



[APHRODISIACS]

Be it oysters, strawberries, green m&m's or even cobra blood, nearly every culture has foods that are purported to put you (or her) in the mood. While they may be dismissed as old wives tales, many Aphrodisiacs have roots in ancient Greek culture (hence the name after Aphrodite). Some of you out there may not need any help in the bedroom department but for those of us that do, here is a recipe from MAQ's cookbook "Better Bedrooms and Gardens". The Greeks were a pretty vir-

ile group; it might be worth a shot.

OYSTERS

Their bisexual nature (oysters can change their sex repeatedly for reproductive purposes) and resemblance to a specific part of a woman's anatomy, have given rise to rumors of sexual potency. If you aren't going to enjoy them on the half shell with a little bit of lemon and hot sauce try the following:

CHILI LIME GRILLED OYSTERS

INGREDIENTS

- 40 fresh oysters in the shell
- 6 Limes
- 2 tbs Cayenne Pepper (or to your taste)
- 1 tbs Fresh Ground Black Pepper

Chili Lime Sauce

Before cutting the limes, roll the limes in your hand or pop them in the microwave for 5 seconds to get the juices flowing

Carefully cut them in half and juice them into a medium-sized bowl
Add the peppers and stir

Set aside to pour over the oysters

If you can afford the extra calories, add a little melted butter to the mixture

GRILLED OYSTERS

PREHEAT GRILL

Scrub the oyster shell and dispose of any opened oysters. An open oyster is dead.
Place oysters on the grill and close the lid.

Cook the oysters for 8 minutes or until the shells begin to open. Cook longer if the oysters are large.

Once you have removed the oysters from the grill, carefully pry them open with an oyster knife. Always cut away from your body.

TOP TEN WAYS TO BUILD A BODY A STRIPPER WOULD LOVE



If you want to get a date with a dancer and you aren't a millionaire, then start working on your body. (It probably won't hurt if your "package" is ample too!)

1. Eat five meals a day with protein at every meal and complex carbs the first half of the day for energy.
2. Drink plenty of water throughout the day.
3. Supplement with vitamins C & E, flaxseed oil, green tea extract, calcium citrate, a good multi-vitamin, folate, Co Q 10 and alpha lipoic acid.
4. Use a good whey isolate protein powder and a good Glutamine/creatine supplement.
5. Hit the weights four times a week, hitting every body part one time per week with intensity.
6. Do two hours a week of high intensity, interval cardio.
7. Get plenty of rest: at least seven hours of sleep a night.
8. Avoid refined sugar, saturated fat, and salt like the plague. Remember, most fat-free foods are loaded with sugar and avoid eating products with toxic artificial sweeteners in them.
9. A huge key to good health is eating a wide variety of raw fruits and vegetables daily.
10. Have a lot of sex! Once you get that hard body and that date you've wanted, you need to perform to get a second date baby!

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