

Yoga Drinks for Sexual Health

~ please use organic ingredients ~

Cardamom-Almond Breakfast Drink

(relieves Impotency for both men and women – especially from overeating)

- ❖ Boil 20 crushed cardamom pods (seeds and pods) in 1 cup of water, turn off and steep for 10 minutes, then strain.
- ❖ Blend this cardamom water with 1 cup of soaked and peeled almonds, and 3 cups of milk (I use homemade almond milk).
- ❖ Reheat and add 4 Tbsp. of honey.

Do not eat solid food for 4 hours after drinking.

Golden Milk

This is a very healing bedtime drink. Turmeric purifies the blood, gives your skin a glow, heals internal organs, and balances blood sugar. It is vital for the smooth functioning of woman's reproductive system. It is also anti-inflammatory, making it great for arthritis.

- ❖ Boil 1/8 tsp. of turmeric with 1/4 cup water, stirring it to a paste for about 8 minutes to cook thoroughly.
- ❖ Gently heat 8 ounces of milk (I use homemade almond milk), add the turmeric paste, 2 Tbsp. of almond oil (I also use coconut oil), and honey or maples syrup to taste.

Variations to the turmeric paste – I always add black pepper, as this increases the anti-inflammatory properties of turmeric 1000-fold. I also like to include little shakes of cinnamon, nutmeg, ginger, and cardamom powders.

Yogi Tea

According to yogic scriptures, it is beneficial for women to drink a sweet cup of Yogi Tea before making love.

- ❖ For each 10 ounce cup of water, boil 3 cloves, 4 green crushed cardamom pods, 4 peppercorns, 1/2 stick cinnamon, and 1 slice of ginger root for 20-30 minutes.
- ❖ Add 1/4 tsp. of black tea (I leave out this part, or add matcha tea).
- ❖ After 2 minutes, add 1/2 cup milk (I use homemade almond milk) per cup of liquid.
- ❖ Heat to desired temperature, strain, add honey to taste, and enjoy!

Sesame-Ginger Milk for Men

To recoup the energy lost from ejaculation (it takes 80 drops of blood to make one drop of semen), drink a glass of sesame-ginger milk within 45 minutes of climaxing. This also nourishes the nervous system and rejuvenates the sexual organs.

- ❖ Blend until smooth 12 ounces of milk (cow, nut, soy, or rice), 2 Tbsp. (1-3 inches) fresh ginger root, 1/3 cup tahini (ground sesame seeds), 2 tsp. maple syrup or honey.
- ❖ To serve warm, carefully heat with 1 Tbsp. of ghee (clarified butter).