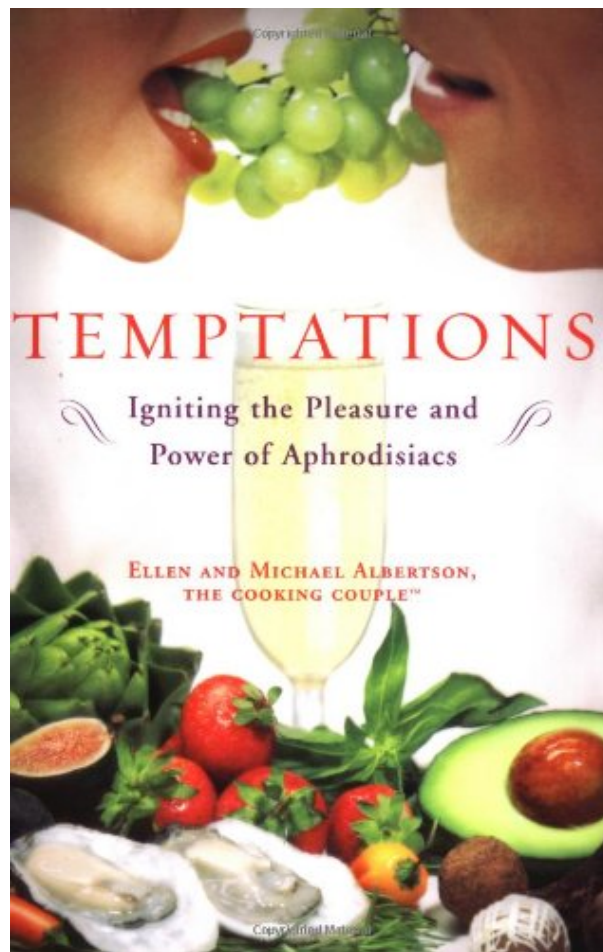
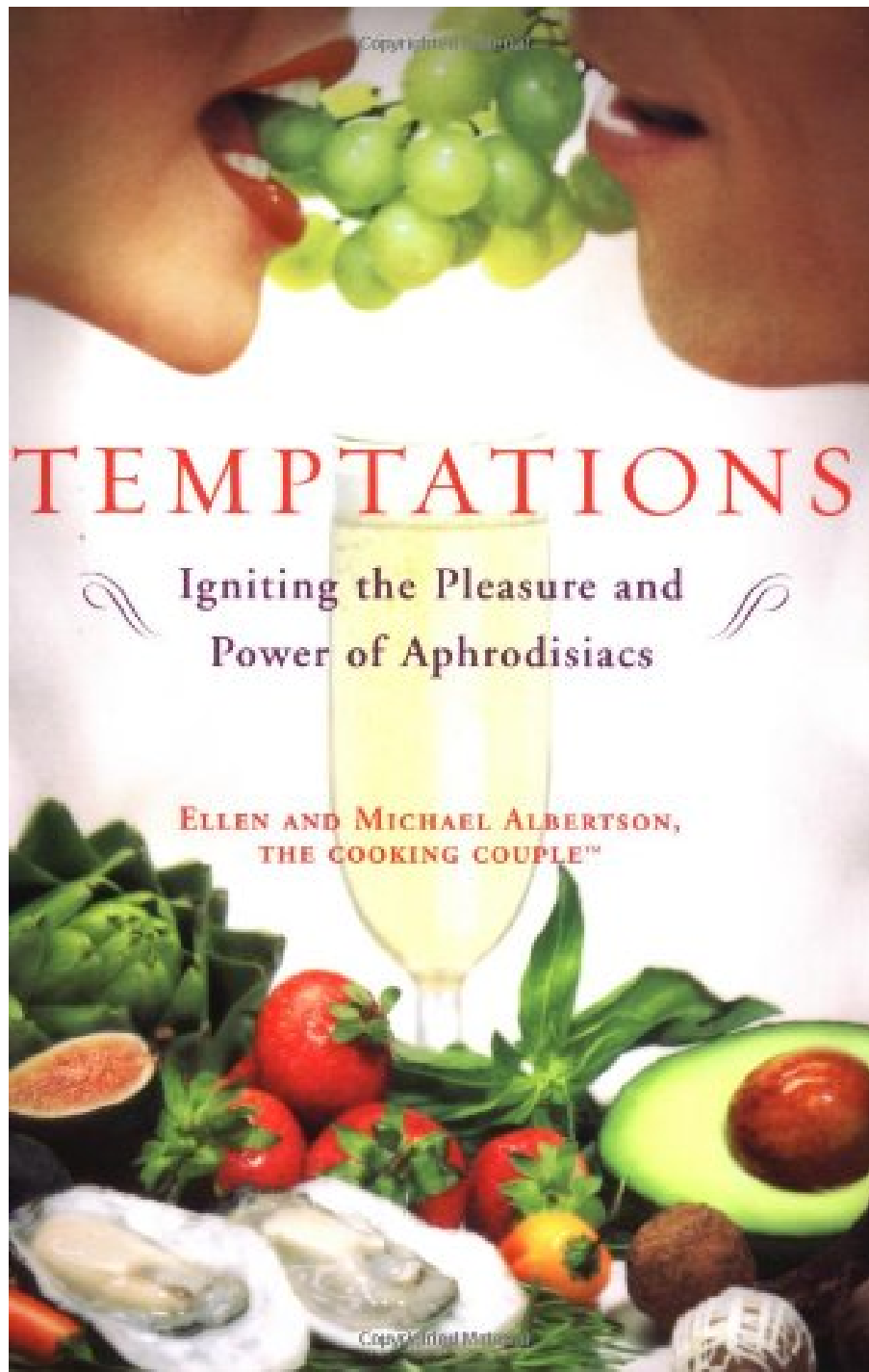


TEMPTATIONS: IGNITING THE PLEASURE AND POWER OF APHRODISIACS BY MICHAEL ALBERTSON



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Amazon.com Review

Forget about that expensive dinner out and start planning the ultimate at-home seduction with Temptations, an entertaining cookbook that also includes fascinating information on a whole world of edible aphrodisiacs.

We've all heard of the oyster's naughty reputation, but what about licorice, onions, and chili peppers? For each food or flavoring, authors Ellen and Michael Albertson (Food as Foreplay) don't just supply their own recipe: they also include such amusing quotes as, "Where there is no wine, there is no love" from Euripides, historical recipes from sources like Madame du Barry and Empress Josephine, and food trivia on everything from lobsters (a female is called a "hen") to cholesterol.

The Albertsons cook per the "K.I.S.S." rule--"keep it simple, sweetheart." Even so, most of the recipes require a certain level of kitchen aptitude. Anyone comfortable with a blender can handle the pesto or brandied fruit cocktail, but the roasted figs and French onion soup may be a bit overwhelming to the novice.

The final chapters are devoted to practical suggestions on improving your sex life, and include everything from babysitting tips to recommendations about daily vitamin supplements. Whether your sights are aimed at the kitchen or the bedroom, this warm little book can teach you the true meaning of temptation. --Jill Lightner

About the Author

Ellen and Michael Albertson are the hosts of Boston's popular weekly radio show The Cooking Couple™. Ellen, a Registered Dietician and medical journalist, has written for such magazines as Self and Natural Health. Michael is a chef and comedian who has written for Playboy and the Boston Herald. They live in Boston, Massachusetts.

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Introduction: The Joy of Aphrodisiacs

Ensuring the survival of our species, the quest for food and sex are the most basic human drives. The search

for amatory bliss, and the hunt for substances that provide it, are as old as the dawn of civilization. Let's face it, we all want better sex lives.

Lucky for us modern Homo sapiens, we don't have to hunt and forage for aphrodisiacs. Nowadays, sexual stimulation is as close as your pantry or supermarket.

In fact, you've probably eaten aphrodisiacs today. Did you have coffee with a doughnut this morning? A bowl of minestrone with garlic bread for lunch? Perhaps you snacked on a handful of nuts during work or ate chocolate for dessert.

Congratulations, you've consumed aphrodisiacs! See, wasn't that easy? Think of all the fun you could have had if you only knew.

Consider *Temptations* your personal aphrodisiac owner's manual: a culinary road map to romance, love, and lust.

In *Temptations* we'll tell you exactly what foods can turn you and your lover on and how to shift your libido into high gear; and we'll give you ways to revitalize your body with foods that will make you fit for life -- especially your sex life.

We'll show you how to identify aphrodisiacs that are scientifically proven and guide you in creating delicious aphrodisiac-laced meals quickly, simply, and easily, so that you have plenty of time and energy for dessert. (Dessert is you!) We have also included foods that are historically purported to enhance sexual performance but have not yet been put through rigorous scientific evaluation. Of course we have put them through our own rigorous and energetic evaluation process.

Hey, someone has to do it.

Cooking and eating are like making love. The same senses -- smell, sight, taste, hearing, and touch -- play key roles in the kitchen and in passion play. Just by cooking a good meal, you are engaging in an erotic act. And unlike shopping in a sex boutique, which can be embarrassing ("Do you have those edible undies in a size 18?") no one needs to know exactly what your plans are for those pine nuts or oysters. What's more, aphrodisiacs and sex are actually good for you. We will reveal the superior nutrients in aphrodisiacs that ward off heart disease, cancer, PMS, and a wide variety of other ailments. Lovemaking itself is a form of healing that is promoted by everyone from Marvin Gaye to heart doc Dean Ornish. Many scientific studies have shown that sex enhances and heals relationships while promoting wellness. New research by Drs. Francis X. Brennan, Jr., and Carl J. Charnetski of Wilkes University suggests that a moderate amount of sexual activity strengthens the body's immune system and fights colds, flu, and other diseases. So it stands to reason that anything that promotes lovemaking can have beneficial effects on your well-being.

Now it's official: Aphrodisiacs are good for your health, too!

From the Dawn of Time to Today

Aphrodisiacs have been part of human existence and the human diet since the beginning of recorded time. African hunters devoured raw lion organs. The Romans preferred wild wolf penis and crocodile semen, and the Egyptians, poisonous serpents. To assure virility on their wedding night, Prussian bridegrooms ate the testicles of wild goat, boar, or bear. Today, tiger penis and rhino horn are still sought-after aphrodisiacs in China. The greatest lovers and most passionate writers throughout history -- from Aristotle and Pliny to Shakespeare and Casanova -- have seized the power of aphrodisiacs. Leave it to the Bard, who warned in *Macbeth* that alcohol "provokes the desire, but it takes away the performance," to write the perfect example

of how aphrodisiacs, if used properly, can enhance pleasure or, used improperly, can fall flat.

It's no coincidence that in modern America, where home-cooked meals are an afterthought, we have one of the highest divorce rates (about 50 percent) of any developed country. In France, the divorce rate is noticeably lower than America's, romance is a way of life, aphrodisiacs grace the plate, and bad food is taboo. Are you starting to see a connection here? Every meal is an occasion to celebrate sensuality and toast love, romance, family, and life. Good food served on a bed of romance leads to a happy, healthy, long, loving, sexually satisfying life.

From Beefcake to Cheesecake

Food and sex are intimately entwined in our bodies and minds. Even our language associates food with sex. Just consider the culinary-charged terms used in the game of sexual pursuit -- beefcake, cheesecake, honey, sweetie pie, sugar britches, sugar daddy, buns, sausage, melons, meat, and nuts. (Quite a meal!) In fact, the ancient Greeks were so aware of the food/sex connection that cheesecakes were baked in the shape of a woman's breast, thus linking the taste buds with the libido and inventing one of the greatest desserts in history (or is it herstory?), that eventually gave birth to today's wedding cake.

During World War II, G.I.'s longing for female companionship placed pictures of a scantily clad Betty Grable and her glamorous gams over their beds and referred to the pin-up as "cheesecake." Leggy actresses weren't the only bodies up for show. In the early 1950s erotic photographic displays of the male physique began to be exhibited in bodybuilding magazines. Eventually these pectoral pictorials began filtering into mainstream society and the term beefcake was born.

There are a number of reasons why aphrodisiacs have the power to ignite our senses, capture our imaginations, and fire up our libidos. Aphrodisiacs work on many levels and several factors come into play: chemical, sensory, emotional, romantic, social, and energy factors.

The Chemical Factor

Casanova didn't need a double-blind, placebo-controlled research study sponsored by a giant pharmaceutical conglomerate to know that oysters are an aphrodisiac. He listened to (or perhaps watched) his body respond. Finally, science has explained what he experienced: Oysters are rich in zinc, a male virility mineral. Ol' Casanova knew his stuff. Our sexual organs and endocrine system need special nourishment. Every day he ate dozens of oysters off the breasts of a beautiful woman, usually in a warm tub.

Why do women crave chocolate? Because it's an aphrodisiac, tastes fabulous, and contains magnesium, a mineral that many women crave, particularly before menstruation. Chocolate also contains more than four hundred different chemicals, including phenylethylamine (PEA), an amphetamine-like brain chemical that triggers the sense of euphoria that people experience when they fall in love. Chocolate's seductive combination of fat and sugar increases natural pleasure chemicals produced by the brain called endorphins. And the enticing food also contains the stimulants theobromine and caffeine, which rev up the central nervous system and elevate heart rate and blood pressure. All of these help put us in the "love" mood and enhance sexual performance.

The Aztec king Montezuma drank fifty cups of cocoa before entertaining his harem of six hundred women. (Toga, toga, toga!) How he ever found the time and energy to rule his kingdom is beyond us.

Everyone's reaching for Viagra for a reason, and a lot of it has to do with diet. The over-processed, standard American diet is filled with sugar, calories, and fat, which can cause a significant drop in testosterone levels and increase the risk of erectile dysfunction. (Yes, too many double-pepperoni, sausage, and extra-cheese

pizzas can rob you of your manhood. Think about that the next time you call Domino's.) The standard American diet lacks key vitamins, such as E (which is needed to make sex hormones and sperm) and the B-complex (which helps increase blood flow to the penis); minerals like zinc and calcium (which helps fight osteoporosis, PMS, and even depression); and essential fats, all of which are needed for your body to be a healthy, functioning, sexually vital machine.

There are dozens of foods that have been shown to reverse the aging process and increase your sexual appetite and capacity. Unlike Viagra, these natural sexual stimulants and body boosters don't have negative side effects like headaches, diarrhea, urinary tract infections, and blue/green-tinted vision. (We know, back in school you used to pay big money to a guy named Chemical Carl for the blue/green-tinted vision.) There are many foods that we'll tell you about that work like Viagra does by boosting levels of a molecule called nitric oxide, which triggers erections.

The Sensory Factor

Babies quickly learn to associate certain tastes and smells with comfort and contentment. As adults, tastes and smells remain a trigger, while romantic love and sex become our comfort and contentment.

Eating is an intimate, sensual, and sensory activity that can stimulate our sexual appetites if the right foods are correctly prepared and consumed. Foods that remind us of sex because of their taste, texture, or appearance are turn-ons: Briny seafood, for example, smells and tastes like sexual juices. Not to mention that seafood is rich in nutrients that help boost hormone levels and enhance sexual function. This shouldn't be shocking or come as a surprise; after all, life on earth originated in the sea. Raw seafood is also sensuous and suggestive because of its fleshy, soft texture. Eat seafood with the hands (think of the lobster scene in the movie Flashdance and you'll know what we mean) and the food/sex connection becomes even clearer.

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From Beefcake to Cheesecake Food and sex are intimately entwined in our bodies and minds. Even our language associates food with sex. Just consider the culinary-charged terms used in the game of sexual pursuit -- beefcake, cheesecake, honey, sweetie pie, sugar britches, sugar daddy, buns, sausage, melons, meat, and nuts. (Quite a meal!) In fact, the ancient Greeks were so aware of the food/sex connection that cheesecakes were baked in the shape of a woman's breast, thus linking the taste buds with the libido and inventing one of the greatest desserts in history (or is it herstory?), that eventually gave birth to today's wedding cake. During World War II, G.I.'s longing for female companionship placed pictures of a scantily clad Betty Grable and her glamorous gams over their beds and referred to the pin-up as "cheesecake." Leggy actresses weren't the only bodies up for show. 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How he ever found the time and energy to rule his kingdom is beyond us. Everyone's reaching for Viagra for a reason, and a lot of it has to do with diet. The over-processed, standard American diet is filled with sugar, calories, and fat, which can cause a significant drop in testosterone levels and increase the risk of erectile dysfunction. (Yes, too many double-pepperoni, sausage, and extra-cheese pizzas can rob you of your manhood. Think about that the next time you call Domino's.) The standard American diet lacks key vitamins,

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Unfunny and grating but interesting nonetheless

By A Customer

Fans of the Food Network's "Good Eats" will find a lot to like in this book that purports to be all about upping your potency and turning your partner on, but in actuality is really a bunch of food trivia. Interesting, yes. Will it improve your sex life? Doubtful.

The real turnoff here is the authors' irrepressible need to insert some schticky one-liner in every other paragraph. That would be fine if they were funny. Instead, they're sophomoric and annoying, and they make it difficult to read more than a couple pages at a time. It quickly becomes a test of endurance. See all 1 customer reviews...

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Introduction: The Joy of Aphrodisiacs Ensuring the survival of our species, the quest for food and sex are the most basic human drives. The search for amatory bliss, and the hunt for substances that provide it, are as old as the dawn of civilization. Let's face it, we all want better sex lives. Lucky for us modern *Homo sapiens*, we don't have to hunt and forage for aphrodisiacs. Nowadays, sexual stimulation is as close as your pantry or supermarket. In fact, you've probably eaten aphrodisiacs today. Did you have coffee with a doughnut this morning? A bowl of minestrone with garlic bread for lunch? Perhaps you snacked on a handful of nuts during work or ate chocolate for dessert. Congratulations, you've consumed aphrodisiacs! See, wasn't that easy? Think of all the fun you could have had if you only knew. Consider **Temptations** your personal aphrodisiac owner's manual: a culinary road map to romance, love, and lust. In **Temptations** we'll tell you exactly what foods can turn you and your lover on and bow to shift your libido into high gear; and we'll give you ways to revitalize your body with foods that will make you fit for life -- especially your sex life. We'll show you how to identify aphrodisiacs that are scientifically proven and guide you in creating delicious aphrodisiac-laced meals quickly, simply, and easily, so that you have plenty of time and energy for dessert. (Dessert is you!) We have also included foods that are historically purported to enhance sexual performance but have not yet been put through rigorous scientific evaluation. Of course we have put them through our own rigorous and energetic evaluation process. Hey, someone has to do it. Cooking and eating are like making love. The same senses -- smell, sight, taste, hearing, and touch -- play key roles in the kitchen and in passion play. Just by cooking a good meal, you are engaging in an erotic act. And unlike shopping in a sex boutique, which can be embarrassing ("Do you have those edible undies in a size 18?") no one needs to know exactly what your plans are for those pine nuts or oysters. What's more, aphrodisiacs and sex are actually good for you. We will reveal the superior nutrients in aphrodisiacs that ward off heart disease, cancer, PMS, and a

wide variety of other ailments. Lovemaking itself is a form of healing that is promoted by everyone from Marvin Gaye to heart doc Dean Ornish. Many scientific studies have shown that sex enhances and heals relationships while promoting wellness. New research by Drs. Francis X. Brennan, Jr., and Carl J. Charnetski of Wilkes University suggests that a moderate amount of sexual activity strengthens the body's immune system and fights colds, flu, and other diseases. So it stands to reason that anything that promotes lovemaking can have beneficial effects on your well-being. Now it's official: Aphrodisiacs are good for your health, too! From the Dawn of Time to Today Aphrodisiacs have been part of human existence and the human diet since the beginning of recorded time. African hunters devoured raw lion organs. The Romans preferred wild wolf penis and crocodile semen, and the Egyptians, poisonous serpents. To assure virility on their wedding night, Prussian bridegrooms ate the testicles of wild goat, boar, or bear. Today, tiger penis and rhino horn are still sought-after aphrodisiacs in China. The greatest lovers and most passionate writers throughout history -- from Aristotle and Pliny to Shakespeare and Casanova -- have seized the power of aphrodisiacs. Leave it to the Bard, who warned in Macbeth that alcohol "provokes the desire, but it takes away the performance," to write the perfect example of how aphrodisiacs, if used properly, can enhance pleasure or, used improperly, can fall flat. It's no coincidence that in modern America, where home-cooked meals are an afterthought, we have one of the highest divorce rates (about 50 percent) of any developed country. In France, the divorce rate is noticeably lower than America's, romance is a way of life, aphrodisiacs grace the plate, and bad food is taboo. Are you starting to see a connection here? Every meal is an occasion to celebrate sensuality and toast love, romance, family, and life. Good food served on a bed of romance leads to a happy, healthy, long, loving, sexually satisfying life. From Beefcake to Cheesecake Food and sex are intimately entwined in our bodies and minds. Even our language associates food with sex. Just consider the culinary-charged terms used in the game of sexual pursuit -- beefcake, cheesecake, honey, sweetie pie, sugar britches, sugar daddy, buns, sausage, melons, meat, and nuts. (Quite a meal!) In fact, the ancient Greeks were so aware of the food/sex connection that cheesecakes were baked in the shape of a woman's breast, thus linking the taste buds with the libido and inventing one of the greatest desserts in history (or is it herstory?), that eventually gave birth to today's wedding cake. During World War II, G.I.'s longing for female companionship placed pictures of a scantily clad Betty Grable and her glamorous gams over their beds and referred to the pin-up as "cheesecake." Leggy actresses weren't the only bodies up for show. In the early 1950s erotic photographic displays of the male physique began to be exhibited in bodybuilding magazines. Eventually these pectoral pictorials began filtering into mainstream society and the term beefcake was born. There are a number of reasons why aphrodisiacs have the power to ignite our senses, capture our imaginations, and fire up our libidos. Aphrodisiacs work on many levels and several factors come into play: chemical, sensory, emotional, romantic, social, and energy factors. The Chemical Factor Casanova didn't need a double-blind, placebo-controlled research study sponsored by a giant pharmaceutical conglomerate to know that oysters are an aphrodisiac. He listened to (or perhaps watched) his body respond. Finally, science has explained what he experienced: Oysters are rich in zinc, a male virility mineral. Ol' Casanova knew his stuff. Our sexual organs and endocrine system need special nourishment. Every day he ate dozens of oysters off the breasts of a beautiful woman, usually in a warm tub. Why do women crave chocolate? Because it's an aphrodisiac, tastes fabulous, and contains magnesium, a mineral that many women crave, particularly before menstruation. Chocolate also contains more than four hundred different chemicals, including phenylethylamine (PEA), an amphetamine-like brain chemical that triggers the sense of euphoria that people experience when they fall in love. Chocolate's seductive combination of fat and sugar increases natural pleasure chemicals produced by the brain called endorphins. And the enticing food also contains the stimulants theobromine and caffeine, which rev up the central nervous system and elevate heart rate and blood pressure. All of these help put us in the "love" mood and enhance sexual performance. The Aztec king Montezuma drank fifty cups of cocoa before entertaining his harem of six hundred women. (Toga, toga, toga!) How he ever found the time and energy to rule his kingdom is beyond us. Everyone's reaching for Viagra for a reason, and a lot of it has to do with diet. The over-processed, standard American diet is filled with sugar, calories, and fat, which can cause a significant drop in testosterone levels and increase the risk of

erectile dysfunction. (Yes, too many double-pepperoni, sausage, and extra-cheese pizzas can rob you of your manhood. Think about that the next time you call Domino's.) The standard American diet lacks key vitamins, such as E (which is needed to make sex hormones and sperm) and the B-complex (which helps increase blood flow to the penis); minerals like zinc and calcium (which helps fight osteoporosis, PMS, and even depression); and essential fats, all of which are needed for your body to be a healthy, functioning, sexually vital machine. There are dozens of foods that have been shown to reverse the aging process and increase your sexual appetite and capacity. Unlike Viagra, these natural sexual stimulants and body boosters don't have negative side effects like headaches, diarrhea, urinary tract infections, and blue/green-tinted vision. (We know, back in school you used to pay big money to a guy named Chemical Carl for the blue/green-tinted vision.) There are many foods that we'll tell you about that work like Viagra does by boosting levels of a molecule called nitric oxide, which triggers erections. The Sensory Factor Babies quickly learn to associate certain tastes and smells with comfort and contentment. As adults, tastes and smells remain a trigger, while romantic love and sex become our comfort and contentment. Eating is an intimate, sensual, and sensory activity that can stimulate our sexual appetites if the right foods are correctly prepared and consumed. Foods that remind us of sex because of their taste, texture, or appearance are turn-ons: Briny seafood, for example, smells and tastes like sexual juices. Not to mention that seafood is rich in nutrients that help boost hormone levels and enhance sexual function. This shouldn't be shocking or come as a surprise; after all, life on earth originated in the sea. Raw seafood is also sensuous and suggestive because of its fleshy, soft texture. Eat seafood with the hands (think of the lobster scene in the movie Flashdance and you'll know what we mean) and the food/sex connection becomes even clearer. We don't need to tell you what bananas, carrots, asparagus, and figs resemble. Look closely as you take a bite and you may find your mind wandering to thoughts of... After all, it doesn't take much. The average male thinks about sex eleven times an hour. Flowers, which are plants' sexual organs, remind us of the budding passion of spring -- and let's face it, blossoms resemble a vagina. (Just take a look at a Georgia O'Keeffe painting.) Buying your lover flowers is a simple gesture that communicates: "I want to make love to you." Why? Sens... Get the advantages of reviewing behavior for your life style. Reserve Temptations: Igniting The Pleasure And Power Of Aphrodisiacs By Michael Albertson message will always connect to the life. The reality, knowledge, science, health, religion, entertainment, as well as a lot more can be located in composed publications. Several writers provide their encounter, science, study, as well as all points to show you. One of them is with this Temptations: Igniting The Pleasure And Power Of Aphrodisiacs By Michael Albertson This book Temptations: Igniting The Pleasure And Power Of Aphrodisiacs By Michael Albertson will certainly supply the required of message and also declaration of the life. Life will be finished if you understand more points through reading publications.