

## HEALTHFUL EATING

# Want a better sex life? Eat salad, not oysters

Fat-filled aphrodisiacs can depress sexual performance, while veggies enhance it

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MOTHER NATURE NETWORK

Planning a romantic evening? You might think a juicy steak, a good bottle of wine and some chocolate will set the stage. But you'd be wrong.

Saturated fats from meats, alcohol and chocolate are the exact things you'll want to avoid for good sex. Each is filled with chemicals and stimulants that have the opposite effect on libido and performance.

"If the body is spending its time and energy cleaning itself constantly from these chemicals we put in it, it cannot begin to perform at its peak sexually," says Brian Clement, the co-director of the Hippocrates Health Institute in West Palm Beach, Fla., and co-author with his wife of "7 Keys to Lifelong Sexual Vitality."

"One-third of young marrieds have fertility problems today, and instead of seeing men with performance problems at age 70, the way we did a few decades ago, we now see it at age 40," says Clement.

"Almost everyone we see here at the institute asks about their sexual health," says Anna Maria Clement, part of the husband-wife duo and co-director at Hippocra-

tes, a leading institute in natural and complementary healthcare.

The Clements attribute heavy metals, air pollution, food toxins, pesticides, fungicides, herbicides and soda consumption for contaminating and weakening the cell systems in the body, leading to sexual libido and performance issues in both men and women.

What can you do to improve your sexual health naturally?

Throw out old myths about aphrodisiacs, as we've been accustomed to thinking of them. Named for Aphrodite, the Greek goddess of sex and beauty, these include an array of foods such as oysters and chocolate, the fatty acids of which negatively affect organs like the liver and gallbladder.

Also skip these foods:

■ Bacon, sausage and other fatty meats, which contain high levels of saturated fats and cholesterol, which clog the penal and vaginal arteries since they are so small and quickly collect plaque.

■ Dairy. Saturated fats in most cheeses are comparable to those found in fatty meats. Your worst lunch option? A bacon cheeseburger and chocolate milkshake.

■ Processed baked goods. Even when the products say "No Trans Fats," chances are they're present. Ingredients may exclude trans fats, but because of the way baked

goods are processed, trans fats are often created during baking.

■ Soy-based products are high in estrogen, which can lower male sex drive and increase the risk of disease and testosterone in women.

To really get your blood moving, foods that are high in omega-3 fatty acids such as mackerel, salmon and wild salmon are tops.

The better-sex diet begins here with these foods:

■ Carrots, a well-known libido enhancer, loaded with vitamin E.

■ Green, leafy veggies, which clean blood and open capillaries.

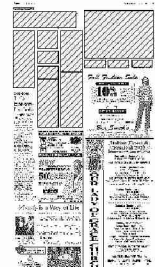
■ Avocados, with their essential fatty acids, are fuel for cells.

■ Watermelon contains phytochemicals to open blood cells.

■ Mustard greens, spinach, baby kale and pea shoots work well. Ditto for pumpkin seeds, figs, nutmeg, black raspberries, Jerusalem artichokes and yams. Use them to create healthy, natural, good-for-sex foods.

Foods that promote weight loss also hold libido-boosting potential.

Bottom-line: Foods that are good for your heart are also good for sex. So go ahead, have the sex salad!



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**Carrots**, loaded with vitamin E, are a well-known libido enhancer, along with leafy green vegetables and fish rich in omega-3 fatty acids.