



The Supper Newsletter

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Diet with aphrodisiac effects or to boost libido.

Here's a list of foods that are sometimes associated with those qualities:

1. **Oysters:** Known for their high zinc content, which is important for testosterone production and libido.
2. **Chocolate:** Contains phenylethylamine, a compound that can promote feelings of well-being and excitement.
3. **Strawberries:** Often considered a symbol of sensuality, strawberries are rich in vitamin C, which can improve circulation.
4. **Avocado:** Contains vitamin E, which is important for hormone production, and healthy fats that support overall health.
5. **Almonds:** High in zinc and selenium, which are important for reproductive health.
6. **Watermelon:** Contains citrulline, which can have a Viagra-like effect on blood vessels, potentially improving blood flow.
7. **Asparagus:** Rich in folate, which is important for histamine production, a key player in arousal and orgasm.
8. **Chili peppers:** Contains capsaicin, which can increase heart rate and stimulate endorphin release, potentially boosting libido.

It's important to note that the effects of these foods on libido are largely anecdotal, and individual responses can vary. A healthy, balanced diet rich in fruits, vegetables, whole grains, and lean proteins is the best approach for overall health and well-being, which can indirectly support a healthy libido.