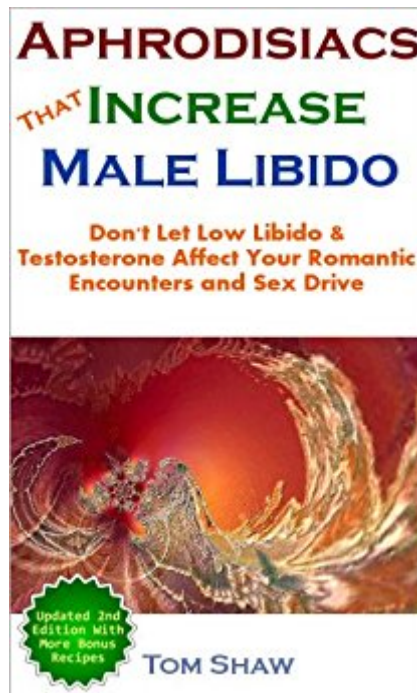


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# Aphrodisiacs That Increase Male Libido: Don't Let Low Libido & Testosterone Affect Your Romantic Encounters And Sex Drive



## Synopsis

**\*\* Updated 2nd Edition with additional bonus recipes that you will love to try out.** So you are looking for a solution for your low male libido and low testosterone? You perhaps tried some of those messy Testosterone gel with all possible unwanted side effects. Now it is time to explore some aphrodisiac food ingredients that have been used from ancient times by people in Greek, Mesoamerica, Rome, Egypt, China, India and other part of the world. Some of the aphrodisiacs may not have scientific evidence that they boost your sex drive, but as you make some lifestyle changes and experiment with some of the aphrodisiac foods described in this book, **you will definitely feel young, vigorous and sexually robust once again.** Here is what you will discover under the cover of the book that is a good read and most importantly, you can try out some of the exotic aphrodisiac foods tonight and seduce your partner:

- Low libido issue as you age
- Your current life style and eating habits may be affecting your sex life
- Aphrodisiac foods that can increase testosterone levels and stamina
- Try some of these super aphrodisiacs
- Aphrodisiac spices to spice up our sex life
- Foods that can harm your sex life and libido
- Currently taking supplements - read this chapter
- Bonus tips for special occasions to share some aphrodisiac delights with your partner
- Bonus aphrodisiacs recipes you can try right now to take control of your libido

Download now and learn how natural aphrodisiac foods and spices are used as male libido enhancer. **\*\* Kindle Device is Not Required For Reading - Buy This Book and Head to <http://read..com> or Download the Kindle Application for Your iPhone or Android Phone to Start Reading Immediately! \*\***

## Book Information

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## Customer Reviews

Hey,guys! Shhh... Feeling low? Then read this book!It contains a list of common and exotic libido enhancing foods to try and ways to consume them. Tom also discusses the harmful effects of some foods / supplements which can harm your sexual performance.A very instructive book.

Somehow I expected this to be a somewhat kinky listing of snake oil products. To my surprise, this is a solid treatise on first, maintaining good health to keep the male libido functioning at a high level and using sound foods that science has been shown to have benefit on the various body functions that support the libido. I felt as though I had been given a lecture by a medical and nutrition specialist, though much more enjoyable. The foods here, with very few exceptions, are found in the local supermarket. Buy increasing consumption, men can greatly benefit their libidos, without hardly noticing a change in their diet. Well done. I think men and women would find this book very enlightening.

I knew many of these, but have to admit there were a lot I have never heard of either, like asafetida or maca. One thing I liked about Tom Shaw's book is that he's very clear in saying that there isn't one instant solution, or one solution that fits everyone. Every person is different, so what works for one may not work for the other. Experimentation is key to success with this.Some of the aphrodisiacs mentioned were very common, like ginger or pepper. Others were more exotic and I'm not even sure where to look for them. The section on Super Aphrodisiacs that give a big boost was a good read. Still, I'd prefer to try the more common ones first, going for the super ones if all else fails. There is such a long list of great herbs and spices here to try, and ways to consume them. The section on foods that can harm your sexual performance and libido was a good read too.It's wonderful that Tom pointed out that these are helpful in increasing a man's libido, but a healthy diet and exercise go a long way too.Overall a really good read with many, many helpful tips. Don't miss the Bonus recipes at the end. I haven't tried them yet but they look really yummy!

Solid handbook with a good overview of vegetables, fruits, herbs and spices and their historic uses as a aphrodisiac. I always find these facts interesting. Many of these items are easily found in every supermarket -- it won't hurt to add these foods to your diet ;) The book also contains a section about super aphrodisiacs, for the folks who want more.. But all in all the book stresses that a healthy diet is important, for your body and your libido. With the male libido decreasing after a certain age, following these food recommendations -all healthy foods- will do your body good in any case and perhaps with some additional benefits for the romantic times.I was happy to see a recipe section at the end. I always enjoy trying out new recipes.

This book contains an exhaustive list of aphrodisiacs. Some are the common ones that everyone has heard of, but there are a number which I was completely unfamiliar with. It even includes several recipes at the end, which is a really nice touch.

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