

The taste of love

Despite substantial scientific proof, many foods still remain on our list of sexy delights. Like chocolate for instance.

The very sound of the word makes our senses tingle with capacious delight.

Some foods possess certain minerals and nutrients that boost sexual health.

Even though one could argue that the effects of aphrodisiacs tend to be more psychological than chemical, they are no less potent.

Because the power of thought and imagination should never be underestimated.

After all, the largest sexual organ we have is the brain.

So enough with the disagreements, and on to the workings of nature that's responsible for igniting our sexual appetites.

Oysters. The high levels of zinc stimulate and increase blood flow. Zinc is also important for sperm production. Apart from being an aphrodisiac, oysters also make delicious appetizers. Just squeeze some lemon juice over it for a fresh tang, or drizzle a hint of Tabasco for a spicy zing.

Chocolates. They're deliciously addictive, women love it and it contains all the right stuff to make people feel good: phenyl ethylamine and serotonin. These also produce a hormonal rush that's similar to the rush of intercourse. But of course you'd have to eat lots of chocolates to attain the same kind of high.

Bananas. It contains potassium and B vitamins like riboflavin, which increase your energy levels and therefore your sexual performance. Grab a bunch from the supermarket and feed them to your partner the next time, or dip them in chocolate for a sensuous treat.

Avocados. This fruit contains vitamin B6 and potassium, which helps increase male hormone production and aids in regulating the female thyroid gland respectively. Toss some in your salads, or scoop out the insides of the avocado and have your partner lick it off your fingers. Think of it as good, healthy fun.

Contrary to popular belief, alcohol is not an aphrodisiac.

It lowers inhibitions and decreases sexual performance by affecting the brain and blood flow.

Alcohol also lowers testosterone levels and even contributes to erectile dysfunction.

When it comes to sexual health, what's important is a clean bill of health.

But of course, the biggest turn-on lies in the love and respect between you and your partner.

Sex shouldn't just be about getting physical, but having a loving relationship.

And a little fun with food to spice things up wouldn't hurt.

To test your knowledge on sexual health and sex-related issues, log on to www.whatsmyrisk.sg and stand to win attractive prizes worth over \$800.

Article first published on www.letstalkaboutsex.sg