

Plants of Passion



Nicole Telkes
Traditional Roots Conference 2019

What turns you on?



What Doesn't?

48. Cicero AF, Bandieri E, Arletti R. *Lepidium meyenii* Walp. improves sexual behaviour in male rats independently from its action on spontaneous locomotor activity. J Ethnopharmacol. 2001;75:225–9.

52. Ang HH, Cheang HS. Effects of *Eurycoma longifolia* jack on laevator ani muscle in both uncastrated and testosterone-stimulated castrated intact male rats. Arch Pharm Res. 2001;24:437–40

*Learn about yourself first, then
you must be able to communicate
your desires*



Flower essences



Self Care and Self Love



Exercise, Sleep, and Eating Well. Making time to relax alone and with your lover or lovers. Balance

Image: Stephanie Sarley

Things to Be Aware of



Drugs that lower libido, aging, trauma

Herbal Properties and Actions



Categories of Aphrodisiacs

Hormonal Herbs



Shatavari, Wild Yam, Cotton Root Damiana, many Adaptogens



Cotton Root



Gossypium herbaceum

Intimacy and connection



Puncture Vine

Tribulus terrestris



Shatavari

Asparagus racemosus

“She who possesses a 1000 husbands”



Stimulating Herbs



Analeptic, Aromatic, Diffusive, Rubefacient

Getting the blood moving!

Includes Yohimbe, Damiana, Vanilla, Cinnamon, Ginger, Cayenne,
Chocolate

Damiana

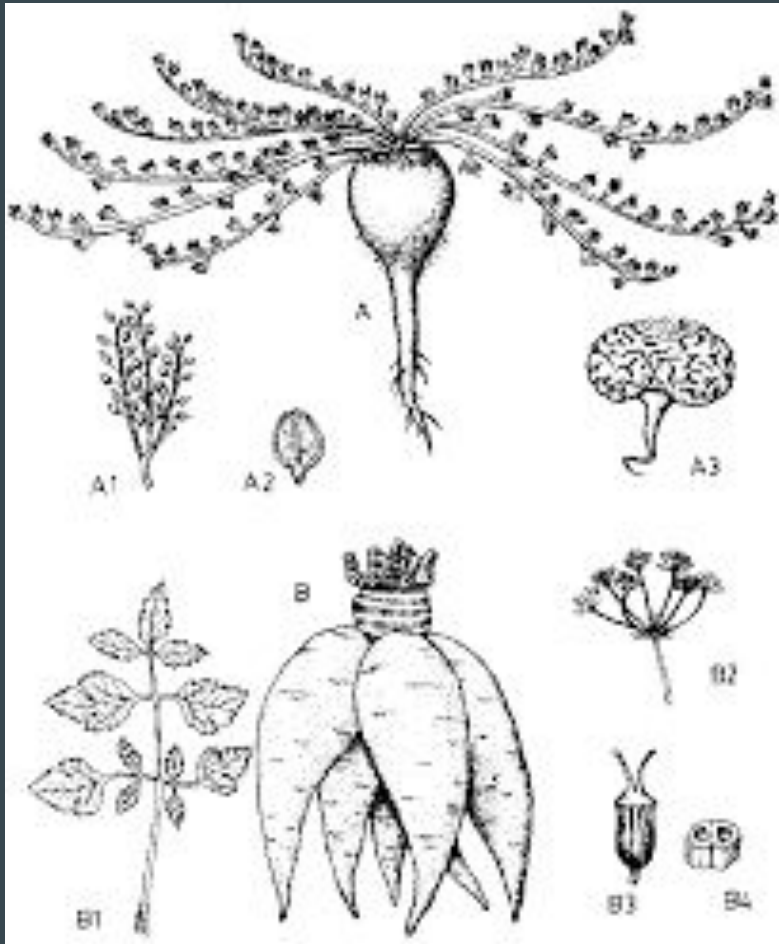
Turnera aphrodisiaca



Cinnamon, Vanilla and other Spices

These work thru a very primal part of our brain, the limbic system





Maca

Lepidium meyenii

Relaxing and Euphoric herbs



Calming through sedative, euphoric, tonic effects
Includes cannabis, lemon balm, wild oats, and Kava



Kava

Piper methysticum



Rose

Rosa sp



Wild Oats

Avena sativa

Restorative herbs



Adaptogens and Nutritive Herbs
Includes Ashwaganda, Shatavari, Wild Oats, Nettles



Ashwaganda

Withania somnifera

The Recipes

- Baths
- Massage
- Tasty Treats and Mocktails