



global Arts
GALLERY



Aphrodisiac Foods

Aphrodisiacs were first sought out to increase fertility and as a remedy for a variety of sexual anxieties including fears of inadequate performance. Procreation was an important moral and religious issue and aphrodisiacs were sought to insure both male and female potency.

Why Certain Foods?

In ancient times, a distinction was made between substances that increased fertility versus ones that simply increased sex drive. Food was not readily available as it is today, undernourishment creates a loss of libido and reduces fertility rates. Substances that “by nature” represent “seed or semen” such as bulbs, eggs, snails” were considered inherently to have sexual powers. Other types of foods were considered stimulating by their “physical resemblance to genitalia”

Interesting to note that these foods were identified (documented) by the likes of Pliny and Dioscorides (ancient Greeks) first century AD and later by Paul of Aegina from the seventh century. Later more credence was given to foods that “satisfied dietary gratification”.

Other foods deemed to have aphrodisiac qualities were derived from mythology. Aphrodite, the love goddess was said to consider “sparrows” sacred because of their “amorous nature” and for that reason were included in her aphrodisiac brews.

There was not always agreement upon what foods were actually aphrodisiacs or “anaphrodisiacs” (decrease potency). But the ancient list included Anise, basil, carrot, salvia, gladiolus root, orchid bulbs, pista-

chio nuts, rocket (arugula), sage, sea fennel, turnips, skink flesh (a type of lizard) and river snails. If love is what you are after the ancients suggested you avoid dill, lentil, lettuce, watercress, rue, and water lily!

Foods List

Aniseed

A very popular aphrodisiac with many culinary uses; It has been used as an aphrodisiac since ancient Greek and Roman times. They believed aniseed had special powers and sucking on the seeds would greatly increase desire.

Asparagus

Given its phallic shape, asparagus is frequently enjoyed as an aphrodisiac food. Feed your lover boiled or steamed spears for a sensuous experience. It is suggested that eating asparagus for three days will have the most powerful affect.

Almond

A symbol of fertility throughout the ages; the aroma is thought to induce passion in a woman

Arugula

Arugula or “rocket” seed has been documented as an aphrodisiac since the first century A.D when it was added to grated orchid bulbs and parsnips and combined with pine nuts and pistachios.

Asafetida

Any Indian dried, powdered herb used as a sexual stimulant in Ayurvedic medicine. The herb has a very strong, garlicky flavor.



global Arts
GALLERY



Avocado

The Aztecs called the avocado tree “Ahuacatl” which translated means “testicle tree”. The ancients thought the fruit hanging in pairs on the tree resembled the male’s testicles. This is a delicious fruit with a sensuous texture.

Banana

The banana flower has a marvelous evocative shape, partially responsible for the popularity of the banana as an aphrodisiac. An Islamic myth relates that after Adam and Eve succumbed to the “Apple” they covered their “nudity” with banana leaves rather than fig leaves. Practically, bananas are rich in potassium and B vitamins, necessities for sex hormone production.

Basil (sweet basil)

Is said to stimulate the sex drive and boost fertility. It is also said to produce a general sense of well being for body and mind.

Broccoli Rabe (And Other Mustard Greens)

The ground seeds of various plants in the brassica family were believed to increase virility.

Chocolate

The Aztecs referred to chocolate as “nourishment of the Gods”. Chocolate contains more antioxidants than in red wine. The secret for passion is to combine the two; try a glass of Cabernet with a bit of dark chocolate for a sensuous treat.

Carrots

Another good reason to eat carrots--believed to be a stimulant to the male. The phallus shaped carrot has been associated with stimulation and was used by early Middle Eastern royalty to aid seduction.

Coffee

Caffeine is a well-know stimulant but too much and it becomes a depressant. Drink small amounts of rich dark coffee. Coffee stimulates both the body and the mind

Coriander (Cilantro seed)

The Arabian Nights, a tale that is over 1000 years old tells of a merchant who had been childless for 40 years and was cured by a concoction that included coriander.

Fennel

In the 1930’s fennel was found to be a source of natural plant estrogens. Use of fennel as an aphrodisiac dates back to the Egyptian times where it was used as a “libido enhancer”.

Figs

An open fig is thought to emulate the female sex organs and traditionally thought of as a sexual stimulant. A man breaking open a fig and eating it in front of his lover is a powerful erotic act, be sure to eat with your fingers!

Garlic

The ‘heat’ in garlic is said to stir sexual desires. Make sure you and your partner share it together!

Ginger

Ginger root raw, cooked, or crystallized is a stimulant to the circulatory system.

Honey

Many medicines in Egyptian times were based on honey including cures for sterility and impotence. Medieval seducers plied their partners with Mead, a fermented drink made from honey. Lovers on their “Honeymoon” drank mead and it was thought to “sweeten” the marriage.



global Arts
GALLERY



Liquorice (licorice)

The Chinese have used licorice for medicinal purposes since ancient times. The essence of the *Glycyrrhiza glabra* (licorice) plant, glycyrrhizin, is 50 times sweeter than sugar. Chewing on bits of licorice root is said to enhance love and lust. It is particularly stimulating to women.

Mustard

Believed to stimulate the sexual glands and increase desire.

Nutmeg

Nutmeg was highly prized by Chinese women as an aphrodisiac. In quantity, nutmeg can produce a hallucinogenic effect.

Oysters

Oysters were documented as an aphrodisiac food by the Romans in the second century A.D as mentioned in a satire by Juvenal. He described the wanton ways of women after ingesting wine and eating "giant oysters". An additional hypothesis is that the oyster resembles the "female" genitals. In reality oysters are a very nutritious and high in protein.

Pine Nuts

Zinc is a key mineral necessary to maintain male potency and pine nuts are rich in zinc. Pine nuts have been used to stimulate the libido as far back as Medieval times.

Pineapple

Rich in vitamin C and included in homeopathic treatments for impotence. Add a spear to a sweet Rum drink for a tasty prelude to an evening of passion.

Raspberries and Strawberries

Perfect foods for hand feeding your lover. "Both invite love and are described in erotic literature as fruit nipples"

Truffles

The Greeks and the Romans considered the rare Truffle to be an aphrodisiac. The musky scent is said to stimulate and sensitize the skin to touch.

Vanilla

The scent and flavor of vanilla is believed to increase desire. According to the Australian Orchid Society, "Old Totonac lore has it that Xanat, the young daughter of the Mexican fertility goddess, loved a Totonac youth. Unable to marry him due to her divine nature, she transformed herself into a plant that would provide pleasure and happiness.

Wine

A glass or two of wine can greatly enhance a romantic interlude. Wine relaxes and helps to stimulate our senses. Drinking wine can be a sensuous experience; allow your eyes to feast on the color of the liquid, caress the glass and savor the taste on your lips.

**Source: Cambridge World History of Food*



global Arts
GALLERY



Gemstone Folklore

AGATE: Agates are multi-banded colorful stones that occur in volcanic lava. Found in an amazing variety of patterns, it's believed to be a powerful healing stone and fortifier. Agate symbolizes the third eye. In antiquity, it was worn as an amulet and believed to be the stone of prosperity.

AMBER: Amber is organic fossilized tree resin that is 40 to 50 million years old. Colors are light honey gold to gold red and green. Like a time capsule, air bubbles, plants and primeval insects are sometimes trapped inside and preserved, making the amber highly prized. The most famous deposits are in the Baltic region. Amber is believed to sharpen the senses, correct imbalances and soothe the heart. When rubbed, amber produces an electrical charge.

AMAZONITE: A form of blue-green feldspar, this stone was named after the legendary country of the Indian Amazons. Amazonite is said to promote confidence, vitality and restorative sleep if placed under a pillow. Ancient Egyptians considered it a holy stone; also used to stimulate powers of clairvoyance and fortune-telling.

AMETHYST: An excellent spiritual and meditation stone, amethyst is crystalline quartz of purple and lavender. One of the oldest precious stones known, amethyst was believed to encourage sobriety and inner peace by the ancient Greeks. Also believed to ease headaches and prevent nightmares. Some of the largest amethyst deposits are in Brazil.

AQUAMARINE: A light blue member of the beryl family, aquamarine—jewel of the mermaid and stone of the seafaring traveler—is a highly mystic stone. It symbolizes peace and clarity and encourages calmness, tranquility and hope.

AVENTURINE: A type of green quartz with mica inclusions, it is a strong healer for the physical body. Aventurine alleviates doubt, anxiety and stress; also a good luck amulet for career, prosperity, adventure and travel.

AZURITE: This dark-blue colored copper mineral occurs often with malachite and symbolizes insight, spiritual awareness and psychic ability. Very potent in clearing mental blocks and speeding up the healing process.

BLACK ONYX: Used as a magic stone all over the world, it deflects negative energy, and protects from harm, giving the wearer inner harmony and self-confidence.

BLACK STONE: One of the jaspers, black stone repels negativity, encourages protection and grounds personal energy.

BLOODSTONE: This dark green jasper is spotted with red which resembles blood, giving the stone its name. In the Middle Ages, bloodstone was attributed with special powers as the red swirls were thought to be the blood of Christ. Believed to strengthen the immune system, bloodstone is also an excellent stone for the heart.

CARNELIAN: This orange variety of chalcedony is one of the oldest power and protective stones in history. In ancient Egypt, it was placed in tombs as a magic armor for life after death. Carnelian is believed to be a help in circulatory disturbances and to exert a harmonizing effect on sexuality. It can awaken new vitality and heighten creativity.

CHRYSOCOLLA: A green-blue copper-based stone, chrysocolla is said to strengthen intuition and lower stress. Said to be a balance stone for the soul and excellent for goddess energy.



global Arts
GALLERY



CITRINE: A golden yellow variety of quartz, citrine is a powerful stone that brings sun and warmth into the heart. It works especially well with nervousness and unrest, and promotes self-confidence and renewed determination.

CORAL: Organic in nature, coral comes to us from the living sea as fossilized remains of sea creatures. Highly venerated by Tibetans and Native Americans as a symbol of vitality, coral symbolizes joy of life. Thought to protect against negative energy, coral is also believed to benefit blood and circulation disorders.

EMERALD: Ever since the Stone Age, emerald has been regarded as the most divine of all precious stones. This gemstone is magnificent for regeneration and rejuvenation and deserves special attention for its healing effect on vision. The emerald promotes harmony and hope.

FLUORITE: Its wide range of colors, yellow, blue, purple and green, make fluorite a stone with which all energy blockages can be treated. Also good for meditation, concentration and inspiration, and useful in opening the spirit. The Chinese have used fluorite in carvings for numerous centuries.

GARNET: Known as the stone of fire, garnet forms at very high temperatures, often in close proximity to volcanic activity. Garnets come in a variety of colors and are believed to symbolize fidelity, passion, faith, strength and determination. Placed wherever a lack of energy exists, the fiery garnet is said to be a starter motor for the body's repair mechanisms.

HEMATITE: Dark, silvery black on the outside showing a dark red color when cut into thin slices, hematite was regarded as the stone of the warrior because of its healing properties. Wise men of the Orient regarded it as a lucky stone to ward off the evil eye and in legal matters. Hematite represents firmness, strength, power and dedication; a magnificent grounding stone.

IOLITE: Also known as water sapphire, this violet blue gem has gentle, wisdom-inspiring, patient, kind and psychic energies. A magnificent stone for combating stress.

JADE: It has long been revered as the stone of peace, wisdom and true love in China. Each color has its own special vibration: Green is long life, true love, wisdom. Red is especially good for women's health and physical stress. Lavender eases emotional strain. White relaxes nerves. Jade symbolizes overall renewal and is still considered a lucky stone worn as an amulet. Carved by the Chinese for over 2000 years.

JASPER: This chalcedony occurs in many shades of brown, red and green and has always been said to have magic powers. Jasper symbolizes willpower. Red jasper strengthens stamina, stimulates sexuality and fertility. Yellow strengthens the immune system. Brown encourages stability and healing. Leopard relaxes tension, relieves fatigue and stimulates the imagination. Fancy jasper stabilizes shaky nerves.

MALACHITE: Carved or polished, it reveals alternating bands of light and dark green. Ancient Egyptians used malachite, in amulets and even pulverized it for use in eye makeup. Zaire is the most important producer of this concentration stone; also said to be a powerful career and money stone.



global Arts
GALLERY



MOONSTONE: Associated in antiquity with the moon, it has always been the stone of love and lovers.

OPAL: In mythology, the gods believed opal was the embodiment of the beauty of all precious stones. Precious opal shows amazing iridescent flashes of color as it is viewed from different angles. Australia has been the main producer of fine opals since the 19th century. Symbols of eternal hope, opals are useful for dream work, meditation, psychic development and they are given as gifts of true love.

OBSIDIAN: In the Stone Age, it was used to make weapons and arrowheads; obsidian is formed from volcanic lava and comes in brown, gray, black and spotted—as in snowflake obsidian. A protection stone, obsidian deflects negativity and sends it back to its source; also believed to help alleviate anxiety attacks.

PEARL: Pearls come to us from the living sea. Formed by invading particles that penetrate shells, they show us how we can attain perfection through painful experience. Pearls in their many colorations, reveal their full beauty and radiance when worn against the skin. The embodiment of feminine beauty, pearls promote wisdom and happiness.

PERIDOT: Known as the evening emerald, peridot is said to have been worn by Moses for protection and brought to Europe in the Middle Ages by the Crusaders from the Red Sea, where it had been mined for over 3,500 years. Lively green peridot is the stone for inner harmony, positive feelings and for strengthening friendships.

QUARTZ CRYSTAL: Legends from around the world surround this gem. Quartz has been called crystallized light, petrified ice, angel tears and teardrops of

Isis. Used universally as the emblem of purity, strength, power and healing. Buddhists use quartz to achieve enlightenment. It opens up all chakras and is considered the ancestor of the gem world. Quartz crystal is the most versatile and positive of stones. Today, Native Americans still put quartz in every newborn baby's cradle.

RHODOCROSITE: Watermelon pink with white swirls, this is a love-attracting stone of the highest power. Rhodocrosite symbolizes openness, self-knowledge and awakens our creativity and all-embracing love.

RHODONITE: In antiquity, rhodonite was given to travelers as a protective stone. Believed to be a stone of change, it symbolizes self-realization and helps us make the right decisions on new beginnings in life. Pink rhodonite with its dark inclusions also protects against all kinds of anxieties.

ROSE QUARTZ: Since the Middle Ages, rose quartz has been considered a love charm—gently permeating one with love for others. A universal love stone, it attracts love and admiration, helps to strengthen self-image and self-improvement and to realize one's full potential. Soothing, calming qualities also help to heal the heart.

RUBY: The ancient Greeks called it the mother of all gemstones for its beauty, love and rarity. It is said that ruby combines sensual and spiritual love creating divine love in crystallized form. As a good luck stone of love, ruby encourages sensitivity and harmony in relationships.



global Arts
GALLERY



RUTILATED QUARTZ: When tiny needles of silver or gold color are found in quartz, they make attractive gemstones known as rutilated quartz, also popularly known as Maiden's hair or the hair of Venus. A powerful healing stone with a stepped-up positive energy. Said to contain the light of the sun, it stimulates the wearer's self-healing powers and promotes a calming effect on the psyche.

SAPPHIRE: A precious stone of truth, wisdom and faith. Since the Middle Ages, sapphire has symbolized the tranquility of the heavens, bestowing peace and divine blessing upon the wearer.

SMOKY QUARTZ: In antiquity, it was used as a protective stone with very strong healing powers. Smoky quartz helps to renew strength and overcome grief; it grounds and clarifies, enabling one to change negative behavior, eliminate the deadwood and begin anew.

SODALITE: In ancient Greece, artists and singers carried sodalite as it was believed to promote inspiration and creativity while also providing protection. This dark blue stone with white streaks of calcite is believed to be ideal for spiritual harmony.

SUGILITE: New to the gemstone world as it was discovered in 1944 by a Japanese scientist, this lovely purple stone is believed to have comprehensive healing powers. It is a protective stone for sensitive people and symbolizes self-control; sugilite also helps us in new beginnings. Effective on all the chakras.

TIGER'S EYE: Its beautiful shimmer and play of golden light over its surface gives tiger's eye an amazing liveliness--a cat's eye effect called chatoyancy. It has been sought after and used in jewelry as it is said to heighten concentration and help to ease headaches and mi-

graines; also said to be an effective healing stone for bronchial problems and asthma.

TOPAZ: Rosy gold, deep yellow, golden brown and aqua blue are among the most popular and valuable colorations of this stone. One of the royal stones in the gem world, topaz comes from the Sanskrit word for fire and symbolizes the joy of life. Its wearer should take delight in the world and embark on a path of self-realization.

TOURMALINE: The rainbow of gemstones, tourmalines come in an amazing variety of colors and are extremely positive to work with. The stone is electrostatically charged when rubbed. Rubelite promotes selfless love and is healing for the heart. Green tourmaline is great for harmony and balance. Blue aids with inner peace and clarity. Black reflects negativity and evil back to its source. Watermelon (pink and green) balances, regenerates and heals.

TOURMALINATED QUARTZ: has inclusions of black tourmaline which form prismatic crystals. Known as a harmonizing stone, it creates balance between the two poles of yin and yang, the female and male principles. A marvelous stone for new and harmonic beginnings and for difficult partnerships.

TURQUOISE: One of the first gemstones to be mined, turquoise was a sacred stone for ancient Egyptians and Native Americans. It has long been used as a powerful protection stone against harm, an amulet for travelers and a good luck stone; also believed to protect from fears and nightmares. Some of the most amazing turquoise is found in Arizona.



global Arts
GALLERY



UNAKITE: Also known as epidote, this speckled green and salmon-colored stone conveys the symbol of what comes together belongs together. It is believed to encourage patience and is considered a powerful friendship stone. One who carries unakite will find things that have been lost.

ZIRCON: The clear variety of zircon, when cut and polished, has the brilliance and hardness of a diamond. As a healing stone, zircon exhibits spiritual properties and can also ease tensions and clarify mental thoughts.

ZOISITE: Believed to be a fertility stone for men and women as well as a protective stone for pregnant women, ruby zoisite was discovered in the 19th century. Its highly sought blue variety is called tanzanite and was only discovered in 1967 near Mount Kilimanjaro in Africa.