



## The Orgasmic Diet: Boost Your Libido and Achieve Orgasm (Paperback)

By Marrena Lindberg

Little, Brown Book Group, United Kingdom, 2007. Paperback. Book Condition: New. 197 x 128 mm. Language: N/A. Brand New Book. Improve your libido, enhance your sexual pleasure and expand your sexual horizons! It's been written about in Elle magazine and the Telegraph, mentioned in Forbes and joked about on the Tonight show - a sure sign that something has entered the cultural zeitgeist. Now for the millions of women unable to reach orgasm, or for those who want to improve their sex lives, here is a groundbreaking nutrition and exercise plan to bring women to orgasm for the first time - and every time they have sex! The Orgasmic Diet, by Marrena Lindberg, is designed to regulate a woman's brain chemistry and body functioning and bring her to mind-blowing orgasm. It achieves this through four easy-to-adapt elements including: a diet low in carbohydrates that avoids orgasm killers like refined sugar and caffeine; high doses of fish oils, vitamin C and dark chocolate; internal exercises that go far beyond Kegels; and maintenance of serotonin and dopamine levels. Unlike other orgasm books, which just focus on new positions to try or psychological issues, here is the first-ever scientifically supported nutritional...



**READ ONLINE**  
[ 8.96 MB ]

### Reviews

*The best pdf i possibly go through. it was writtern quite properly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- Miss Sienna Fay Jr.

*Basically no words to describe. It is filled with knowledge and wisdom I am just pleased to let you know that this is actually the greatest publication i have read within my individual lifestyle and may be he best publication for at any time.*

-- Prof. Ron Gaylord II