

**10** FOODS  
That

**KILL**

**SEX DRIVE**



# 10 Foods That KILL Sex Drive

Guys, the last thing in the WORLD you want to do is have your TESTOSTERONE levels start to dip below normal -which RUINS your SEX DRIVE!

This could lead to fat gain, increased risk for a heart attack, poor performance in the bedroom, and a shot to your self-esteem.

Trust me, testosterone is important for all the things listed above and will...

- Give you stronger, harder erections
- Give your confidence a HUGE boost
- Protect your testosterone levels - and your BALLS - from the powerful effects of estrogen
- Give you strength and muscles
- And much, much more!

Now, you probably think that you are doing everything RIGHT when it comes to protecting your manliness, virility, and T-levels...

...but, you may be DEAD wrong!

# The 10 Foods That KILL Sex Drive

Of course you know that the foods you eat play an important role in your health.

But, did you know, they also play a VITAL role in your sex drive and testosterone levels?

That's right! There are plenty of foods that you are probably eating that could be BOOSTING your sex drive and testosterone as we speak...

...or they may be simply KILLING them too!

Now, if you want to protect your sex drive, and more importantly, your testosterone levels - and stay as manly as you are now - then you should be AVOIDING these 10 foods:

## 10 Corn Flakes

Did you know, corn flakes were originally made to DESTROY YOUR SEX DRIVE?

The creator of corn flakes thought that if you have a rather bland diet - free of meat of any kind - and included corn flakes, then the urge to have sex would disappear.

So, if you want to protect your sex drive, steer clear away from this common breakfast food.

## 9 Graham Crackers

And speaking of bland foods, graham crackers may be another one of those crazy, sex-drive lowering foods.

Dr. Sylvester Graham, way back in 1829, developed his version of the English cracker in order to prevent the "urge" for masturbation or sex.

It wasn't until recent times that it was discovered that refined, processed flours and highly refined sugar products could deplete testosterone, leaving you crying instead of moaning.

Not only do refined carbs and sugar increase your fat gain, but it may also increase the amount of estrogen flowing in your body

Result = lower testosterone = lower sex drive.

Stay very far away from these highly processed crackers.

# 8

## Mint

If you're like some people, then you may use mint flavored gums, mints, or toothpastes in order to freshen your breath in the morning or before "IT" happens (yes, I am referring to sex here).

But, what you may be doing is actually the REVERSE of getting you in the mood. Mint contains something called menthol, which "cools" down your sex drive.

This results in less than impressive action in the bedroom and lots of broken, shattered feelings.

# 7

## Alcohol

If you haven't noticed, most people can't perform well in the bedroom after having a few too many cocktails.

The reason for this is pretty simple: Alcohol may relax your body to the point of, well shall we say, limpness.

Alcohol may cause you to feel drowsy, relaxed, and sleepy - which can be a recipe for a long, action-less night ahead.

# 6

## Soy

Soy contains estrogen-containing compounds, which may counteract the testosterone that is flowing freely through your body.

And less testosterone means less desire for sexual pleasure.

Don't be too concerned if you have a little bit of soy every now and then...

But, if you consume more than 120mg of soy per day, then you may be destroying the ONE hormone that keeps you virile and ready for action.

# 5

## Deep Fried Foods

Deep fried foods are notorious for destroying your sex drive.

The hydrogenated oils that the food is fried in may cause an increase in your weight - and possibly a dramatic decrease in your testosterone levels.

Plus, for those men looking to procreate, deep fried foods have been shown to cause low quality and poor sperm development.

# 4

## Supermarket Red Meat

The red meat you're currently getting at the supermarket may be slowly **KILLING** your sex drive.

These types of meats may contain plenty of antibiotics and other added hormones and fillers, which could mess with your own body chemistry.

However, before you jump off the red meat bandwagon, lean, grass-fed beef that is free of antibiotics and added hormones may add valuable nutrients (like zinc and magnesium), which could boost your T-levels and return your bedroom mojo.

# 3

## Artificial Sweeteners

One way to kill a good mood - and the bedroom magic - is to take in too much artificial sweetener.

Yes, it may be used to replace refined sugars (which destroys testosterone levels), but too much of it may mess with your internal brain chemistry and the production and release of serotonin.

This may put you in a bad mental state and simply leave you limping in the bedroom.

# 2

## Canned Foods

Canned foods - like tuna, canned vegetables, and baked beans - may be destroying your testosterone levels by increasing your estrogen levels.

You see, the liners you find in canned goods commonly contain a chemical called BPA. Now, this chemical has been banned in many countries due to its harmful effects on your health.

BPA is a potent endocrine disruptor (lowers testosterone and increases estrogen), which could spell trouble for your "manhood" in the bedroom.

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## Potato Chips and Other Roasted Products

Nothing puts the brakes on sex like a bag of potato chips...

Potato chips and other roasted potato products may contain a potent estrogen producing endocrine disruptor called Acrylamide.

This could ABSOLUTELY destroy testosterone levels and increase estrogen.  
AND...

Some studies show that this chemical down-regulates the testes, therefore shutting down testosterone production.

Put the chips down and slowly walk away...

# AVOID These Foods for a Better Sex Drive

Look, nothing ruins the mood like you "limping" into the bedroom and not being able to perform like the man you are.

And, there is nothing more important for you and your loved one than a healthy sex life.

That's why avoiding these 10 foods may improve your sex drive, by giving your testosterone a much-needed boost.

This could leave you - and your spouse - happy, healthy, and smiling all day long! Check out these nutrients below that will also help increase your Sex Drive.

[Mojo Boosting Nutrients >>](#)

