

Aphrodisiacs

*2 parts safflower (or 1 part saffron)
2 parts hibiscus flower
2 parts rose flower
in tea (1 tsp. per cup) or capsules (1-2 OO caps).

According to Ayurvedic philosophy, the floral structures of plants have their medicinal effects on the reproductive system. This formula is made of three flowers; the first is an aphrodisiac, the second exerts an influence on the sexual chakra and the third exerts an influence on the heart chakra and acts to harmonize the blend.

*For a good reason, Kava Kava is known as the "anti-shyness" herb. One of the many amazing benefits of kava, is that it can be so relaxing without drowsiness, putting one in a more open and comfortable state, quite conducive to both initiating conversation with a potential partner or with a long time lover. It also can increase a sense of euphoria, without losing any of your wits or your faculties as alcohol so often can.

Kava can have a direct stimulating effect on the sexual organs if consumed in somewhat larger quantities. Some users attest that they experience a tingling feeling in the genitalia, when taking Kava.

KAVA DRINK: mix together in a blender; one ounce of powdered Kava Kava root, two tablespoons of olive oil, one tablespoon of soya lecithin granules and ten ounces of water. Blend on high for one minute. This amount will suffice for 2-4 people.

WARNING: Over use of Kava Kava will cause dangerous respiratory and skin problems.

*Damiana seems to have a positive toning effect on both the nervous system and sexual organs, taken an hour or so before sexual activity, it helps produce a more satisfactory experience.

*If people wanted to obtain a legal hyperalert sexually aroused state, they might find some yohimbe (*Corynanthe yohimbe*, *Pausinystalia yohimbe*) and brew it up by simmering a quart of water with 1 gm of ascorbic acid to 5 gm yohimbe until there's only 50% of the original water volume left. Add a lot of sugar afterward. Mixes synergistically with sassafras and Pau d'arco if you're adventurous and would like to cure your ills and get a hard-on at the same time. However, most people who have tried yohimbe have been disappointed. They didn't know you need to brew it 20 to 30 minutes at approx. 200x with an organic acid to release the alkaloid components.

The active alkaloid, yohimbine bitartrate, is the component of the only allopathic medicines known to cause erection in impotent males and approaches the concept of an aphrodisiac. Yohimbine bitartrate particularly affects nerves and changes blood flow regulators in the genital area. The medical texts never mention that it does the same thing to women, showing a typical disregard for female erection.

In the best case scenario this decoction will cause many users to get a melting spinal sensation and extreme epidermal sensitivity with high interpersonal perception and melding. It can be extremely

sexually arousing...or at least all the signs and signals are there...

And the worst case scenario for yohimbe? - well, you have to remember ethnographic reports documenting cases of some African tribes drinking it in copious quantities in pre-raid rituals to suppress fear and jack up physical aggressiveness. After getting to the point where they were bouncing up and down so much they looked like a mosh pit full of spears, they'd run 10 miles over to the next village and kill off most of the neighboring tribe, stopping only to rape the dogs, cattle, women, children, surviving males, dead bodies, water jugs and tree holes before running back home. I'm not sure this is something we need downtown on Friday night.

*Catuaba-Initially they found the herb helped to enhance libido, then they noticed its other numerous beneficial qualities: relieving pain and fatigue, controlling nervousness, improving memory, helping with depression, among others. Catuaba functions as a stimulant of the nervous system, above all when one deals with functional impotence of the male genital organs. It is an innocent aphrodisiac, used without any ill effects at all. In Brazil it is regarded as an aphrodisiac with "proven efficacy"

Traditional Preparation: Generally in Brazil, a standard infusion (bark tea) and an alcohol tincture are employed. Recommended usage is reported to be 1-3 cups of an infusion daily, or 2-3 ml of a standard alcohol tincture twice daily.

*Ginkgo biloba was reported to have a positive effect on all four phases of the sexual response cycle: desire, excitement (lubrication), orgasm and resolution (afterglow).

Theories for the results included encouraged circulation to genitals and norepinephrine receptor-induced effects on the brain.

Dr. Stephen B. Karch, a specialist in cardiac pathology in Las Vegas, United States, and author of "The Consumer's Guide to Herbal Medicine" said: "If you look at the old Chinese herbalist stuff, they all call ginkgo an aphrodisiac. That makes perfectly good sense, because ginkgo enhances nitric oxide production and that's one of the things that leads to an erection. Nitric oxide is what's called a messenger. It tells certain blood vessels they have to relax. That, by the way, would be an immediate effect of ginkgo."

*Maca

According to folklore, ancient Incan warriors took maca before going off to battle to make them physically strong. However, they were later prohibited from taking it, in order to protect conquered women from their heightened libidos. Maca is primarily used to treat sexual dysfunction and infertility in both males and females.

Maca may help improve sexual arousal and dysfunction by lowering levels of anxiety, stress and depression, which can affect sexual behavior. Maca may lower [blood pressure](#) and blood sugar, so if you are on medication for either condition, speak with your physician before taking it.

A study was published in the April 2000 issue of Urology, the prestigious medical journal that first published the Viagra™ studies. This study scientifically demonstrated that the standardized herbal Maca, the extract in MacaActive supplements, improves testosterone production for energy and sex drive. In fact, test proved that men DOUBLED their sexual activity after taking the herbal supplements for 21 days!

***Horny goat weed-Erectile Dysfunction and Sexual Dysfunction in Women**

According to folklore, horny goat weed's reputed aphrodisiac qualities were discovered when a Chinese goat herder noticed increased sexual activity in his flock after they ingested the weed.

Animal studies indicate that horny goat weed may work by increasing nitric oxide levels, which relaxes smooth muscle and lets more blood flow to the penis or clitoris.

Horny goat weed also appears to act by inhibiting the PDE-5 enzyme, which is the same way that the popular drug Viagra works.

Some evidence suggests horny goat weed may modulate levels of the hormones cortisol, testosterone, and thyroid hormone, bringing low levels back to normal.