

Libido BOOSTING Recipes

By: Dr. Richard Cohen, M.D. and Mike Geary, Certified Nutrition Specialist

The Libido Boosting Cookbook

By: Mike Geary, Certified Nutritionist, Best-Selling Author www.TheNutritionWatchdog.com

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Here it is!

The cookbook almost every Paleo follower (and non-Paleo follower for that matter) has been waiting for...

A cookbook that consists of recipes that will help boost your libido naturally and without having to take supplements!

Not only that, but here is a solution to creating recipes that will not only blow your mind but also your taste buds! Not literally of course. The flavors that will come from these recipes will be something you enjoy time and time again, and the positive effects on your sex life are an additional benefit.

If you're like most people, swallowing tablets and remembering to do so is not the most enjoyable thing to do everyday. Chances are there are some supplements that you take regularly, possibly fish oil and some greens supplements, possibly even supplements to help your exercise recovery such as BCAA's and L-Glutamine. The benefit of being able to reduce additional supplements to swallow in your diet will make increasing your libido even easier!

Lets get started

It's of no intention to bore you with the same things that you have likely heard time and time again. But it is of utmost importance that you understand that a reduction in your libido can be a sign of health issues that need attention and not supplementation. If you're unable to feel horny at all without supplementation then it is a true sign that you need to see somebody to help figure out what is the likely cause, often being an imbalance in your hormones which if unattended to can result in far more detrimental health problems than that of being unable to have an enjoyable sex life.

Taking supplementation or boosting your recipes with libido enhancing foods should only be something that you do if you want to enjoy a higher state of libido than you currently have.

With that being said, one of the libido boosting foods used in this cookbook is Maca, the information below will go into how this superfood is known to help in supporting a natural balance of hormones. Still, again, don't use this cookbook as any form of treatment for any sexual issues that you may have (or relationship issues for that matter), it is not meant to be a solution to any problem in anyway state or form.

Of course, if you want to increase your libido the best place to start is improving your diet and making sure that you exercise regularly. This primarily comes back to ensuring that your hormones are balanced. Consuming the wrong foods can cause a terrible imbalance on hormone levels. Following the Paleo diet is one of the best recommendations that can be passed on, it avoids all unnatural foods including grains, dairy, processed sugar and processed foods. Therefore, throughout this cookbook all the recipes are Paleo friendly.

Exercising is important as well, and a lack of it in addition to holding additional body fat can contribute to a lowered libido. Both diet and exercise should be the primary areas you look at for a solution if you do find that your libido is on the low side.

Introducing Maca Root

If you haven't heard of Maca root, then you would likely be happy to hear that it is also known as "nature's Viagra". That may speak for itself in regards to its ability to naturally assist in boosting libido, but the benefits of Maca root are far greater and far more diverse. Maca is known as being a superfood. Superfoods are referred to as such, because they're so incredibly nutrient-dense and are packed full of so many nutrients that the body thrives upon.

Because it is so healthy and beneficial, Maca root powder is one of the most popular health supplements on the market, and is popular in countries all over the globe. Researching into the benefits of Maca root can yield you some pretty amazing facts. However, for this cookbook the introduction will be short.

So, what is Maca? – Maca is a plant root that has been consumed for literally thousands of years for medicinal and sexual health purposes by natives in Peru. Maca is a root, which thrives at high altitudes in the mountains. It possesses numerous health qualities and is packed full of natural goodness. As mentioned, it is also referred to as Nature's Viagra so naturally, as you can probably imagine, it does possess a number of sexual health benefits for both men and women.

Increases energy – One very popular benefit associated with Maca root is the fact that it has been found to increase natural energy supplies and production within the human body. Studies have revealed that within as little as two days of Maca consumption, natural energy and stamina levels increased noticeably. People suffering from a lack of energy and motivation to help provide them with a natural burst of energy, making it much safer than caffeine, often use Maca.

Improves general health and well-being — Another fantastic benefit of Maca is the fact that it helps to improve our general health and well-being in a number of different ways. To begin with, as Maca is so incredibly nutrient-dense, it is jam-packed full of vitamins, minerals and antioxidants. As it is a great natural source of the mineral Iron, it is very beneficial for the blood, playing a key role in the production of haemoglobin and red blood cells. This in turn helps to prevent anaemia and strengthens the cardiovascular system.

As it is packed full of vitamins and antioxidants, the immune system also benefits heavily as the immune system absolutely thrives upon these very nutrients. The immune system is the body's natural defence against illness and disease and so naturally the stronger the immune system the healthier the individual will be and the less likely they will be to find themselves unwell.

Improves fertility – Individuals looking to increase their chances of having a baby often consume Maca as it has been found to help improve natural fertility levels in men and women of all ages. In men, consumption of natural Maca root has been found to improve the quality of their semen, the volume of their semen, the mobility of the semen, and indeed natural semen count.

Helps improve women's mood during and after menopause – Going through menopause is not a pleasant experience for women, which is another great reason why menopausal and post-menopausal women tend to use Maca supplements to help them

cope with the condition. Studies have found that Maca could help to reduce stress, depression and anxiety in menopausal and post-menopausal women. It also helps to reduce hot flushes, sweating at night, disrupted sleep and other common symptoms associated with menopause. Maca has also been found to help reduce menstrual cramps and mood swings in women during their menstrual period.

Great for the skin – As Maca is so jam-packed full of healthy vitamins, minerals and antioxidants, the bodies skin also benefits greatly and can begin to look smoother, softer, and healthier than ever. Maca can help to reduce spots and blemishes and nourish the skin, improving natural collagen synthesis, which makes the skin firmer, fuller, and more radiant and healthy looking.

Improves brain function and capability – Maca root is able to not only create physical energy, it is also able to increase mental energy and health. Maca has been found to not only improve brain function and capability, increasing memory and reaction times, but it also improves mental health in general.

A study that was published within BMC Complimentary and Alternative Medicine that looked at the effects of natural Maca root extract in rats, specifically cognitive function and depression levels were monitored. Each rat was provided with a number of different tests which indicated various cognitive activities and found that depression-like symptoms were all greatly reduced. Not only that, but black Maca was found to greatly increase cognitive function as well as improved learning. Maca has found to potentially help in reducing the likelihood of degenerative diseases later in life, such as Alzheimer's and Parkinson's.

Balances hormones – A study published within the International Journal of Biomedical Science also noticed that Maca could have potential anti-depressant qualities on rats. What's interesting is that they became sedated slightly, yet their cognitive functions remained as sharp as ever and were therefore not affected. Scientists attributed this to the fact that Maca has a balancing effect of sexual hormone levels. They were able to note that the rats provided with Maca had lower levels of adrenalin and cortisol, both of which have been linked with increases in stress.

Recent research has found that Maca is able to boost as well as stabilize hormones within women, especially estrogen. Scientists found that Maca was able to stimulate the production of estrogen, reduce menopausal symptoms and lower follicle stimulating hormones. In males, Maca was able to increase natural sperm count in as short a period of time as just 1-3 days.

Boosts the immune system – Our immune system is what helps to protect us against illness and disease, as it is the body's natural defence mechanism. So, because of this, the stronger a person's immune system is, the healthier they will become. This means they will be less likely to suffer from common ailments such as the common cold and flu viruses, and if they do, they will be able to recover much quicker and won't feel anywhere near as ill as somebody with a weaker immune system.

What does all this have to do with Maca? Well, it's simple really. The immune system thrives upon vitamins, minerals, and antioxidants, so the more that is consumed, the stronger our immune system becomes. Maca is an incredibly nutrient dense ingredient that is jammed full of beneficial nutrients that strengthen and boost the immune system. Not

only that, but the potent antioxidants can also help to protect against a variety of different cancers. When toxins and free radicals enter our bodies, whether from pollution in the air or from foods or drinks we consume, they can attack our bodies on a cellular level, attacking our cells and causing oxygen molecules to bind to them, which in turn leads to oxidation. Oxidation can then cause our cells to mutate and turn cancerous, or precancerous, putting us at risk at a later date.

Lowers blood pressure – Hypertension (high blood pressure) is one of the leading causes of death in the modern world, and on top of that it has also been linked with a variety of other very serious health conditions including strokes, renal failure, and heart attacks. Studies have found that individuals that regularly consume Maca or Maca supplements are far less likely to suffer from abnormal blood pressure levels. One reason for this is that it is rich in potassium, a mineral that has been proven on numerous occasions to prevent high blood pressure and lower blood pressure levels.

Another way that Maca is able to lower blood pressure is that it is rich in phenolic compounds, which can inhibit enzymes that contribute towards hypertension. In simple terms, the properties Maca consists of can lower blood pressure and can prevent enzymes within the body from increasing blood pressure.

Strengthens the bones and can help prevent osteoporosis – Maca supplements have also been found to be very beneficial when it comes to bone health, particularly for protecting against osteoporosis. As we become older, our bones begin to grow weaker and weaker with each passing year. Experts have linked menopause and andropause (male menopause) with increases in brittle bones. Bones are only able to become stronger and grow if old bone is replaced by new bone. When bones stop growing and when bone is no longer able to be replaced with healthy new bone, the result is osteoporosis. For strong and healthy bones minerals and calcium are vital.

The main causes of brittle bones include not receiving enough calcium, low testosterone levels in men, low estrogen levels in women. Maca however, is ideal for strengthening the bones and preventing osteoporosis because it boosts estrogen levels in women, it increases testosterone levels in men, it is a natural adaptogen and it is rich in calcium and other vitamins and minerals that assist in calcium absorption and uptake by the body.

Rich in minerals – Maca is incredibly rich in minerals with the four main being:

- Calcium
- Zinc
- Magnesium
- Iron

Calcium strengthens teeth and bones, whilst zinc also helps to strengthen the immune system and also helps increase testosterone and libido. Magnesium also plays a role in bone health, as well as cardiovascular health. Iron is essential for the blood as it increased blood cell counts and haemoglobin production, which is responsible for oxygen levels found within the blood. There are many other minerals found within Maca, though the aforementioned four are considered to be the most potent.

Now for the part you are really wanting to read!

It increases natural libido levels and sexual function – The great benefit of Maca is the fact that it has been found to increase natural libido levels as well as improve sexual function, particularly in men.

Maca acts as a natural testosterone booster, which is the dominant male sexual hormone responsible for sexual function. Numerous studies conducted on both animals and humans have pointed to the fact that Maca could act as a natural libido booster, increasing sexual desire in both men and women.

As far as sexual function goes, Maca may also help promote stronger and harder erections as it contains natural properties which act as vasodilators, dilating the blood vessels, which in turn allows more blood to travel through them. The more blood that is able to reach erectile tissue in the male genitalia, the stronger and harder the erection becomes.

Maca has been used successfully to treat a wide variety of erectile dysfunction cases in men of all ages, shapes and sizes. In fact, as far as the numerous health benefits of Maca supplements are concerned, many consider the fact that it has been so effective at treating erectile dysfunction to be one of its strongest and most effective use.

As far as libido goes, Maca supplements help to stimulate natural hormone production within the body, such as testosterone as mentioned previously, which can then lead to an increase in arousal levels and sexual drive.

Using the recipes throughout this cookbook

Maca is the primary ingredient used within the recipes in this cookbook as its libido enhancing properties is second to none! It is extremely important however that you don't be silly and overdose on your consumption of Maca.

If you are to consume a capsule form of Maca powder, you will likely read (depending on the size of the capsule) that the serving size is around 1-4 capsules a day. This includes a recommendation of starting at only one capsule a day and increasing the dose depending on how you feel.

Depending on the brand of Maca powder that you purchase, roughly four capsules will equal one teaspoon of Maca powder. It is important to know this as you don't want to go overboard in the recipes within this cookbook. If you're new to consuming Maca powder you'll want to start with a low amount (as little as one pinch). Some people have found that they have suffered from a stomach ache when they first start taking Maca powder, this is likely due mostly to consuming too much straight off the bat. Start with a low dose as it's highly likely that's all you will need for your libido to be increased.

Not all of the recipes within this cookbook focus on using Maca powder as a libido enhancing ingredient. As many people know ingredients such as cocoa powder and basil host libido enhancing properties. These are on the lower end however and in this cookbook the focus is on quick libido boosting ingredients such as Maca which is felt as quickly as within a day or two (possibly longer if you have a hormone imbalance and Maca is helping to balance your hormones or you simply aren't responding, or are responding slowly).

Please make sure that you use the best quality Maca power that you can purchase. Most Maca powder is of good quality because currently it is primarily sourced from the volcanic soils of Peru. However, make sure that what you are buying is from this part of the world, as due to Maca becoming a sought after superfood it is likely that it will soon begin to become a food grown on farms and therefore the medicinal properties will be much lower. If you do not feel any benefits from a regular consumption of the Maca powder you have purchased, it may be in your best interest to try a different brand and see if there are any improvements.

The benefit of adding Maca powder to recipes is that when it is only added in a small amount, you generally can't taste it. Maca however has a wonderful flavor, almost like a caramel flavor and it can work in so many recipes. In smoothies and sweets you will likely be able to taste the lovely flavors of Maca coming through and for the main meal recipes such as that of meat-based recipes included in this cookbook, you'll find that you will not be able to taste the Maca at all. Therefore, if you like the taste of Maca you will enjoy every single recipe within this cookbook and if the flavor is not to your liking then you can enjoy those recipes where the flavors are completely hidden.

The raw consumption of Maca powder holds powerful properties, and although many of these may be present when added to high heat for a long period of time, throughout the recipes within this cookbook Maca has been added when the temperature of the meal is on its way down and the cooking process has been completed. You may wish to trial cooking Maca for a long period of time, the benefits of Maca will be noticed when added for a short period of time such as within the instructions of the recipes in this cookbook, however considering the flavor of Maca will likely not be noticed anyway, you may wish to simply follow instructions in this cookbook and add the Maca as written.

Fresh Maca Root

Fresh Maca can be difficult to source. However, you may find that you're lucky enough to be able to find fresh Maca root and if this is the case you probably already know how to cook and prepare it, if not ask the person you are buying it from as there isn't much information online on how to do so (that's how difficult it is to buy, at least at the time of writing this cookbook!). Do be sure to check the Maca roots freshness as well as where it was grown before purchasing.

Recipes

Roasted Chestnuts with Maca Butter

You might not think at first that butter would have any effect on your libido when looking at this recipe, but the opposite is true. Butter that is from grass-fed cows is rich is CLA (Conjugated Linoleic Acid), which assists in the body regulating levels of estrogen and testosterone. In addition, the production of testosterone in the body requires vitamin A, which is rich in grass-fed butter!

Makes 500g

Ingredients

500g chestnuts
4 tablespoons grass-fed butter
1 tablespoons maca powder

Instructions:

Slice each chestnut on one side through the skin with a sharp knife.

To roast the chestnuts in a fireplace, place them away from the flame on non-direct heat otherwise they will burn. Leave them to cook for 15-20 minutes then remove from the fireplace and leave until cool enough to touch.

To cook in the oven, preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit.

Place the chestnuts on a pan then transfer into the oven and bake for 25-35 minutes, or until the skin begins to break open and the chestnut flesh is tender. Leave until cool enough to touch.

Meanwhile, combine the butter and maca powder.

Peel and discard the outer skin and pithy white inner skin of the chestnuts and use a butter knife to spread on some maca butter to serve.

Porterhouse Steaks with Rosemary & Balsamic Vinegar

serves 2

Ingredients

2 Porterhouse steaks

1/4 cup packed rosemary leaves

½ cup olive oil

4 tablespoons balsamic vinegar

1 small-medium sweet potato, chopped

1 tablespoon grass-fed butter

1 teaspoon maca powder



Instructions

Place the rosemary, olive oil and balsamic vinegar in a bowl and combine well.

Place the steaks in a dish and coat well in the rosemary mixture then place into the refrigerator overnight to marinate.

Place a frying pan on medium-high heat then place the steaks along with the oil from the marinade on the grill and cook for 6-8 minutes on both sides, or until your desired doneness has been reached.

Meanwhile, place the sweet potato in a pan of boiling water and cook for 10-15 minutes or until tender, drain then add the butter and maca powder and mash with a fork.

Serve the steaks with a side of mashed sweet potato.

Spiced Stewed Apples with Coconut Kefir

When making this recipe it is a good idea to make a bigger batch. The reason is that a longer cooking time is required and therefore it's not something you want to be cooking up regularly in small batches.

This recipe can be enjoyed in more ways than just on its own, serve it with some coconut kefir or homemade custard. It can also be enjoyed with some freshly made granola, crunchy or soft. If you're able to make a pastry without the use of gluten-based flours (these recipes can be found online such as within the following cookbook) then consider even making an apple pie from the stewed apples. If you don't have the chance to consume all of the stewed apples you make soon after you make them, you can always freeze a batch and defrost it when you're ready to enjoy it again.

Makes roughly 6 cups

Ingredients

10 organic apples, cored and chopped
1 tablespoon powdered stevia
1 tablespoon ground cinnamon
½ tablespoon ground nutmeg
½ tablespoon ground ginger
½ teaspoon cayenne pepper
10 cardamon pods
1½ tablespoons maca powder
coconut kefir to serve



Instructions

Place the chopped apples, stevia, cinnamon, nutmeg, ginger, cayenne pepper and cardamon pods in a pot on low-medium heat. Add enough water to cover the base of the pot.

Bring to simmering point and cover. Leave to cook for 60-90 minutes or until the apples are very tender. Taste and add more stevia to sweeten if necessary. Allow to cool slightly then remove the cardamon pods and stir in the maca powder.

Serve warm or chilled with a dollop of coconut kefir.

Steak with Honey, Mustard & Maca Sauce

serves 2

Ingredients

2 steaks (i.e. flank or skirt)
3 tablespoons ghee
½ cup Dijon mustard
½ cup honey
¼ cup water
2 teaspoons maca powder
pinch of freshly ground black pepper

Salad

1 cup parsley, finely chopped 1/4 cup mint leaves, finely chopped 2 tablespoons olive oil 8 cherry tomatoes, finely diced 1/2 cup pine nuts 1 cup hemp seeds / hemp hearts



Instructions

Place a frying pan on medium-high heat and add the ghee. When melted, add the steaks and cook for 6-8 minutes on each side or until your desired doneness has been reached.

In a small pot on low heat add the Dijon mustard, honey, water, maca powder and pepper. Allow to simmer until the sauce has thickened.

Meanwhile, place the salad ingredients in a bowl and combine well.

Serve the steaks with an even portion of sauce and a side of salad.

Libido Boosting Banana Bread

Everybody loves a good banana loaf or banana bread - you can essentially make both with this recipe (just place the mixture in a loaf tin, or cake tin). Seeing as banana bread is a recipe everyone enjoys, how about making it even better with a hint of maca powder and served up with a spread of grass-fed butter on a winters evening in front of the fire place!

Makes 1 loaf

Ingredients

- 3 ripe bananas
- 4 medium sized eggs, separated
- 2 tablespoons honey
- 3 tablespoons olive oil
- 1 teaspoon natural vanilla essence
- 1 cup almond meal
- 1 teaspoon chia seeds
- 1½ teaspoons ground cinnamon
- 1 tablespoon maca powder



Instructions

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit and line a loaf tin with non-stick baking paper.

Place the bananas in a bowl and mash with a fork.

Place the egg yolks, honey, olive oil and vanilla essence in a separate bowl and whisk with a fork to combine. Add the mashed bananas, almond meal, chia seeds, cinnamon and maca powder and combine.

In another bowl, place the egg whites and beat with electric beaters until soft peaks form. Add one third of the banana mixture and fold into the egg whites using a plastic spatula. When combined, add the remaining banana mixture and gently fold to combine with the egg whites.

Pour the banana mixture into the loaf tin, then transfer to the oven for 20-25 minutes or until cooked through and a skewer comes out clean from the center.

Serve a slice on its own or with a spread of grass-fed butter.

Fresh Blackberry & Pistachio Chocolate

Cocoa is known to have aphrodisiac properties, combine it with maca and you have a wonderful dessert to share with your partner. Adding the boost of fresh fruit in blackberries, raspberries or any other fresh berries you can get a hold of with any nut that you enjoy (not limited to the pistachios used in this recipe) and you have an amazing dessert that is unlike anything you have likely had before!

Serves 10-12

Ingredients

2 cups cocoa butter
2 cups cocoa powder
1 tablespoon honey
2 tablespoons maca powder
2/3 cup pistachios
1 cup fresh blackberries, frozen
yoghurt or coconut kefir (optional)



Instructions

Melt the cocoa butter in a small pan over low heat. Remove from the heat and allow to cool slightly. Add the cocoa powder, honey and maca powder and use a hand blender to combine well.

Spread the pistachios evenly along the base of a cake tin or Tupperware container lined with baking paper. Place the frozen blackberries evenly on top of the pistachios then pour the chocolate on top. Cover the tin or container then pace in the fridge for 2-3 hours or until set.

When ready to serve, use a sharp knife to break the chocolate into chunks and serve with a dollop of yoghurt or coconut kefir if desired. The blackberries would have de-frosted and become lovely and moist within the chocolate. Consume within a few days of making, as fresh berries usually don't keep for very long.

Lovers Chocolate

This is a chocolate recipe that avoids all of the processed sugars and preservatives found in supermarket chocolate, which inevitably will play a negative roll on libido. You can use this recipe as a base for other chocolate ideas that you have, not limited to adding nuts and/or dried fruit.

Serves 4-6

Ingredients

¼ cup melted coconut oil
¼ cup melted cocoa butter
¼ cup cocoa powder
2 tablespoons carob powder
2 tablespoons maca powder
pinch of ground cinnamon
pinch of ground cayenne pepper
16 drops stevia

Instructions

Warm the coconut oil and cocoa butter in a small pan over low heat. Remove from the heat and allow to cool slightly. Add the cocoa powder, carob powder, maca powder, cinnamon, cayenne pepper and stevia and use a hand blender to combine well.

Transfer the chocolate to a baking tray lined with baking paper. Pace in the fridge for 2-3 hours or until set.

When ready to serve, use a sharp knife to break the chocolate into pieces.

Pan Seared Flank Steak with Maca Mushrooms

serves 2

Ingredients

2 flank steaks, scored on both sides 2 tablespoons olive oil pinch of cracked black peppercorns 2 tablespoons grass-fed butter 1 cup mushrooms, sliced 1 garlic clove, minced 1 teaspoon maca powder

1 small handful chopped parsley

Instructions

Rub the steaks with olive oil and pepper.

Place a pan on medium-high heat then add the steaks and sear for 3 to 4 minutes on each side for medium rare, or cook to your preferred doneness. Rest the steak for 2 minutes then thinly slice.

Reheat the same pan over medium heat and sauté the mushrooms and garlic for 3-5 minutes or until tender. Stir in the maca powder and parsley.

Serve the sliced flank steak with a side of sautéed mushrooms.

Banana, Lacuma & Hemp Smoothie

If there was ever a recipe to give you a good kick in the morning it has to be this one. Not a lot of people however enjoy consuming smoothies, or blended up food in the morning, and if you're one of those people then you can always consider using the ingredients within this recipe to make a meal that you chew on rather than drink. Slice up a banana; sprinkle on some hemp seeds then the cinnamon, the lacuma and maca powder. This recipe has a fantastic combination of essential nutrients for the morning, carbohydrates, protein found in the hemp seeds, the pinch of cinnamon to help lower insulin levels, and of course maca for the benefits already known.

Serves 2

Ingredients

2 medium bananas 1 cup water ¹/₃ cup coconut cream ½ cup hemp seeds / hemp hearts 2 teaspoons lacuma powder

½ teaspoon ground cinnamon

11/2 teaspoons maca powder

Instructions

Place all of the ingredients in a blender for 30-60 seconds or until smooth.

Serve.

Creamy Vanilla Milkshake

There are plenty of Paleo friendly protein powders on the market that can be used within this recipe which will make it thicker and of course, rich in protein and a more balanced meal.

Serves 2

Ingredients

4 cups almond milk

8-10 ice cubes

2 teaspoon natural vanilla essence (or 1½ scoops of vanilla protein powder)

2 teaspoon maca powder

Instructions

Place all of the ingredients in a blender for 30-60 seconds or until smooth.

Chia & Maca Pudding

Honey and maca could be considered a match made in heaven when it comes to food combining. And if you and your partner love chia seeds, then this recipe will be a match made in heaven for you both too!

Serves 2

Ingredients

- 4 tablespoons black or white chia seeds
- 1 cup water
- 2 teaspoon maca powder
- 1 cup coconut milk
- 1 teaspoon hemp seeds
- 1 teaspoon raisins / sultanas
- 1 teaspoon honey



Instructions

Place the chia seeds and water in a bowl and leave to soak for 10 minutes.

Add the maca powder to the chia seeds and combine well.

Transfer the chia pudding into a serving bowl and pour over the coconut milk and top with the hemp seeds, raisins and honey to serve.

Coffee Chocolate Smoothie

Another great start to the morning can be in combining your morning coffee with the libido enhancing ingredients of cocoa and maca. Served chilled, this is a wonderful way to consume your otherwise hot coffee in the mists of summer. To sweeten this smoothie use a natural sweetener such as powdered stevia or xylitol, both of these don't raise insulin levels. However, if you are unable to source either of the above or don't have it on hand, you can use a small amount of honey or agave nectar.

Serves 1

Ingredients

½ cup black coffee (chilled)
½ cup coconut milk
¼ cup ice-cubes
1 teaspoon cocoa powder
½ teaspoon maca powder
1-2 teaspoons powdered stevia or xylitol

Instructions

Place all of the ingredients in a blender for 30-60 seconds or until frothy.

Lamb Cutlets with Parsnip Mash & Red Onion Sauce

serves 2

Ingredients

8 lamb cutlets, French trimmed 2 tablespoons olive oil

Red Onion Sauce

2 tablespoons olive oil

2 large red onions, thinly sliced

1 cup chicken stock

1 tablespoon balsamic vinegar

1 tablespoon maca powder

Parsnip Mash

1 medium-large parsnip, chopped 1/4 cup coconut cream



Instructions

Place a frying pan on medium heat and add the olive oil and red onions. Fry for 10-12 minutes or until the onions are golden brown. Add the stock, balsamic vinegar and maca powder. Leave to simmer, stirring occasionally, for 6-8 minutes or until the liquid has reduced and sauce thickened.

Remove the onions from the pan then wipe the pan clean and return to high heat. Add the olive oil and the lamb cutlets. Sear for 3-4 minutes on each side, or until the lamb has cooked to your liking.

Meanwhile, place the parsnip in a pan of boiling water and cook for 8-10 minutes or until tender, drain then add the coconut cream and mash with a fork or potato masher.

Serve the lamb cutlets with a side of parsnip mash and red onion sauce.

Good-morning Granola

Granola is a breakfast cereal that won't ever go out of fashion, not when the varieties out there are so diverse. You'll find many granola recipes out there in cookbooks and on blogs and websites, but not many give you that extra benefit received by adding maca powder.

Serves 4

Ingredients

1 cup almond meal
¼ cup almond slivers
1 tablespoon sunflower seeds
1 tablespoon sesame seeds
¼ cup dried apricots, finely chopped
¼ cup raisins
1 tablespoon maca powder pinch of ground cinnamon

Instructions

Preheat a fan-forced oven to 160° degrees Celsius / 325° degrees Fahrenheit and line a baking tray with baking paper.

Place all of the ingredients in a bowl and combine well. Spread the ingredients over the baking paper then place in the oven for 10-15 minutes or until golden brown, tossing every 3-5 minutes to prevent burning.

Cool in the refrigerator before serving in a bowl with coconut kefir or almond milk.

Coconut Kefir with Honey

Things couldn't get simpler in the morning.

Healthy breakfast – check!. Quick to make – check! Boost to libido – check!

Serves 2

Ingredients

2 cups coconut kefir

- 1 teaspoon maca powder
- 2 tablespoons honey
- 4 tablespoons toasted almond flakes



Instructions

Place the coconut kefir into two serving bowls. Sprinkle with an even potion of the maca powder, drizzle with honey and top with the toasted almond flakes to serve.

Coconut & Banana Cookies

Cookies don't get much easier than this! Using two main ingredients in coconut and banana, the maca powder and cinnamon are simply for flavor and nutritional benefits. Make this recipe once, and it'll likely be locked away in memory for making again and again without needing to pull out this cookbook!

Makes 8-10

Ingredients

1 cup shredded coconut, lightly toasted

- 1 large banana (very ripe)
- 2 teaspoons maca powder
- pinch of ground cinnamon

Instructions

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit and line a baking tray with baking paper.

Place the shredded coconut, banana, maca powder and cinnamon into a food processor and pulse until smooth. Place one tablespoon of the mixture onto the baking tray for each cookie, separating each to allow for spreading to occur while baking.

Place the tray into the oven for 20-25 minutes, or until the cookies have turned golden brown. Allow to cool before serving.

Spiced Grilled Chicken Breasts

serves 2-4

Ingredients

- 2 chicken breasts, cut into strips
- 4 tablespoons olive oil
- 4 garlic cloves, finely grated
- 2 tablespoons paprika
- 1 tablespoon ground cumin
- 1 tablespoon oregano, finely chopped
- 1 teaspoon maca powder
- ½ teaspoon ground turmeric
- 4 tablespoons lemon juice

large handful lettuce leaves

Instructions

Place all of the ingredients except for the chicken in a bowl and combine well. Add the chicken strips and coat well in the spices.

Cover the bowl then place in the refrigerator for 1-2 hours, or overnight to marinate.

Pre-heat a BBQ grill to medium-high heat.

Place the chicken strips on the grill and cook for 6-8 minutes each side, or until the chicken has cooked through.

Serve with a side of lettuce.

Ginger Men Cookies

These won't be like the traditional gingerbread cookies you're used too, these ones are Paleo friendly and far richer in flavors! It's easy to add some maca into this recipe, with all of the spices and the heat from the ginger, it will be a silent ingredient that works wonders for your libido.

Makes 20-24

Ingredients

10 pitted Medjool dates
1 tablespoon grated fresh ginger
2 teaspoons maca powder
2 tablespoons honey
2 tablespoons coconut oil (liquid state)
3 tablespoons ground flaxseeds
½ teaspoon ground cinnamon
pinch of ground nutmeg
2½ cups almond meal

Instructions

Preheat a fan-forced oven to 160° degrees Celsius / 325° degrees Fahrenheit and line a baking tray with baking paper.

Place all of the ingredients except for the almond meal into a food processor and pulse until smooth. Transfer the mixture to a bowl and add the almond meal, combine well. Taste the mixture and add more spices if desired.

Place the cookie mixture in between two sheets of non-stick baking paper and use a rolling pin to flatten the mixture out to roughly ½ cm thickness. Use a ginger bread man cookie cutter to make individual cookies, then place the men onto the baking tray. Roll the dough out as necessary to cut as many ginger bread men as you can.

Place the tray into the oven for 10-15 minutes, or until the cookies have turned golden brown.

Allow to cool before serving.

Chocolate Aphrodisiac Balls

On the run? These are perfect to throw into a paper bag and take with you to eat on the move. Also consider making this recipe into bar shapes for something different.

Makes 8-10

Ingredients

1 cup pitted Medjool dates

1/3 cup shredded coconut

1/3 cup macadamia nuts, finely chopped

1½ tablespoons carob powder

1 tablespoon maca powder

1 teaspoon natural vanilla essence

2 tablespoons melted coconut oil

Instructions

Place all of the ingredients into a food processor and pulse until combined. Use the palms of your hands to roll small balls from the mixture, pressing firmly with your hands for the balls to hold shape.

Place the balls onto a tray lined with non-stick baking paper and place into the refrigerator for 2-3 hours or until firm.

Serve.

Lemon & Maca Chicken

serves 2

Ingredients

2 chicken breasts, diced
2 tablespoons olive oil
1 garlic clove, finely chopped
finely grated zest and juice from 1 lemon
½ cup sultanas / raisins
1 teaspoon paprika
1 cup chicken or vegetable stock
1 tablespoon maca powder
1 bunch parsley, finely chopped
freshly ground salt and pepper
¼ cup pine nuts



Instructions

Place a pot on medium heat and add the olive oil and chicken. Fry the chicken for 6-8 minutes or until lightly browned.

Add the garlic, lemon zest, lemon juice, sultanas, and paprika and stir for 1 minute. Add the stock and leave to simmer for 10-12 minutes, stirring occasionally until the liquid has evaporated. Add the maca powder and parsley and leave to cook for a further 3-5 minutes. Season with salt and pepper.

Sprinkle with pine nuts to serve.

Watermelon & Vanilla Ice-Cream with Maca

The combination of watermelon, coconut and vanilla will blow your mind! The small amount of maca added won't be a fourth wheel in this flavor combination. Ensure that you taste the mixture before placing in the freezer and don't be afraid to add more of any ingredient so the flavors are to your liking.

Serves 6-8

Ingredients

- 4 cups of pureed watermelon
- 2 cups coconut kefir (or yoghurt)
- 1 teaspoon maca powder
- 2 teaspoons natural vanilla essence

Instructions



Place all of the ingredients into a high speed blender and blend until a smooth consistency has formed. Pour the ice-cream mixture into a freezer proof container and seal with a liid then place the ice-cream into the freezer for 2-3 hours or until set. Check on it a few times and stir to keep the ice-cream light and fluffy.

Serve after 2-3 hours when the ice-cream is firm, or leave the ice-cream in the freezer overnight. When ready to serve leave out at room temperature for 10-20 minutes (depending on the outdoor temperature) for the ice-cream to soften slightly.

Shredded Chicken with Pine-Nuts, Maca & Bacon

serves 4

Ingredients

2 chicken breasts
6 strips of bacon, thinly sliced
2 tablespoons olive oil
200g button mushrooms, thinly sliced
1/3 cup pine nuts
1/4 cup finely chopped chives
1 teaspoon paprika
11/2 teaspoons maca powder
handful of snow pea sprouts / snow pea shoots

Instructions

Place a pot on medium heat and fill with enough water to poach the chicken breasts. When the water is simmering add the chicken and cook for 6-7 minutes, or until the chicken has cooked through. Remove the chicken from the pan and leave to cool slightly. When cool enough to touch, shred the chicken breasts with your fingers.

Meanwhile, place the bacon in a frying pan on medium-high heat with 1 tablespoon of olive oil and fry until golden brown. Add the mushrooms and fry for 2-3 minutes or until the mushrooms are lightly golden and tender.

Transfer the bacon and mushrooms to a bowl and stir in the shredded chicken, pine nuts, chives, paprika, maca, snow pea sprouts and remaining olive oil.

Serve.

Pesto & Maca Chicken with Red Cabbage

serves 2

Ingredients

Pesto

1½ cup walnuts
1 cup fresh basil leaves, firmly packed
1 tablespoon maca powder
½ cup olive oil
2 tablespoons lemon juice
pinch of sea salt

2 chicken breasts, diced2 tablespoons olive oil¼ small red cabbage, thinly sliced



Instructions

Place the pesto ingredients into a food processor and blend until a smooth consistency has formed.

Place a pot on medium heat and add the olive oil and chicken. Fry the chicken for 6-8 minutes or until lightly browned. Add the pesto and stir to heat through while coating the chicken.

Place the red cabbage on a plate and top with the pesto chicken to serve.

Chai Tea with Maca

So many spices in Chai tea but no maca?? Don't worry, it's not hard to add in a pinch!

Serves 1

Ingredients

2 pinches of ground cinnamon pinch of ground cloves pinch of cardamon powder pinch of black pepper pinch of ground ginger pinch of maca powder 1 black tea bags 1 cup boiling water ½ cup coconut cream 1 teaspoon honey or powdered stevia

Instructions

Heat a skillet over medium heat and add all of the spices and maca powder for 1-2 minutes or until aromatic. Remove from the heat and place into a mug along with the black tea bag. Add the boiling water and leave for 2 minutes, then remove the tea bag and stir in the coconut cream and honey to serve.

Beef Goulash

A traditional German and Austrian dish, goulash is generally served with a bread based ball that is boiled (called knedle) or sometimes rice. The choice is up to you if you'd like to add either of these as a side which work well to help pick up the sauce of the goulash, however because this cookbook is focusing on eliminating grains from your diet to help with increasing libido it won't be included in this recipe. Goulash can be enjoyed by itself, a fresh salad works great as well.

Serves 4

Ingredients

1kg chuck steak (or similar), diced
2 tablespoons olive oil
5 medium onions, chopped
1 tablespoon caraway seeds
1 teaspoon fresh or dried thyme leaves
½ teaspoon ground turmeric, or freshly grated turmeric
2 heaped tablespoons ground paprika
1 tablespoon maca powder
salt and pepper to taste



Instructions

Heat the olive oil in a pot on medium heat and add the onions, fry until brown then add the caraway seeds, thyme, turmeric and paprika and stir to heat the spices for 1 minute then add the diced steak to the pan, cook until browned then add enough water to the pan to cover the meat.

Cover the pot and leave to simmer for 1-2 hours, or until the steak is very tender.

Season with salt and pepper to serve.

Lotus Chips with Maca Salt

Everybody loves crunchy chips! Next time you want to impress, simply pull out this recipe. Don't use all the maca salt at once when sprinkling over your chips, lotus roots vary in sizes and the amounts below should be used as a rough guide.

Serves 2-4

Ingredients

- 1 medium-large lotus roots, sliced into ½ cm rounds
- 4 tablespoons coconut oil
- 3 tablespoons ground sea salt
- 1 teaspoon maca powder

Instructions

Place the coconut oil in a frying pan on high heat and add batches of the lotus root slices into the frying pan. Cook for 6-10 minutes or until golden on both sides.

Place the lotus chips on a plate lined with paper towel to remove excess oil.

Combine the sea salt and maca powder in a bowl then sprinkle over the chips to serve.

Capsicum & Olive Dip or Spread

This is a wonderful recipe when you're not feeling extremely hungry and simply want a snack or something light. You'll be unlikely to taste the maca in this recipe due to the strong flavors from the olives and sunflower seeds. But in a day or two you'll remember it was in there!

Serves 4-6

Ingredients

¹/₃ cup pitted green olives

2 chargrilled red or green capsicums / bell peppers

¹/₃ cup sunflower seeds

1 teaspoon maca powder

2 tablespoons olive oil

pinch of freshly ground black pepper

Instructions

Place all of the ingredients into a food processor and blend until a smooth consistency has formed.

Serve with lotus chips (recipe above), crackers, julienne vegetables or bread.

Beef Bolognese

This is another fantastic recipe that you can use to increase your libido, by adding maca powder you will not be able to taste it at all when the wonderful meat, tomato and herb flavors come through. Avoid serving this bolognese with pasta as avoiding grains will help increase libido even further, opt for some mashed sweet potato or a fresh salad on the side. It won't be a spaghetti bolognese, but it will be a better (libido increasing) bolognese!

Serves 2-4

Ingredients

1 tablespoon coconut oil
2 onions, finely chopped
1 garlic clove, minced
500g minced beef
1 teaspoon thyme leaves
1 teaspoon sage leaves
1 teaspoon ground paprika
1/4 teaspoon ground turmeric
2 cups tomato pasata
1 tablespoon maca powder
salt and pepper



Instructions

Place the coconut oil, onions and garlic in a pot on medium heat, stir regularly until the onions have browned then add the minced beef, continue stirring to break up the beef until it has browned. Add the thyme, sage, paprika and turmeric and stir for a further 2 minutes.

Add the tomato pasata and combine. Cover then leave to simmer for 20-30 minutes or until most of the liquid has reduced.

Stir in the maca powder and season with salt and pepper to serve.

Salty Beef with Greens

It's important not to consume too much salt in your diet, therefore make sure this recipe isn't one you make too many days in a row. Salt however is an essential part of staying healthy, so eliminating it completely from your diet will likely cause health problems in itself. If you're slowly reducing the amount of salt that you have in your diet at the moment then be careful with how much salt you add in this recipe, you may want it to be on the lower side of salty as you may find that you have added a fair amount of salt to the meal. If you already consume low amounts of salt in your diet you may find you don't have to add very much salt at all to this recipe for the salt flavor to come through. Therefore in this recipe, make sure you can taste the salt and it comes through prominently but not so overpowering that the meal is no longer enjoyable.

Serves 4

Ingredients

1kg minced beef
1 tablespoon olive oil
2 teaspoons maca powder
1 teaspoon ground sea salt
½ teaspoon ground black pepper
250g broccolini, cut in half

Instructions

Place the olive oil and minced beef in a skillet (or frying pan) on high heat, stir regularly until the beef has browned, add the maca, salt and pepper and continue to cook for a further 2-3 minutes, or until the beef has turned darker and liquid has evaporated.

Meanwhile, place the broccolini in a pan of boiling water and cook for 5-10 minutes or until tender. Drain, then combine with the beef. Taste the beef and add more salt if needed for the salty flavor to be prominent, but not overpowering within the meal.

Pumpkin Soup

Pumpkin soup is one of those recipes that is really easy to make, apart from cutting off the thick and hard pumpkin skin which thankfully is likely avoided with using a starchy pumpkin such as the jap pumpkin recommended in this recipe. Add in a few spices and some maca (which you won't be able to taste) and you have a pumpkin soup that's enjoyable on more that one level.

Serves 4

Ingredients

2 small-medium jap pumpkins (*or other starchy pumpkin*), skin removed, chopped 3 onions, chopped 3 tablespoons butter or ghee 2 tablespoons ground paprika ½ teaspoon ground turmeric 1 teaspoon ground oregano 4-6 cups chicken stock 1 - 1½ cups coconut cream 1 tablespoon maca powder salt and pepper to taste



Instructions

Heat the butter in a large pot on medium heat and fry the onion until golden brown. Add the pumpkin and stir until warm, then add the paprika, turmeric and oregano. Stir for 1-2 minutes or until the spices have heated through.

Add the chicken stock then cover and simmer for 30-40 minutes or until the pumpkin is very tender, then take the pan off the heat. Add more stock during the cooking process if the liquid has reduced too much. Be careful not too add too much to prevent a very runny soup.

When the pumpkin has become very tender and is breaking up into the liquid, add the coconut cream and maca powder and use a hand blender to blend the soup into a smooth consistency. Add more coconut milk or stock if desired for taste and/or consistency.

Nettle Mead & Nettle Wine

When people think about healthy foods, some of the first examples that spring to mind are fresh fruits and vegetables. Whilst these foods are indeed healthy and full of natural goodness, there are many, many other foods out there that we would never consider consuming in a million years if we weren't aware of the general health benefits.

One plant food which is all around us, probably growing in your garden and one which you likely go out of your way to avoid or consider nothing more than a weed is nettles. Nettles are in actual fact extremely healthy and beneficial and can be consumed and used in a whole variety of different ways.

What are nettles? - Nettle leaves and nettle roots have been used in traditional medicine as they possess a whole variety of different health benefits.

Nettles (also known as stinging nettles) are found all across the world in temperate climates and they thrive in the wild. They're referred to as stinging nettles because the leaves have tiny hairs and chemicals upon them that sting bare skin. Because of this, many people go out of their way to avoid nettles, but they're actually considered one of the healthiest and most beneficial plants in the world as they fall under the "tonic herbs" category, which in basic terms means that they're extremely nutritional and nourishing.

The tiny hairs on the nettle leaves release a chemical irritant, which is responsible for the stinging sensation, experienced when nettle leaves are touched with bare skin. Back in ancient times, nettles were used medicinally for insect bites and various health ailments including respiratory conditions.

Anti-inflammatory properties - One of the main benefits of nettles is the fact that they possess natural anti-inflammatory properties, which have been confirmed in modern research. As inflammation in the body can be the cause of pain, the ability to reduce inflammation can also lead to pain relief, with this being said, nettles have been shown as being useful for reducing pain due to it's properties.

Treating allergies - Another great benefit of nettles is that they can help to treat and prevent allergies. In our bodies, T cells are cells, which control and regulate immune cells which are responsible for allergies. Studies have found that the number of T cells produced by the body greatly increases in the presence of natural nettle leaf and nettle extract within the body. Another great allergy treating benefit of nettle leaves is the fact that they possess natural anti-inflammatory properties, which was mentioned previously.

Great for immunity - Nettle leaves are rich in potent antioxidants and minerals, both of which greatly strengthen and boost the immune system. The stronger our immune system is the less likely we are to become ill and suffer from various illnesses and diseases. The antioxidant contents found in nettles are especially encouraging as due to the fact that they attack and destroy free radicals and toxins before they can damage our cells, there is the potential to help protect ourselves against a variety of different cancers.

Nettle improves libido - The great benefit of nettle is the fact that it has been proven to naturally increase libido and sex drive, particularly in men. The main reason for this is that it has the ability to increase testosterone levels and keep them active in the body for longer.

Nettles also contain lignans which are able to interact with SHBG (Sex Hormone-Binding Globulin) which in turn prevents it from getting rid of testosterone naturally present in our circulation. Many experts prefer using nettle as a natural libido enhancer as it has been found to not contribute towards benign prostatic hypertrophy, as other treatments can. For a more potent libido boost, try nettle wine or nettle mead over the leaves alone.

How To Harvest Nettles

You can harvest nettles found in your own garden if you so desire, or of course you can purchase natural nettle supplements so that all of the hard work has been done for you.

If you are harvesting the nettles yourself however, you need to know what you're doing because the leaves can and will sting you and sometimes the pain experienced can be quite severe. Nettles can be harvested as soon as the leaves emerge from the earth, which is generally around early spring to late fall/autumn. Only harvest the leaves if they're a healthy green color. If the leaves are brown, pale, or saggy, this could be a sign that the stems have rotted meaning that much of the natural goodness within the nettles will no longer be present.

If using nettles for tea, food, and wine, the leaves should be harvested before they begin to flower. Some people have suggested that nettles could become toxic once they have flowered and although this is only a rumour with no real evidence, you may want to play it safe and not risk it.

The easiest way to harvest the leaves is to wear a good quality pair of gardening gloves, thick clothing with no exposed skin and simply snip the leaves with scissors. Always choose the healthiest looking leaves which are generally found at the top of the plant. If you're looking for extra fibre, the entire stem can be harvested by clipping it close to the base of the ground.

Transfer the leaves to a clean pan, add boiling water, heat until simmering, and leave for 10 minutes or so. Afterwards, drain them well and your leaves will now be safe to consume and handle, will taste great, and will be healthier than most greens you find in supermarkets. You can now use them in salads, in soups, in stir fries, or in the libido boosting beverage: nettle wine!

NOTE: Do not eat nettles raw unless you prepare and eat them properly.

Nettle Wine

Nettle wine is made in a traditional way. It is not only a tasty and delicious beverage, it is also believed to be an old aphrodisiac enhancing beverage, and when you consider some of the health benefits it's not surprising why.

Nettle leaves are rich in minerals such as zinc and iron. Zinc enhances natural libido levels and iron improves blood flow and circulation, as well as oxygen content within the blood. When we become aroused, blood rushes to the genitals and in men to the erectile tissue, which in turn leads to erections. The more oxygenated and nutrient rich blood that is able to reach the tissue, the bigger, harder, and more pronounced the erection becomes.

Nettle Wine

Makes 4½ litres (1 gallon)

Ingredients

nettle tops to fill a 2 litre jug
4½ litres (1 gallon) distilled water
1 inch piece of fresh ginger, squashed
peel from 2 lemons
1.8kg (14oz) sugar
juice from 2 lemons
5g yeast

Instructions

Place the nettle tops, 2 litres of distilled water, ginger and lemon rind in a pot on low-medium heat and bring to simmering point. Cover and leave for 45 minutes then strain through a sieve, discarding the nettle tops, ginger and lemon rind.

Place the nettle infused water back into the pot on low heat and add the remaining water to make 4½ litres. Add the sugar, lemon juice and stir until the sugar has dissolved. Allow the liquid to cool to lukewarm temperature then add the yeast and stir until dissolved.

Transfer the liquid to a sterilized gallon jug and cover with the airlock lid or a clean cloth (held on with an elastic band). When 4 days pass, transfer the liquid to a sterilized demijohn fitted with an airlock and leave to ferment until the wine has stopped fermenting. At this stage it is best to transfer the wine to a second sterilized demijohn with a solid bung.

Only bottle your nettle wine after 3 months of fermenting in the demijohn. At this stage, the nettle wine is ready to drink.

Nettle Mead

Makes 4½ litres (1 gallon)

Ingredients

1 cup nettle tops 4 cups raw honey 4½ litres (1 gallon) distilled water

Instructions

Place the nettles, honey and water into a sterilized gallon jug with an airlock lid. Stir vigorously to aerate the honey water 3-4 times every day. Leave covered with an airlock lid or clean cloth (held on with an elastic band) to allow the honey water to ferment. When fermenting bubbles form on-top of the liquid, continue to aerate the honey water several times a day until the fermentation has slowed and bubbling no longer easy to see.

Strain the liquid and remove all of the nettles and particles. Store the mead in a narrow necked air-locked vessel.

At this time you can enjoy your nettle mead, or allow for the fermentation to slowly continue. It is a good idea to check on the mead and release air from the vessel within the first 2 months. After this period, you can bottle your nettle mead and store for a long period of time.

Horny Goat Weed

After hearing the name Horny Goat Weed you may be quick to write it off as a joke, however, Horny Goat Weed is actually a very effective herb that is certainly nothing to laugh about. Traditional Chinese Medicine seems to be on to something with this particular herb.

History of medicinal uses - Epimedium Grandiflorum is the scientific name for this plant native to China and central Asia and it has a long history of medicinal uses for treating a variety of ailments. Joint pain, osteoarthritis, fatigue, memory loss, heart disease and high blood pressure are a few of the ailments Horny Goat Weed can protect against. However, as the name states, this plant can do a lot more that soothe aching joints, for centuries this plant has been used as an aphrodisiac in both men and women.

How does it work? - Horny Goat Weed is all-natural and can be a lot less costly and healthier than purchasing prescription medications to help with libido. Icariin is a compound found in Horny Goat Weed and has the ability to boost Nitric Oxide levels, which is important for a healthy erection. Nitric Oxide assists in the delivery of blood to the penis tissue and when there is not enough Nitric Oxide production, then a reduction in blood delivered to the penis can result in erection difficulties even when sexually aroused.

Another benefit of this herb when taken by women is protection against bone density loss especially in menopausal women. Horny Goat Weed is even said to help alleviate some of the symptoms of menopause.

With all of these great benefits it is hard to believe that Horny Goat Weed is not used more often in the western world, some are skeptical to use this herb, however Horny Goat Weed is safe when used properly, but it can be considered unsafe if used for a long period of time in high doses.

Being cautious - With the research on this supplement there are a few conditions in which you should avoid consuming Horny Goat Weed, if you are pregnant or breast feeding, if diagnosed with a blood disorder, if diagnosed with hormone sensitive cancers or conditions, or when about to have surgery. As always, consult your primary care physician before adding Horny Goat Weed into your regimen as this supplement can aggravate certain conditions and interact with certain medications.

Supplement - Horny Goat Weed has become a go to natural supplement to help men who experience sexual performance problems such as erectile dysfunction and involuntary ejaculation. If Horny Goat Weed seems like something you'd like to try there are a few different ways to go about getting this supplement, capsules, loose leaves, powders and prepared tea bags are just a few. As far as capsules go, Horny Goat Weed can be found in most pharmacies in the vitamin isle, capsules can also be found online at a variety of different retailers. When buying Horny Goat Weed in capsule form do be sure to check the ingredient list to make sure you are buying 100% natural Horny Goat Weed.

Teas and tonics – The beverage form of Horny Goat Weed is one of the most popular ways to consume the herb. Shops often sell it as a tea already prepared in tea bags, however brewing your own is also a great option.

Making Horny Goat Weed Tea

To brew your own Horny Goat Weed tea you will need to obtain either Horny Goat Weed leaves or Horny Goat Weed powder. Brewing the tea is quite simple. If using dried leaf be sure to grind the leaves or chop them into very small pieces. The process is the same for both the powder and leaf versions of Horny Goat Weed tea.

Horny Goat Weed Tea

Serves 1

Ingredients

1 tablespoon of Horny Goat Weed tea leaves (or the recommended dosage provided by your doctor)



Instructions

Place the tealeaves into a teapot and allow to steep for 4-5 minutes. Strain the tea as you pour it into a serving cup.

Serve with or without a sweetener.

Liquorice, Fennel & Horny Goat Weed Tea

Serves 4

Ingredients

2 tablespoons dried liquorice root

- 1 tablespoon fennel seeds
- 1 tablespoon of Horny Goat Weed tea leaves (or the recommended dosage provided by your doctor)
- 1 teaspoon dried peppermint leaves



Instructions

Place the tealeaves into a teapot and allow to steep for 4-5 minutes. Strain the tea as you pour it into serving cups.

Serve with or without a sweetener.

Lemon Balm, Jasmine Blossom & Horny Goat Weed Tea

Serves 4

Ingredients

2 tablespoons dried lemon balm

- 1 tablespoon dried jasmine blossom
- 1 tablespoon of Horny Goat Weed tea leaves (or the recommended dosage provided by your doctor)
- 1 teaspoon dried lavender



Instructions

Place the tealeaves into a teapot and allow to steep for 4-5 minutes. Strain the tea as you pour it into serving cups.

Serve with or without a sweetener.

Lavender, Couch Grass & Horny Goat Weed Tea

Serves 4

Ingredients

- 1 tablespoon dried couch grass
- 1 tablespoon dried horsetail herb
- 1 tablespoon of Horny Goat Weed tea leaves (or the recommended dosage provided by your doctor)
- 1 teaspoon dried marshmallow root
- 1 teaspoon dried crataeva bark



Instructions

Place the tealeaves into a teapot and allow to steep for 4-5 minutes. Strain the tea as you pour it into serving cups.

Serve with or without a sweetener.

Velvet Bean (The Next Main Stream Superfood?)

Superfoods come and go on the marketplace. Right now what is the latest craze in superfood and the 'next best thing for health and disease prevention' will be replaced by the next superfood in the upcoming few months.

This statement isn't to disregard superfoods as being the fantastic food source that they are, but rather to ensure that you don't limit your knowledge on what is out there outside of the crazes, as there are many things that can help your health... and your libido!

Velvet Bean is seriously good at boosting natural testosterone levels. But it's not the hot topic today as Maca root is. Maybe it will be one day.

What is Velvet Bean - Known by many other names, including Mucuna, Cowitch, Cowhage and Itch bean, Velvet Bean is a tropical legume. Some varieties of Velvet Bean grow in a pod covered in tiny hairs that produce an intense itching sensation on the skin when touched; others have silky non stinging hairs. Velvet Bean is known to be toxic to humans and must be cooked well before consumption as a bean, however supplements of Velvet Bean are known to be safe. When prepared correctly, Velvet Bean is regarded for being an excellent protein source and overall good source of food and was indeed that in China where it was once cultivated as a green vegetable crop.

Traditional Medicine – Velvet Bean is not only known for boosting sex drive and having a traditional use as an aphrodisiac, it is also very strongly regarded for being an anti-depressant due to it's high concentration of L-dopa, a compound that is a direct precursor to dopamine – a neurotransmitter that is linked to the control of movement, helping stimulate circulation and metabolizm as well as being linked to our ability to feel pleasure and having an attachment to feelings of love and overall happiness. Dopamine also increases testosterone, which is why it is well known for increasing libido, research in addition has shown that the levels of L-dopa in Velvet Bean converted into dopamine in the human body, which in turn stimulated the release of growth hormones.

Healing properties - A libido boost isn't the only positive outcome of natures Velvet Bean. Other benefits include: pain relief, anti-inflammatory, reducing fevers, lowering blood sugar, lowering blood pressure, intestinal gas and as a topical treatment for ulcers. Due to Velvet Bean being rich in L-dopa, it has been looked at as a possible treatment for Parkinson's disease and has been used as an alternative to pharmaceutical drugs with positive results.

Widely used aphrodisiac – Velvet Bean has been used in traditional medicine throughout India and Brazil as an aphrodisiac. It has shown to be effective not only in enhancing libido in both males and females, but helping males to last longer during intercourse and in building male fertility. In addition, it's been confirmed for it's ability to increase testosterone in the body and stimulate growth hormone. For this reason, many athletes enjoy the benefits of Velvet Bean supplementation.

Enjoying the beans - Due to the knowledge needed for preparing Velvet Bean for human consumption, the ability to buy the beans whole is rare. The easiest, and likely most

enjoyable way to enjoy the benefits of Velvet Bean is to purchase it in powder form, powder form in capsules, or as a tincture.

Velvet Bean has been shown in animals to cause birth defects and is therefore best avoided during pregnancy. Additionally, it is best not to consume Velvet Bean for long periods of time without rest as it is not yet known the long term effects of the body constantly dealing with the high levels of L-dopa Velvet Bean deliver.

Recipes

The easiest way to add Velvet Bean into a recipe is in a beverage. Velvet Bean tea can be made if you have the powdered form, or if you have them in capsule form (100% Velvet Bean powder and no fillers) you can simply open one up.

Velvet Bean Tea

Serves 1

Ingredients

½ teaspoon Velvet Bean powder 1 teaspoon honey boiling water



Instructions

Place the velvet bean and honey in a tea cup or mug and add boiling water to fill. Stir until the honey has melted into the water.

Because Velvet Bean doesn't have a strong taste, for the recipes below either powder or tincture can be used. Most tinctures are best used when placing the tincture liquid under the tongue, if this is recommended on the bottle you can always follow that approach then have your smoothie ready if the taste is overpowering.

Velvet Bean Thickshake

Serves 2

Ingredients

2 frozen bananas, chopped 2 cups almond milk pinch of ground ginger pinch of ground turmeric 1 teaspoon honey

1 teaspoon Velvet Bean powder or Velvet Bean tincture (bottles recommended serving amount)

Instructions

Place all of the ingredients in a blender for 30-60 seconds or until smooth.

Serve.

Velvet Bean Chocolate Smoothie

Serves 2

Ingredients

2 frozen bananas, chopped

4 tablespoons cocoa powder

2 tablespoons almond butter

- 1 tablespoon chia seeds
- 2 cups almond milk
- 1 teaspoon honey
- 1 teaspoon Velvet Bean powder or Velvet Bean tincture (bottles recommended serving amount)



Instructions:

Place all of the ingredients in a blender for 30-60 seconds or until smooth.

Velvet Bean Carrot & Ginger Juice

Serves 2

Ingredients

8-10 carrots
½ inch piece of fresh ginger
1 teaspoon Velvet Bean powder or Velvet
Bean tincture (bottles recommended serving amount)



Instructions

Juice the carrots and ginger using an electric juicer, following the machines instructions.

Stir in the velvet bean powder or tincture to serve.

Pine Pollen: Nature's Natural Testosterone Booster

Pine Pollen received a big hit of world wide exposure when Tim Ferris released his book The 4-hour Chef, in which he writes 'Yellow pine pollen.. doesn't just act as a precursor to testosterone. It is testosterone'.

What is Pine Pollen - Natural Pine Pollen is best described as being a 100% unique form of superfood that is rich in numerous nutrients that provides the body with a whole host of health, fitness, and general well-being related benefits. One such benefit is the fact that it has been proven to help to balance a person's endocrine system and help increase natural testosterone and hormone production. For these reasons Pine Pollen has a reputation for being an extremely effective sexual health supplement as it can help enhance libido.

Boosts testosterone - Testosterone is the dominant male sexual hormone that is responsible for libido, muscle mass, strength, size, fertility, and much more. As men grow older, natural testosterone levels quickly begin to lower.

There are a number of testosterone-boosting supplements on the market, but unfortunately many of them do not work, or if they do raise testosterone levels, it's only slightly. Pine Pollen powder however, is quickly turning out to be one of (if not the most) effective testosterone boosters on the market today, largely due to it being rich in human androgens such as testosterone which helps to naturally increase testosterone levels in a matter of minutes.

With this being said, it's no wonder why it's proving to be such a popular supplement.

Improves sexual health - Pine Pollen has proven itself to be an extremely effective, yet still vastly underrated, sexual health supplement. As it helps to increase testosterone and androgen hormone levels, libido is also increased dramatically as it is governed by these hormones.

On top of this, it has also been proven to boost fertility, increase male sperm count and even help treat/prevent erectile dysfunction. The reason for this is that it is rich in Arginine, which is a potent amino acid that acts as a precursor for Nitric Oxide. Nitric Oxide is a potent vasodilator which dilates the blood vessels causing them to widen. As the blood vessels dilate, they allow more oxygen and nutrient rich blood to pass through them, and as libido and erections are also stimulated by blood flow, as more nutrient rich blood is able to reach the genitals and the erectile tissue, erections become bigger, stronger, and more pronounced.

Studies have revealed that the arginine can also help increase growth hormone, which also plays a key role in sexual health and well-being.

Boosts the immune system - Our immune system is our body's only line of defence against illness and disease. The stronger our immune system, the less likely we will be to get sick, and if we do, we'll be more likely to fight the illness much quicker and will therefore recover much quicker. Pine Pollen is jam-packed full of vitamins, minerals, and antioxidants

and the immune system adores all of the above.

Provides potent anti-aging benefits - Pine Pollen is able to provide potent antiaging benefits and has been used in traditional Chinese medicine for this very reason. DHEA, found in Pine Pollen has been found to contribute towards increased energy levels, enhanced cognition and brain health, a stronger and healthier heart and cardiovascular system, an enhanced libido and reduced depression. As a superfood, Pine Pollen offers vitamins A, B1, B-carotene, B2, B3, B6, vitamin D, vitamin E and folic acid, along with iron, calcium, copper, magnesium, phosphorous, zinc, and more. There are more than 20 amino acids and 8 essential amino acids packed into Pine Pollen.

Allergy test - Although this is a safe superfood for most people, some people might be allergic, so before making any of the Pine Pollen recipes in this cookbook or using it in any other recipe. It's important to run a safe test to ensure no reaction and if you already know you are allergic to pollen (if you get hay fever, for example) be extra cautious if testing for an allergy.

What to buy – Most people will agree that Pine Pollen isn't the nicest tasting food you will ever have, thankfully however if you don't want to opt for Pine Pollen powder (which is used in some of the recipes to follow), you can get your hands on Pine Pollen tincture which is very potent and a few drops can be added to a flavorful beverage not limited to those in this cookbook, or simply added to some juice to help mask the taste.

Recipes

Pine Pollen can be taken by itself although a lot of people do not like the taste. If it is breakfast time and you want your daily dose of Pine Pollen powder for an energy boost, as well as all the other benefits this supplement offers, consider adding it into your morning granola or smoothie.

Everyone needs a good breakfast to refuel and start the day right, and the following two granola recipes are packed with nuts and seeds is taken to a nutritional high with the addition of Pine Pollen.

Macadamia & Cocoa Nib Granola

Makes roughly 3¹/₃ cups

Ingredients

1 cup whole macadamia nuts

1 cup chopped walnuts

1/4 cup chopped almonds

1/4 cup shaved coconut pieces, toasted

1/4 cup flaxseed meal

1/4 cup pumpkin seeds

 $\frac{1}{3}$ cup cocoa nibs

1 tablespoon pine pollen powder

2 tablespoons honey



Instructions

Combine the nuts, seeds, cocoa nibs and pine pollen in a bowl. Add the honey and use a spoon to coat the ingredients well.

Serve with your favorite nut milk.

Nutty Crunchy Granola with Pine Pollen

Makes roughly 4 cups

Ingredients

1/4 cup sunflower seeds

½ cup coconut flakes

1 cup walnuts

1 cup almonds

1/4 cup raw honey

1/4 cup maple syrup

1 teaspoon vanilla extract

1/4 cup coconut oil

1 tablespoon pine pollen powder

1 cup raisins

1/4 cup cacao nibs or dark chocolate chips

Instructions

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit and line a baking tray with non-stick baking paper.

Place the sunflower seeds, coconut flakes, walnuts and almonds in a food processor and pulse until a chunky mixture forms.

Place the coconut oil, honey, maple syrup, and vanilla extract in a pan on low-medium heat until melted then stir in the nut mixture and pine pollen powder and combine.

Spread the granola onto the baking tray and cook for 15-20 minutes or until golden brown, tossing a few times during cooking. Remove from the oven and add the pine pollen, raisins and cacao nibs then break into chunks.

The granola will keep for up to a week in an airtight container.

Fresh Orange & Carrot Juice with Pine Pollen Tincture

Orange and carrot is a classic juice combination, but add in for yourself some Pine Pollen tincture and this classic juice will have you feeling more than just refreshed and cleansed.

Serves 2

Ingredients

3 oranges

8 carrots

pine pollen tincture (bottles recommended serving amount)

Instructions

Juice the oranges and carrots using an electric juicer, following the machines instructions.

Stir in the pine pollen tincture to serve.

Berry & Coconut Smoothie

This recipe pairs coconut milk with berries, Pine Pollen powder and vanilla extract. You can change up this recipe by swapping the vanilla extract for cinnamon, or use half berries and half soft fruit such as mango or banana instead of just berries. Some people find a smoothie recipe they love and stick with it, while others prefer to experiment with new ingredients to find brand new flavor combinations.

Serves 2

Ingredients

2 cups coconut milk

- 1 cup mixed thawed or fresh berries
- 1 teaspoon pine pollen powder
- ½ teaspoon vanilla extract



Place the ingredients in a blender for 30-60 seconds or until smooth.



Vinaigrette with Pine Pollen

Knowing how to make a tasty vinaigrette is very important, because it means you will always have a flavorful way of dressing your salads. Not many bottles in the salad dressing aisle at the supermarket are the Paleo eater's friend, or are libido boosting!

Makes roughly 3/4 cup

Ingredients

1/4 cup lemon juice ½ cup extra-virgin olive oil 2 teaspoons dried oregano 1 teaspoon pine pollen powder 1 garlic clove, minced freshly cracked black pepper

Instructions

Place all of the ingredients into a bowl and combine well.

Serve with a fresh salad.

Paleo-Friendly Greek Salad

Greek salad makes a lovely side dish or lunch and it is also easy to prepare. Feta cheese is typical in a Greek salad but it's not a Paleo-friendly ingredient, but if you are making this for a mixed crowd you can offer it on the side. Toss these ingredients together and then add the Pine Pollen vinaigrette and toss again, or else you can serve it on the side so people can dress their own salads.

Serves 2

Ingredients

1 cup tomatoes, chopped

1 medium cucumber, chopped

1 small red onion, thinly sliced

1/4 cup pitted Kalamata olives

½ cup Vinaigrette with Pine Pollen (see recipe above)

Instructions

Place all of the ingredients into a bowl and combine well.

Mike Geary Bio:

I've been a Certified Nutrition Specialist and Certified Personal Trainer for over 14 years now, as well as a best-selling author of 5 different books/ebooks with more than 1.2 million copies sold in the last 8 years (I'll list out all of my best-selling books/ebooks for you later.)

I've also been studying nutrition and exercise for almost 25 years now, ever since I was about 14 years old and used to carry around a little book called "The Vitamin Bible" with me everywhere I went. I know, I know...what a **nerdy teenager** I must have been, right? Oh well, at least it gave me my healthy obsession with Nutrition from a



very young age, and I've continued to immerse myself in the study of health and nutrition for the last 25 years of my life.

I'm almost 40 now, but I feel WAY better and healthier than I was 20 years ago when I was in college. This just shows that you don't have to gain weight and let your health fall apart as you get older. Instead, you can decide to get SMARTER with what you put inside your body, and make yourself feel younger even though your chronological age keeps getting older.

And if you think eating "healthy" means eating nothing but dry flavorless chicken breasts and broccoli, you're sadly mistaken... Here's a quick glance at some of the great quality enjoyable food (that's still very healthy as I'll explain throughout this blog), that I LOVE to eat every day, yet that I know is protecting my health...

- Organic coffee or espresso with REAL heavy cream (pasture-raised cream of course) and a small touch of coconut sugar (for the <u>awesome health benefits you</u> <u>can get from grass-fed dairy fat as I explain here</u>)
- 2-3 WHOLE eggs most days of the week, along with grass-fed sausage and veggies (I certainly HOPE you already know that whole eggs are WAY healthier than egg whites, right?)
- Delicious high-fat foods like creamy avocados, butter, coconut cream/oil, dark chocolate, walnuts, almonds, pecans, macadamias, and even paleo muffins made out of nut flours instead of the typical blood-sugar destroying and glutenous wheat flour. You can see my <u>article here with 7 of my favorite lean-body fatty foods</u>.
- Grass-fed steaks, organ meats, veggies with melted pasture-raised cheese, sweet potatoes with butter, and other rich-tasting but healthy dinners
- A tasty and healthy glass of red wine with dinner (Too much might not be healthy, but 1-2 glasses per day can be very heart-healthy, but also good for your gut health as explained here)
- Delicious rich and creamy <u>healthy chocolate pudding recipe</u>, or maybe my <u>healthy chocolate superfood fudge recipe</u>...Mmm! Btw, here's another super-tasty <u>healthy coconut oil fudge from our Paleohacks blog</u>.

 and so much more tasty treats that many people don't realize can fit into a healthy lifestyle.

I grew up in Pennsylvania, attended a small college called Susquehanna University, spent 8 years living in New Jersey, and finally have found a permanent home and happiness in the incredibly beautiful rocky mountains of Colorado and Utah. I enjoy skiing most days during the winter in Utah and spend a lot of time mountain biking, hiking, golfing, fishing, kayaking, paddle boarding, gardening, and enjoying other fun outdoor activities and sports here in the mountains.

Although this has nothing to do with nutrition per se, you might want to know just a tad bit more about my personality and what I do for fun when I'm not writing about health, so.... As an avid adventurist, here's some incredibly fun stuff I've done in the last 10 years:

- 3 skydiving jumps (2 of them from 17,000 feet in Colorado)
- 5 whitewater rafting trips including some of the most extreme Class 5 rapids in North America in the well-known Gore Canyon, and Class 5 rapids in Thailand.
- Piloting an Italian fighter plane over the desert of Nevada (wow, what a blast!)
- Taking part in a "Zero-Gravity Flight" where you actually experience weightlessness and float around the airplane cabin (the same training given to astronauts)
- Heli-skiing in Chile and British Columbia.
- Scuba diving the Silfra Ravine in Iceland in 34-degree F water and 300-feet visibility underwater.
- Snowmobiling and hiking on a glacier that overlies a volcano in Iceland
- Riding Porsche powered dune buggies through the entire length of the Baja Peninsula of Mexico for 3 weeks.
- Dog sledding in the Arctic circle of Sweden, along with staying at the famous Ice Hotel in northern Sweden, made entirely of ice!
- Ziplining over canyons and forests in the Rocky Mountains, Costa Rica, and Mexico
- Cruising most of the Caribbean
- Traveling through Thailand, Nicaragua, Spain, Belize, Costa Rica, Mexico, Iceland, Chile, Sweden, Hawaii, the Bahamas, Jamaica, Cayman Islands, Turks & Caicos, Trinidad & Tobago, and all over the US/Canada.

You may have heard before that I authored what's become sort of a famous program over the years for six pack abs enthusiasts...a book/ebook called <u>The Truth About Six Pack</u>
<u>Abs</u> that has sold over 1 Million copies in the last 8 years. This ebook has also been translated currently into Spanish, German, Italian, Portuguese, and French as seen below:

German version of Truth About Abs
Spanish version of Truth About Abs
French version of Truth About Abs
Italian version of Truth About Abs
Portuguese version of Truth About Abs

I'm also super-passionate about skiing and I've authored a program here for hard core-skiers to get their legs in the shape of their lives for the skiing season. Even if you're not a skier, these programs are some very unique leg training programs and will help anyone to get rock solid legs of steel, if that's one of your goals!

Other popular best-selling books/ebooks that I've written are <u>The Top 101 Foods that Fight Aging</u> (all about anti-aging foods, spices, herbs), <u>The Fat Burning Kitchen</u> (super-popular manual that I co-authored with Cat Ebeling), and a fun little ebook called <u>Do THIS, Burn Fat -- 101 Sneaky (but simple) Weight Loss Tricks</u> (co-authored with Jeff Anderson.)

I'm also the President of the #1 most popular Paleo Community on the web, PaleoHacks.com. You can always check for updates at the PaleoHacks blog here.

I'm also a contributing author and advisor for one of the biggest <u>alternative health sites on</u> the web, called TheAlternativeDaily.com.

-Mike Geary, aka - The Nutrition Watchdog