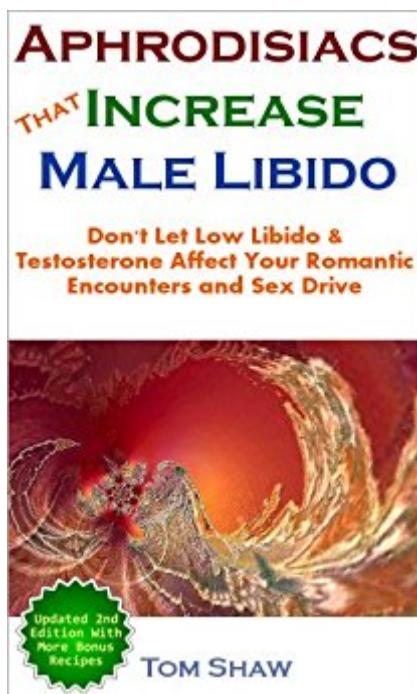


The book was found

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 allpossible 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

File Size: 1921 KB

Print Length: 52 pages

Simultaneous Device Usage: Unlimited

Publication Date: December 6, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B00AK2UO2W

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #118,897 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #15
inÃ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health > Sexual Health & Impotence #18 inÃ Books > Health, Fitness & Dieting > Men's Health > Sexual Health & Impotence #149 inÃ Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Health, Fitness & Dieting

Customer Reviews

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. By 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.

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.

good

This book has a refreshing take in that the author states right up front that there are no shortcuts to getting results. It reviews several of the "well known" aphrodisiacs such as oysters and chocolate, but there are some surprises here as well. The next few chapters delve into lesser known food products and spices with aphrodisiac qualities. Quite interesting with good, actionable advice.

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.

Nothing you couldnt find with a quick search on the Internet.

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.

[Download to continue reading...](#)

Aphrodisiacs That Increase Male Libido: Don't Let Low Libido & Testosterone Affect Your Romantic Encounters and Sex Drive Testosterone: The Definitive Guide to Boosting Your Testosterone, Gaining Muscle, Increasing Your Sex-Drive and Becoming the Ultimate Male (testosterone, health, fitness) Sex: Sex Guide: The Perfect Sex Guide For Unbelievable Sex (Sex, Sex Guide, Sex Positions, Sex Addiction, Seduction, Sex Stories, Sex Books, Foreplay, Alpha Male, Relationships, Marriage) The testosterone book. How to increase your testosterone 100% naturally: The truth about what works to increase your testosterone. Scientifically proven, with the most in-depth research. Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living,

Low Carb Diet For Beginners) Testosterone: Boost Masculinity for Sex Drive, Confidence, Muscle Mass, Fat Loss, Energy, Avoiding Hair Loss and other signs of low testosterone Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Sex Starved Marriage: Sex in Marriage: 31 Best Demonstrated Sex Positions Every Married Couple Should Try To Spice Up Their Sex Life (Scream, harder and longer, Sex positions, Sex Tips, Sex Guide) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) 200 Dirty Talk Examples: How to Dirty Talk your way to the Most Graphic, Mind-Blowing Sex of your Life (Sex Advice and Sex Tips to Improve Sex Life and have Better Sex) Alpha Male: Stop Being a Wuss - Let Your Inner Alpha Loose! How to Be a Chick Magnet, Boost Your Confidence to the Roof, Develop a Charismatic Personality ... Dominate Your Life Like a True Alpha Male Testosterone for Life: Recharge Your Vitality, Sex Drive, Muscle Mass, and Overall Health (All Other Health) Kama Sutra: Best Sex Positions from Kama Sutra and Tantra to Skyrocket Your Sex Life (Kama Sutra, Sex Positions, How to have Sex, Tantric Sex) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

FAQ & Help