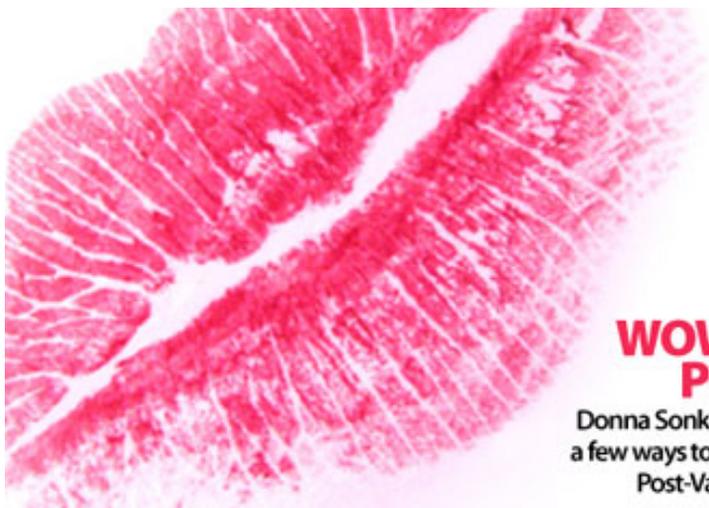




Rock Her World On A Daily Basis

Posted: Monday, February 19, 2007

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Now that the dust has settled on Valentine's Day it is time to rock her world daily. Here are three ways to make her feel like a highly appreciated and healthy princess on a regular basis:

1. Buy her Chocolate!

The best you can find and preferably organic dark. Encourage her to take a few long deep breaths as breathing relaxes all of the organs and creates a perfect environment for digestion. Have her eat it slowly – making it a truly sensual experience. Chocolate contains approximately 300 phyto-chemicals, which affect brain, mood and the central nervous system; thanks to Anandamine, a neurotransmitter/brain-chemical that heightens sensory perception, increases relaxation and produces a feeling of euphoria (WOW).

In addition, other chemicals extend these good feelings and increase the levels of dopamine (an awesome chemical that elevates the mood and increases sexual arousal and response!). Chocolate has a rich history as an Aphrodisiac since its first use over 3,000 years ago in the Mexican state of Vera Cruz. Simply put... get her chocolate and you will get her **hot!**

2. Scrub a dub dub!

The skin is the largest organ and will absorb what ever you use topically. You can keep her skin touchable and healthy by coxing her into a candle lit



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shower and use a loofa glove (my favorite to gently slough off toxins) in tandem with organic products! The Alba brand is available at most health food stores or at www.albaorganics.com. I like to use them because they are made from the real thing (flowers, fruits, nut oils) - so delicious! My favorite, the "Hawaiian secrets" line's 'Tropical Flower creamy bath foam' (\$7) one drop and you would swear that you were in the middle of a tropical fantasy! You and your lady friend can create your own tropical fantasy.

3. Flower Power!

Bring her flowers just because. Tickling her olfactory senses will surely spark a bit of romance. It is no secret that when a man brings flowers for no reason he is almost guaranteed to get his Jimmy waxed. Nearly all women agree that unexpected flowers help to make a woman feel appreciated and adored. Best to seek out elegant and hearty flowers from a reputable florist. Try Casablanca Lilies, baby roses, and Gardenias to name a few. Please keep the red carnations and blue daisies from the deli to a minimum or simply save them for your nephew Schlomo's Bar Mitzvah...ick!

With these three tips you are now elevating romance to a 365 day a year occurrence. What a suave young stud you are. Now go get 'em tiger!



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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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