

Herbs, Oils, And Other Aphrodisiacs

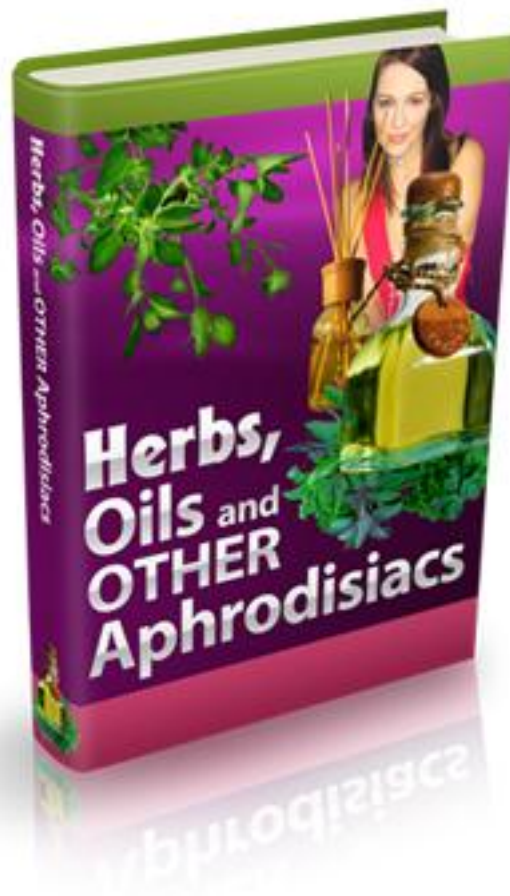


TABLE OF CONTENTS

DISCLAIMER:	5
1 INTRODUCTION	6
ANCIENT WISDOM	8
2 APHRODISIA: SOME PHILOSOPHY AND IDEAS ...	9
TRADITIONAL HEALING	9
MODERN SCIENCE	10
3 USING HERBS: GUIDELINES FOR BEGINNERS ...	13
USING HERBS WISELY	13
RIGHT PLANT?	14
ONE PLANT!	15
PREP. PLANT?	17
Tinctures and extracts	17
Dried herbs:	17
Infused herbal oils.....	18
Herbal vinegars.....	18
Herbal glycerins	18
BIND PLANT	19
GROUPING PLANTS	19
NOURISHING HERBS	20
TONIFYING HERBS	21
SEDATING AND STIMULATING HERBS	22
NOURISHING, NOTIFYING, STIMULATING AT ONCE	24
POTENTIALLY POISONOUS HERBS	25
GUIDELINES FOR USING HERBS SAFELY	26
4 OILS, TINCTURES, AND CONCOCTIONS	27
OILS	27
TINCTURES	28
TO MAKE YOUR OWN TINCTURE:	28
BASICS OF OILS	29
ESSENTIAL OILS	31
5 AROMATHERAPY TO ENHANCE LOVE AND SEX	32
THE MARVELOUS MAGIC OF SMELL	32
QUICK AND EASY AROMATHERAPY TIPS FOR ANY COUPLE:	34

BASIL.....	34
CINNAMON.....	34
ORANGE	34
LAVENDER.....	34
ROSE	35
6 APHRODISIA IN RELATIONSHIPS	36
APHRODISIACS AND REMEDIES FOR FACING	
SEXUAL CHALLENGES	37
HANDLING CHALLENGES PRACTICALLY	37
WORKING THROUGH BLOCKED ENERGY, SEXUAL	
CHALLENGES.....	38
FLOWER ESSENCES AND DR. BACH'S REMEDIES AS	
APHRODISIACS FOR MEN AND WOMEN	39
AYURVEDIC WISDOM	40
VATA	41
PITTA.....	41
KAPHA.....	41
Ayurvedic massage	41
7 APHRODISIA FOR WOMEN.....	43
CARRIER OILS.....	44
SCENTS TO RAISE SENSUAL AND SEXUAL	
FEELINGS IN WOMEN	44
QUICK ESSENTIAL OIL CHOICES TO ENHANCE	
SEXUAL RESPONSIVENESS IN WOMEN:	45
VAGINAL DRYNESS	45
BATH RECIPES TO COUNTERACT VAGINAL	
DRYNESS:	46
MASSAGE FORMULA TO RELIEVE VAGINAL	
DRYNESS:	47
MASSAGE FORMULAS FOR FEMALE SEXUAL	
STIMULATION:.....	47
8 APHRODISIA FOR MEN	48
ESSENTIAL OILS TO COUNTERACT EXHAUSTION	
AND LACK OF SEXUAL STAMINA IN MEN:.....	49
THREE RECIPES TO HELP WITH LOSING	
ERECTIONS:.....	50
RECIPE TO HELP PREVENT PREMATURE	
EJACULATION:	51
SOME RECOMMENDED BACH FLOWER REMEDIES	
FOR MEN:.....	51
9 FOODS AS APHRODISIACS	52
APHRODISIA FOR LUNCH	53

TWO ANCIENT EVOCATIVE SPICE PREPARATIONS - USE IN DISHES FOR APHRODISIAC MOMENTS.....	55
ROSE ADVIEH, FRAGRANT SEASONING BLEND FOR RICE AND EGG DISHES:	55
PAT'S RAS EL HANOUT:	55
FROM THE EXOTIC TO THE WELL-KNOWN: SIMPLE FOODS FOR APHRODISIA	57
10 EPILOGUE.....	58
ANGELICA	59
BASIL.....	59
CARDAMOM.....	59
CEDARWOOD.....	60
CHAMOMILE	60
CINNAMON.....	60
CLARY SAGE	61
CORIANDER	61
CUMIN.....	62
CYPRESS	62
FENNEL	62
FRANKINCENSE.....	63
GERANIUM	63
GINGER	64
HYSSOP.....	64
JASMINE	64
JUNIPER.....	65
LAVENDER.....	65
LEMONGRASS.....	66
MARJORAM.....	66
MELISSA	67
MYRRH	67
NEROLI	67
PARSLEY	68
PATCHOULI	68
PEPPERMINT	68
PINE.....	69
ROSE	69
ROSEMARY	69
SAGE	70
SANDALWOOD	70
VETIVER.....	71
YLANG YLANG	71

DISCLAIMER:

This book was written for informational purposes and is not a substitute for educated herbal practitioners, traditional or contemporary medicine, or medical advice. Information here is offered as an overview gathered from many sources. It is a way to begin an educational and/or transformative journey, and while it includes a few "recipes," it is not a comprehensive guide to the use of herbs, oils, or aphrodisiacs. Use your intuition and research to find teachers with expertise, should you choose to explore the field further.

1

INTRODUCTION

*"What the world needs now is love, sweet love."
Burt Bacharach and Hal David*

Herbs, oils, and other aphrodisiacs have been used in all cultures around the world to stimulate feelings of love, sensuality, desire, and sexual arousal, enhance sexual abilities, and even mitigate sexual dysfunctions. Herbal practitioners believe aphrodisiacs can help overcome emotional challenges such as anxiety, stress, or trauma, and even directly overcome physical issues such as difficulty with erections or lubrication.

In addition, any herb preparation that eradicates illness or provides nutrients that have been lacking in the body can be considered an aphrodisiac. This is especially true if sexual urges and sexual life return as a result of using it.

But it must be said that:

- even though the mandrake root is mentioned in the Bible's Book of Genesis (30:14-16) as an aphrodisiac, and Julius Caesar (100-44 B.C.) used herbal scents such as frankincense and myrrh as aphrodisiacs...
- and even though it's been written by more than one historian that Cleopatra used the intoxicating scents of cinnamon, cardamom, and rose along with the tastes of chocolate and rare curries to bewitch and entice her lovers...
- and even though the Romans reportedly used 3,300 tons of aphrodisiac herbs per year in the first century A.D.,...

... the U.S. Food and Drug Administration has categorically stated that there is no such thing as an aphrodisiac.

Many herbalists and traditional healers disagree, and so, this book can be written.

From Merriam-Webster's Dictionary Online:

Main Entry: aph·ro·di·si·ac

Etymology: Greek aphrodisiakos sexual, gem with aphrodisiac properties, from aphrodisia heterosexual pleasures, from neuter plural of aphrodisios of Aphrodite, from Aphroditē, the Greek Goddess of love

1: an agent (as a food or drug) that arouses or is held to arouse sexual desire

2: something that excites

— aphrodisiac, also aph·ro·di·si·a·cal \ adjective

The above is a perfectly correct and viable definition of an aphrodisiac. It may also be perfectly inadequate for the purposes of this book. That's because the concept of aphrodisia as practiced by traditional herbalists is broader than just physical arousal.

Aphrodisiacs do not work just on the body or just on the mind, but on the two in conjunction. Furthermore, although some of the attributes of aphrodisiacs have proven and direct physical responses associated with them, aphrodisiacs, like love, have a side that is all mystery. It is about the mysterious synthesis of the physical and the emotional (although some brain research suggests that emotions and physiological functions are *both* brain functions really), and about the balancing of the two to create an atmosphere that is conducive to love.

For example, in the Five Elements theory of Traditional Chinese Medicine (TCM), jasmine (*Jasminum officinalis*) is a superior essential oil used for "harmonizing the Heart and Fire Elements." Jasmine is in the same category as rose and lavender -- essences that "support the Qi-energy of the Heart" and relax organs, calm nerves, and help their users to release tension. Qi means vital life energy and animation, sort of... it's a concept that is hard to translate. In this context, jasmine also uplifts the mind in a way that Western medicine has no words for. The Chinese call this uplifting the "Shen." Shen is not so much the whole mind, but a quality of the mind -- as Westerners might understand intellectual mind vs. intuitive mind, etc.

The way jasmine uplifts and soothes Shen makes it a first choice of essential oils for treating depression, anxiety, restlessness, and unsettled mental energy. It's used on both a sexual and emotional level combined because jasmine also traditionally re-activates passion in the mind and body. But it's not just physical passion. It rekindles the passion of the body *while reuniting it with love*. Jasmine is known as a Fertility Herb, but fertility can mean more than conceiving a child -- it means fertility and restored ability to create, period. It restores not just the body's capacity to reproduce, but also the capacity for creativity in the mental and spiritual realms.

So we have a substance that influences a physiological response that in turn results in emotional feeling (relaxation, well-being etc.). It's also coming in to create harmony between the thoughtful self and the creative self. An aphrodisiac is a substance that makes a positive intervention and brings things into balance.

These are all undoubtedly functions of brain chemistry ultimately. But the ways that the different aspects of ourselves influence each other is part of the mystery of being human. The more we know about ourselves scientifically, the more we see that there is no such thing as "mind only" or "body only." Even the attempt to distinguish simple lust from true love falls short when our minds and bodies don't agree. Our human wiring can either confound us or bring us inexpressible joy.

So, to say that love originates both in the brain *and* in the body may be true, but it also doesn't express how it works or why it suddenly flares and ripens, and it certainly doesn't solve -- or spoil -- the mystery. Aphrodisiacs help us connect to ourselves in the primal rhythms of life without having to understand it intellectually.

ANCIENT WISDOM

The most ancient and traditional cultures seem to know the most about aphrodisia. They also have healing traditions that emphasize the need for balanced practices to support emotional and physical health and the use of natural substances to bring people back to balance when they're ill or out-of-sorts.

The information in this book has been drawn very much from the wisdom of traditional cultures, filtered through those who have brought it forward into contemporary times through modern Western practitioners. The pages that follow include references to theory and practice from India (Ayurveda), Chinese Traditional Medicine and Five Elements Theory, Native American and European Herb Lore, and several others. As such, if there's a bias in the book, it's toward a holistic view of humans and their minds/bodies as understood in those cultures. The underlying thesis of the book is that using aphrodisia is one way that humans can restore optimal health and balance in their lives.

2

APHRODISIA: SOME PHILOSOPHY AND IDEAS

TRADITIONAL HEALING

In traditional healing, there is not such a great separation between science, psychology, and art -- or indeed, any separation between them at all. Restoring harmony and the appetite for life is certainly an art, and healers would naturally be artists. However, they would have to be scientists as well when we consider that no one told the original practitioners of plant medicine what to do. There had to be a process alien to Western Medicine (as it's taught, if not entirely how it's practiced) in which the healer felt intuitively drawn to a particular substance and tested its efficacy over time -- chewing ginger root for nausea, for example.

A traditional medicine person would understand healing as a complicated, uniquely personal interaction of elements. The patient's well-being was influenced by her treatment of herself, her interaction with the community, the laws of nature, the communities of animals and spirits, as well as supernatural beings and forces, nature itself, past and present action, and the Creator(s).

A traditional healer becoming adept in the wisdom of plants would have to also become a psychologist, historian, and biochemist. The healer/artist would also use the arts: chanting, painting, storytelling, repeating tales and spells through retold myth and poetry, costuming, and inventing rituals and performances. All of these abilities would have to be cultivated and work together organically.

But no doubt that the traditional healer did not see these many functions as discreet form one another, but as all authentic parts of the healing process. To leave any of it out would seem illogical, maybe even blasphemous.

A traditional healer would feel, would know absolutely that no human could thrive without *all* of the above elements being in balance and would

know that all parts of a person have to be included and addressed in the journey toward healing. The healer would no doubt also have learned that there are infinite numbers of questions to ask oneself and one's "patient" before and during treatment.

So it might seem downright arrogant not to ask questions, observe closely, and be prepared to be surprised by what nature might do in one individual that it hadn't done in another. The healer would of necessity have a spontaneous mind and be ready to change strategies.

Traditional medicine recognizes unique diagnostics, energy pathways, and even organs that modern medicine does not. Traditional Chinese Medicine Practitioners, for example, include in anatomy "organs" strange to those of us in the West, such as the triple heater. They also monitor and use over 12 different pulses.

MODERN SCIENCE

Aphrodisia, sprung from a long world history of traditional medicine, is necessarily a holistic art. Or science. Or both. Science tests and attempts to recreate results and to understand cause and effect. But art allows for a certain level of intuitive functioning outside of the rigors of formal or informal scientific method.

In the traditional holistic underpinnings of aphrodisia, an art/science that was developed to help people be better at love, much is documented and repeatable. Much is also startling, esoteric, and particular to just one individual at a time. The healer using aphrodisiacs holds all of these realities at once.

It's interesting that aphrodisia, an ancient healing art, now finds itself being tested scientifically and even used in modern medicine -- in the areas where it recognizes alternatives. Aphrodisia, an ancient witchy art, is undergoing a renewal in modern times as traditional healing regains credibility. Westerners increasingly seek out Alternative Medicine. Aphrodisia is just one way that herbs, oils, and older alternative medicine practices keep moving back into the mainstream.

Great healers throughout history have understood -- both through natural wisdom and experience -- the importance of following their intuitive hunches. They've probably also understood how important it is to keep testing for results and to not become cocky. If science has now come into the ascendancy and cast a disparaging eye on intuitive medicine, it has not entirely won out.

In the American crisis over health care, as well as the increasingly painful public failures of modern medical systems, people alive today point out all that *hasn't* worked, along with the great scientific breakthroughs of our

times. Recently gifted leaders in the Western professional medical community -- among them Drs. Bernie Siegel, Peri Klass, Jerome Groopman -- have written books in which they've been their own best and most vocal critics.

They've sought a return to more quality time listening to patients, more attention to quality of life, more respect for the symbolic healing powers of the psyche, along with the marvelous knowledge in medical textbooks. They have been outspoken about the need for a perspective that seeks wholeness in family relationships and functioning in the community, as well as a whole sense of self in patients. Holistic aphrodisia can be a part of that whole spectrum of returning to patient-centered care.

We certainly do need scientists and a scientific perspective. One obvious reason for scientists and herbalists to collaborate is for the process of identifying specific compounds in plants, replicating them in the laboratory, and mass-producing them as drugs. Furthermore, standardized drugs protect the consumer and, ideally, standardization processes protect plants from over-harvesting.

And it is important to observe that while herbs, oils, and aphrodisiacs may have served as our first "medicines," they are not drugs. They have their own demands. They have their own secrets and protocols. Still, it isn't a bad thing for an herbalist to think like a biochemist and vice versa. It's just critical that herbal wisdom be understood as a separate skill set in doctors.

Aphrodisia isn't about being sick, though; it's about being exceptionally well! The ability to express love physically and emotionally is one of the cornerstones of wellness. In the search for the perfect aphrodisiac, we find the place where everyone's longing for love and wellness surfaces. Today, it has to straddle both modern healing arts and old, right-brain, psychic wisdom. Helping people better express love is certainly something that the world needs. It's something individuals need too if they are going to make their highest contributions to the world.

The use of "sympathetic magic," psychoactive plants, herbal medicine, etc. probably goes back at least 40,000 years. Herbal medicine expert and traditional healer Susun S. Weed says that 40,000 years ago, our ancestors were genetically manipulating, hybridizing, and crossbreeding many plants, including specific psychedelics, and using them in healing. Shamanic healers all over the world believe that the plants talk to them as they did to our ancestors, and in the Amazon, these healers-in-training become apprentices not only of people, but of the plants themselves.

Modern medicine emphasizes "active" ingredients in plants. They don't necessarily understand that it is the synergy of elements within the plants that makes them effective. Inactive ingredients may be just as essential and just as powerful. Furthermore, when modern medicine seeks to standardize doses, they may be applying a wrench to a nail that needs a hammer: herbs are not like drugs that can be analyzed in this particular way.

This can be perplexing to the scientific community, which is trained to isolate and tout the one "hero" ingredient that is doing all of the good. It's not to say that understanding active ingredients isn't important or that protecting the public by providing accurate information is not the highest of worthy intentions. But they also get it wrong sometimes. For example, most standardized St. John's/Joan's Wort tinctures are standardized for the ingredient hyperacid, but every new piece of research that comes out shows hyperforin to be the essential active element.

The journal of American Medicine published an article attesting to the effectiveness of Ginkgo Biloba to counter dementia, then went on to explain that "no active ingredient from among the several hundred constituents present had been determined and it was, in fact, likely that the effect resulted from a complex, synergistic interplay of the parts." But an ensuing article in the New York Times seemingly missed the point when it *still* advised readers not to take ginkgo until the active agent or ingredient was identified.

Says herbalist and wise Woman Susun Weed,

"It happened to me: I was on a panel discussing herbs to treat menopause, where an MD stood up and told the audience that no herb was safe to use unless its active ingredient was measured and standardized."

"What can I say? To me, the active ingredient of a plant is the very part that cannot be measured: the energy, the life force, the chi, the fairy of the plant, not a 'poisonous' constituent. To the healer/artist/herbalist, the active part of the plant is that part that can be used by the right brain to actively, chaotically, naturally, 'jump the octave' and work a miracle. This active part is refined away in standardized products, for the real active part is the messy part, the changeable part, the subtle part, and the invisible part."

This is a great way to describe life, love, and relationships as well.

3

USING HERBS: GUIDELINES FOR BEGINNERS

"Step in to the sea, to the sea of possibility..." Patti Smith

Some people unfamiliar with using herbs fear that they are as powerful as drugs and have unpredictable interactions in the body. This would make them risky to use. On the other hand, some people believe that anything that comes from the Earth must necessarily be harmless and good. Obviously, neither is a wholesome view.

As with any substance taken into the body, it's all in how you use it. To understand whether an herb could be beneficial means knowing what the goal is in terms of creating harmony and balance in the body. To understand whether an herb is contraindicated means taking the time to understand the nature of the herb, *along with other factors going on in the body in question.*

Just as a physician must get a thorough background on a patient before prescribing, an herbalist looks at the whole picture before suggesting -- or taking -- herbal remedies. If you are going to self-treat using herbs, don't assume that you know yourself already. Take the time to think over your recent psychological and physical histories. If you haven't had a thorough medical checkup in a while, get one. If you're holistically minded, you may not always agree with your allopathic physician in terms of treatments. But you can certainly benefit from his/her knowledge to get a sense of your overall condition.

When using herbs, there are some very basic guidelines that can help you choose with integrity and keep you out of trouble. Apply these to yourself as well as to anyone you advise.

USING HERBS WISELY

The following is a little mantra to guide every aspect of your exploration with herbs:

Right Plant?

One Plant!

Prep. Plant?

Bind Plant!

A new practitioner who memorizes and repeats this to herself will be keeping the key safety principles of herbalism at the core of her practice.

RIGHT PLANT?

First, ask yourself: Right Plant? In other words, be sure you've done the research and you know that you absolutely have the correct plant for the healing and balancing that you want to accomplish. The use of an aphrodisiac should always be to enhance pleasure *in a balanced way*.

It may seem unlikely that a careful, well-meaning practitioner exploring aphrodisiacs for the first time could easily end up with the wrong herb. Not so. If you are buying herbs, be aware that the name of an herb can be a slippery thing. Some herbs go by more than one name, and some names apply to more than one herb. Even an herb that has the right name on its package may be tainted from some other substance that has touched it or that has mistakenly ended up in the packing. If it's touched another more volatile or even poisonous herb, it could become dangerous.

The cure for this danger is to always go by an herb's botanical name, which is scientific and very specific. Make sure that the label has a botanical name on it, not just what is known as a "common" name, the one you will hear tossed around in conversation.

For example, we may think we know what is meant by "Marigold. " But a Marigold might be one of several varieties. If your marigold is *Calendula Officinalis*, it is a medicinal herb. But your marigold could also be *Tagetes*, an annual used as a bedding plant. Be certain that you know exactly what you have by comparing its botanical name to that of the herb on your list.

Of course, this means that you must know what the correct botanical name of your herb is!

Another thing to watch out for is this: when and how an herb is picked has a profound influence on its properties. If an herb was handled or harvested carelessly, it can develop detrimental qualities. If it was picked at the incorrect time, that can cause its benefits to disappear and even for toxicity to result.

This is all a way of saying that you will want the people who handle and harvest your herbs before they get to you to be finely educated and experienced in the proper treatment of plants.

If you are growing your own herbs, you will want to be very methodical. Never let plants get mingled together at any stage of the process when picking, drying, or packaging.

To feel assured that your herb supplier has been this responsible, investigate your seller before you buy. A reputable seller will have great credentials, will be transparent about the herbs' sources and handling, and can answer your questions with confidence and alacrity.

ONE PLANT!

Secondly: use One Plant, one herb, at a time. Herbal practitioners refer to a preparation that uses one herb as "a simple." That's nice, because keeping it simple is what you want to do. The more herbs that are combined in a given formula, the more likely it is that unwanted or unanticipated effects will result. This may be where some of the allopathic traditions' fears that herbs can have terrible side effects, like drugs, comes from.

But the side effects felt by herb users are almost always far less severe than those experienced by people taking drugs. If there is a side effect, it is most commonly mild indigestion or slight stomach upset. It may be worth simply giving it a little time to start working to see if the side effects are bearable and mild. As with drugs, this minor side effect of indigestion may occur briefly when a person has just started taking the herb, as his body adapts to processing it.

Any severe side effect is a signal to stop taking an herb immediately. Such a side effect might be severe gastronomic distress, strong headache, sharp pains of any kind, dizziness or blurred vision, balance problems, or diarrhea. Slippery elm in some preparation is an herb that can swiftly counteract any kind of poison and drastic imbalance in the system.

Use only simples -- they are all that is necessary, and they mean that you can have a great deal more precision about what you do.

The times are very rare when you would want to complicate a simple by adding anything else. One minor exception is that some practitioners might occasionally add a little mint to their preparations

for flavor. A massage oil might also contain a few mild herbs. That's about it.

Why then are there so many complicated aphrodisiac "blends" out there in the commercial world? Well, contemporary marketing promotes the idea that more is better and dismisses the holistic notion that combining multiples can *change the properties* of herbs in a negative way. Some disreputable marketers also combine herbs with poisonous or questionable effects with other herbs that they think might then mitigate their intense effects.

Combining herbs with different properties is counterproductive and could be dangerous, and combining herbs with similar properties can also have unwarranted effects. Don't do it. Just say "no!" A simple is the safest herb preparation and truly all that you will ever really need.

Another very compelling reason to avoid herbal blends or formulas is that should side effects occur, the user will have no way of knowing what herb or substance is causing the problem or whether it's an interaction between ingredients. A hallmark of using herbs and aphrodisiacs responsibly is acknowledging that everybody reacts to an herb uniquely and differently. If you think about how extremely differently people react to all substances -- flavors, foods, drugs -- this only makes logical sense.

If you know that someone who is going to take an herb has a history of strong allergies or reactions to other substances, be especially proactive about researching potential side effects in the herb that's been chosen.

Let's say that someone does react strongly to an herb preparation intended as an aphrodisiac. If you have vowed to use only simples as aphrodisiacs, it will be a simple matter to know what herb caused distress. Then another herb with similar properties (say, causing relaxation) can be tried instead.

Another way to be proactive in preventing unwanted side effects is this: use no more than four different herb preparations in any 24-hour period. It might be hard to imagine switching herb preparations that many times in a day, but people can get very determined when they think they *almost* have the effect that they want and it's not *quite* there yet.

This is where a patient holistic overview must reign. Things take time, bodies take time to adjust, and observers take time to really integrate what they have noticed. Compassionate curiosity should guide the use of herbs as aphrodisiacs. Needless to say, this means that all partners have to be consciously involved in the experiment.

PREP. PLANT?

Thirdly: when you prompt yourself with the words "Prep. Plant?," you are asking yourself how the plant has been, or will be, prepared. Is it in an oil? Is it an extract? Is it a dried preparation? In saying to yourself, "Prep. Plant?," you are reminding yourself that the same herb can have very different effects because it interacts with the body *depending on how it is prepared*. A tincture works differently than a tea or infusion.

This is a basic principle with profound implications: How you prepare your herbal remedy for use determines the safety of the remedy.

Some examples and thoughts about methods follow.

Tinctures and extracts

A tincture is exactly as safe as the nature of the herb involved. But tinctures and extracts are made using the alkaloids in plants. For the beginner, note that:

Alkaloids = Poisonous parts.

This means that they must be used with awareness and respectful caution.

Tinctures are best used and sold as simples; combining herbs in a tincture is strongly contraindicated. This becomes increasingly critical as stronger herbs are being chosen and used. The stronger the herb, the more important it is that it be kept as a simple.

A tincture is a very good vehicle for a stimulant or sedative.

Dried herbs:

Dried herbs turned into infusions or teas are very safe, especially when the safest kinds of herbs are employed. Shortly we'll be going over why herbs categorized as "nourishing" or "notifying" are among the safest to use. A tea or infusion made from a nourishing or tonifying plant is a very benign vehicle for an aphrodisiac. Tea or infusions make best use of the nourishing facets of herbal plants. On the other hand, capsule forms of dried herbs *are* often a very bad deal. They cost a lot, and they are one of the least effective ways to convey the helpful properties of herbs because they don't work well in the body. There

are many reasons for this. The body has a hard time utilizing the herbs in this form. They are hard to digest, and more dismaying, herbs sold in this form are extremely likely to be stale or contaminated.

Infused herbal oils

When you are ready to purchase oil infusions made out of herbs, you will discover they are sold in a variety of forms. For example, you can buy a basic infusion which suits many people. There are also herbal ointments and herbal creams sold. The ointment and creams are made by adding a thickener to the infused oils. The resultant products are actually safer to use than essential oils.

Note that essential oils are usually very, very highly concentrated and can be lethal if taken internally.

Herbal vinegars

A herbal vinegar can be a lovely gift and a wonderful vehicle for an aphrodisiac since it looks beautiful in the right bottle with a romantic bow around it on a shelf. The herbal vinegars contain a number of minerals also that benefit health. The vinegar has proven to be an excellent medium for nutritional herbs.

Herbal glycerins

For people who want to avoid alcohol in preparation, herbal glycerins are good substitutions. However, their actions won't be as strong as those of an alcohol-based preparation such as a tincture.

To do so:

- Take a previously made herbal tincture.
- Pour the tincture into the top of a double boiler.
- Add an equal amount of glycerine (4 cups of tincture to 4 cups of glycerine, for example.)
- Over very low heat, cook the mixture until it has reduced in volume by half, or 50%.
- The alcohol will "cook off" while you are doing this.
- Once the mixture has cooled, store in cool, refrigerated glass bottles.

BIND PLANT

The final suggestion to give yourself before you use an herb is "Bind Plant." We use the word "bind" here in the same way that we would use it to say, "Bind the powers of the strong man," meaning, limit his potential for harm. When using herbs with the potential to poison, make sure that you know the plants well enough to "bind them" by using them in the correct preparations and doses. More on this will follow.

GROUPING PLANTS

There are thousands of known herbs, and they all have widely different natures. No two herbs are the same, and the many varieties of herbs represent a plethora of varying actions upon the human body. It's crucial for a beginning herbalist concocting an aphrodisiac to understand the different categories of herbs, however. This is a way to group these many thousands of plants according to their key characteristics, making it easier for the beginner to keep from getting overwhelmed. Understanding and memorizing these different categories also goes a long way toward ensuring that the beginning herbalist will be safe in her creations.

The key categories in which to classify herbs are:

- nourishers
- tonifiers
- stimulants and sedatives
- potential poisons

Since some of these overlap, it's important to grasp the attributes of each category, how the herbs in this category can be used, the best ways to prepare them, and what dosages are appropriate.

(You may notice that this sounds almost more as if these herbs were medicines than additives or enhancers. This is absolutely true, and intentional. Herbs are not like allopathic drugs, but they are not like

hazelnut flavoring in coffee either. The practitioner needs to be very exacting in the dosages that are used).

NOURISHING HERBS

One of the advantages of nourishing herbs is that herbalists consider them to be quite safe. Another advantage is that you can take what you want for as long as you want with a rare chance of side effects. Some people will mix their nourishing herbs into food to add nutritional benefits. Herbs contain high levels of essential nutrients including proteins and different vitamins and minerals. They also contain essential elements like antioxidants, fatty acids and even carotenes.

A brief list of examples of nourishing herbs:

- Dandelion
- Alfalfa
- Chickweed
- Fenugreek
- Honeysuckle Flowers
- Marshmallow
- Amaranth
- Chaste Tree
- Calendula Flowers
- Nettles
- Comfrey Leaves
- Astragalus
- Flax Seeds
- Seaweed
- Purslane
- Oat Straw

- Slippery Elm
- Lamb's Quarter
- Plantain Leaves and Seeds
- Violet Leaves
- Wild Mushrooms
- Red Clover Blossoms
- Siberian Ginseng

TONIFYING HERBS

Tonifying herbs work slowly in the human body over time to create a cumulative effect, almost as if they are gently nudging the organs back towards health. They are capable of making profound changes, but do not show immediate, dramatic results. They can transform a whole system in the body -- such as the endocrine or immune system -- over time. Experts use flavor in recommending dosing; the more bitter the tonic tastes, the smaller the amount one takes at any given time. If it has a bland taste, it can be taken more often, just like the nourishing herbs.

Tonifying herbs must be used consistently over time for a long period and in smallish quantities to have their greatest benefit. Any side effects that they cause will usually be very mild and of short duration.

Tonifying herbs are not the same as stimulating herbs.

A few examples of tonifying herbs are:

- Dandelion Root
- Horse Tail
- Fennel
- Garlic
- Ground Ivy
- Crone (Mug)Wort
- Lemon Balm

- Turmeric Root
- Barberry Barak
- Ginseng
- Barberry Bark
- Ginkgo
- Burdock Root/Seeds
- Milk Thistle Seeds
- St. John's Wort
- Elecampane
- Motherwort
- Hawthorn Berries
- Raspberry Leaves
- Usnea
- Schisandra Berries
- Lady's Mantle

SEDATING AND STIMULATING HERBS

Sedating and stimulating herbs should be used with caution since they have such a strong effect on the whole body. While creating a desired effect in one organ or body system, they are likely, because of their intensity, to cause a strong, perhaps unwanted, reaction in another part of the body. Their effects are rapid, however, and undeniable. Their action might be considered almost the opposite of the tonifying herbs that must influence the body gradually over time.

A sedative or stimulant herb has the ability to "push us outside our normal range of ability or activity," as some herbal guides put it. This may be why this category of herb as an aphrodisiac is the one unfamiliar novices think of immediately when they hear "aphrodisiac," contemplating wild sexual orgies. Actually, though, some stimulants like the unduly-and-falsely-famed Spanish Fly (not an herb, by the way), if used irresponsibly, cause extreme physical distress and can be life-threatening.

Responsible herbal practitioners, even those using simples as “love potions,” know that the stronger that the herb is, the more moderation that is called for. This means moderation in dosing, moderation in use, and moderation in duration. Plants and herbs that cause immediate, strong, physical effects can also cause systemic depletion as their effects wear off, necessitating a whole new round of remedies to cure the cure, as it were.

Addiction is also a risk with stimulating or sedating plants, since they can give short-term strength and benefits that the body can't really sustain over time. Habitual use can also impair functioning by stressing and overstimulating body systems and causing other systems to counter-react, a classically vicious cycle.

Some intensely sedating and stimulating herbs include:

- Blessed Thistle Root
- Cloves
- Licorice
- Sweet Woodruff
- Cinnamon
- Angelica
- Turkey Rhubarb Root
- Coffee
- Osha Root
- Willow Bark
- Uva Ursa
- Cayenne
- Opium Poppy
- Black Pepper
- Wintergreen Leaves
- Valerian Root
- Wild Lettuce Sap
- Shepherd's Purse

NOURISHING, NOTIFYING, STIMULATING AT ONCE

An alternative to the intense, potentially unbalancing herbs are those that combine the attributes of the earlier categories we've talked about and that don't carry such a strong danger of creating dependency in their users.

The following herbs have the properties of nourishing, notifying, stimulating, and/or sedating simultaneously, and herbalists often rely on them for their many benefits:

- Boneset
- Hops
- Ginger
- Passion Flower
- Cleavers
- Skullcap
- Motherwort
- Lavender
- Oat Straw
- Marjoram
- Peppermint
- Sage
- Catnip
- Rosemary
- Citrus Peel

POTENTIALLY POISONOUS HERBS

Potentially poisonous herbs are known for having side effects; they're common. This is because potentially poisonous herbs are extremely intense in their actions. They are concentrated and potent and should only be taken in the tiniest amounts possible. Needless to say, there's also a limit to the length of time that they can be taken for. Herbalists giving or taking them are adamant that herbs with poisonous potential be taken for only as long as necessary.

It's doubtful that there would be any reason to use a potentially poisonous herb as an aphrodisiac, since strong unwanted side effects would be virtually assured, and strong unwanted side effects are not generally a desired part of lovemaking. But understanding the entire spectrum of herbology is essential for anyone who wants to use herbs in a positive way.

Examples of potentially poisonous herbs, some of which have been mistakenly touted as ideal aphrodisiacs due to their stimulating effects, are:

- Belladonna
- Blood-Root
- Celandine
- Chaparral
- Foxglove
- Goldenseal
- Henbane
- Iris Root
- Jimson Weed
- Lobelia
- May Apple (American Mandrake)
- Mistletoe
- Poke Root
- Poison Hemlock
- Stillingia Root
- Turkey Corn Root

- Wild Cucumber Root

GUIDELINES FOR USING HERBS SAFELY

Using herbs in a knowledgeable, responsible way can certainly enhance love, and love is, after all, an aspect of physical well-being. The philosophy of using herbs safely to promote well-being can be fortified with the following guidelines:

- Start slowly. Your faith in the ability of plants to heal and help will grow over time. Start with using them to treat minor issues and imbalances, to enhance relaxation and love, or for simple external healing. Once you experience their effectiveness and become accustomed to using them, you'll start to understand how they may be used to change lives in large ways.
- Remember that permanent change happens incrementally.
- Fortify your experience with that of others who are interested and experienced in herbs as healing aids and aphrodisiacs.
- Know that every person responds differently to herbs and plants.
- Know that plants have the ability to teach. Respect each plant's unique power as you respect each individual's responsiveness. They can work on minds and bodies dramatically, even if slowly.
- Seek out and cultivate ongoing relationships with knowledgeable healers, traditional wise people, and herbalists.
- Read.
- Plants are not panaceas. They're part of a traditional spectrum that includes people, animals, land, and spiritual wisdom as well.

4

OILS, TINCTURES, AND CONCOCTIONS

OILS

Aphrodisiac oils are mixtures of real essential oils or synthetically scented oils blended into a base oil, usually a vegetable oil such as almond oil or apricot kernel oil. Some herbalists refer to these self-made oil blends as "magical oils." If made effectively, they certainly have the potential to work magically upon the mind and body.

The person making the aphrodisiac oil adds the essential oil drop by drop to the base oil and mixes it to create a unique blend in small quantities. Some people anoint themselves, their bedding, or even sentimental objects with the oils in order to maintain an aura of the scent around them and their loved ones.

When blending one's own magical oil, always record everything that you do. Otherwise, in experimenting, you may come up with the perfect concoction that meets all of your wants and needs and never be able to recreate it again. Taking the time to be a little methodical and scientific really pays off in liberating the artistry of making oils.

Eventually, you'll have notebooks and "recipes" that you can always refer back to and hand on to others.

Many holistic herbalists do not believe in using synthetic oils since they believe that their molecular structures are not the same as the pure essential oils, and that they dilute the purity of the aphrodisiac.

"Only pure essential oils," argues one herbalist and aromatherapist, "can produce genuine results. There is nothing like nature for anti-aging help and rejuvenation. Essential oils advance cellular renewal by better circulation, hydration, and removal of toxins from the body."

It cannot be denied that pure rose oil has as many as 2,000 complex scent components. A synthetic oil, even a high-grade one, may have about 50 components.

But unfortunately, some plants that you may want to use come from sources that are so difficult to extract oils from, commercial outfits don't do it. Some herbs or flowers produce essential oils that are toxic or may cause allergic reactions severe enough to prohibit their sale. Some pure essential oils are strong enough to be contraindicated during pregnancy. Others cause phototoxicity in some people, ranging in effect from blotches to burning of the skin.

A synthetic perfume oil won't have strong side effects. It also may not have the "magical" properties of the natural essential oils. Wise practitioners know that after researching what experts say, they must carefully use trial, error, and moderation to determine what is effective for their purposes.

Always do a skin patch test on a small area to make sure that you don't overreact to the oil.

Don't ever use essential oils undiluted, as they can harm your skin. Never ingest an unblended essential oil either -- it could be fatal.

TINCTURES

Aphrodisiac tinctures and extracts result from an herb with aphrodisiac properties being soaked in grain alcohol for many days. You can usually buy grain alcohol at a liquor store, but vodka will do in a pinch. The volatile oils in the plant material leech out into the alcohol, which absorbs them along with their medicinal alkaloids if there are any. The tincture, also called an extract, contains the concentrated essence of the aphrodisiac herb that has been pulled out into the alcohol.

A tincture can be used in many of the same ways as a magical oil.

It can be applied externally or taken internally. Choose a safe herb to make a simple using the guidelines that were discussed earlier, and of course, based on the kind of aphrodisiac effect you want.

TO MAKE YOUR OWN TINCTURE:

- Add about 4 ounces of alcohol to a fresh or dried herb whose source you trust.
- Let it sit for about 2 weeks, shaking it every day.
- Strain the liquid into a dark glass container that has been clearly labeled.

Warning: Always label every container and receptacle you keep your aphrodisiac oils and herbs in. You will be amazed at how quickly you can become confused or forgetful about what is what. For safety reasons, you must always immediately dispose of any unlabeled herbs or oils you encounter, even your own, even if you think you know what they are.

The dosages for tinctures, of course, vary depending on what simple you have chosen. Refer to your research to see how many drops of the tincture is appropriate for your aphrodisiac. (A side note: some of your "aphrodisiacs" may also be used for their most basic functions, such as relaxation, in treating children. Remember that you will almost always use fewer drops for children if you are using a tincture to help a child sleep, recover from nausea, etc.).

If you do anoint objects using a tincture, remember that alcohol could burn away paint, wallpaper, etc., and some oil blends stain.

BASICS OF OILS

If you have the right base oils, you may want to create your own unique formula for an aphrodisiac soap or cosmetic. We'll be talking about how aromatherapy works as an aphrodisiac shortly.

The way that the starter oils are processed makes a big difference in the quality of the finished aphrodisiac oil. Purists in the business of processing essential oils, or Eos, advocate using only cold pressed methods or "expeller" methods. They decry the use of substances such as alcohol, other solvents, hexane etc to extract oils. They also believe that oils that have been processed through heat-intensive hydraulic extraction are unhealthy because their essential qualities and molecules are compromised by the method.

A brief overview of the different qualities of oils and extraction methods follows:

- **Cold Pressed Oil**
This is maintained in its original state and depth by keeping the heat under -90 degrees Fahrenheit as it undergoes mechanical extraction. This also preserves its constituents. Cold pressing is usually the preferred method for extraction, but is not always practical.
- **Expeller Pressed Oil**
This is created in a small amount of heat generated by hydraulic presses, up to 200 degrees Fahrenheit. It's a good base oil for cosmetics and is food grade as well.
- **Refined Oil**
This is one of the least healthy choices as a food because its molecular structure is so altered due to bleaching, deodorizing, and

refining processes that expose it to extremes of heat and cold. It's economical as a base oil for mass-produced cosmetic products.

- **Partially Refined Oil**

This may have been subjected to some of the above methods. Partial refining is often used to keep volatile oils from going rancid rapidly. It stabilizes them and neutralizes their smells and color.

- **Unrefined Oil**

This is the finest-quality oil, retaining natural dark coloring and rich taste and smell.

All oils have a certain volatility, so it is wise to purchase them in small amounts on an as-needed basis. Essential oils can be costly, and you don't want them to break down before you can use them. A year is probably the maximum amount of time you should keep any oil, whether vegetable or essential.

All essential oils must be stored in lightproof bottles, usually amber or cobalt blue, in a cool, dry, dark place. Citrus and pine essential oils develop chemical reactions as they age, making them irritants unless they are stored in the refrigerator to slow this process down.

Do not use metal, plastic, or any artificially or chemically made container when making an oil or tincture, as they will contaminate your creations.

Some equipment for producing oils and tinctures:

- Lightproof bottles
- Glass eyedroppers
- Small jars
- Wide-mouth jars
- Labels
- Indelible ink
- Cellophane Tape to cover labels

ESSENTIAL OILS

But just what is an essential oil and why does it need to be extracted in the first place? Remarkably enough, there are “tiny droplets” which exist *in-between* plant cells, and these aromatic drops may be extracted not just from flowers and herbs, but also from roots, bark, and every aspect of a plant. Essential oils are expensive and time-consuming to extract: it takes eight million jasmine blossoms (all of which need to be picked by hand!) to give just a kilo of jasmine oil, and 30 roses will produce a mere one drop of rose oil. Essential oils are said to contain the plant's most valuable, concentrated, therapeutic properties.

In nature, essential oils function to immunize plants against pests, climate change, disease, and all kinds of environmental trauma. Herbalists and traditional healers who work with essential oils believe they can protect and enhance our life functions in the same way, and there is growing research to support this idea. Some feel that the marvelous attributes of essential oils are largely wasted in today's mass food industry, which uses over half of the world's essential oils at present.

Instead, they use essential oils in treating symptoms like insomnia and anxiety, to encourage relaxation, and to actively stimulate sexual arousal. Interest in aromatherapy is also enjoying a resurgence among alternatively-minded medical professionals.

5

AROMATHERAPY TO ENHANCE LOVE AND SEX

THE MARVELOUS MAGIC OF SMELL

Contemporary studies in many areas of science and brain cognition are proving, without yet knowing why, that smell and scents have a profound ability to change the human organism.

The human sense of smell is roughly estimated at 10,000 times more acute than the other 4 other senses. It appears currently that our noses respond to roughly 10,000 different chemical compounds. They take slightly longer to register, but once they do, the stimuli of scent can pass through the body and into the brain than signals for sight or sound.

It's believed that responding to odors induces parts of the brain to release chemicals that affect human behavior by directly affecting physiology. Put more simply, odors make us do things. They also make us do things without knowing why.

That's because smells go straight through the limbic system, one of the oldest, most primitive parts of the brain, for processing. Other senses get to the limbic system after going through other brain routes; they don't go there first.

The limbic system is concerned with body regulation through chemicals and hormones. It monitors the pleasure centers of the brain along with memory, visceral stimuli, reinforcement, and sexual behavior. In 1989, Dr. Gary Schwartz, a professor of psychiatry and psychology at the University of Arizona, spoke of research that showed "olfaction is so sensitive that virtually any odor will elicit a brain response ...with some clinically demonstrable physical or behavioral reaction."

So scent is very, very powerful, and research is just beginning to show why. This means that the positive and even therapeutic effects of essential oils derive from more than just the conscious enjoyment of a fragrance. They can stimulate and invigorate the mind on a primal level. Studies determined that certain essential oils cause the release of endorphins and the body's own neurochemical analgesics -- relaxing people, lowering blood pressure, acting as aphrodisiacs, etc. Following these discoveries, hospitals in England continued the research by

successfully using essential oils of lavender, marjoram, geranium, mandarin, and cardamom to replace chemical sedatives.

Aromatherapy oils are of great use in hospice care with their effects that are gentle. Their effects can be sedative and stress reducing, calming and can even reduce pain. Some think that they can help prevent infections transmitted by air. Some behaviorists have come to believe in mass aromatherapy to influence group behavior and even to increase efficiency in the workplace. Japanese corporations already use it to some extent, piping lemon and mint scents into office environments.

But this book is about the need to individualize treatments with herbs, magic oils, and aphrodisiacs made from them. Mass aromatherapy is counter to that idea and to that of continuing curiosity about how plants work differently for each human.

Regardless, aromatherapy does have an ancient laudable history in world cultures, popping up in the archives of India, Egypt, China, Greece, and many other countries. Traditional Chinese Medicine links tastes and smells with medical conditions; in India, the close link between aromatherapy and Ayurveda is part of our evolving culture. Many countries use sandalwood and other scents to heighten meditation, and Egypt is famous for using aromatic resins in their embalming process to create and preserve mummies. It's notable too how many accounts of Cleopatra go into great detail about her use of scents to create an atmosphere around her.

Delhi-based Dr. Sunita Agarwal has added the practice of aromatherapy to her medical work. Says a patient,

"Typically, a consultation with her entails a detailed medical history, queries about diet, and lifestyle. Then, she blends the required essential oils in a carrier oil for massage. You are asked to sniff the oil blend to ensure that you like the fragrance, your body's signals being an important guide to the correct choice."

Much like herbs, essential oils, she feels, may be thought of in categories:

"those that invigorate the body and rev up the spirit, those that tone, balance, and regulate our bodily functions and life-supporting systems, and those which have a calm, sedative, and tranquilizing effect."

This sounds exactly like the process for herbalists creating aphrodisiacs and herb treatments, so it's reassuring to find an educated medical practitioner following such an intuitive protocol as well.

At any rate, aromatherapy does represent a place where alternative and conventional healers are both engaged at present. Research shows that medicinal properties do exist in aromatherapy oils, so it has steadily grown in credibility, and its potential for both science and intuitive healing arts is just beginning to be tapped.

QUICK AND EASY AROMATHERAPY TIPS FOR ANY COUPLE:

BASIL

Basil may be flavorful, but it has long been used as an aphrodisiac as well. Use it clear your mind of stress and frustrations while it strengthens your brain.

For aromatherapy, use basil in meals, perhaps a bit of pesto, or place basil oil into warm bath water. Within seconds you will smell and feel the aromatic properties of the basil.

CINNAMON

Cinnamon is more than just for toast or bakery. This spice also helps to promote relaxation and can help to feel more comfortable because it works to reduce nervous energy.

Purchase a cinnamon candle (soy is best) and use it in the space. Or, purchase a cinnamon massage oil. Look specifically for a cinnamon leaf oil designed as an aromatherapy message product.

ORANGE

The fresh scent of orange is invigorating, but it also improves your mood and helps to reduce any anxiety.

Orange essential oils are readily available. Use these in a diffuser to lighten the mood in the entire room. You can also find aromatherapy candles with a citrus smell. Massage oils are also available.

LAVENDER

Everybody's favorite oil because it does something nice for everyone. Studies show men are most excited by the scents of lavender and

pumpkin pie. You can bring the pie along, but you could add a little lavender oil behind the ears, and spray lightly over the sheets.

It has a most balancing effect, which tends to evoke pleasant memories, soothing the nervous system. It is also known for relieving anxiety, the blues, and insomnia, and it promotes calm and serenity.

ROSE

Rose is a wonderfully romantic fragrance. This female scent is traditionally associated with women. Aroma therapists typically use it to calm stressed, nervous people, and to banish depression or sadness.

Scatter fragrant rose petals on the bed, or try adding rosebuds to a warm bath – they will float (better still, try using them in a bath for two).

6

APHRODISIA IN RELATIONSHIPS

*"It is illogical for you to ignore your partner in the morning,
bark at him/her during the day, argue in the evening,
and then fall into his/her arms for a fanciful sexual adventure at night.
Insensitivity, inattention, and hostility make sexual intimacy unnatural.
If you want a rhythmic pattern of sexual intimacy, then create a relational
pattern that reflects the same intimate emotions."
Dr. Phil*

Words like "sexual dysfunction" make everybody tense up and feel inadequate, but we don't feel nearly as defensive if we find we have another kind of imbalance such as diabetes or hypertension. All imbalances are the same at their source, caused by a combination of physical, environmental, and emotional challenges. Many things contribute to sex and romance waxing and waning. Testosterone is the hormone that drives the sexual engine in both men and women, and lack of testosterone or low testosterone levels affect both sexes by lowering sex drive.

In these sections, we will offer some aphrodisiac recipes and suggestions to try, whether your sexuality is dampened or whether it is burning hot and you'd like to take it higher. These are just for experimentation and are by no means comprehensive.

A quick note: the earlier part of the book espouses using simples, or one-herb preparations. Though one herb at a time is absolutely preferable for ingesting, we have allowed latitude to use more than one element in massage oils, as recommended by aroma therapists and some massage therapists.

APHRODISIACS AND REMEDIES FOR FACING SEXUAL CHALLENGES

Sexual problems are often related to physical problems. Physical problems are often related to psychological problems. Those result from stressful environmental conditions now or in the past. But the loss of sexual function may lead to a diminishment of intimacy, and so, create its own new set of emotional responses, etc. Something, a spark, a shift, a preparation, is needed to break the cycle.

It's definitely worth reviewing the particulars of one's own sexual or love challenges just as a way of knowing what herbs and aphrodisiacs you may need. No self-judgments, please, and no analysis which can also lead to stress, depression, and anxiety.

Choosing the right aphrodisiacs and practices will go a long way, but we don't regard any of the suggestions here as right for everyone or as addressing the whole paradigm of any one person's sexuality. Remember that libido problems can come from emotional frustration or negative feelings, causing sexual appetite to die. Usually, unless there's deep trauma to be healed, when emotions are relieved and balance is restored, desire and function will return.

HANDLING CHALLENGES PRACTICALLY

However, there is no aphrodisiac that can take the place of a thoughtful, patient, attentive lover. If one or both partners are uncomfortable or uneducated about sex, that will need to be addressed, but that's probably one of the easiest things to do. Information on sex and openness about it is everywhere in the 21st century.

Resist labeling yourself or your partner with words like "frigidity" or "impotence" or "dysfunctional" etc. Don't they make you grit your teeth? They certainly aren't likely to make anyone feel sexy. Really, kindness and compassion cause aphrodisiac chemicals and pheromones to flow in your own body.

After the enjoyment and respect of your own body, your lover is your next best aphrodisiac. Slow down and spend time together in longer foreplay, unstructured bedroom hanging-out time, and even just time together building a connection outside of sex.

If you want to, try different sexual positions without adding the onus of having to be sexually satisfied every time. Not everyone responds to every position, especially if it's a complicated one. But it sure could be fun to try with a spirit of adventure.

If women are having challenges related to fertility, menopause, or menstruation, TCM, Ayurveda, shiatsu, and Swedish massage are just a few of the resources that offer solutions specific to those issues. And of course, there are herbs, oils, and aphrodisiacs for almost every situation.

Love heals trauma. But we are only beginning to learn in brain research and neurology how neuropeptides in cells literally hold an impression of good and bad memories locked in our bodies. Vaginismus, which is the involuntary spasm of the vaginal muscles, is often linked to overwhelming feelings of fear, which can be connected to trauma. Problems getting, keeping, or giving up erections may have the same source. To help release trauma, therapy with a compassionate, experienced professional may also be a precious gift that a traumatized person can give himself and his partner on the way to sexual healing.

Sensual and sexual aromatherapy can be a way for partners to help each other find deeper trust, especially when the right herbs and oils are chosen to complement their support of each other. Aromatic bathing and massage can help you relax, be a sensual experience, and a part of foreplay.

WORKING THROUGH BLOCKED ENERGY, SEXUAL CHALLENGES

Many Eastern traditions recognize the chakra system, a series of seven or eight energy centers in the body that correspond to organs, moods, and human and spiritual developmental stages.

The sacral chakra, associated with sexuality, fertility, and regeneration, and at times, personal creativity as well, and can be found between the genital area and the naval. Psychological issues connected to the sacral chakra have to do with self-gratification, comfort in a physical sense, satisfaction, and sexuality. It's connected to the regulation of feelings and emotional expression.

Anatomically, this is where the gonads are found. The sacral chakra represents the area of fulfilled desires, physical pleasures, and happiness. We find our true feelings and our sense of physical balance through this chakra.

Those who use this model in healing believe that problems occur when a any of the chakras have what is referred to as "blocked energy". When the sacral chakra is blocked, the body's organic sense of ease and natural balance, functioning spontaneously, is replaced with fumbling awkwardness. People feel they've somehow lost themselves and their capacity for spontaneous expression, especially physically. Practitioners say, "When the blockage in this chakra is released, there will also be a

release of long held-back emotions, and physically, the body will move again with fluid gracefulness.”

That’s a wonderful description of lovemaking unmarred by self-consciousness or physical impediment.

Aromatherapy oils considered beneficial to the sacral chakra are:

- Black Pepper
- Cedar Wood
- Chamomile
- Cinnamon
- Frankincense
- Jasmine
- Myrrh
- Patchouli
- Rose
- Sandalwood
- Vetiver
- Ylang Ylang

FLOWER ESSENCES AND DR. BACH’S REMEDIES AS APHRODISIACS FOR MEN AND WOMEN

Flower essences are different from aromatherapy or essential oils -- they actually have no scent at all. Flower essences are said to contain the life force of flowers in the peak of their bloom, and are made when blossoms are infused into spring water. Some healers believe the life energy and vibrational pulse of the flower enters the water.

Dr. Edward Bach, in the 1930's, was one of the first people to play with, study, and develop these remedies for modern use. He thought that the herbal flower remedies could balance people spiritually, cleanse the mind and body, and heal.

His remedies only contain a minute trace amount of the plant, so they are not like other herbal remedies or preparations.

A flower uses an enormous amount of its resources in order to bloom -- it is the hardest thing that a flower "does," say naturalists. Practitioners believe that what the flower knows about using its energy effectively can be transmitted to people. They say that flower essences send codified messages to the human energetic body about how to return to a state of balance.

Some also say Bach's remedies work as "liquid acupuncture," unblocking energy in the same way that the art of acupuncture ostensibly unblocks energy meridians in humans.

Men and women who have physical problems that inhibit sex may still be suffering from emotional issues at the source, say practitioners of Bach Flower Remedies. If this is the case, Bach remedies are ideal.

- For problems stemming from physical or emotional exhaustion, they recommend Olive.
- For fear of sex, they recommend Mimulus.
- For past sexual trauma, they recommend Honeysuckle.
- For shame or a sense of contamination after trauma, they recommend Crab Apple.
- Wild Rose is recommended to overcome sexual boredom and passivity, perhaps stemming from anxiety.
- Willow is prescribed to relieve anger and resentment at a partner.

AYURVEDIC WISDOM

Westerners sometimes have a hard time with all this since we don't acknowledge the existence of an invisible energy web moving in and around our bodies, or energy blocks, the way TCM acknowledges "Qi" and Ayurveda from India speaks of "doshas" that rule people's bodies and temperaments.

Ayurveda uses this theory of "doshas" -- perhaps best translated as "energy types," to determine which essential oils are the right selection for you. One of the factors used is to understand your mind and body type.

TYPE: VATA

Those who are Vata type, you are often feeling nervous energy. You deal with problems such as headaches, hypersensitivity and anxiety. You may have physical health concerns such as insomnia, constipation and dry skin.

Fast moving or sometimes swirling air is attributed to this particular type. Avoid strongly perfumed oils. You will get the most benefit from oils such as cypress, cinnamon or camphor. Stabilizing oils such as rose blends in sesame oil or sandalwood will provide you with the best combination of energizing oil and stabilizing oils.

TYPE: PITTA

Those who are Pitta type are characterized by heat. This is heat associated with your temperament, your experiences and your body. You may suffer from health conditions such as inflammatory skin conditions, ulcers, fevers and moods like anger and agitation frequently. The best choices for you are those oils that cooling or calming. Choose options like rose, mint, jasmine and gardenia. Select sandalwood with coconut oil.

TYPE: KAPHA

If you are the Kapha type, you are often associated with ambling water. Your most common health concerns center on respiratory ailments. In that light, you are likely to benefit from oils that are light and warm, but also stimulating. You will get the best benefits from oils like basil, pine and sage. You may also benefit from cedar and myrrh. When using any of these stimulating scents, you are motivated and awaken.

AYURVEDIC MASSAGE

Herbs and oils for aphrodisia can be combined with the chakra system in a sensual massage. This Ayurvedic massage recipe for lovers asks for a different oil for each chakra. Make the massage last several days or even a whole week so that each chakra can get the attention it deserves and you don't overwhelm your system. Get a chart that shows the chakras in their beautiful colors and hang it in your bathroom or office. Remember that emotions may come up with each chakra and give each other time for that.

Use:

- Base or root chakra - Jasmine and Ylang Ylang
- Hara chakra - Vertivert

- Solar plexus chakra - Rosemary and Lemon
- Heart chakra - Neroli
- Throat chakra - Benzoin
- Third eye chakra - Sandalwood
- Crown chakra - Rose.

7

APHRODISIA FOR WOMEN

*"A gentle word like a spark of light,
Illuminates my soul
And as each sound goes deeper,
It's YOU that makes me whole*

*There is no corner, no dark place,
YOUR LOVE cannot fill
And if the world starts causing waves,
It's your devotion that makes them still*

*And yes, you always speak to me,
In sweet honesty and truth
Your caring heart keeps out the rain,
YOUR LOVE, the ultimate roof*

*So thank you my Love for being there,
For supporting me, my life
I'll do the same for you, you know,
My Beautiful, Darling Wife"*

- David G. Kelly -

We begin these sections especially for men and women with brief love poems by people who really, truly, profoundly appreciate their love partners. This is just to reiterate that being deeply loved is the number one aphrodisiac.

It's also a reminder that there are an amazing number of resources in the world for finding herbs, oils, remedies, and concoctions to enhance your love life. Now that you have the guidelines for using herbs and oils, you can begin to be your own best healer.

But some ideas follow:

There are countless ways to integrate the joyful use of aromatherapy in your life while you're working on cultivating your sexuality. Candles, incense, or a bubbling scent on the stove can enhance the environment. One option is to place one to two drops of the oil onto a cloth. Then, place

the cloth to your nose so you can smell it. Another option is to use steam to help you to inhale it. The best way to do that is to simply add a couple of drops of the oil into the bathwater with you. The hot water will open up the scent. Add an ounce of the carrier oil you need plus just a small amount of the scent you enjoy into the water. Note that any of the essential oils in aromatherapy can be used in massage oils, in bath products or even in lotions. These help to provide a sensual experience while also revitalizing your body and your mind.

CARRIER OILS

Remember the importance of carrier oils, also called base oils. These carry the oils on the skin since most essential oils are too potent to be placed directly on your skin. The following are some of the best carrier oils:

- Sweet Almond oil
- Sunflower oils
- Grapeseed
- Olive Oil
- Avacado oils
- Grape seed oils
- Jojoba oil

SMELLS THAT IMPROVE SENSUAL AND SEXUAL FEELINGS IN WOMEN

For those focusing on sexual relations or on love, the following oils are some of the best for this purpose.

- **Bergamot**
Here you have a scent that is intense but refreshing at the same time. It offers a combination of spice and sweetness.
- **Cedarwood**
Cedar wood is woody and that means soothing feelings that are strengthening. This scent helps you feel confident and improves your inner strength.

- **Clary Sage**
Here you have a nut like scent that is warming. It helps to promote vitality and creative thoughts.
- **Ylang Ylang**
This scent comes from China and is powerful and enticing. You will need to mix it with oils like clary sage and use it with geranium. It has an exotic but floral smell that is stimulating.
- **Clove**
Cloves mean richness and a scent that is ideal for penetrating the room with warmth. Many call this scent intoxicating.
- **Rose**
You may know the scent of rose, but it helps to create love and passionate moods. It is a sensual type of fragrance.
- **Ginger**
Ginger means warmth when used in a massage. If you lived in South Asia, ginger lotions or oils in creams are placed on the body of the bride on her wedding day.
- **Jasmine**
Jasmine is commonly used by Indian women in hair products so as to encourage husbands into sexual relations. The scent is floral and warm.
- **Vanilla**
Soft and sweet, vanilla is ideal for those who want to induce feelings of compassion and love, but also a sense of security in their lover.

QUICK ESSENTIAL OIL CHOICES TO ENHANCE SEXUAL RESPONSIVENESS IN WOMEN:

Clary Sage, Ginger, Jasmine, Neroli, Rose, Sandalwood, and Ylang Ylang are all effective. Any of these oils used in your daily bath has the potential to stimulate and renew your interest in sex.

VAGINAL DRYNESS

Lack of vaginal secretion can make intercourse difficult, uncomfortable, or even impossible. A simple temporary solution to this problem is to apply a small amount of jojoba to the vagina.

For the long-term essential oils that increase vaginal secretions (especially when you have researched and found those that imitate the actions of the hormone estrogen), they should be used:

- in the bath (6 drops)
- in massage blends (3-4 drops to 10 ml of carrier oil)

Taking a daily bath with one of the recipes and using the massage recipe, maybe with a partner, every day for around a week should help create better lubrication.

Alternatively, use any of the oils we will mention on its own, as long as it's properly blended and diluted.

BATH RECIPES TO COUNTERACT VAGINAL DRYNESS:

Recipe 1:

- 1 drop Melissa
- 2 drops Neroli
- 3 drops Sandalwood

Recipe 2:

- 2 drops Fennel
- 2 drops Geranium
- 2 drops Lavender

Recipe 3:

- 2 drops Clary Sage
- 1 drop Geranium
- 3 drops Rose

MESSAGE FORMULA TO RELIEVE VAGINAL DRYNESS:

- 2 drops Clary Sage
- 2 drops Fennel
- 2 drops Rose
- 2 drops Sandalwood

NOTE: Dilute your formula in 30 ml of carrier oil

MESSAGE FORMULAS FOR FEMALE SEXUAL STIMULATION:**Female Response Recipe 1:**

- 2 drops Clary Sage
- 2 drops Jasmine
- 2 drops Ylang Ylang

Female Response Recipe 2:

- 1 drop Ginger
- 2 drops Rose
- 2 drops Ylang Ylang

NOTE: Dilute the above in 30 ml carrier or base oil

Use one of the recipes above for about ten days. The oils should be applied to the abdomen, tops of thighs, and lower back especially.

8

APHRODISIA FOR MEN

*"You're my man, my mighty king,
And I'm the jewel in your crown,
You're the sun so hot and bright,
I'm your light-rays shining down,*

*You're the sky so vast and blue,
And I'm the white clouds in your chest,
I'm a river clean and pure,
Who in your ocean finds her rest,*

*You're the mountain huge and high,
I'm the valley green and wide,
You're the body firm and strong,
And I'm a rib bone on your side,*

*You're an eagle flying high,
I'm your feathers light and brown,
You're my man, my king of kings,
And I'm the jewel in your crown."*

- Nima Akbari -

Many cultures put the primary burden for making sex and love successful on men. That usually comes with a lot of other cultural burdens as well, leading to a decidedly unsexy propensity for burnout -- understandably so! In these sections for men and women specifically, we include a few recipes to restore, invigorate, and stimulate sexuality, but we also start each section with a love poem to remind the readers that being seen, known, valued, and loved creates the prime atmosphere in which to get turned on.

There's never been a better time in history to seek resources for sexual healing. All of the information's out there: a quick search on the Internet can connect you with very ancient wisdom and modern tools. TCM and Ayurveda especially have many astonishing, time-honored preparations and resources for men, going back thousands of years, created in times

when virility could make the difference in gaining or losing a fortune. Now that you have wholesome guidelines, you can create your own pharmacopia for sexual healing.

A few ideas and suggestions follow.

Aromatherapy massage combined with herbal treatment is a gentle, powerful way to begin treating yourself, with or without a partner.

ESSENTIAL OILS TO COUNTERACT EXHAUSTION AND LACK OF SEXUAL STAMINA IN MEN:

- Amyris
- Basil
- Black Pepper
- Cardamom
- Celery
- Cinnamon Leaf
- Clary Sage
- Coriander
- Cumin
- Geranium
- Ginger
- Jasmine
- Lavender
- Patchouli
- Rose
- Rosemary

- Rosewood
- Sage
- Sandalwood
- Thyme
- Violet Leaf
- Ylang Ylang

THREE RECIPES TO HELP WITH LOSING ERECTIONS:

Recipe 1:

- 1 drop Cinnamon
- 1 drop Coriander
- 2 drops Ginger
- 1 drop Rosemary

Recipe 2:

- 1 drop Clary Sage
- 2 drops Ginger
- 1 drop Jasmine
- 2 drops Sandalwood

Recipe 3:

- 2 drops Black Pepper
- 2 drops Ginger
- 2 drops Rosewood

NOTE: Dilute your recipe in 15 ml of carrier oil

Massage in one of these recipes, paying particular attention to the lower back, the upper abdominal area, and upper thighs. Make sure that you avoid the genitals. Apply the oils for approximately ten days and have a daily bath using about four drops of ginger and two drops of black pepper.

RECIPE TO HELP PREVENT PREMATURE EJACULATION:

- 1 drop Benzoin
- 2 drops Marjoram
- 1 drop Vetivert

NOTE: Dilute in 30 ml of carrier oil

SOME RECOMMENDED BACH FLOWER REMEDIES FOR MEN:

- Larch works on boosting a lack of confidence
- White Chestnut combats worries over virility
- Olive restores after exhaustion
- Mimulus comforts and mitigates fear of failure
- Also for men especially: Those looking for an aphrodisiac will want to use agarwood. Alternate every few weeks with a concoction made from the flower ylang-ylang.
- In Indonesia, Ylang Ylang is an oil known for its sedative feelings and sensual effect. There, families place it on the bed of couples on their wedding day. It's considered just the right thing to banish pressure and insecurity in men and put everyone -- married or not -- in the right mood for an idyllic honeymoon.

9

FOODS AS APHRODISIACS

Since foods play such a crucial part in maintaining our health and balance, it's pleasant to know that they can also support and enhance our love lives. While foods with aphrodisiacal properties, real or imagined, could be the subject of a book unto themselves, it's worth touching on briefly on some of the history and lore of foods of love, since a good student of aphrodisia will presumably want to choose the sexiest and most luscious foods to sustain him in his explorations.

- **Apricots:**
Apricots were known by the ancient Chinese as a sensual fruit. Any fruit with a red blush is a good option.
- **Bananas:**
High in potassium, they're equally famous just for their priapic appearance (which is the case with a lot of reputed aphrodisiac food, particularly those that come from way back in primitive cultures.)
- **Dates:**
Dates are recommended for virility in Iran.
- **Figs:**
Plump, soft, sweet figs come from a variety of the ficus tree that is one of the oldest plants that is edible. Much of the world hasn't tried fresh figs yet... Drizzled with cream, served with melon and/or prosciutto, they are symbols of fertility because of how they look and taste. Try one and see -- maybe in Greece if you happen to be there.
- **Grapes:**
Dionysus, was a god of the grape. He was also known as the god of procreation and fertility. Dionysian antics fueled by opiates and too much wine may have given modern day aphrodisiacs a bad name.
- **Mango:**
Mangos are popular throughout the world, but in particular in India, the Caribbean Islands and in Mexico. The fruit is thought of as exotic as well as sensual. When ripe, mangos are notorious for being (delightfully) messy and juicy.

- **Peach:**
In China, peaches are associated with the peak of sexuality. Select from many varieties. Select peaches that give to pressure and have a creamy or white color between areas of blush for the ripest taste.
- **Pomegranate:**
In Kama Sutra, pomegranate remains the most popular option. It is said to have erotic qualities.
- **Quince:**
Due to its amazing rich color, its intoxicating fragrance, and many seeds showing its fertility, the quince was dedicated to Aphrodite, Goddess of Love, in Ancient Greece.
- **Strawberries:**
These are among the nutritionally perfect foods, so it is an added benefit that they are beautiful and fragrant, and are so good dipped in sugar, honey, cream, or chocolate. Combining them with white port wine is a famously powerful aphrodisiac.
- **Nuts:**
Maidens passed out bowls of nuts as symbols of fertility at the Games of Ancient Rome, and they were widely acclaimed for promoting sexual vigor in men.
- **Pine Nuts:**
These have been used as an aphrodisiac throughout the Mediterranean and the East. The Roman poet, Ovid, included pine nuts in his list of aphrodisiacs. The Ancient Arab love manual known as The Perfumed Garden contains this admonition to restore a man's waning sexual vigor:

"A glass of thick honey, plus 20 almonds and 100 pine nuts repeated for three nights."
- **Walnuts:**
In Rome, walnuts were thrown at newlyweds, and they were used in fertility ceremonies in Italy and France to intensify desire.

APHRODISIA FOR LUNCH

To the ancient culinary world, food had medicinal and esthetic properties, as well as simply being fuel. In the Middle East and Morocco, customs developed that led to savory combining of spaces to increase heat in food and people, including putting meat and fruit together on a dish and balancing the many whole foods of the region with contrasting flavors.

Many traditions, notably Chinese and Indian, strongly believe in the use of food to refine temperament and to balance a body's tendencies and medical conditions. The whole idea of putting contrasting flavors together for balance in taste, mind, and body began here. The Song of Solomon, famed in the Christian Bible for being a long, epic, and vivid erotic love poem filled with references to delicious food, infuses food with magical properties. The spices of the spice route and the merchants who traveled on The Silk Road are still some of the most famous aphrodisiacs, being health-enhancing stimulants, as well as just fragrant and compelling.

*Awake, O north wind,
And come thou south,
Blow upon my garden,
That the spices thereof
May flow out . . .
– Song of Solomon, 4:14:16*

Here are just a few of those known for their abilities to warm and stir human bodies even today. Many of these predominate in Indian and Moroccan cooking -- see some of their properties in other parts of the book...

- Cardamom
- Cinnamon
- Cloves
- Cumin
- Fenugreek
- Pomegranate
- Rose (Wild species - the plants from which all modern roses descend)
- Saffron
- Sumac (Caution: Do not gather from the wild as some varieties are poisonous)
- Turmeric

TWO ANCIENT EVOCATIVE SPICE PREPARATIONS - USE IN DISHES FOR APHRODISIAC MOMENTS

ROSE ADVIEH, A BLEND OF SPICES USED FOR EGG DISHES AND RICE:

- 3 tbsp dried Rose petals. You can also use 15 whole rose buds so long as you remove and discard the stems, and calyxes
 - 1 tsp whole black Peppercorns
 - 1/4 tsp ground Cinnamon
1. Grind all ingredients into a powder. Use a grinder or, as they used to do, a mortar and pestle.
 2. This makes about one tablespoon.

PAT'S RAS EL HANOUT:

A Ras el Hanout, literally translates to, "top of the shop," is a secret family blend that incomes some 25 to 100 spices. Also included are aphrodisiacs and herbs. This blend is considered the premium selection of any merchant.

- 1 Tbsp whole Coriander seeds
- 2-inch piece Cinnamon, in small pieces
- 2 tsp each:
 - whole Cumin seeds
 - whole Fenugreek seeds
 - whole Cardamom pods
 - Black Peppercorns
- 3 whole Cloves
- 1 whole Star Anise
- 1 dried Bay leaf
- 3 cloves Garlic

- 2-inch piece each (or 1 Tbsp each powdered)
 - fresh Turmeric
 - ginger
 - 1 Tbsp sea salt
1. It's best to cook in a small, wok or skillet with a heavy base. Toast the first 6 ingredients over a low to medium heat until they are lightly browned and nicely fragrant, which should take approx 3-4 minutes.
 2. Do not ever allow spices to smoke or worse, burn as this will destroy the flavour.
 3. Remove them from the heat, cool slightly, and place them in a mortar and pestle or if you have one, a spice grinder.
 4. Grind the mix to a fine consistency, making sure to remove any unground cardamom pod husks.
 5. This can now be used straight away or stored for a couple of weeks; after that, it starts to lose some of its fragrance and flavor.
 6. In a mortar, mash the garlic with a pestle.
 7. Add the turmeric and ginger and grind together.
 8. Add salt, and grind to a smooth paste.
 9. Add the mix to the toasted, ground spices.
 10. Grind the entire lot to the desired texture.
 11. The mixture must be stored in a refrigerator once the roots are added.
 12. Use within 2 weeks.
 13. Makes $\frac{3}{4}$ cup.

FROM THE EXOTIC TO THE WELL-KNOWN: SIMPLE FOODS FOR APHRODISIA

- **Avocados**
These are a power-punch of libido for both men and women. The high levels of Vitamin B6, folic acid, and potassium affect the female libido. Vitamin B6 works to increase male hormone production. The potassium found here helps keep the thyroid gland functioning properly and when it is working properly, that keeps the female sex drive functioning. The folic acid works to help the body to metabolize proteins.
- **Asparagus**
Eat some asparagus. This vegetable has a high source of Vitamin E. Vitamin E works to stimulate the body's natural production of sexual hormones and helps to improve both the man and the woman's libido.
- **Bananas**
Bananas contain high levels of Vitamin B and potassium. Both are important to the body in the making of sexual hormones. They also work well to help increase the level of energy you have. Eat a banana every day and enjoy its aesthetic shape as well.
- **Celery**
The androsterone in celery is important. This is a hormone without any scent that the body releases through perspiration in males and activates women by silently and invisibly turning them on. Snack on celery all through the day.
- **Figs**
Add succulent fresh or sweet dried figs to your diet to increase sexual stamina. Figs are high in amino acids, which also fan libido.
- **Oysters**
Oysters are high in zinc, which is known to raise testosterone levels in everyone and sperm production in men. People love 'em or hate 'em. If you can stand it, try eating a few raw oysters a day -- it might be a gourmet treat and help your sex drive.

10

EPILOGUE

*“Without love, what are we worth? Eighty-nine cents!
Eighty-nine cents worth of chemicals walking around lonely.”*

*~Laurence Marks, M*A*S*H, "Love Story,"
original air date 7 January 1973, spoken by the character Hawkeye*

The focus of this book about herbs, oils, and their use as aphrodisiacs has been on balance: balance in physiology, balance in using natural remedies, and balance in seeking and cultivating relationships. The quote above simply reminds us that techniques and prescriptions for sexual happiness are only as good as they are implemented with love and compassion. Bodies heal themselves; healers don't do it. They only promote and encourage healing. A grumpy, impatient psychologist will not be very effective. Nor will a driven, goal-oriented lover. Remember that love without herbs is probably a lot more healing than judgment and manipulation is, even with the best herbal medicine and magic in the world.

Still, the idea of herbs, oils, and magic to enhance sex has held a fascination for all peoples and countries throughout history. Some of that is because we are wired to turn to the Earth for natural solutions and probably did so for thousands of years before anyone had an electric vibrator or a bottle of Viagra. The enlightened use of aphrodisiacs to improve sex and love is a wonderful thing. But maybe every book on aphrodisiacs should also come with a second book on love.

Herbs and oils do work, and wise healers have always known it. Wise healers are probably good lovers for themselves and others as well. They understand that the mystery of what makes humans happy is a moving, growing, changing thing. That's why they bring attention, curiosity, compassion, and patience with themselves as learners, and a joyful capacity to be surprised. These are the intangible aphrodisiacs that make people astonishing lovers of their own dear ones and of humanity itself.

A PARTIAL LIST OF SOME APHRODISIAC HERBS AND OILS, AND BODY SYSTEMS THEY SUPPORT

ANGELICA

As an aphrodisiac, angelica root oil is helpful in treating emotional states that cause unresponsiveness, especially for women.

BASIL

Basil arouses sexual instincts and is a good choice for someone who is anxious due to inexperience.

Body systems:

- Reproductive System
 - Cramps
 - Amenorrhea

CARDAMOM

Cardamom is said to be an aphrodisiac. It is known to enhance sensuality, but it does much more. Cardamom can help a person feel more confident about the body when there are insecurities or uneasiness. This herb can

also create a calming peace of mind when past experiences have created distrust in the sexual act.

CEDARWOOD

Opens emotions in relationships, whilst soothing fears and anxieties relating to sexuality. Encourages the sexual response.

CHAMOMILE

Body systems:

- Reproductive System
 - Dysmenorrhea
 - Menopausal problems
 - Menorrhagia
 - PMS
 - Morning Sickness
- Genito-urinary systems
 - Cystitis
 - Urethritis
 - Thrush
 - Vulval Pruritus

CINNAMON

Body systems:

- Reproductive System
 - Stimulates uterine contractions

- Trouble achieving orgasm
- Non-arousal
- Leukorrhea
- Metrorrhagia

CLARY SAGE

Clary Sage is an oil that can create a sense of well-being when used properly. These feelings then contribute to a lessening of inhibitions. The mildly intoxicating effects of Clary Sage can arouse positive emotions and make a person feel more alive. It helps a person overcome feelings of negativity or anxiety. It is also used by people interested in overcoming phobias. Finally, Clary Sage is beneficial for regulating hormones or bringing hormones into balance.

Body systems:

- Reproductive System
 - Amenorrhea
 - Labor pains
 - Dysmenorrhea
 - Leukorrhea
 - Trouble achieving orgasm
 - Non-arousal

CORIANDER

A known euphoric and aphrodisiac, coriander helps encourage spontaneity, communication, and passion, while reducing feelings of self-doubt.

CUMIN

Body systems:

- Reproductive System
 - Irregular Periods
 - Menopausal problems
 - PMS
- Genito-urinary systems
 - Cystitis

CYPRESS

Body systems:

- Reproductive System
 - Dysmenorrhea
 - Menopausal problems (hot flashes and night sweats)
 - Menorrhagia
- Genito-Urinary System
 - Incontinence
 - Prostatitis
 - Pelvic Inflammatory Disease

FENNEL

Fennel contains anethol which has a similar chemical composition when compared to estrogen. That is why Fennel is another oil that can be used by women to restore hormonal balance in the female reproductive system. An adaptogen oil, it is also used to regulate the reproductive system.

Body systems:

- Reproductive System
 - Amenorrhea
 - Menopausal problems
 - Promoting natural milk production in nursing mothers

FRANKINCENSE**Body systems:**

- Genito-urinary System
 - Cystitis
 - Dysmenorrhea
 - Leukorrhea

GERANIUM

Geranium is also an adaptogen oil. It is used where balance must be restored. For example, Geranium can restore equilibrium or balance feelings of love and happiness with those of loneliness and unhappiness. The result is improved communication and resolve. Geranium promotes yin and yang energies.

Body systems:

- Reproductive and Endocrine Systems
 - Adrenal glands
 - Menopausal problems
 - PMS

GINGER

Erotic oil that increases the libido and therefore helps sexuality. Ginger helps us to warm aversive, "cold" emotions.

Body systems:

- Helps with the reproductive system and menstrual cramps

HYSSOP

Body systems:

- Reproductive system
 - Amenorrhea
 - Increase milk supply in nursing mothers
 - Menopausal ailments
 - Leucorrhoea

JASMINE

Jasmine is a fragrant emblem of love; its sensual character brings romance, strength, and warmth to relationships. It is a strong sensual stimulant. Jasmine boosts self-confidence and enhances feelings of self-worth.

Body systems:

- Reproductive system
 - Dysmenorrhea
 - Erection problems
 - Trouble achieving orgasm
 - Non-arousal
 - Labor pains

- Uterine disorders

JUNIPER

If you experience feelings of unworthiness or insecurity in relationships then Jasmine should be used. This is an oil that can improve feelings of self-esteem and lead to enhanced emotional responses. The oil stimulates sexuality and awakens the emotions to love. You can gain self-confidence and become more open to, and confident about, relationship possibilities.

Body systems:

- Reproductive system
 - Amenorrhea
 - Dysmenorrhea
 - Leukorrhea
 - Metrorrhagia
 - Threatened Miscarriage
- Genito-urinary system
 - Cystitis

LAVENDER

Body systems:

- Reproductive and Endocrine Systems
 - Hormonal Imbalances stemming from stress
 - PMS
 - Menstrual Cramps
 - Pruritus
 - Amenorrhea
 - Menorrhagia

- Dysmenorrhea
 - Leukorrhea
 - Prostatitis
 - Vaginitis
 - Pelvic Inflammatory Disease
-
- Genito-urinary system
 - Cystitis

LEMONGRASS

Body systems:

- Reproductive System
 - PMS

MARJORAM

Body systems:

- Reproductive system
 - Amenorrhea
 - Dysmenorrhea
 - Leukorrhea
 - PMS
 - Menstrual Cramps

MELISSA

Body systems:

- Reproductive System
 - Menstrual Problems
 - Painful or irregular periods
 - PMS

MYRRH

Body systems:

- Reproductive and Genito-urinary system
 - Amenorrhea
 - Leukorrhea
 - Pruritus
 - Thrush

NEROLI

Enhances self-confidence and sensuality.

Body systems:

- Reproductive System
 - PMS

PARSLEY

Body systems:

- Reproductive System
 - Amenorrhea
 - Dysmenorrhea
 - Labor Aid
 - Engorged Breasts
- Urinary System
 - Cystitis
 - Urinary Tract Infections
 - Kidney Stones

PATCHOULI

Patchouli helps decrease inhibitions and allows a person to communicate clearly on both a physical and emotional level. Patchouli is a useful aid in seduction, helping those who are oversensitive to release sexual fears.

PEPPERMINT

Body systems:

- Reproductive system
 - Amenorrhea (small doses)
- Genito-urinary Systems
 - Cystitis
 - Uterine Tonic

PINE

Body systems:

- Urinary system
 - Cystitis
 - Prostatitis
 - Urinary Infections

ROSE

Rose is an oil associated with women. It is an oil that can enhance the emotions through its affinity with the female reproductive system. This beautiful oil can calm sexual fears or relieve the anxiety related to menopause or PMT. It can also calm negative emotions resulting from problems with infertility.

Body systems:

- Reproductive system
 - Irregular Menstrual Cycles
 - Hormonal Imbalances
 - Infertility
 - Leukorrhea
 - Menorrhagia
 - Pre-Menstrual Tension
 - Uterine Disorders

ROSEMARY

Body systems:

- Reproductive system

- Dysmenorrhea
- Leukorrhea

SAGE

Body systems:

- Reproductive system
 - Amenorrhea
 - Dysmenorrhea
 - Hot flashes
 - Leukorrhea
 - Menopause
 - Painful periods
 - Suppresses lactation
 - Sterility

SANDALWOOD

Sandalwood is one of the most effective aphrodisiacs. It increases sensual feelings and encourages emotional openness in relationships. It is helpful to promote an open and understanding relationship, and in all aspects of love will support feelings of togetherness and stability. sandalwood is a tonic to the reproductive organs.

Body systems:

- Disorders of the urinary system
 - Cystitis
 - Urinary infections
- Reproductive system
 - Herpes

- Erection problems
- Thrush
- Vaginal pruritus.

VETIVER

Vetiver can relieve tensions or fears and especially those that are related to sexual responses. It is an earthy herb that creates positive feelings and promotes sexual arousal.

YLANG YLANG

Ylang Ylang can be used as an enhancement to increase attraction between lovers, enhancing togetherness, sensual and tender feelings. It also increases the libido. Ylang Ylang is a good choice if you need an aid for anyone suffering from feeling sexually inadequate.

HOME STUDY



[Home](#)
[Contact](#)
[Color/Crystal Reflex.](#)
[Basic Anatomy](#)
[Reflexology Pract.](#)
[Adv. Reflexologist](#)
[Aromatherapy Pract.](#)
[Adv. Aromatherapist](#)
[Color/Crystal Therapist](#)
[ReflexAromatherapist](#)
[Mini Courses](#)
[Affiliates](#)



[REMEDIES4...FREE HEALTH EBOOKS](#) | [NATURAL HOLISTIC HEALTH BLOG](#) | [HEALTH OR HIGH WATER](#)

Alternative Healing Academy

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

Payment plans are available, please [Click Here for More Info](#)

Sales & Refund Policy

We will, within 30 days, refund the purchase price of any course you purchased ***MINUS* the cost of the modules you have already received**. This policy does ***NOT*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.