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Whole-Person Wellness



Six Foods to Maintain Healthy Sex

Eat these to (naturally) turn up the heat



Asparagus

Asparagus is rich in vitamin B6 and folate, both of which can boost arousal and orgasm. It also boasts vitamin E, which stimulates sex hormones in men and women.



Avocado

Energy and libido are crucial for sex, and avocados can give you both. They're loaded with minerals, monounsaturated fats (the good kind that protect the heart and lower cholesterol), and vitamin B6 – all of which help keep your energy and sex drive up. They're also a top source of omega-3 fatty acids, which naturally boost your mood.



Chile Peppers

Chile peppers can really spice things up thanks to capsaicin, a chemical that's been shown to induce the release of endorphins in the brain, which create a feeling of euphoria.



Chocolate

Chocolate has long been linked with love and sex. It contains tryptophan, which helps the body produce serotonin, a natural feel-good chemical that may play a role in sexual arousal. Chocolate also provides phenyl ethylamine, a stimulant thought to contribute to that lovey-dovey feeling.

There are general recommendations and may not be appropriate for everyone. Please consult with your healthcare provider regarding your individual needs.



Licorice

This candy is thought to mimic the effects of estrogen and progesterone, critical hormones for normal sexual function. Be sure to buy a variety that contains real licorice-root extract.



Oysters

Oysters are loaded with zinc. This mineral helps the body produce testosterone, a hormone critical in regulating women's and men's libido and sexual function. Research suggests that zinc can increase sexual potency in men. For women, zinc may help the ovaries – the source of estrogen, progesterone, and some testosterone – stay healthy.