

# Michael van Straten's Bodytalk

on

## Classic Gold

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## GOLDSHIELD DIRECT

### Natural help for your sex life with Nature's remedies from Goldshield

No matter what your age there is no doubt that a healthy sex life makes a great contribution to health and wellbeing, happiness and peace of mind, as well as a lasting relationship. Once problems start they soon escalate and if not dealt with can be disastrous. Seeking professional help is the best, but not always the easiest option. As the proverb says – a problem shared is a problem solved – so the first step must be to talk about it with your partner. Next, look at the natural alternatives that are safe, effective and easily available.

Thanks to the stresses and strains of modern life, increasingly unhealthy lifestyles and a growing reliance on nutritionally poor convenience foods, sexual problems are becoming more and more common. Men finding it more difficult to perform, women getting less and less pleasure from sexual activity. Of course there are underlying medical conditions which can cause impotence in men and loss of libido in women. There are also prescribed drugs which interfere with your sex life but you don't have to dash off in search of a prescription for Viagra.

Nature has its own aphrodisiacs and though people may scoff, don't knock it till you've tried it, as many of these remedies have earned their reputations over thousands of years.

Herbs, spices, foods and supplements all have their part to play and in the right combination they can help overcome many sexual problems. Sometimes these are in the mind but increasingly it's been shown that for both men and women, they're much more likely to be physical in origin.

#### HEART BOOSTING HERBS

- Garlic – Almost certainly most people's idea of the least aphrodisiac of all foods but just think of those Latin lovers, the fiery Spaniards and the French romantics. Garlic helps the body get rid of cholesterol which stops narrowing of the arteries and improves blood flow to the vital areas.

- Oregano – a favourite love herb of the ancient world and reputedly grown by the goddess Venus in her own love garden. The aromatic essential oils in oregano calm the jangled nerves and help remove the anxiety so often the cause of male impotence.
- Saffron – This favourite of Mediterranean cooks has more to offer than its delicate flavour and cheery yellow colour. It's made from part of crocus flowers and contains the essential oil crocin, regarded as a powerful aphrodisiac throughout the Mediterranean – perfect in lunchtime dishes before a long passionate siesta.
- Coriander – Sprinkled on pasta, mixed into a salad or a surprise addition to scrambled eggs, this is definitely a sexy herb. Grown throughout the Middle East for centuries and even buried in the Pharaohs tombs, it's mood-enhancing as well as aphrodisiac making it the perfect addition to any romantic meal.

## SPICES

You really can spice up your love life with these wonderful flavours.

- Cayenne – This South American chilli is one of the hottest of all and though you may only think of it as something con carne it's been prized as a medicine and an aphrodisiac for centuries. It contains a substance called capsaicin which is a powerful circulation booster and known to produce long term improvement in men's sexual prowess. If you're planning a passionate night to celebrate a special day, add it to curries, mulled wine, Indian, Afro-Caribbean or Indonesian foods. It's also great with traditional British favourites like scrambled eggs, shepherds pie or meatballs.
- Ginger – It's no joke that this wonderful spice 'gingers up' your sex life. The two main natural constituents are gingerol and zingiberene, which both stimulate and improve the circulation, resulting in better performance for men and greater enjoyment for the women. Add it to stir fries, meat dishes and desserts or drink ginger tea – the effects are amazingly quick.

## FOODS

No man is going to be up to much if he's full of steak and kidney pudding, a mountain of chips, followed by spotted dick and custard, all washed down with several pints of his favourite beer. Good sex needs a good healthy all-round diet but there are specific foods which are perfect for a night of passion.

- Asparagus – before you start sniggering it's nothing to do with the shape. This delicious vegetable has been used as a medicine for more than 3,000 years and wherever it's grown in the world it's renowned as an aphrodisiac. It contains asparagocide, a form of plant hormone, and is also a rich source of vitamins A and C, both essential for sexuality, as well as selenium, a vital protector of the prostate gland.
- Avocado – another traditional aphrodisiac thanks to its high vitamin E content – essential for fertility – and the cholesterol busting monounsaturated fatty acids which give them their fabulous texture.
- Shellfish – don't scoff at the aphrodisiac folklore that goes with oysters. They're the richest source of the mineral zinc which is essential for the formation of sperm and the protection of the prostate gland. Cassanova used to eat 70 a day and look what they did for him. Prawns, mussels, crab and scallops are all excellent sources of this mineral.

- Nuts and seeds – they all contain the vital vitamin E and essential minerals. Pumpkin seeds in particular are rich in zinc but sesame seeds are also a good source as well as containing large amounts of vitamin E. Brazil nuts are one of the best sources of selenium which protects the prostate gland.
- Liver – light and easily digestible it provides huge amounts of iron and vitamin B12, both essential for the formation of healthy blood and prevention of energy-sapping anaemia. It's also the richest supplier of vitamin A of all foods, which amongst other things maintains healthy mucus membranes so essential for women's enjoyment. Do not eat liver if you are pregnant.

## DRINKS

There are many drinks, with or without alcohol, which can enhance feelings of love and romance, and even improve sexual performance. A little wine or better still pink champagne, will work wonders, but beware the brewers' droop. Or as Shakespeare says so subtly in Macbeth, 'drink provokes the desire but it takes away the performance'. It's fine for the ladies but don't let your man overindulge.

- Watermelon Zapper – juice a large chunk of watermelon and stir in half a teaspoon of ground ginger. The heat and stimulating effect of the ginger and the cooling energising properties of watermelon make this a simple but effective aphrodisiac.
- Cherry and strawberry juice – it may sound simple but it can have quick and powerful effects. This contains vitamins A, B, C and lots of potassium – all important ingredients for a happy love life.
- Tropical Fizz – mix equal parts of mango and pineapple juice and champagne. Just the smell is enough to trigger raptures of romance but the vitamin A and natural enzymes combined with the heady lift of champagne makes this the perfect curtain raiser to your night of passion.
- Hot chocolate – not just a nightcap for old fogies but one of the most aphrodisiac of all drinks. The theobromine in the chocolate is one of nature's most powerful mood enhancers and the small amount of caffeine provides that extra energy burst you need.

## SUPPLEMENTS

Supplements can be a real boost to your emotional and physical love life. They can be especially valuable if you've been ill, overworked, stressed and tired. They're also important if your food intake has been restricted for whatever reason, but do remember they are not a long term alternative to healthy eating.

- Fembido – this Goldshield formula for women is a unique combination of herbs and vitamins, including Damiana, Ginseng, Fenugreek, Avena sativa and B vitamins. It helps combat fatigue, stress and a generally low state of libido. Where there are more specific problems it may improve things to add one of the other listed remedies.
- Virbido – this is the special Goldshield formula for men. Minerals, amino acids, special nutrients with an ancient folk lore reputation. Ginseng, Gotu Kola, Sarsaparilla, Avena sativa with zinc and L-Arginine are the basis of this energising capsule. This is the

starting point to help overcome any sexual difficulties, but it may help to add an extra boost from one of the other remedies in the list,

- Ginkgo biloba – used in Chinese traditional medicine for 5,000 years it is a potent stimulant of the circulatory system. It improves the blood flow by relaxing blood vessels, particularly those at the end of the circulatory tree. For this reason it's equally effective for men and women improving both performance and pleasure.
- Vitamin E – one of the most valuable of the protective antioxidants and vital for the proper functioning of the heart and circulatory system. This nutrient is also the key to good sexual function and fertility. You'll find it as tablets in combination with other vitamins, or capsules in varying strengths.
- Coenzyme Q10 – another powerful antioxidant which protects your body's cells from damage but it has another role vital to happy love-making as it produces an increase in your available energy resources. It's part of the chemical process through which the body converts food into energy that can be used instantly, enabling you to enjoy greater physical activity.
- Ginseng – another activity booster which has been used by herbalists since the 1700s, though the Chinese knew about its medicinal value more than 6,000 years ago. Ginseng has an ancient reputation as a virility booster and was traditionally known in China as 'man-root' thanks partly to its appearance but also for its properties. Available as capsules or as a liquid medicine.
- Iron – a vital mineral for life as it provides a way in which the blood can carry oxygen to each cell in the body. Most women of child bearing age have low iron levels, but men can have problems too. Poor diet, missed meals, not enough vitamin C and a hectic life with too little sleep. Lack of iron may lead to fatigue, lack of interest and poor performance – a trio that soon becomes an established pattern.
- Saw palmetto – for many men prostate enlargement is a frequent cause of sexual disappointment, and for their partners too. Of course, any prostate problems must be discussed with your doctor as there is the possibility of prostate cancer. The vast majority though, are caused by simple enlargement and that can be reversed by this amazing herb, first used by the Medicine Men of the American Indians.

Armed with all this information this could be your best chance of turning the clock back to the heady days that we all enjoy at the start of any serious relationship. Whether you and your partner have been married for 50 years or this is your first date, you'll now be able to start the day in the warm glow of companionable friendship, progress to romantic relationships and end in consuming passions – enjoy!