

# Food + Sex

What does your sex life have to do with nutrition? It turns out, a lot! Your libido is complex to say the least but it's hard to get in the mood when your energy is low, you're feeling bloated, or you're just not feeling great. The good news? Certain foods and nutrients can improve your libido in as little as six weeks. Time to get your groove back!



**Got D?** Vitamin D deficiencies can cause low estrogen in women and low testosterone in men. Have you ever noticed that your sex drive is kickin' in the summer and hibernating in the winter? It's no coincidence. Vitamin D is also important for mood support since it activates the gene that releases both dopamine and serotonin. Vitamin D deficiencies are more common than you think (almost 80% of Americans have low vitamin D) so get your levels checked and make sure to supplement with a high quality D3 if you're low.



**Omega-3 Fatty Acids** Omega-3 fats are vital to your health in many ways - they support your hormones, mood and cardiovascular system, which are all linked to libido. Foods high in omega-3 include mackerel, salmon, sardines, hemp, and flaxseed. You can also supplement with a high quality fish oil or cod liver oil.



**Maca** Maca is nature's aphrodisiac. This root vegetable has been used for centuries as a medicinal herb to boost immunity, ease anxiety and help balance hormones. Add 1-2 teaspoons to your smoothies or oatmeal daily to reap its benefits.



**Zinc** This mineral is important for both men and women but it's particularly important for male sexual health. Zinc is required for the production of testosterone and it's crucial to prostate health. Luckily, zinc is found in many foods including oysters, beef, lamb, wheat germ, spinach, dark chocolate, cashews, chicken, pork, shrimp, crab, beans and mushrooms.



**Ditch Sugar** Excess sugar has many consequences, including negative effects on sex hormones and libido. Too much sugar can lead to leptin and insulin resistance which both impact sex hormones, especially estrogen and testosterone. Blood sugar highs and lows also lead to energy crashes and no one wants to have sex when they're tired. If you need more reasons to cut out added sugar, know that uncontrolled blood sugar can contribute to acne, anxiety, depression, and weight gain, too. Bottom line? Ditch the added sugar, and aim for balanced meals with complex carbohydrates, protein, and fat at every meal.