

My soul is the part of me I least understand. Somewhat an illusive commodity... but I know this of my soul... "It believes". It believes in me, in you, in us, in the bond that we have embraced, and will continue throughout this life and whatever lies beyond.

My soul longs for something greater, is patient, is kind, not envy, not boastful, not proud, not rude, not self-seeking, not easily angered, keeps no record of wrongs, does not delight in evil, rejoices with the truth, always protects, always trusts, always hopes, always perseveres, never fails, and endures forever everlasting.

I'll forever love you... and this I vow to the end of time. All my love, for all your life.

Food and Sexuality



Did you know that your sexuality is enhanced by the food that you eat? In fact, when a person eats too much unhealthy foods with excessive salt, sugar and fat, they can actually reduce their sex drive significantly. Also, one should limit their intake of coffee and alcohol as these beverages are considered drugs that give pleasure and they interfere with one's sexuality. So, not only is it good to eat and drink healthy food and beverage, to look your best, but also to feel your best, especially in sexual ways. There are several foods, which enhance sexuality.

First, it is important to eat an abundance of assorted fruit. The fiber and antioxidants in fruit is beneficial but fruit also contain aphrodisiac properties. The idea of fruit enhancing sexuality is a well-known fact internationally. Some of the most popular fruit for this purpose are apples, bananas, cherries, apricots, coconut, dates, figs, grapes, figs, mangoes, papayas, peaches, pears, plums, pomegranates, quince, raspberries and strawberries.

Secondly, people should eat lots of vegetables, which energize the body with vitamins and minerals. Many vegetables are sensual in their shape and have aphrodisiac side effects. The avocado in particular is associated with sensuality, especially in Spain. Other vegetables which you may want to include in your diet are, carrots, celery, corn, eggplant, cucumber and asparagus. Tomatoes are known to be a libido booster, as they contain a very powerful antioxidant called lycopene. So, enjoy tomatoes for sure! Sexuality is also enhanced, by eating beans, leeks,



Courtship is the process of selecting and attracting a mate.

It is governed by a complex set of unwritten rules that are loosely defined as etiquette. Such rules dictate where, when, with whom and in what manner we all attract the opposite sex. We generally obey these unofficial rules by instinct but we also only become aware of the rules when someone commits a breach of them.

Coopyrite.net offers advice for the understanding of relationships, attitudes, and behavior. Featured advice includes:

[Age Differences](#)
[Aphrodisiac](#)
[Attraction](#)
[Body Language](#)
[Breaking Up](#)
[Chemistry](#)
[Communication](#)
[Dating](#)
[Expressions](#)
[First Date](#)
[Flirting](#)
[Friendship](#)
[Insecurity](#)
[Interracial](#)
[Long Distant](#)
[Love Poems](#)
[Meeting Places](#)
[Men Only](#)
[Online Dating](#)
[Relationships](#)
[Romantic Cooking](#)
[Romantic Occasions](#)
[Seniors](#)
[Soul mate](#)
[Women Only](#)

Online Advertising for Dating Services



Companies offering dating services are investing increasing amounts in advertising, according to a new study, with online advertising seeing particular growth.

Research carried out by Nielsen Monitor-Plus found that such firms in the US, in particular online dating sites, spent \$127.3 million advertising online in 2006. This is up from \$88.9 million spent the previous year and the second highest area of investment for dating services. Of the 12 dating services firms advertising online, seven companies were "almost exclusively using the internet for advertising", the report found.

The top ten dating services firms accounted for 96 per cent of the total advertising spend for the industry, some \$290 million of \$302 million.



It only makes sense to advertise your Dating Site online and it's even more important if your site is new in the industry.

Coopyrite.net (pronounced co-op-e-rite.net) is an advice column to the markets you seek. We provide timely articles on subjects your markets are looking for right now and therefore this is the best opportunity to attract other dating members to your venue.

Please complete the [advert form at the website](#) and we will review your information and return a custom quote.

parsley, soybeans, garlic, onions, spinach, watercress and turnips.

Thirdly, the human body and brain is energized and sex drive enhanced by eating certain deep, cold water fish such as cod and halibut. It is good to eat shellfish such as abalone, clams, oysters, lobster, shrimp and scallops as they improve sexuality. In particular, oysters contain zinc and iodine, which helps in the generation of testosterone.

Also, it is advised to eat lean meats such as turkey and chicken, within moderation, as too much protein interferes with sexuality. People should also eat an assortment of nuts, seeds and beans too. Pumpkinseeds and pine nuts are also great for sexuality.

In addition, vitamin supplements play a key role in keeping one's sexuality at its prime. In particular, vitamins A, B, C and E are critical to sexual function. Vitamin E assists in providing the sex organs with the required oxygen levels. The B vitamins including niacin and B-5 assist with achieving orgasm and having sexual energy for men and women. Selenium, manganese and zinc regulate hormones and improve sex drive. The best thing to do when it comes to vitamin supplements is to take a multivitamin rather than taking

Dating or courtship is the process of choosing and attracting a mate for companionship, sex, marriage and/or sexual reproduction. It is also the pre-arranged meeting (exclusive) of two people with mutual interest in one another to communicate with and to comprehend through shared participation in social activities. According to western tradition, a date is an occasion when one socializes with a potential lover or spouse for the purpose of being deeply acquainted with each other as also to come to an understanding whether they wish to have a purposeful relationship.

Though dating was generally sponsored through friends or relatives, the Second World War diminished such opportunities to a great extent, giving rise to commercial dating agencies. Newspapers and magazine ads contributed to the cause too. However, post-Internet days have brought a sea change in dating and mate-finding anonymously. Online dating services today provide unlimited dating extravaganza on the monitor without any commitment tagged to it. Ladies and men can now tap the online resources with the click of a mouse and carry on love duels without disclosing identity. Though this online intimacy can be instantly arousing, yet its pitfalls are of concern since none of the parties can ever guess an inch of the other's inner life or face read either of them. However, the world becoming more and more full of 'singles', online dating gives the opportunity to know more and more people and even find a life partner.

the vitamins individually.

Finally, one needs to have fun with their food to enhance sexuality. Eat without silverware, drink a glass of wine or champagne with the food, have finger foods and feed eat other creatively. Combine great food and drink with a bubble bath, massage, dim lights and music. Let food enhance your sexuality!