

Hosted by Lillian Zeltser

**“To Health, Long Life & Pleasures! “ Show
“Food is Your Medicine” Weekly Wednesday 5:30pm Segment on
Talk Radio Station 830WEEU, Pennsylvania**

‘Sexy Adem’

*(A famous old recipe from the Red Light District of Amsterdam for
improving breath odour)*

Ingredients:

¼ teaspoon x Baking soda
3 drops x Bergamot Oil
3 teaspoons x Nutmeg (or
powdered green tea, parsley
seeds, or cloves)



Preparations: Mix three teaspoons of powdered nutmeg with 3 drops of Bergamot Oil. Place the mixture into a glass jar and close with the lid. Keep in a dry, cool place for up to six months.

Application: Dissolve a ¼ of a teaspoon of baking soda in a glass of warm water. Use this solution to gargle and rinse your mouth. Next, place a pinch of the pre-prepared mixture into your mouth and chew it until it's swallowed. Please note that this natural remedy stimulates saliva production, which helps wash away food particles and bacteria in the mouth, reducing the likelihood of bad breath and turning it instead into the sexy smell of love. Embrace this routine for a more confident smile and communication.

For more functional recipes for better health, long life & pleasure:

<https://www.amazon.com/Aphrodisiac-Adventures-Lillian-Zeltser/dp/0648804631>

www.aphrodisiacexpert.com

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