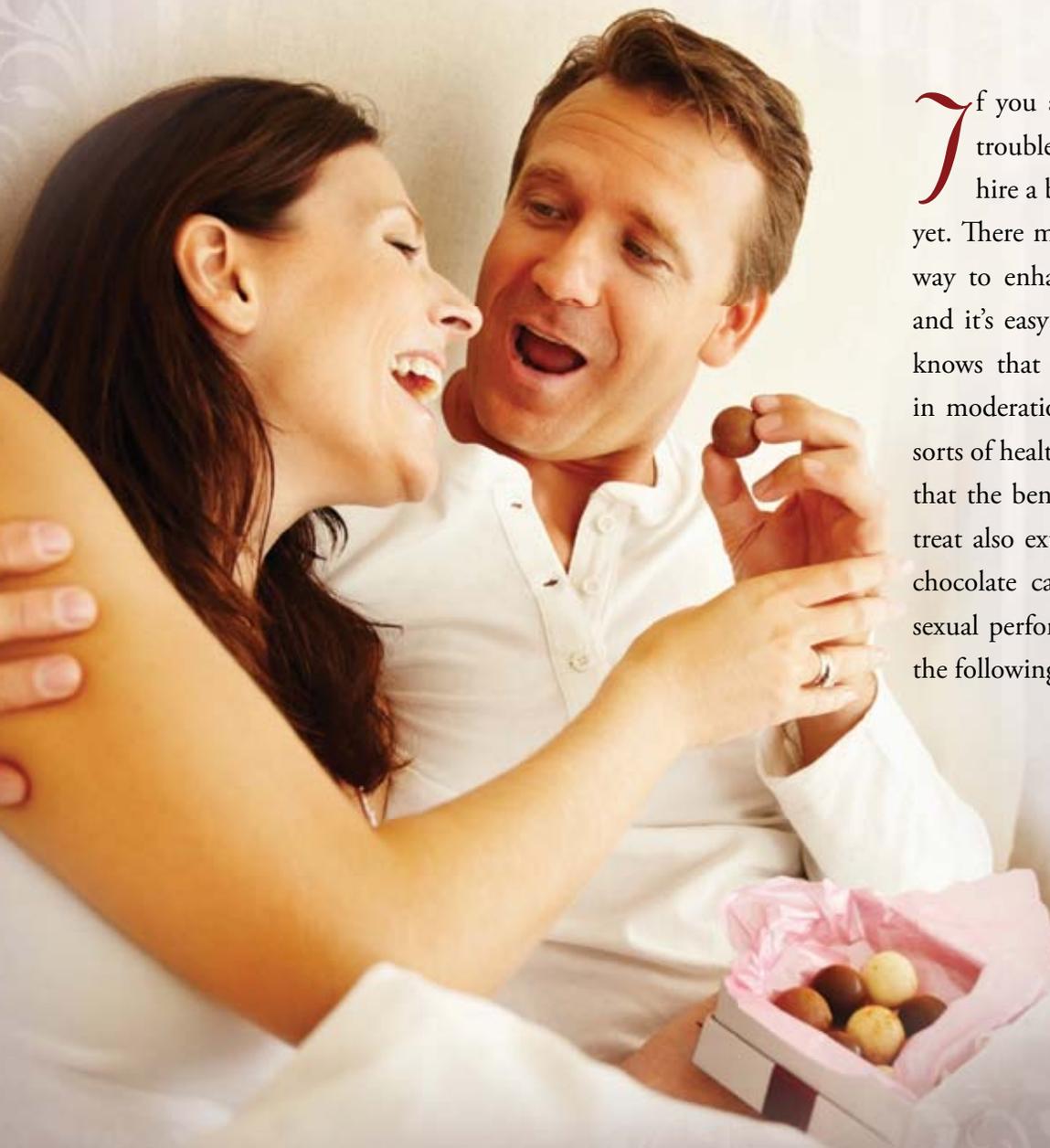


Improving your sex life with Dark Chocolate

by Roxanne Rhoads



If you and your partner are having trouble getting in the mood, don't hire a boring relationship coach just yet. There may be a much more pleasant way to enhance your sexual experience, and it's easy (and tasty) to try. Everyone knows that dark chocolate, when eaten in moderation, can provide you with all sorts of health benefits. But did you know that the benefits of consuming this tasty treat also extend to the bedroom? Dark chocolate can boost your sexual desire, sexual performance, and sexual health in the following ways...

Dark chocolate puts you in the mood

Dark chocolate contains a compound called phenylethylamine, which quickly improves your mood by releasing endorphins into your body. Endorphins are good. That same high you get after a good, strenuous workout at the gym (also known as a “runner’s high”) is actually just a rush of opiate-receptor-activating endorphins released in your brain. Endorphins are believed to help generate feelings of euphoria and to release sex hormones in your body. According to *The Journal of Sexual Medicine*, people who eat one piece of dark chocolate every day enjoy greater sexual appetites than those who don’t.

General everyday stress can be a huge factor in your less-than-stellar sexual relationships. If you’re busy beating yourself up about a long, difficult work week, you’re not going to be in the mood to do anything other than get some much-needed sleep. Next time try nibbling on some dark chocolate. It’ll help you forget your workplace and start thinking about what really matters.

Dark chocolate can make you want to “go back for seconds”

Dark chocolate contains caffeine, a popular stimulant that can increase sexual desire in women. In a 2006 study published in the journal *Pharmacology, Biochemistry, and Behavior*, researchers gave female rats separate shots of caffeine and then let them get intimate with the male rats. After all that steamy rat fornication, the researchers observed that the caffeinated females were quicker than the non-caffeinated females in returning to the male rats for “another go.”

Whether caffeine has a similar effect on humans remains unclear, but the stimulant has another trick up its sleeve. Caffeine is known to improve mood by increasing dopamine levels in the brain. This can ward off depression, opening the door for other, more pleasurable, emotions. Anything that improves your mood makes you much better company in bed.

Dark chocolate can help you be all you can be

Dark chocolate contains the amino acid L-arginine, which, according to the Erectile Dysfunction Health Center, expedites your body’s production of nitric oxide. This, in turn, can help dilate blood vessels in the penis, supporting healthier erections. Numerous studies have been conducted to ascertain L-arginine’s effectiveness against impotence. The results were mixed, but generally showed that L-arginine could improve sexual function for at least some causes of impotence, and it can do so without any side effects.

Another study reported in the *Journal of Sex & Marital Therapy* involved 40 men—each suffering from some form of erectile dysfunction—taking a dosage of L-arginine orally over the course of three months. By the time the study was over, 92.5 percent of the men had experienced a normal erection.

So guys, you might want to keep a couple extra bars of dark chocolate on you at all times. It doesn’t hurt to be prepared.

Dark chocolate tastes good, is good for you, and, depending on your unique situation, can help improve your sex life. If you and your partner are truly experiencing a noticeable decline in sexual chemistry, it’s always a good idea to seek the advice of a relationship professional. But before you do that, it certainly can’t hurt to try adding some dark chocolate to your diet. It just might help turn that frown upside down.

