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www.herbsinmykitchenbook.com

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Foods That Boost Your Libido

Truffles are one of the most well-known aphrodisiacs. they're high in protein which promotes stamina. But most interestingly of all, their aroma is said to mimic the male pheromone which subconsciously makes people want to gobble them up.

Maca is very popular a root cultivated in Peruvian Andes. Maca has a nutty flavor, can be eaten alone or added to smoothies and drinks. It gained popularity because of claims that the plant can promote libido and fertility.

Ginger can improve blood flow and circulation (which are some of the most common causes of erectile dysfunction) and has been used in many cultures as a stimulate for desire.

Figs not only look sexy, Dr. Hoppe says they're also thought to be a sexual stimulant, as they're high in amino acids, which boost sexual stamina and increase libido.

Avocado, a fun fact about it is that the Aztec word for avocado is "ahuacatl," which means "testicle." But besides their sex-thetic appeal, avocados also contain high levels of folic acid, vitamin B9 (which provides the body with more energy), and vitamin B6 (which helps increase testosterone production), says Dr. Hoppe.

Honey-Hippocrates used to prescribe honey for sexual vigor. as Dr. Hoppe calls it, contains boron, which helps regulate hormone levels and nitric oxide (which helps increase blood flow during arousal). Nitric oxide also helps open up blood vessels involved in creating erections and clitoral engorgement.

Coffee is similar to chocolate, coffee's caffeine increases stamina and can elevate mood Dr. Hoppe also adds that coffee increases dopamine levels in the brain, which increases desire and pleasure.

Source: [7 Aphrodisiac Foods That Boost Your Libido \(healthline.com\)](https://www.healthline.com/health/aphrodisiac-foods)

FEBRUARY-MONTH OF LOVE!!!

There is only one happiness in this life,
to love and be loved.

George Sand



Herbs of the Month:

Ginkgo biloba is known as an aphrodisiac that helps to relax blood vessels and increase blood flow. This is a traditional Chinese medicine used to treat many ailments, including depression and poor sexual function.

Ginseng, specifically red ginseng — is used to treat a variety of ailments in men and women, including low libido and sexual function. May have some side effects such as headaches, constipation, or minor stomach upset.

Fenugreek is popular in Asian cuisine and in Ayurvedic medicine as an anti-inflammatory and libido-boosting treatment. The herb contains compounds that promotes the body to make hormones, such as estrogen and testosterone.

Saffron is a spice derived from the *Crocus sativus* flower. It's native to Southwest Asia and one of the most expensive spices. It is used in alternative medicine as remedy to help treat depression, reduce stress, and enhance mood. One study observed that a group of men who took 30 mg of saffron per day for 4 weeks experienced greater improvements in erectile function than men given a placebo.



[Top 36 Aphrodisiacs - List of Aphrodisiac Foods for Better Sex \(cosmopolitan.com\)](https://www.cosmopolitan.com/health/sex-top-36-aphrodisiacs/)



*"The secret of happiness is variety,
but the secret of variety, like the
secret of all spices,
is knowing when to use it." —*

Daniel Gilbert

RESOLUTION'S SOLUTION:

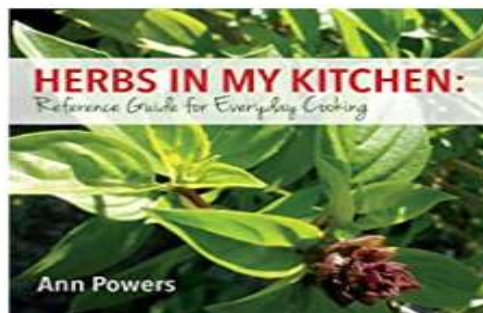
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"Herbs in My Kitchen" will guide you how to prepare your meal in hundreds of different ways using natural aromatic spices and herbs and keep up with the resolutions. Also, it will give you interesting facts about popular herbs and spices.

How and when to use herbs and spices? You are just click away to get answers to your questions. Click on the link below.

Bon Appetit!!!

<https://herbsinmykitchenbook.com/order/>



JOINTS PAIN RELIEF

Rheumatoid Arthritis causes a lot of pain, swelling, stiffness, and loss of physical function in hands, wrists, shoulders, knees, and feet.

Taking rheumatoid arthritis medication can cause even more serious side effects including: edema (swelling of the feet) heartburn, upset stomach, stomach ulcers, possibly increased risk of blood clots, heart attack, stroke cataracts, elevated blood fats and blood sugar levels, increased appetite and bone loss.

There is a solution: Joints Pain Relief!!!

100% Organic and Natural!!! This unique blend of organic oils and botanical extracts provides almost immediate relief from aches, pain and leads to increased flexibility and mobility of joints and tendons. Most importantly, **NO** side effects.

Apply a drop or two multiple times throughout the day. Use the drops as many times as you use hand lotion. For external use only.

<https://herbsinmykitchenbook.com/joint-pain-relief/>

