

Love potions  
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Aphrodisíacs



Zsa Zsa Tudos

## Love potions

These amazing blend of organic energies prolong the fulfilment and keep the sexual power at its highest throughout the energy exchange exercise.



## Ginseng syrup

All consumable root vegetables are full of minerals and vitamins due to their close interaction with Mother Earth. Others help cleanse the planet by removing the poisonous residue from it.

As all the living substances are interrelated in shapes and essence, it is common to find flowers, fruits and vegetables resembling the human form. Ginseng is typically one of them. It doesn't require a vivid imagination to discover the human genders and sensual energies while looking at these roots.

Ginseng is one of the most affective stimulants when strength and sensuality is concerned.

Take a bigger ginseng root and cut up to small pieces. I usually only wash and cut the thin roots off for the peel is the most valuable part.

Put in a mortar and pound until fine or a food processor will do the job.

Add a cup (300 ml) of water to it in an ovenproof dish with 4 tablespoons vodka or rice brandy.

Place in the oven for 2 hours on low heat (140).

Keep in a warm place covered overnight to settle.

Strain it next morning and pour into a bottle. Take a small gulp whenever the occasion presents itself.

Keep cold. It is consumable for a month.





## *Satyrium*

This powerful love potion received its name from the satyrs, the equally potent woodland gods of the Greek mythology. They were depicted as a human with horse's ears and tail, emphasising the lustful sexual power and a sizeable genital.

Press the nectar out of 20 stalks of *Orchis mascula* or wild orchid, together with the flower.

This powerful plant grows wild in Europe.

Blend the nectar into 600 ml Greek yoghurt or goat milk.

Keep refrigerated. Offer few sips at a time.



## *Cardamom syrup*

Like all the goodies, cardamom comes from the Middle – East, from the land of Sumer, the part of modern Iraq.

Today it is used in many types of regional cooking, like Indian, Chinese and obviously Arabic.

Cardamom is a powerful digestive and also chewed for fresh breath. Arabs add ground cardamom to their coffees as it lends a delicious bite to the tiny portion of the brew they serve.

It is also an essential ingredient of the original, Middle – Eastern baklava.

Blend 1 coffee spoon ground cardamom, 1 coffee spoon cinnamon, 1 coffee spoon nettle seed with 1 medium size finely chopped ginger root and 1 coffee spoon Euphorbia paralias if attainable.

Add 125 ml water and cook over low heat for an hour.

When ready add 125 ml fine honey.

Keep in a small jar refrigerated or eat straight away with fresh peach or apricot.

The feeling and the sight of eating those juicy fruits adds considerably to the desire and heat.





## *Choco energy*

Chocolate, in all forms, comes from the roasted and ground cacao seed. The earliest records of enjoying this delicacy were found in Mayan territories from the pre-colonization era.

This versatile energy bomb doesn't need much introduction. We keep our body going, entice loved ones with it, and put on the table for special occasions.

Chocolate is one of the few edible products that never fail to accomplish the mission it set out to achieve.



Pour 100 g brown cane sugar into 150 ml boiling water to dissolve.

Place a small dish over it and melt 100 g dark chocolate.

Put 4 egg yolks into a bowl and whisk fast with the melted chocolate.

Add a pinch of Jamaican allspice, pour in water and let it cool.

Add a tablespoon black coffee and spice it with some quality chocolate liquor to taste.

Garnish with fresh whipped cream.

Keep refrigerated. If frozen, serve as ice cream.





## *Banana nectar*

There are many variants in colour and taste exist of this nutritious berry fruit. In Brazil around 110 types are for sale in big fruit markets.

Banana was first domesticated in Papua-New Guinea and fast spread all over the world, providing essential nourishment in tropical places.

Bake 8 bananas with skin, in the oven, over low heat.

When it is soft, remove skin and scrape the inner layer of it into a bowl.

Add a pinch of allspice.

Warm a tablespoon brown cane sugar in equal amount of water until becomes a syrup.

Add to the bowl and blend. Serve it with a sip of white rum.

Use the baked fruit in salads or as a garnish with roasts.



## Aphrodisiac snacks

Quality sexual plays require strength and stamina from both parties. Keep some snacks at hand at all time to feed on after or between intercours.



## *Mango Delight*

This amazing delicacy originates from South-Asia. Mango is a natural blend of exotic fruits and spices of the regions. Although all types of mangoes are heavenly, they carry the taste of the soil they feed on.

Take six smaller or 3 bigger ripe mangoes.

Remove skin and stone.

Add 200 ml coconut milk, 1 tablespoon brown cane sugar in a blender.

Serve it with freshly ground black pepper to taste.

Keeps for 48 hours refrigerated.



## *Apricot treasure*

Apricot is a relatively young fruit. It comes from Western – Asia from where it soon populated the sunny parts of the world.

During late spring the Mediterranean is intoxicated by the sweet fragrance of the flower.

Most versions of the fruit have edible kernel.

Extract the juice from 10 fresh apricots and mix with a teaspoon of royal jelly.

If fresh fruit is not available opt for tinned.





## *Sahara Delight*

During the Ramadan, people of the Islamic faith break the all-day fasting with this very simple and amazing aphrodisiac.

Dates come from the desert oases of the Middle-East and spread to the Great Sahara and Iran for the delight of locals and tourists equally.

Use soft and meaty version of the fruit, dipped into the local thick goat or sheep yoghurt. Sprinkle with some freshly ground black pepper for enhanced benefit.





## *Pomegranate with Seeds*

This fruit is one of the most talked about in ancient stories and mythological events. It originates from the extended Middle-East, the birth place of prehistoric, and subsequently modern knowledge.

Its original name, raman, has nothing to do with the widely used Latin version.

As the knowledge spread, so did the cultivation of this amazing, sweet-bitter and juicy fruit.

In Greek mythology, the pomegranate was known as the fruit of the Dead as it was said to have arisen from the blood of Adonis. It also prominently featured in the myth of Hades, Hera and Persephone.

Wash and slice up 2 pomegranates and remove the juicy seeds.

Take the soft inside of the peel and cut into thin strips.

Add 2 tablespoon ground almond, 1 tablespoon pumpkin seed, and 1 tablespoon pine seed.

Make a paste of it in a food processor with 2 tablespoon rice brandy or vodka, and 2 tablespoon of pomegranate seeds.

Offer it spread on oat biscuit at times of emergency.

Keeps for a week, refrigerated.





## *walnut ecstasy*

There are so many different types of walnuts in existence that it is difficult to see their origin.

Apart from its instant physical strength providing quality, walnuts work well for the mind and the spirit also.

The first mention of its prominent place on the dining table come from prehistoric time.

The simplest way of taking advantage of its boosting quality is to dip the pieces into honey and consume while sipping various spicy and richly fragranced beverages.

Cook half a cup of coarsely cut shelled walnut in a cup of goat milk over low heat until soft. Mix well and leave to cool.

Stir in 3 tablespoon honey and 4 egg's yolks.

Serve with spicy tea.



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