

Dear Dr. Myrtle,
*If it's true that you are what you eat,
 then how does what I eat relate to my
 sexual abilities?*

Is junk food really going to kill my sex life?

The Good Sex Diet

What if there was something that I could prove to you that you could do every day that would help you live a healthier life, and maintain your capacity as a sexually capable person? Would you do it?

You're kidding right? Some pill or something?

Nope. You'll have to work at putting this all together, though. In our current food system, it can be challenging sometimes to stick with the program. And for those who want their sex lives to zing from now to evermore, here is the program.

The Good Sex Diet

The Good Sex Diet is full of the ingredients your body needs to make your sexual



arousal system hop with fire. It also happens to taste fantastic, so you can enjoy the pleasure of eating, too. This diet looks very similar to the Mediterranean diet (also known as the low-glycemic index diet, or the DASH diet, or Mark Bittman's ERF diet), and is less expensive than you might think when you realize that your body will be satisfied with the high quality food and taste of what you are eating.

This isn't a grab-n-go diet, and there is almost no processed food in it at all. However, no need to go all raw food, either. Focus instead on the natural color of your foods, and you'll be choosing the right foods for your sex life too.

Components of Good Sex Diet

The Good Sex Diet has three main features that meat eaters and vegetarians can both love.

Part 1: Proteins High in L-arginine

Any food that is naturally high in L-arginine will help your sexual capacities (see Geek Corner, right). Examples of foods high in L-arginine are:

1. Legumes: peanuts & soybeans (edamame).
2. Nuts: walnuts, almonds, hazelnuts & pistachios.
3. Some seeds: flaxseeds, sunflower seeds.
4. Beans: lentils, and any other kind of bean.
5. Meats: salmon, tuna, shrimp, chicken, turkey.
6. Eggs: whites & yolks.

Some proteins are not as good a choice because of the way they are usually produced. For example, grass-fed organic beef is a reasonable choice occasionally, while corn-fed beef is not. But fry that organic beef to a crisp and it also falls off the good list. Why? It depends on how the food was grown, then how it was cooked. Beef raised on corn messes up your sexual nerve function, while charred food destroys blood vessels and nerves (see the geek explanation, right).

Part 2: A Wide Variety of Antioxidants

The Good Sex Diet has a wide range of antioxidants that help your sexual systems sing! Our bodies create inflammation (particularly when we break down carbs) that directly damages your sexual arousal system, and antioxidants help control that process.

Part 3: Vitamin D & Calcium

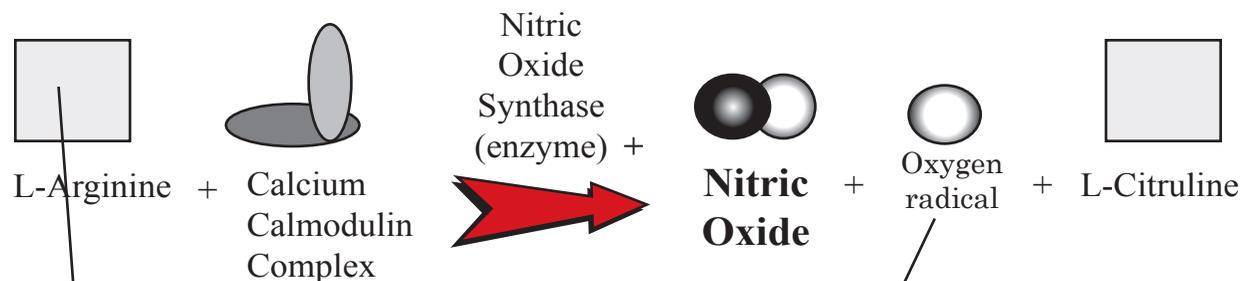
The only supplements we consistently recommend 2,000 IU Vitamin D3 + 500mg Calcium Citrate + 2-4gm Fish Oils per day. Ask your health care provider if this is right for your unique health & medical situation.

Geek Corner:

the biochemistry of sex

Eating, or grazing, healthy food all day long leads to better sexual function. Eating "junk food" or "processed food" leads to poor sexual function. Here's why, in a geeky sort of way:

Look at this chemical equation:



L-arginine is a protein that we mostly make in our liver, but that we can supplement with food proteins. Our bodies use L-arginine continuously to make two important gasses: nitric oxide and oxygen. To do that, our cells need to have important things hanging around, like calcium, and some other stuff. In the process of making nitric oxide, L-arginine is converted to L-citrulline.

Here's the important part: nitric oxide is the neurotransmitter of sex. Nitric oxide:

- ~relays sexual arousal information between brain and body,
- ~opens up our small blood vessels to let blood flow in, so
- ~triggers our genitals to become filled with blood (engorged), and
- ~has to be biologically available (not tied up) to work properly.

So if nitric oxide is important, then L-arginine is important, too. La! The Good Sex Diet!

Q: But I was taught that the parasympathetic nervous system was responsible for sexual arousal.

A: Almost right. It is the nitric-oxide producing (called nitric) myelinated-nerve-part of the "rest & recover" parasympathetic nervous system that functions in sexual arousal.

But notice the oxygen radical production over on the right. If the body makes too many free radicals (or L-citrulline, for that matter), the equation will automatically slow down. This is because if extra oxygen radicals (known as O⁻) stays in contact with N-O, OONO!! could form. OONO!! (peroxynitrate) makes many more free radical molecules which destroy stuff, including blood vessels in your genitals and heart muscle. To counteract these extra radicals, we need to eat anti-oxidants (against + oxygen free radicals), in all forms. This means that we need to protect against oil-based oxidants with antioxidants such as olive oil, and water-based oxidants with antioxidants such as blueberries. Don't forget the garlic and onions: it protects a sulfur-based antioxidant named "glutathione", too. We also need a bit of vitamin D and calcium available to help the equation along.

It's a little more tricky than that, but this is good enough to explain why food is the spice of sex.

Here are some suggestions for Good Sex Antioxidants:



Beverages: black tea, green tea, red tea, white tea, coffee, chocolate, water. When in doubt, drink water. Your sexual system can't work well if you're dehydrated. Drink a bit all through the day and change it up so that you're diverse in what you drink. If caffeine makes you jittery or keeps you from sleeping, only drink coffee or black tea before midday. After that, switch over to green, then red tea (no caffeine) for the evening. REPUBLICOFTEA.COM has some great flavors.

Fruits: blueberries, cherries, raspberries, cranberries. Skip the bananas. Instead eat apples and any other fruit that has a vivid color (strawberries). Avocados count as fruit, as does chocolate if it's more than 65% cacao.



Speaking of chocolate, eating 1-2 ounces *per* day of this L-arginine-rich, antioxidant food is a good thing, biochemically speaking. Eating a little square before a meal helps you feel fuller (because you ate something of such value before the meal). Just drop in a bit here and there during your day.

However, milk (or white) chocolate is NOT on this list, because there is so little of the cacao it doesn't help. Don't eat milk chocolate at all since the chocolate is only coloring the food.



Vegetables: eat colorful vegetables as the base of your entire diet. Natural color in fruit is a marker for antioxidants, so if you're eating something with a lot of color, it's on the list. Tomatoes? Great! Broccoli? Fantastic!



Brown food is ok, too. Whole grain breads, buckwheat pasta, steel-cut oats, and high-protein rice such as basmati or jasmine are fine foods for your sexual health. (Funny thing, brown rice is only so-so.) Don't be fooled by brown bread: brown-colored bread doesn't count as whole grain bread. Pasta cooked "al dente" (cooked, but not all mushy) is fine in moderation, since the minimal cooking lowers something called the glycemic index (GI). Low GI foods prevent fast spikes in your blood sugar levels which is damaging to small blood vessels. Low GI is good for you.

Oils are critical for health when they're the right oils. It's important to keep the lipids in your body from oxidizing (aka going rancid). Good oils are antioxidants, so avocado, olive and fish oils are good for your sex life. Avoid trans fats completely, and use butter sparingly.



Random great foods include the following: Fermented things are great, and that includes cheese! (Yea!) Also includes: miso, tempeh, kefir, yogurt, pickles, kimchee and vinegar. Just mix it up and don't eat a lot of only one thing.

Things Not to Eat

No color, no eat. Potatoes are not on the list, unless they are yellow (Yukon Gold), or blue. Skip the russets. Walk away from fettucini alfredo. While brown/whole grain breads are good, you've noticed that muffins and chips didn't make the list. This is because our bodies create inflammatory chemicals when they break down most white or highly-processed food. Inflammatory foods damage our sexual arousal systems directly. If it's fast food or junk food, it's not on the Good Sex Diet.

Final Thoughts.

Eat "real food", the fresher the better. Food that's been sitting around, even in the fridge, is losing its nutritional value.

It's also helpful to include protein (see the reverse side) and oil in every meal. This helps to control your blood sugar, keeps you from being hungry all the time, and binging on those leftover doughnuts on the counter. Try keeping a little baggie of nuts and dried cherries or blueberries on your desk for mid afternoon snacks.

Don't rely on supplements. Focus on real food. You're going to end up eating food eventually, so it may as well be the delicious food in the Good Sex Diet.

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AWT Good Sex Diet

~food IS the spice of sex
~what you eat determines how much pleasure you experience in life
~yes, chocolate is good for your sex life



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