

31 May 2007

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[What Should a Woman Eat to Reach Orgasm?](#)

The Orgasmic Diet

45 % of the young women have been found by a recent research to experience sexual dysfunction. Recently, Marrena Lindberg, 38, from Boston, comes with a sexual diet that could give women back their sexual health and pleasure. The Orgasmic Diet has four main hints, involved in enabling healthy sexual function in women: enough free testosterone, balanced dopamine-serotonin concentrations, pelvic muscle tone, and good genital circulation. A good balance of these factors would ensure high libido and intense sexual responsiveness. Lindberg is on the way of getting support for her research protocol and has received medical and professional support from experts in the field of sexual responsiveness. This diet increases free testosterone through aliments rich in protein, zinc, and magnesium. Testosterone controls libido in both women and men, and testosterone replacement therapy is extremely effective in women with sexual dysfunction. The two crucial neurotransmitters tuning the female libido and sexual functioning could be balanced by a diet rich in Omega 3 fatty acids in fish oil supplements. Dopamine (the neurotransmitter that boosts female sexual pleasure) would be increased by certain quantities of dark chocolate; increased dopamine is so effective in improving female libido, that clinical trials are made for developing dopamine drugs. Serotonin can be stopped from impairing its balance with the dopamine balance by dropping or eliminating caffeine. High serotonin is known to impair sexual function, and antidepressants, that boost serotonin, are already employed for premature ejaculation. Antidepressants are well-documented as impairing women' sexual function as one of their main side effects. Fish oil is involved in improved blood flow while vaginal muscle tone can be increased by specific exercise. Pelvic muscle tone has already been proven to enhance female sexual response, highly linked to the vaginal orgasmic ability. The role of genital blood circulation is pointed out by the effect of Viagra, as there are women who "borrow" their husbands' little blue pills with good results. This diet is rich in protein, low in carbs, and high in some fat types. In short, fish oil supplements, some vitamins and minerals, low caffeine, a lot of dark chocolate, and pelvic exercise: all is available in the supermarket or the local drugstore, and the pelvic muscle exercise device can be achieved easily online, at a price of \$40. In the end, which woman would refuse a chocolate-based diet?