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Green Vegetables For Better Sex

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I remember my first open house party. Tommy O'Keefe's parents were away in Cleveland on account of a sick uncle. The house was enormous like something out of a John Hughes movie. There were five kegs – a party with three or more was considered a “rager.” My group of girlfriends and I told our parents we would be sleeping at Evangeline's house. Evangeline was the school slut who lived in her parents' basement. She had her own entrance, no curfew, and a body far beyond her high school years. Her folks were very self-absorbed and didn't keep tabs on her. It was at Evangeline's that I learned everything about boys.

That night, after the cops broke up Tommy's rager, we walked drunkenly back to Evangeline's place and all crowded around a big bowl of M&M's, sipping diet coke and talking about who made out with whom at the party. Evangeline picked through the candies, sorting them by color. “Eat the green ones. They make you horny!” she exclaimed, her red lipped smile dancing against her perfect pale skin. We all swooped in and devoured them, not sure what would happen. From what I recall we all passed out watching “Fast Times at Ridgemont High.”

Somehow, ever since that night, Evangeline's sage words always stuck with me. Whenever I ate those special little candies, I felt as if I had a secret – I was hornier than everyone else because I had “eaten the green ones.” It was not until my sophomore year in college when my roommate questioned my

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Evangeline's Greens (EASY!!!)

- 1 bunch collards (organic) de-vain and chop both leaves and vain keep separate.
- 2 teaspoons low sodium tamari (wheat free soy sauce/ organic)
- 1 tablespoon toasted sesame oil (organic)
- 1 ounce walnuts chopped (organic)

Place chopped vain in steamer with an inch of water in the pot bring to a boil and lower to a simmer cover for 2 minutes, add leaves and cook for an additional 2 minutes, using tongs remove greens from pot and place in a large bowl add tamari, nuts and oil toss with tongs serves 2-4.

With these tools you are now erecting your own special tool! Now find that special someone and make use of it!

strange ritual that my bubble burst. She pointed out the list of ingredients, revealing that the green ones were in no way superior to the rest. I was so sad. It was like the moment when I found out that Santa Claus was not a real man who shimmied down the chimney at night, but actually my grandmother. Or the day I found out that it was really my Mom and not the Tooth Fairy who left money under my pillow. In an instant, green M&M's were just chocolate with a green candy shell and nothing more.

The entire green equaling horny idea was laid to rest for many years until I began studying at the Institute for Integrative Nutrition. Dr. Andrew Weil guest lectured about his methods for reaching optimum health. As he waxed poetic about the wonders of broccoli, passionately deeming it a super food, I had an epiphany. Evangeline the school slut was on to something! A huge smile swept across my face as I made the connection. "The green ones really do make you horny!" I said to myself with glee. I put all of the pieces of the puzzle together with my twisted lascivious mind and now I will break it down for you.

Yes, the green ones really do make you horny!!!

Green vegetables fortify the blood with a tremendous amount of powerhouse nutrients that when eaten correctly can be absorbed by the body up to 100%! Sure we all want to be healthy but most of us would not mind vibrant health and the label of "Sexual dynamo" to boot. An erection, in the simplest terms, is blood flowing to the penis! Suffice it to say, the stronger the blood, the stronger the erection. "Sex is really about circuitry." States Dr. Barbara Bartlik, Assistant Professor of Psychiatry and Sex Therapy at the human sexuality program, Weill Cornell Medical Center, Dr. Bartlik recommends reaching for foods high in the amino acids: walnuts, green vegetables, root vegetables, and garlic, to name a few.

Insufficient blood flow is a major cause of incomplete erections in men. The amino acid L-Arginine has been shown to improve blood flow to the genital area by dilating blood vessels and helping the penis to enlarge to its full capacity, thus increasing the size, hardness and frequency of erections. Oh goodie!

L-Arginine has a similar effect in women. Higher blood flow makes clitoral and vaginal tissues more sensitive and responsive to sexual stimulation, and helps increase the possibility of reaching orgasm. Here's an idea: For your next romantic dinner, order a side of kale, say "check please" and test out this theory.

A large part of sexual function is ruled by the endocrine glands, which secrete various hormones that directly affect sexual and reproductive function. These hormones have precise nutritional needs, including B vitamins, Zinc, and Vitamin E, which can be found in spinach (.44mgs. per cup of B complex), broccoli (1 cup has 94mgs. Of B-6) collard greens (1 cup has 41mgs. Of B-5), asparagus (.76 mgs. of Zinc), Swiss chard (1 cup has 3.31 mgs of Vitamin E). In addition, greens are packed with Chlorophyll, which acts as a natural deodorizer. Once ingested, the green ones keep you smelling and tasting fresh and delicious too.

Deficiency in the pituitary gland (part of the endocrine system) and adrenal fatigue are the main culprits in impotence in men. Adrenal exhaustion results in a lack of sexual desire and a depletion in overall sex drive. The adrenals produce many hormones including cortisol, dehydroepiandrosterone (DHEA), adrenaline and norepinephrine. When we are stressed or dip into 'Fight or flight' the adrenals release these hormones – when there is too much stress the adrenals are forced to work overtime and become exhausted resulting in adrenal fatigue. A good way to support the adrenals is to make sure they get the nutrients that they need, those are- vitamins A,B,C, and E (2 tablespoons of parsley have nearly 631.80 IU's of A).

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I always urge my clients to go for whole food sources rather than supplements. According to natural food chef Andrea Beaman and host of "Wise Up! With Andrea Beaman," "If we focus on isolated nutrients, our body will never be able to fully digest and absorb what we need from those foods. Eating foods with all of the nutrients in tact helps the body to use all of the components of the food. Whole foods satisfy the body in a way that a hard gelatin capsule supplement never will."

Stress plays a big part in this, too, so walk around the block after you eat the greens, or better still, light some candles and go take a bath with your lady friend.

It really is a no brainer – if you want to have a wonderful wangus, a powerhouse pecker, a spectacular schlong, ahem... then by all means, be like Popeye and eat your greens!!!

Here are some fun tips on how to get greens down your yap so that your lover will be happy with what's going on in your lap!

- **Buy organic:** we don't want any chemicals interfering with the absorption of your nutrients. Organic greens are readily available at Whole Foods or online at [Diamond Organics](#)
- **Dress them well:** Fat aids in the absorption of the nutrients in greens. Oils that I love: Eden selected toasted sesame oil, Spectrum Naturals walnut oil, Wild Oats organic cold pressed olive oil and of course butter (no hormone/no antibiotic).
- **Add them in!** Throwing them in as an afterthought is a super easy way to cram them in especially to soups and stews. Check out www.andreabeaman.com for yummy fabulously easy soup and stew recipes.



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Donna Sonkin is a Certified Holistic Health Counselor accredited with the American Association Of Drugless Practitioners. Donna's "[Get Thin For The Camera](#)" program is devoted to helping actors, models and performers of all types achieve their optimum weight through a 'whole food nutrition' approach.

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