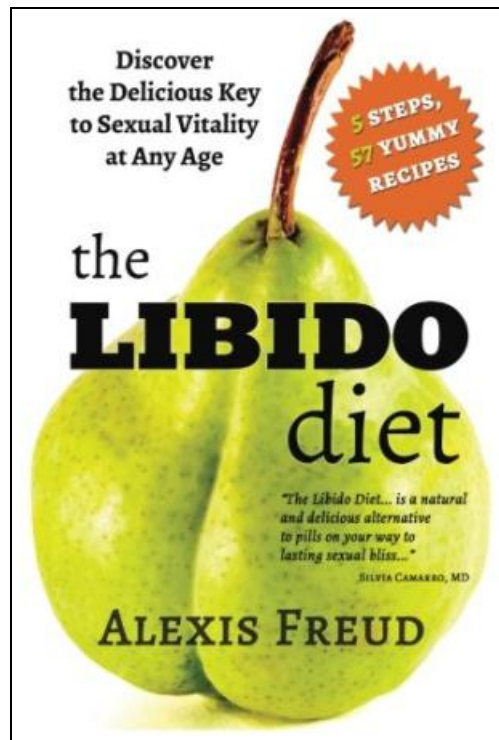


The Libido Diet: Discover the Delicious Key to Sexual Vitality at Any Age (Paperback)



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Reviews

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THE LIBIDO DIET: DISCOVER THE DELICIOUS KEY TO SEXUAL VITALITY AT ANY AGE (PAPERBACK)



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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Libido Diet has helped countless clients achieve youthful state of libido in less than one week - all through the libido-boosting powers of foods. Hailed as Libido Doctor, nutritional consultant and food science expert Alexis Freud reminds us that certain foods hold more libido-boosting powers than pills or patches, with fewer (if any) side effects. Drawing upon the latest scientific research, Freud illuminates the inner workings of the hormonal systems involved in sexual desire and explains how to spur the sluggish libido by nourishing the body with Libido Elements found in common foods and minerals. On this plan you are going to eat a lot. You are going to eat three full meals and at least two snacks a day - and your foods will be loaded with scientifically proven Libido Elements to put a sparkle back into your life. You are not going to go carb-free or vegan or avoid on the foods you love. Instead, you are going to update the list of meals you are eating throughout the week according to a simple and proven Libido Diet plan carefully designed to induce precise physiological changes that will set your libido on fire and enjoy optimal health and vitality. This isn't just a theory, it's the results-based product of Alexis Freud's successful programs. It has worked for hundreds of people. Now it is going to work for you. In just four weeks not only will you see your libido going strong, you will also see your cholesterol drop, your blood sugar stabilize, your energy increase, your sleep improve, and your stress dramatically reduce. All thanks to the miraculous power of real, delicious, satisfying food! Plus, by...



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