

## The Effects of Coffee and Meat In Sexual Activity

Our relationship with our partner is one of our priorities especially in marriage. In maintaining a good relationship, there are, however, many things, which we should consider. One of the vital factors that contribute to the stability and deepening of a relationship is sex.

Sex is essential in a relationship. It's not only enough to be responsible in terms of love and commitment but we should also seek satisfy them in terms of our sexual relationship. That's why there are a lot of issues raised regarding sexual capacity and performance such as foreplay, penis size, libido, orgasm etc. Apparently, many times, a lot of relationships and marriages fail because of lack of satisfaction and unsolved problems in lovemaking.

The role of sex in a relationship is not solely confined to physical pleasure. The performance especially of a man in sex also is a manifestation of his affection for his partner and his concern for the relationship. A man, who desires the happiness of his woman, should strive to be a good partner in bed then.

Today, there are a lot of information and products out in the market, which help men to enhance their sexual relationships like pills that enlarge the penis size or medicines that increase the libido. There are also natural methods for those who are reluctant to take the medicines.

Good and healthy diet plays an important role for both man and woman in the process of lovemaking. This information provided by science is actually just a rediscovery of a tradition that is traced back to history. Even during the ancient civilization, men already discovered and started using aphrodisiacs for arousal and in order heighten their sexual activity. Among these sexually stimulating food and beverage are coffee and meat. While there is weak evidence established regarding their connection of the with penis enlargement, coffee and meat have been known to produce strong stimulating effects for couples in sex.

Both the coffee and the meat have components that irritate the mucous membrane of the digestive system. The mucous membrane of the digestive tract is similar to that of the genital organ. If coffee and meat then irritate the digestive tract, they likewise cause the same effect to the genital organs of people. This chemical process inside the body is what leads to the increase of sexual excitement. No wonder why there are couples who pay attention to the details of food intake before sex since they seek to achieve a good sex through aphrodisiacs. After all, there is no good sex without a strong sexual excitement between the couple during the entire lovemaking.

Although, it has been stated that coffee and meat are effective sexual stimulants, one must learn to control the use of these. High diet in caffeine and protein may lead to several health disorders and diseases. Moreover, in sex, too much intake of these may result to over stimulation of the genital organs and uncontrolled excitement thus leading to early orgasm in the sexual activity. In this case, the couple will have already reached

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orgasm even before they start to enjoy their love making session. Moderate use of these aphrodisiacs must be observed then. As they say, too much of the same thing is unhealthy.