

02/13/09 - 4 Valentines Day Food Choices that Rekindle the Flame

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When Valentine's Day rolls around, love is in the air. If you want love to be in the bedroom, choose dinner fare that will lead in that direction. Certain foods are known aphrodisiacs and can inspire romance.

What is an aphrodisiac? It is something that arouses our libido. It can be a scent, an image, or even a food. Eating that particular food will get the eater hot and bothered in a good way.

If that is the direction you are looking to go with your sweetheart this Valentine's Day, then look no further than the kitchen. They say that the way to a man's heart is through his stomach. On February 14th, we will wow his or her brain to turn on the rest of their body.

Here are some of the foods you might want to add to the menu on Valentine's Day.

1. Oysters ? these hard-shelled ocean beauties have long been used to initiate sexual desire. People who never even dared touch an oyster were looking to the slimy delights to help them turn on the charm. Oysters can be eaten in a number of ways from on the half shell to dipped and fried in batter. However you can get them down your gullet, they are said to be a natural aphrodisiac.
2. Chocolate ? Over the last couple of years, everyone has been touting the amazing properties of chocolate. We aren't just talking about any chocolate but dark chocolate. It contains the largest

percentage of cacao and produces those "feel good" endorphins that make us ready for anything. Even the Aztec ruler, Montezuma, used to indulge in a drink made with cacao before spending the evening with his concubines.

3. Hot Peppers ? Have you ever eaten something very hot and felt the warmth run through your body? The substance in hot foods like peppers and cayenne pepper is called capsaicin. It causes a thermogenic reaction in the body that speeds up the metabolism. Combine that with some chocolate and oysters (maybe not all together) and you could have an evening of love that is made to order.

4. Alcohol ? Here we are specifically talking about wine and champagne. Some would argue that the reason that alcohol acts as an aphrodisiac is that it lowers our inhibitions. Even so, we wouldn't do anything that we didn't already have in our minds to do. The alcohol is a convenient excuse to have some fun. Let the bubbles tickle your nose and light a fire in your loins.

There are plenty of other things that act as aphrodisiacs, too. If a food gives you that "all over" good feeling, use it to get you in the mood on Valentine's Day and every day of the year.

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