



The Orgasmic Diet: A Revolutionary Plan to Lift Your Libido and Bring You to Orgasm

Marrena Lindberg

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Follow this simple plan to have the best sex of your life

For the millions of women unable to reach orgasm or for those who want to take their sex lives to a whole new level, here is an easy-to-follow diet and exercise plan proven to increase libido and bring women to orgasm every time they have sex. Safe, healthy, and holistic, *The Orgasmic Diet* includes four simple parts:

- A diet low in carbohydrates that avoids “orgasm killers” like refined sugar and caffeine
- High doses of fish oil, which has numerous health benefits
- Internal exercises that go far beyond Kegels
- Maintenance of serotonin and dopamine levels for healthy brain function and mind-blowing sex

Unlike other female sexual dysfunction books out there, which focus on psychological issues or new positions to try, *The Orgasmic Diet* is the first-ever scientifically supported nutritional and exercise method to improve female libido and orgasmic ability. It will change your sex life forever.

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