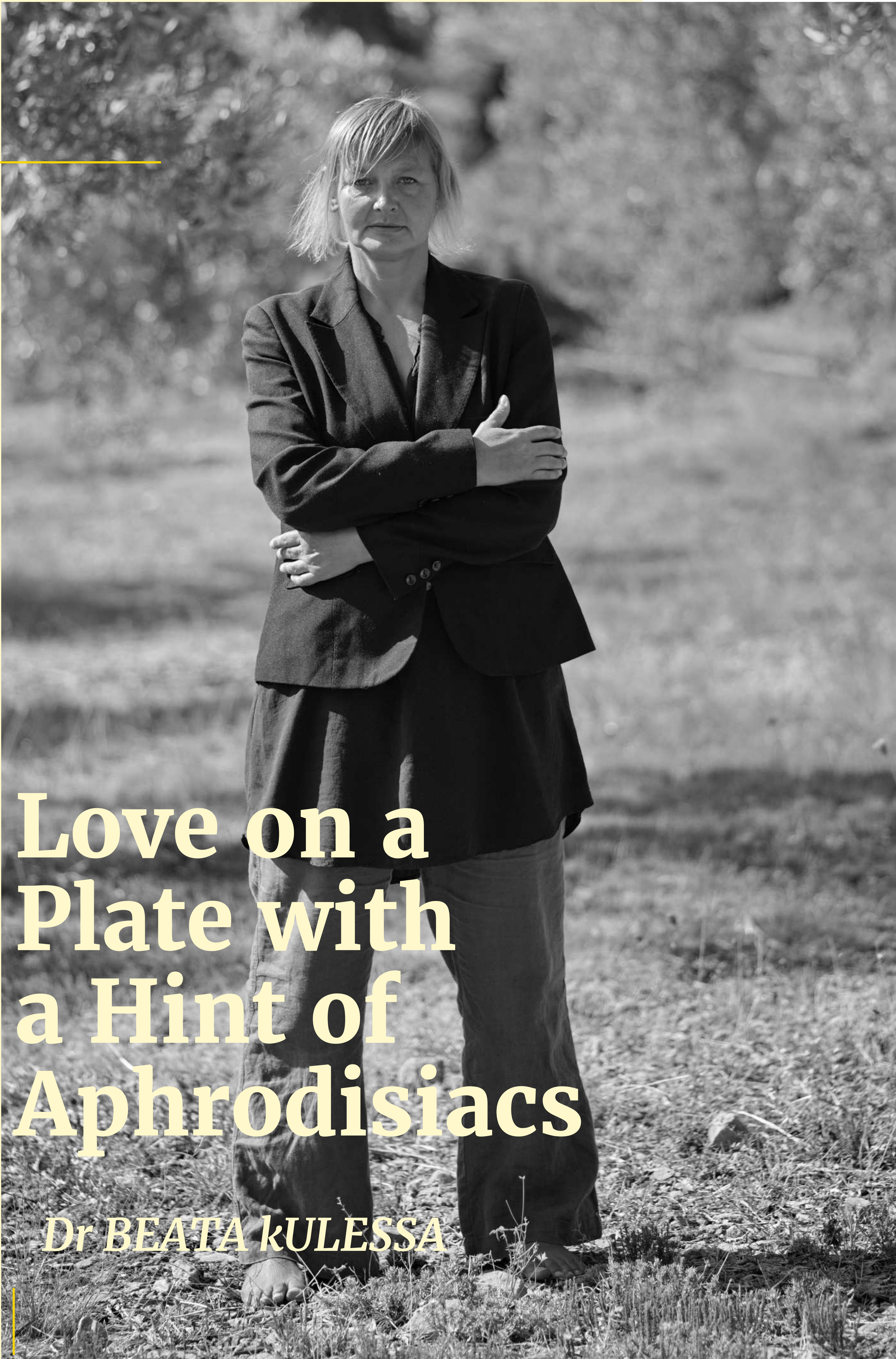


National Bestseller  
Recipe Book



# Love on a Plate with a Hint of Aphrodisiacs

*Dr BEATA KULESSA*

Recipe Book



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# Love on a Plate with a Hint of Aphrodisiacs

*Dr Beata Kulesa*

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**The author of e-books is Dr. Beata Kulesa, a healthy lifestyle enthusiast and experienced nutrition consultant, who is dedicated to promoting healthy eating and sharing her knowledge on the impact of food on our well-being. Her e-books are not just a collection of recipes, but also provide inspiring tips on taking care of yourself through the kitchen.**

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Why read this book

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what else Casanova indulged in

Sweet ecstasy Avocado and pomegranate salad

Spicy Kisses: Tasty Love with a Hint of Aphrodisiacs

Burning love Fried chicken with chocolate sauce Hot passion

Spicy shrimp with mango salsa Sweet smile

Chocolate mousse with strawberries

Literature



# Casanova himself feasted on oysters.

*Casanova snacks on oysters. Yes, they contain zinc, important for sperm production, but thorough research on increasing libido has not even been conducted. Although it may not be worth spoiling the fun right away – there are no studies that would contradict such actions, and the placebo effect can also be very helpful. It is also important to remember about other senses – after all, the shape of oysters and the way of eating them can stimulate us appropriately.*

*So how to eat them to have a chance to fulfill their function? In romantic circumstances, raw, with a little lemon – it is best to set aside the fork, tilt the shell, and simply swallow its contents.*

*Chili pepper can properly warm up, literally and metaphorically, although there is no solid evidence of its sexually stimulating effects. It is known, however, that thanks to the capsaicin contained in it, it stimulates nerve endings and releases epinephrine and so-called happiness hormones, making us feel like we are on an endorphin high.*

*Chili is worth serving with avocado, to which, thanks to omega-3 improving circulation, also stimulating effects are attributed – this combination has also empirically proven perfect harmony of flavors.*