



Pine nuts

If a guy is zinc deficient, pine nuts can help increase their libido. Explains McGough, pine nuts also contain a variety of other health oils and phytochemicals that promote overall health and in turn, can potentially increase libido.

Basically, when your body is happy, your odds of getting turned on are higher.



Hot chilies

According to popular belief, capsaicin, the compound that gives hot chilies their spiciness, stimulates nerve endings on the tongue, causing the release of sex drive-boosting chemicals. However, no studies support this belief.



Figs

Dr. Hoppe says they're also thought to be a sexual stimulant, as they're high in amino acids, which boost sexual stamina and increase libido.



Honey

TBT to ancient Greece, when Hippocrates used to prescribe honey for sexual vigor. This "liquid gold," as Dr. Hoppe calls it, contains boron, which helps regulate hormone levels and nitric oxide (which helps increase blood flow during arousal).



Garlic

It's a fact that garlic absolutely slaps in flavor and if you're chill with your partner's garlic breath, it might do wonders for you in the bedroom too. According to McGough, Garlic is high in allicin which increases blood flow and overall cardiovascular wellness.



Celery

McGough says that celery contains small amounts of androstenone, which is a male pheromone that women can find attractive in men. No word on how much celery you'd have to eat to start sweating a love potion, but hey, if you have the time.



Strawberries

Dr. Hoppe says they're loaded with vitamin C, which is important for the production of sex hormones and chemical neurotransmitters in the brain to increase libido. Plus, vitamin C can help keep your immune system up.



Almonds/walnuts

Not only have these been a symbol of fertility in art forever, they're also a prime source of benefi-



Oysters

Dr. Hoppe says these puppies contain tons of zinc, a mineral important in the production of testosterone Plus, they contain dopamine, a brain chemical that increases desire.



Chocolate

Chocolate contains phenylethylamine—a stimulant that elicits excitement and a sense of well-being. The natural caffeine doesn't hurt either. Make sure to get dark chocolate that's at least 75 percent cacao to get the heart bennies too.



Basil

Although most of us probably best know this herb as a flavor-booster for foods with an Italian flare, basil was once considered among the earth's most noble and sacred plants. The plant is believed to have originated in Asia, but its use in European culture dates back to Ancient Greece. (The Greeks called the herb "basilkohn" which means "royal.") In Roman times, basil was a symbol of love.



Arugula, or rocket as the saucy Brits call it, was a popular aphrodisiac among the ancient Romans and ancient Egyptians. This mildly peppery green was quite often associated with Priapus, a minor Roman god of fertility.



Broccoli

The ground seeds of various plants in the brassica family were believed to increase virility. In the case of broccoli rabe its more likely a myth created to get people to eat this bitter vegetable.



Pistachios

People have been eating pistachio nuts since 6,000 BC.

They are quite nutritious and particularly rich in protein, fiber and healthy fats.

Pistachios may have a variety of health benefits, including helping lower blood pressure, control weight and reduce the risk of heart disease

Moreover, they may also help reduce symptoms of erectile dysfunction.