



Aphrodisiac

Secrets of Brazil

by the braziltravelsite editors



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Part One

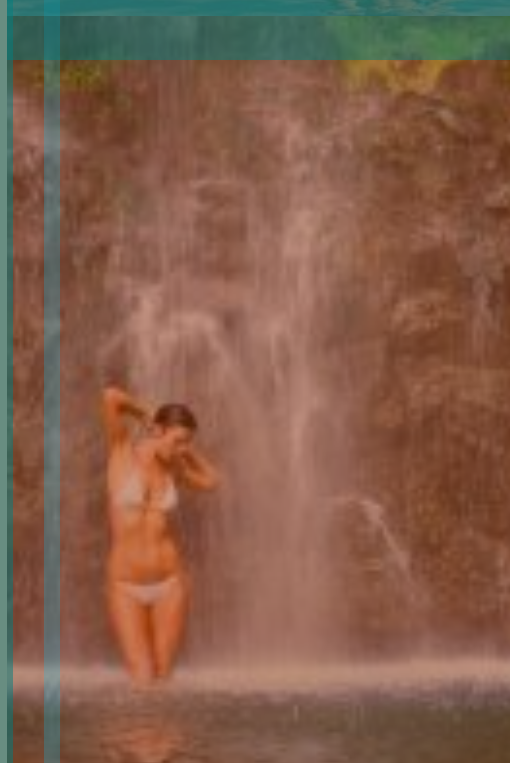
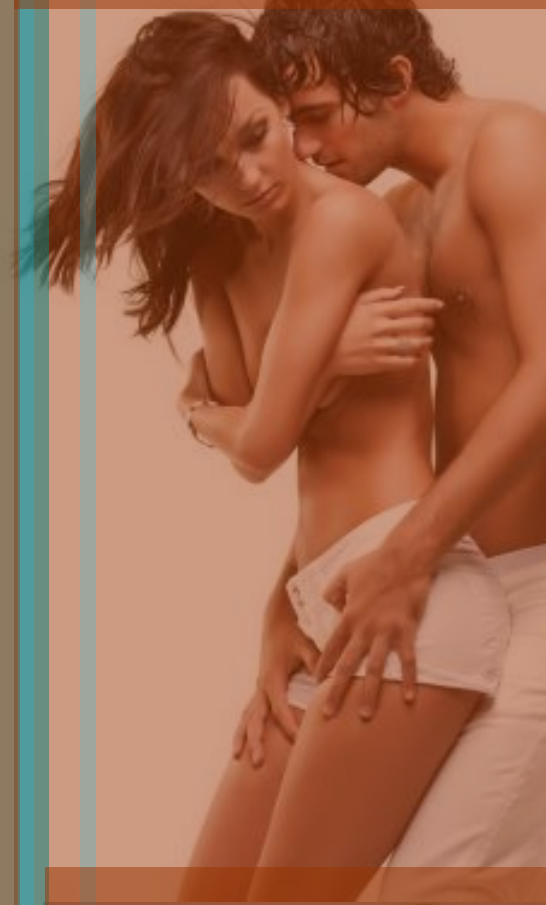
Out of the Amazon

On a visit to the interior of Brazil, in a small market in the state of Mato Grosso do Sul, I came across a basket full of small plastic bags, each with a different homemade mixture of herbs and spices from the region. Poking through the various baggies, I came across one that claimed to be an aphrodisiac.

Naturally, I purchased it and a week or two later, came across it in my bags and decided to try it out with my wife. The powder was to be mixed with about 600 ml of milk or juice. I mixed half of the powder in water in the blender, drank most of it, and went about my business. About 20 minutes later, I got an incredible rush. I felt an increase in my body temperature and a noticeable rise of energy—not unlike Caffeine but less jittery and much more firey.

Thankfully, my wife was nearby and knew what I was up to. She tells me that the power of my desire at that moment was extremely exciting and the sex was incredible.

The mixture? Catuaba powder, Guaraná powder, Marapuama, and Noz de Cola, among other herbs and spices. All of these are plants from the Brazilian Amazon Region.



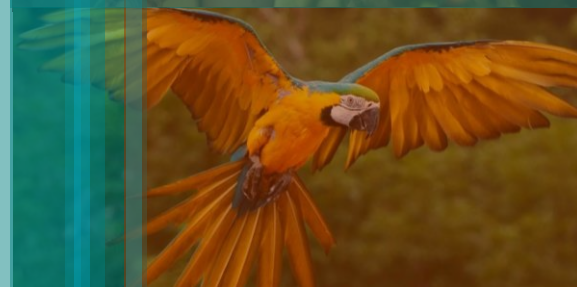
About half of the Amazon Jungle is spread across the top half of Brazil and is home to almost two million species of plants and animals, including the Jaguar, Giant Boa Constrictor, Caiman (a crocodilian that reaches up to 16 feet), and various types of Piranha—all revered as virile and powerful animals by the natives of the region. Almost 20% of all river water on the planet courses through the Amazon's principal arteries and countless tributaries. The great Amazon River pulses through this vast jungle in an enormous build-up of power and potential, until it finally releases the seeds and secrets of the inner jungle into the Atlantic Ocean.

To this day, dozens of aboriginal groups live in the deepest reaches of the jungle, some having had almost no contact with civilization. Other tribes, like the Tupi and Guarani, have been mixing with outsiders since Brazil's colonial period in the 16th, 17th, and 18th centuries. Among the wisdom gathered from these forest dwellers is the use of the jungle's plants—as much for health purposes as for sexual stimulation and enhancement.

Categorizing the Amazon's aphrodisiacs and their effects is a challenge, since much remains unknown and un-tested concerning these plants and foods. But it's safe to say that two substances, Catuaba and Marapuama, are linked directly to increased libido and enhanced eroticism.

These are the legendary aphrodisiacs of the Amazon Jungle. Other extracts, such as Guaraná, Unha de Gato (Cat's Claw), and Noz de Cola (Cola Nut) are considered general stimulants and can increase the intensity and duration of other sexual stimulants. Used alone, their stimulating qualities may or may not direct themselves to the libido.

Finally, there are a few extracts that although not mood altering or libido enhancing, assist in the flow of chemicals and blood to the genitalia, resulting in harder, longer erections for men and increased sensitivity and pleasure for women. Some of these include pure cocoa powder, peanuts, and fish (as well as many foods not necessarily associated with the Amazon, such as oysters, tomatoes, peppermint, and Rosemary).



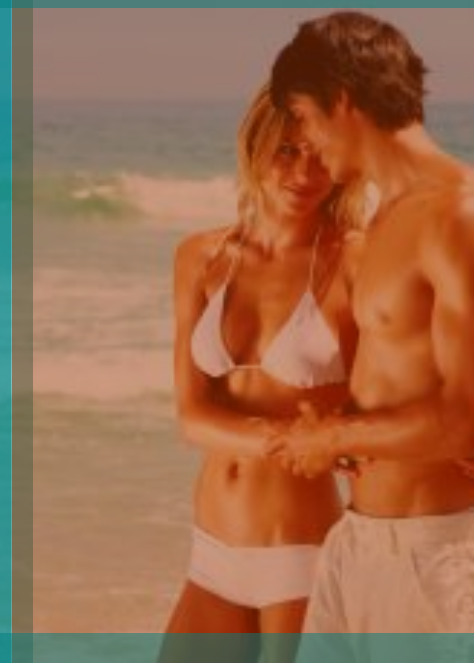
Catuaba

The most legendary of the Amazonian aphrodisiacs, Catuaba comes from the bark of a tree, indigenous to the Amazon Jungle. Used for centuries by the natives of the Amazon Region as a sexual stimulant and general health tonic, Catuaba has been tried and tested by thousands of westerners and its libido-enhancing qualities confirmed in more than half of all cases. Although single uses can result in powerful sexual impulses (especially when mixed with Guaraná and other herbs), it's important to remember that Catuaba is not usually considered a one-time, mood altering sexual stimulant. It is generally taken over several days or a week and results in increased sexual appetite, erotic dreams, and stronger erections for men.

Besides these sex specific qualities, Catuaba is said to be a general health tonic that stimulates the immune system, increases stamina, and offers antibacterial and anti-inflammatory qualities. It enhances the overall functioning of the nervous system and can balance the nervous affects of stimulants such as Caffeine.

Combined with moderate amounts of alcohol, Catuaba can be an effective sexual stimulant in single doses, but with somewhat limited and sporadic results. Nevertheless, fermented Catuaba bark, a kind of Catuaba wine, is available just about everywhere in Brazil and is a popular drink among young people. Most commonly, Catuaba is mixed with other stimulants, including powdered Guaraná and Unha de Gato to create a pleasant sexual tonic.

You can find Catuaba in extract form, powdered (usually in capsules) and in dozens of mixtures sold as sexual stimulants. It's important that you experiment with doses and mixtures to find the formula that suits your personal alchemy.



Marapuama

Marapuaba has been used by the natives of the Amazon Region for centuries. Usually mixed with Catuaba and other herbs, Marapuama comes from the leaves of a jungle plant. Although it does not produce erotic dreams like Catuaba, Marapuama is said to increase libido and sexual potency in men. It is often used as a food additive, since it is believed that its effects increase over extended use.

It is rare to find Marapuama extract or powder by itself outside of Brazil, but it is a principal ingredient in various mixtures from the Amazon.

Unha de Gato

Although not an aphrodisiac in itself, Unha de Gato (oonya djee gah-too), or Cat's Claw, is used all over Brazil for circulation disorders (baldness, lethargy, skin disorders, etc.) and as an anti-inflammatory for the prostate, ovaries, and genitals. Increased blood flow to these areas can also enhance sexual pleasure and intensify orgasms. The powder has been used to improve the overall functioning of the immune system and even as a food additive for weight-loss programs.

Unha de Gato is most commonly taken in powdered form in capsules, but it can also be made into a tea.



Cocoa

Pure cocoa powder is well known as a sexual stimulant. It has been used in the Amazon region for centuries as a general health tonic and aphrodisiac. Originally, chocolate was not mixed with sugar, but eaten in its pure form in foods. If you've tried chocolate with inconsistent results, seek out a source for pure, unprocessed cocoa powder. The powder improves circulation, stimulates the nervous system and enhances the production of endorphins in the brain.

Cocoa powder is best when mixed with other stimulants, such as alcohol, cinnamon, clove, or peanuts. The traditional Mexican Molé sauce combines unsweetened chocolate with banana, peanut, and chili powder to into a delicious male potency formula. In the Amazon, cocoa is used in fish stews and other recipes to enhance potency in males and sexual desire in females.



Part Two Onto The Beach

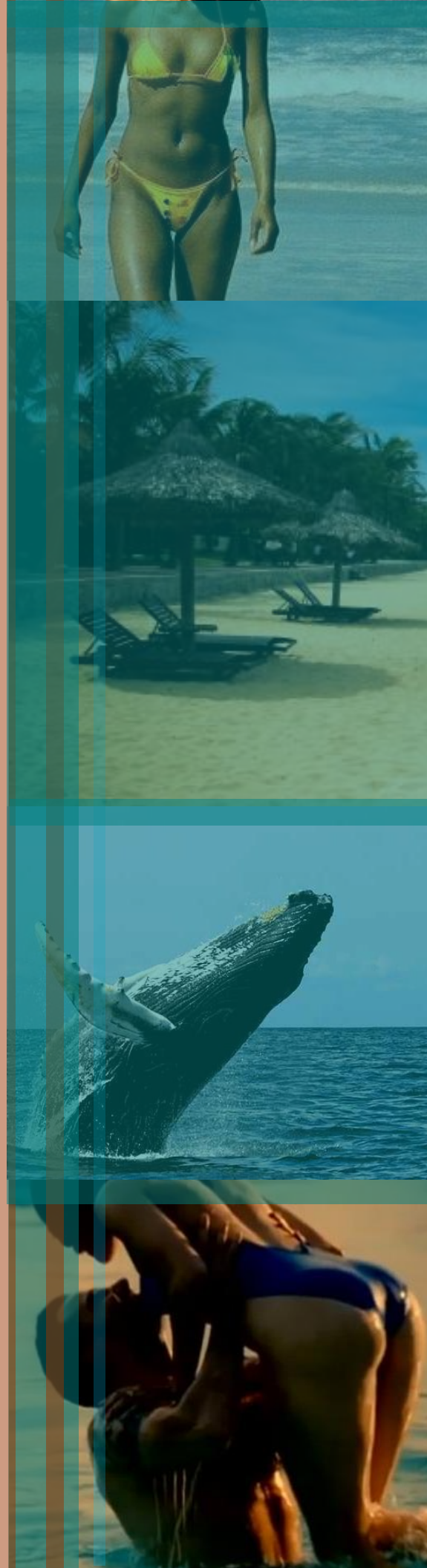
Brazil is known for being a sexy place. From Copacabana to the sensual beaches of Bahia, it's difficult to escape the sensuality of its people and landscape. What's more, Brazil is blessed with the abundance of nature, from its many different ecosystems to the numerous varieties of fruits and nuts that grow wild, throughout the countryside. Avocados and mangos are so abundant, you can find them growing in public spaces just about anywhere in the countryside and even in some cities. Both of these, by the way, are considered to be aphrodisiacs—the avocado mostly for male potency and the mango for stimulating desire in both sexes.

With all this natural stimulation available for the taking, it's no wonder that Brazil's sensuality exudes in its people, its music and its culture.

In the following pages, we'll take a look at more of these special gifts that nature bestowed on the Brazilian landscape.

Noz de Cola

Noz de Cola is more commonly known in English as the Cola Nut and it's what cola soft drinks are made of. It's rich in caffeine and is known for its energy-producing qualities. Like many herbal aphrodisiacs, Noz de Cola is also known to be a general stimulant for the immune system. It increases blood circulation and sensitivity in the sexual organs. In its pure form, which is a powder made from the dried seeds, it can be used by itself as an effective sexual stimulant, although it is best when mixed with Catuaba, Marapuama, or other herbs.



More on Cacao

It all starts with the Cacao tree (known in Brazil as Cacau), which is believed to have originated in the Central Amazon Region, where conditions are perfect for the species. It prefers a tropical climate with little variation in temperature. It also grows in the shade of other, larger trees and takes years to produce its luscious fruit. It was brought to the west side of the Andes by the Mayans, who were not only among the first to recognize its powerful qualities, but also became the first culture to cultivate it. They used ground Cacao seed in a bitter drink known as *Chocolatl*, which they said gave wisdom and power to those who drank it. Later, the Spanish brought the Cacao plant to Africa and Malasia, where they grew and cultivated it, producing enough chocolate powder for the rich and powerful throughout Europe to enjoy. They maintained their monopoly on its distribution in Europe for almost two centuries.

In Brazil, Cocoa was mostly cultivated in Bahia, where plantations exist to this day. As with many other fruits, it's the seeds of the Cocoa fruit that are most treasured. The seeds are dried and ground into a fine powder that is hot like pepper and quite bitter. The best way to take cocoa powder for sexual stimulation is to mix the pure, powder in drinks. Here are a couple of recipes:

Blend a ripe banana, a pinch of Guaraná powder, a pinch of powdered cinnamon, a tablespoon of unsweetened cocoa powder, a half cup of ground peanuts, and a cup of milk for at least thirty seconds. This makes enough for two to enjoy themselves for a night. If desired, you can add a teaspoon of sugar, although sugar is thought to diminish the natural affects of the Cocoa.

If you can find a chunk of Catuaba bark, try this stimulating tea: Bring a few cups of water to a boil, then remove it from the heat and add the Catuaba bark. Let it sit for thirty minutes, then remove the bark and mix in a teaspoon of Cocoa powder, two tablespoons of honey, and a pinch of Guaraná powder. Bottom's up!



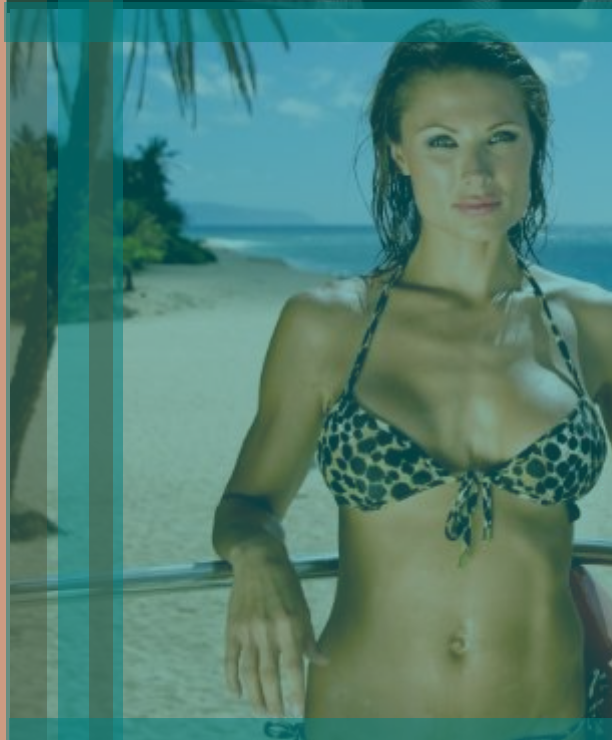
Guaraná

Guaraná fruit is used to produce one of the most popular soft drinks in Brazil. Like cola-based sodas, Guaraná soda is loaded with natural stimulants, such as Caffeine. The most powerful way to take Guaraná is in powdered form. The seeds, not the fruit, contain the most powerful concentration of elements and powdered, toasted Guaraná seed is commonly used in foods and drinks as a general stimulant.

Together with Catuaba or cocoa powder, Guaraná can increase energy during sex and extend the affects of these other extracts. It's important to take only a small amount of pure Guaraná, as it can be too powerful for effective use in aphrodisiacs. If too much is combined with cocoa powder, for example, it can produce overheating and excessive sweating.

Besides chemical stimulation, Guaraná also improves blood circulation, which can have excellent sexual side effects. In the right quantity and taken at the right time (at the foreplay stage, for example), Guaraná can enhance orgasm in both men and women and increase overall stamina and sexual pleasure.

An excellent mixture is Guaraná powder, honey, and Catuaba powder. This should be taken on an empty stomach. If you like the affects of alcohol, try a pinch of Guaraná powder, two pinches of cocoa powder (pure cocoa, see below), condensed milk, and vodka. Blend this mixture with crushed ice. Best consumed in or near the bedroom.



Phallic Fruit

Traditional wisdom in the world of Aphrodisiacs tells us that we desire what we eat. More specifically, it is believed that fruits that remind us of sexual organs will engender lust and desire in us. This may come from a visual stimulation, such as with the banana or peach; or it may derive from a textural sensation, as with the mango or papaya.

No doubt there are some psychological connections involved as well. Watching your lover suck the inside of a mango or unsheathe a glorious banana in anticipation of consuming it...well, such visual stimulation is all part of the phallic food game. Try dangling a bright red strawberry over your lover's beckoning mouth and see if you don't feel your pulse rise just a bit.

On a more scientific level, consider that fruit is the sexual and reproductive organ of the plant that bears it. It is a tease and a temptation to the animals of the forest—to lure them in, so they will spread the seeds of life. Fruit is made to be irresistible and stimulate desire...so much energy in such a little act of nature.



Sexy Soups

In Brazil, there are a number of foods that are associated with virility and most of them come from virile animals, like the alligator and the Piranha. In most cases, these meats are used in soups and often eaten as the main course in a meal. That's not by chance.

As we've seen with many aphrodisiacs, combining them with other ingredients or other aphrodisiacs is a way of activating or enhancing their special powers. There is no better way to combine potent herbs and spices than in a hearty soup. Throughout the Amazon and Southwestern region of Brazil, the mighty Piranha is idealized as a symbol of sexuality and power and Piranha soup is a traditional male potency meal. A typical recipe looks something like this:

- 1 entire Piranha, with head
- 1 teaspoon of white pepper
- 1 teaspoon of
- 1 cup chopped celantro
- 2 chopped tomatoes
- 1 chopped onion
- 2 tablespoons of olive oil
- 2 cloves of garlic
- 2 cups chopped mushrooms
- 2 quarts of water

Sauté the garlic and onion in oil until browned, then add all other ingredients except for mushrooms. Let this simmer for ½ hour then add the mushrooms. Simmer another ten minutes and serve.

Another soup of sexual proportions is the traditional bone marrow soup, known as Mocotó in Brazil. Ranch hands in the Southwestern Region of Brazil use it to supplement their diets, claiming that it gives them harder erections and makes them perform better in bed. Finally, the meat from the tail of an alligator, animals abundant in the Amazon and Pantanal regions, is combined in recipes like the above to enhance both male and female arousal.

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