

THE

High

LIFE



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HOPE ALL IS WELL,

Last month we discussed the importance of incorporating humor into your horizontal activities. This month, in the wake of Arcata's wildly successful Oyster Festival, I thought I might try and improve your slice of giblet pie by first consuming and then rating all the aphrodisiacs that are rumored to behoove your overall adult experience.

By definition an aphrodisiac is anything that, when ingested, increases one's sexual desire. The name is derived from the Greek word, "aphrodisiakon" which translates to something sexual and from, "aphrodisios" i.e. "pertaining to Aphrodite", the Greek goddess of love.

Aphrodisiacs have been employed throughout history with the intent to increase sexual pleasure and sometimes in the hopes for making sex more attainable. I'm looking at you, Spanish Fly! However from a scientific standpoint it is largely believed that different aphrodisiacs have achieved the desired effect due simply to the belief that they will work. Mind over matter, if you will. This is known simply as the Placebo Effect.

There are a few psychoactive substances

known to improve libido and sexual desire; alcohol, cannabis, MDMA etc. Although certainly enjoyable these things are not considered aphrodisiacs in the strict definition of the word as they do not consistently produce euphoric effects. In fact, often times they produce the opposite. New studies discuss feminine dryness in women who use cannabis regularly while men often suffer impotence at the hand of their favorite adult beverage. Ladies who like to sleep with men don't typically prefer the boneless pork if you're pickin' up what I'm puttin' down.

I've selected a few consumables rumored to spice up your loins. The following is my experience as recorded after each experience.

Lets kick it off with the most notable and topical passion potion: Oysters. I love them. I eat them alllllll the time. I made sure my senses weren't altered in any way before I subjected my reproductive anatomy to the effects of any of the following alleged bang boosters. Recently I read a study that suggested oysters produce amino acids that trigger production of sex hormones. The oysters in question came from Mazzottis on the Arcata plaza. Now, I'm not sure if I was.. eager because they are an ace

aphrodisiac or if I was just satisfied and my biological time clock is about to detonate. Regardless, I was in the mood after the feeding. 10/10 would recommend.

And then there is chocolate. A well known and universally appreciated mood elevator. Dark chocolate in particular

has been known to improve health as its incredibly rich in antioxidants and studies have shown that it may reduce your risk of heart diseases. But can it rev your engine? As it turns out, absolutely. I am, admittedly, not a chocolate lover. I never crave or buy it. But I made sure I was able to fully absorb the effects of this highly praised confection. I can't say for certain that the episode of Game of Thrones I was watching didn't promote the effects but I will attest to the deprived thoughts that followed both the chocolate coma and the highly erotic episode featuring attractive barbarians.

Finally there is the sweet, gooey nectar of Aphrodite. We are entertaining the sticky idea and usage of honey. In addition to encouraging testosterone production in men, studies have shown that the mineral boron present in honey aids the sexual use of estrogen in women. And if that isn't enough to convince you to slather each other in sticky love sauce, then get a lick of this! Another study suggests that a daily, three-ounce dose of bee secretion substantially increases your level of nitric oxide which is a chemical released during sexual arousal. In so many words, it makes your boner better. So did honey work for me? It was super tasty at first. But the amount of skin to tongue contact it requires to get all that honey off is exhausting. Burning out before the act is the opposite of sexy. Also, it's essentially a non-toxic adhesive. Something something, stuck on you... Add honey to your tea. Do not add honey to your honey. 1/10, don't recommend.

I encourage you to try different things to re-spice or continue to spice your sex life. Sex is important. Its also worth living for. And you know what, if you prefer fried chicken after a solid session to messy, expensive foods before-do you. Just as long as you keep doing each other.

