

MOTHER NATURE'S VIAGRA



did somebody say, "horny goat weed"?

a partial list of PLANTS & HERBS which, at one time or another by one idiotic culture or another, were thought to contain aphrodisiacal properties:

African Evergreen Tree • Agave • Angel's Trumpet • Anise • Ayahuasca • Basil • Belladonna • Betel Palm • Borrachero • Brunfelsia • Calamus • Cannabis Sativa • Cardamom • Cayenne • Chan-Su • Chili Peppers • Cinnamon • Clove • Coral Tree • Coriander • Damiana • Date Palm • Ephedra Nevadensis • Epimedium (a.k.a. "Horny Goat Weed") • Fennel • Fly Agaric • Garlic • Ginger • Ginkgo Biloba • Ginseng • Gotu Kola • Guarana • Henbane • Horseradish • Irish Moss • Kava-Kava • Licorice • Lotus • Lovage • Maca • Mandrake • Morning Glory • Muira Puama • Mustard • Nutmeg • Nux Vomica • Parsley • Poppy • Puncture Vine • Qat • Rosemary • Sage • Sandalwood • Saffron • Sassafras • Saw Palmetto • Scopolia • Sea Bean • Stinging Nettle • Sunflower • Tongkat Ali • Vanilla • Yervan • Wood Rose • Wormwood • Ylang-Ylang • Yohimbe

Before we get started, I need to make clear that there's nothing wrong with me, my penis, or my sex drive. All three of us are doin' mighty fine, thank you very much. In every way—beyond every way—I am a fully functional adult American male whose organ snaps to attention whenever I command it to do so. With smiles on their faces and songs in their hearts, my hundreds of regular female sex partners will attest to the fact that I leave them satisfied in every way, and that includes "Greek" and "Roman" if they're so inclined. Just the other day, one of my lady friends said, "Wow! You really have a hard penis, and you are a splendid sexual performer who gives me the sort of thunderous, robust orgasm I seek." Those were her exact words. Another lady companion put it this way: "Your penis is always hard and big, and it contributes to my endless sexual satisfaction, including an orgasm each time we make love." Despite my advanced age, I'm fit as a fiddle and not too old to cut the mustard. I can probably kick your ass, and I can do more pushups than any of you yellow-bellied punks. I lead the lazy, leisurely life of a freelance writer. I sit around all day, measuring my cock and scribbling notes on a pad. Sound like fun? It is, my bitter, workaday friend—it is.

Therefore, I'll tolerate no snickers, nor titters, nor any hardscrabble foolhardiness from any of you upstart rapsallions regarding the idea of my possible sexual inadequacy. My hard penis stalks the misty night like a sand shark seeking a bellyful of algae, or whatever it is that sharks eat. Maybe it's seaweed.

My interest in erection-enhancing compounds is purely that of a *journalist*. The fact that I've already written three *separate* articles about Viagra, Cialis, and the "urethral suppository" lovingly referred to as MUSE should in no way give the reader the impression that I'm desperately seeking a chemical cure for a humiliating, debilitating, lifelong sexual dysfunction which has scarred my personal relationships and led to several unflattering comments written on the bathroom walls of local establishments which advertise in *Exotic Underground*. Nor should the fact that, in *each* of those articles, I wrote about the respective Penile Wonder Drug's life-giving effect upon my own penis—added to the fact that in *this* article, I'll be doing exactly the same thing, except the love potions I'm swallowing are all-natural this time—lead anyone to believe that I'm lying when I say that my penis operates fine without any of the ointments, creams, lotions, pills and injectable "miracle cures" to which I subject it daily.

So when I walk into Fred Meyer and plop down a bottle of Yohimbe capsules, a bottle of Saw Palmetto softgels, and a bottle of Horny Goat Weed/Maca pills, I look at the cashier as if to say, "Research, honey. This is all just for research. I'm a journalist. I'm researching whether this sort of quack medicine has any effect on the sort of losers who can't get it up."

ON A LARK A FEW MONTHS AGO at a gas station, I bought a little foil-wrapped package bearing a picture of a ripped male torso and the words TOP GUN.

Inside were two capsules containing, among other herbs, some "Horny Goat Weed," so called because Chinese farmers noticed that goats who grazed near this plant tended to bust out and get busy and do the wild thing and get jiggy wit' it.

An hour after swallowing the capsules, I was rutting my girlfriend like a horny goat. Rather, my penis was more like a mighty ram's horn, crashing against the rock-hard mountainous walls of her shrub-riddled nether regions. She screamed with delight, and I complimented the gal on her taste in men.

Was I experiencing the famous "placebo effect," with my mind playing tricks on my dick? Was this TOP GUN product merely a Horny Sugar Pill which made me feel sexy merely through the *suggestion* that it could make me feel sexy? Or was there actually some *substance* to the idea that we already reside in Eden, and Jehovah God has provided us with all the plants, herbs, and wacky berries we need to bust a nut like there's no tomorrow?

THE WORD "APHRODISIAC" is derived from Aphrodite, the Greek goddess of—I don't know, the vagina or something. It is said that she was born amid sea foam that issued from—I'm too tired to make this up—"the genitals of Uranus." She apparently was quite the slut, and her birth legend gave rise to the idea that seafood has lust-inducing properties.

In one form or another, it is thought that humans have used aphrodisiacs for 60,000 years, which is a hell of a lot of boners when you really sit down and think about it. The Book of Genesis alludes to Rachel's use of mandrake root as a fertility drug. The Kama Sutra recommends boiled ram or goat testicles mixed with milk and sugar to spice up one's love life. The ancient Greeks enjoyed the alleged libido-enhancing properties of a wild orchid called *satyrion* so much that they plucked the frail flower out of existence. The Roman poet Ovid wrote an entire book of aphrodisiacal recipes called *Remedies for Love*. Witches in medieval Europe would smear a purportedly aphrodisiacal paste containing mandrake, belladonna, and henbane inside their vaginas using a broomstick, giving rise to the "flying on broomsticks" myth. And as recently as the 1960s, it was thought that green M&Ms could make you horny.

Although the FDA concluded in 1989 that there is no evidence of any natural so-called "aphrodisiacs" having an effect on the human libido, Americans plop down countless millions every year in search of an herbal Magic Bullet to enhance the act of makin' whoopie.

I BOUGHT THE HORNY GOAT WEED/MACA MIX because I'd already had success with the goat weed and liked the ring of the word "Maca," also known as

"Peruvian ginseng." I added the Saw Palmetto because it tunes up the prostate, the Fountain of Male Pleasure so cruelly buried in the anus. And all the research I'd done pointed toward Yohimbe, an African tree bark, as one of the most reliable herbal erection-enhancers.

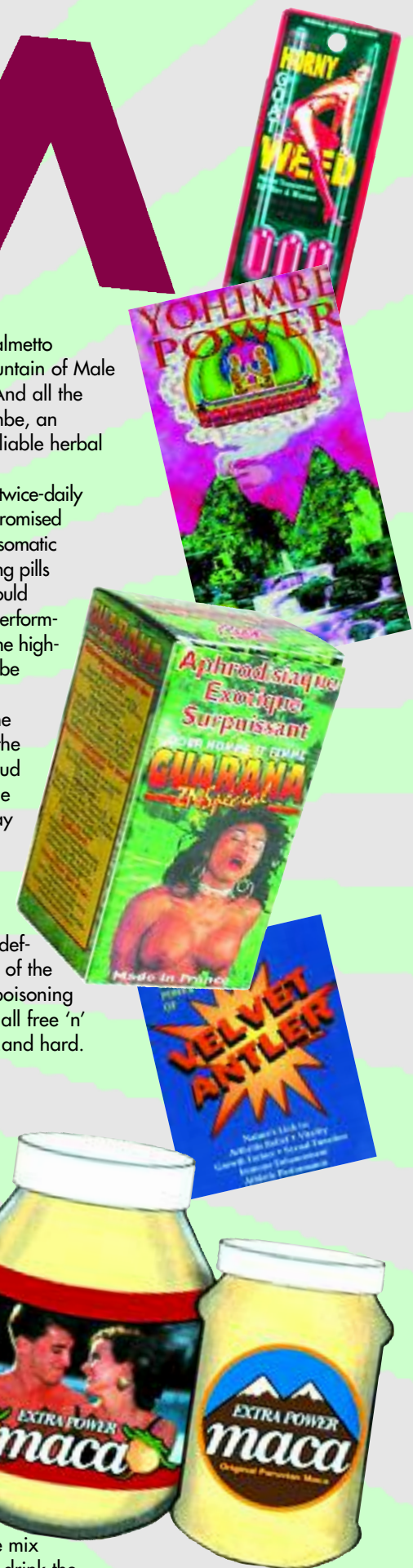
About ten days ago, I began gobbling twice-daily doses of these reputed boner-boosters. I promised myself that I would not experience psychosomatic arousal as a result of knowingly swallowing pills alleged to render me a Fuck Monkey. I would attempt to carefully monitor my physical performance, as well as my "erotic mood," with the highest level of clinical skepticism. I wanted to be cynical. I wanted it not to work.

But the first night, as I was plowing the gentle lamb who shares my bed, I had the sensation that my erect penis was a proud tree root reaching into dark, moist jungle clay. I felt bold, primitive, and, dare I say it, *black*, although I have far too many freckles to actually *pass* as black in real life.

Over the ensuing days, I felt more confident, more tactile, more sexy, and definitely more hard. And there were none of the headaches or feelings of cocaine-level poisoning that accompany a Viagra binge. It was all free 'n' easy, my friend, all natural 'n' smooth...and hard. Harder and harder.

HUNDREDS OF OLD PICKLE JARS line the dusty shelves of this Chinese herb emporium in a Chinese section of town the locals refer to as "Chinatown." About 30 jars in a row are classified in the TONIFYING YANG section, which is Far Eastern fancy-speak for STUFF THAT GIVES YOU A BONER. There are dried seahorses. Seal testicles. Several types of deer antler. And all manner of herbs which li'l Chinamen use to make their dicks a li'l bigger.

I buy an ounce of epimedium leaves (Horny Goat Weed again) and a gram of ground deer antler. The gentle clerk instructs me to brew the mix in six cups of water for a half-hour and drink the resulting mess as a tea.



A SHORT JAUNT INTO THE ALLEGEDLY BONER-INDUCING JUNGLE OF NATURAL APHRODISIACS

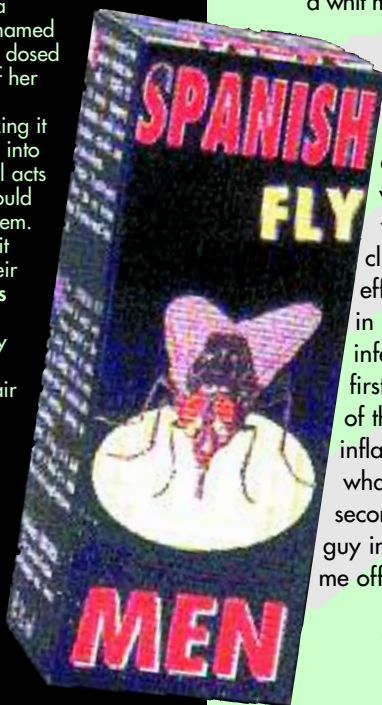
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why "spanish FLY" can make you die

PERHAPS THE MOST FAMOUS APHRODISIAC OF ALL is the notorious "Spanish Fly," derived not from a fly but from green "blister beetles" indigenous to Spain and France. But although the bug also calls France home, you never hear anyone call it "French Fly," because that would just sound like a Chinese man trying to say "French fry," confusing everyone. What used to be sold as "Spanish Fly" (before its sale was made illegal in the U.S.) typically consisted of crushed-and-powdered beetle carcasses. The li'l green critters contain a compound known as **cantharidin**, which inflames body tissues and often results in a persistent erection that is not perceived as sexually pleasurable by the, um, "erectee."

Cantharidin is so corrosive that it is sometimes used as a wart remover. Taken even in small doses, it can induce vomiting and potentially blister the urethra, leading to bloody urination. Genitals get scarred...kidneys fail...men die.

Nevertheless, a Roman empress named **Livia** (b. 58 B.C.) dosed other members of her royal family with Spanish Fly, thinking it would force them into committing sexual acts with which she could later blackmail them. And hoping that it would inflame their loins, the **Marquis de Sade** heavily laced some candy with Spanish Fly and fed it to a pair of French prostitutes, who became violently ill. Facing criminal charges of poisoning, the wily de Sade fled to Italy.



The greenish beverage tasted like a mixture of lawn clippings and countertop cleaner. It was a much higher dosage of Horny Goat Weed than I'd become accustomed to from the gas-station capsules. And let's not forget all the deer antler sprinkled in there like libidinal pixie dust. Yet, because I am a rugged journalist and will do anything for the scoop, I drank it all down, anticipating a near-orgasmic rush and the inexhaustible sense that I could sexually satisfy a female blue whale if the need arose.

Hours later...nothing. No perceptible effect from this hearty concoction. One would tend to believe that a raggedy old store in Chinatown carries the REAL aphrodisiac herbs, while the capsules you buy in gas stations are filled with sawdust and rat droppings.

Not so, apparently. Back when I didn't expect much of any sexual effect from the foil-wrapped TOP GUN capsules and the bottled Fred Meyer herbs, I was a bronze Mandingo warrior using my steely weenie as a scythe, mercilessly ripping through milady's vaginal thickets.

But when I anticipated a rip-snortin' horny bronco blast from the real-deal Chinatown herbs, my penis rustled not a whit more than usual.

Because the shit hit me when I least expected it—and likewise, because it did nothing when I was certain it would—I must conclude that the placebo effect had no bearing in my case. I can also infer two more things: first, that at least some of these herbal cock-inflaters deliver precisely what they promise, and second, that I think the guy in Chinatown ripped me off.

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THE WAY TO A MAN'S COCK IS THROUGH HIS STOMACH

A jolly litany of foods purported to heighten the sex drive:

- ALMONDS
- APRICOTS
- ARTICHOKES
- ASPARAGUS
- AVOCADOS
- BANANAS
- BEEF
- CARROTS
- CAVIAR
- CELERY
- CHOCOLATE
- CUCUMBERS
- DATES
- DONUTS
- EEL
- EGGS
- EGGPLANT
- FIGS
- FISH
- FOIE GRAS
- FROG'S LEGS
- GOOD & PLENTY
- GRAPES
- HONEY
- KELP
- KUMQUATS
- LICORICE
- M&Ms
- MANGOS
- NUTMEG
- NUTS
- OATS
- OKRA
- ONIONS
- OYSTERS
- PEACHES
- PEPPER
- PINEAPPLE
- PINE NUTS
- POMEGRANATES
- SQUASH
- STRAWBERRIES
- SWEET POTATOES
- TOMATOES
- TRUFFLES
- TURNIPS
- TURTLE
- WALNUTS
- WHEAT
- WILD GREEN OATS
- WILD LETTUCE
- ZUCCHINI

