist and decide if holistic health is an approach that will work for you. Best of all, this first meeting is absolutely FREE!

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