

## SUPERCHARGE YOUR SEX LIFE WITH THIS APHRODISIAC SALAD

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A bowl of veggies has never been so sexy. Raw vegan Drs. Brian and Anna Maria Clement, who are married (aw), are on a mission to educate readers of their new book, *7 Keys to Lifelong Sexual Vitality*, about how a raw vegan diet can enhance your performance in bed. And we've got the inside scoop! Kickstart some serious passion with the Clements' "Sex Salad" recipe, below:

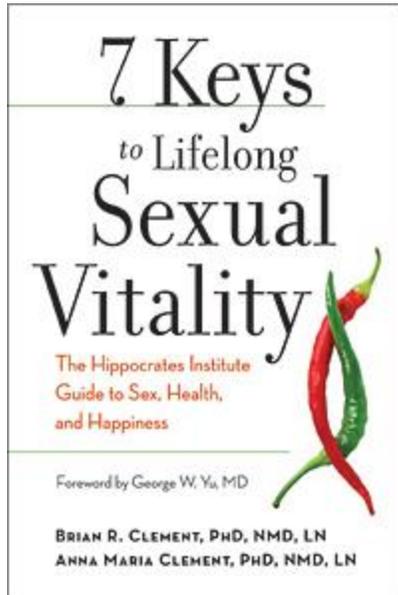
### "Aphrodisiac Salad" or "Sex Salad"

This concoction includes ingredients whose nutrients contain some of the most powerful libido enhancers.

- *Base*: mix of "super" greens like mustard greens, spinach, baby kale, and pea greens
- *Toppings*: chopped scallion, dried apricots, avocado, zucchini, chopped broccoli, pumpkin seeds
- *Dressing (combine in blender)*: 4 tbsp. lemon juice, 1 garlic clove, 1½ tsp. Herbs de Provence, ½ lb. fresh basil, pinch of cayenne pepper, ½ c extra virgin olive oil

Here's why the salad is great preparation for the sack, says the Clements:

The **greens** are packed with good stuff including beta-carotene (vitamin A), which is, first off, best known for the positive effect it has on eye and skin health. However: "It also plays a vital role in the production of sex hormones. It strengthens the mucus membranes, prevents atrophy of the genitals, and increases sperm count. The strength and numbers of white blood cells intensify with absorption of this vitamin, and while blood cells are essential to the production of sex hormones."



As for the **apricots and pumpkin seeds**, you're getting a big dose of iron. "This red blood cell nutrient allows the absorption and transportation of oxygen to occur at the intercellular level throughout the systems of the body. Lack of iron contributes to sexual dysfunction."

**Avocados?** Choline. "Part of the B-vitamin complex, it is essential to circulatory activity, blood cell development, and neurological function. It's important to have adequate amounts to regulate brain cell activity to balance mood, heighten happiness, and increase the potential for imagination."

And the humble **zucchini** "enhances blood circulation and helps both desire and performance."

Want to try an all-raw, vegan diet? (Even just for the fabulous sex?) Make the transition gradually to ensure you're getting the nutrition your body needs, suggests the Drs. Clement:

"When moving into a health building raw/living foods diet one should move slow but sure," the doctors say. "First reduce harmful foods like meat, dairy, flour products, etc. Add substantially nutritious sprouts like sunflower, mung bean, clover, etc. They provide complete proteins and a wide selection of vitamins and minerals. Take the supplements blue green algae, green algae (chlorella), and bee pollen. This will give you the superior nutrition that raises your health and libido at the same time. If you can add fresh juices made from greens and wheatgrass, it will further enhance your full-spectrum nutrition and get both your and your mate's juices flowing."

Check out the book on Amazon [here!](#)