

A couple embracing in a dimly lit room. The woman has long, wavy brown hair and is wearing a dark top. The man is shirtless. The lighting is a mix of cool blue and warm orange, creating a romantic and intimate atmosphere. The background is dark with some architectural lines.

GABRIELLE
MOORE
Better Sex. Better Life.

The Oral Sex Cookbook

*YOUR GUIDE TO TASTING BETTER
AND GETTING MORE HEAD*



Hello again, and welcome to another episode of “*Erotic Encounters*”!

This week’s *Erotic Encounter* has been sponsored by “*Hot Licks*”, my most advanced sex education program all about amazing oral sex.

Remember! As an “*Erotic Encounters*” member you receive a 70% discount when you order your copy of “*Hot Licks*” today.

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Are you ready to embark on your *Erotic Encounter*?

I WANT YOU to close the door, make yourself comfortable, relax and get ready...

... because today I will teach you some of my most exciting and intimate secrets about going down.

Are you ready? Let’s do it!



The Oral Sex Cookbook



Your Guide To Tasting Better and Getting More Head

Oral sex is an important part of every relationship, one way or another. It should be no surprise that how you taste reflects a lot about the inner workings of your body, what you eat and drink, and how you live. So many of the words and phrases that we use to describe a woman's intimate parts focus on the wide range of smells and tastes that can be experienced between a woman's thighs. What does your wife's taste say about her body? Has she ever commented on your taste or smell?

A woman's taste will change throughout her cycle, especially close to menstruation and ovulation, times when her hormones are especially changeable and her body processes unique. Your taste, while quite dependent on what you have eaten in the past few days, tends not to change much from day to day. No matter what it is, everything that you put into your body will have some effect on how you taste and smell. Think about that before you eat or drink, before you rub something into your skin, or put it in your bath, or even use it to clean your house. Everything has some effect.



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ALKALINE OR ACIDIC?

The most important factor influencing each body's natural taste and smell is the pH balance, alkalinity or acidity. Different parts of the body prefer different levels of pH but regulating that homeostasis is very important. Modern bodies tend toward acidity, when the body generally functions best in an alkaline environment.

There are a number of problems that can be involved with acidosis:

- Lack of energy
- Decreased immune function and cell repair
- Bloating and intestinal distress
- Bone density loss (osteoporosis)
- Insomnia or fatigue
- Chronic illness and headaches
- Kidney stones

... but one of the most tell-tale signs is an acrid, acidic taste and smell to the bodily fluids!

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WHAT THE PH?

First, let's get the confusing part out of the way. The acidity or alkalinity of a food before you eat it is not important. The focus is instead on the pH of a food after digestion and transformation into other compounds. What this means is that often acidic foods like lemons or limes, which contain citric acid, will actually have an alkalizing effect, because they digest into basic compounds like citrate.

Your kidneys are the organs in your body responsible for filtering the blood, and regulating its pH level. They are also responsible for several other tasks, including the production of certain hormones which regulate blood pressure and red blood cell production. Your

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body does everything in its power to regular the pH of its blood at around 7.4, just slightly basic. Acidic compounds in the kidneys have too many hydrogen atoms and need to give them up, and basic compounds have room to grab up hydrogen wherever they can. Neutral compounds are just right. When you have too many acidic compounds being filtered through the kidneys, with too few basic compounds to grab up the excess hydrogen, your kidneys leech calcium *from your bones* in order to deal with the excessive hydrogen. In the long term, of course, this can lead to build up and cause kidney stones!

Maintaining an alkaline diet minimizes the acidic compounds that filter through the kidneys, enhances your body's ability to process waste, helps preserve bone mass as you age, prevents kidney stones... and a balanced body not only looks better, but smells better and tastes better, all over.

WHAT'S ON THE MENU?

You may already know that a diet heavy in processed foods is bad for your health, for a number of reasons. Add acidity to the list. Processed vegetable oils, grains and legumes are all acidifying and should be avoided. Dairy, meat and fish are also acidifying, even from quality sources, so to balance them out in your diet, you should eat significant amounts of alkalizing foods.

LOW-SUGAR FRUITS LIKE FRESH BERRIES, ALONG WITH SIGNIFICANT AMOUNTS OF LEAFY GREENS AND SULFUROUS VEGETABLES MAKE UP AN IDEAL ALKALINE DIET.

Nuts and eggs are relatively neutral, only slightly alkalizing. The primary balancing foods in your diet will be fruits and vegetables. Low-sugar fruits like fresh berries, along with significant amounts of leafy greens and sulfurous vegetables make up an ideal alkaline diet.

Fermented foods like raw, sour milk or cream, and cultured yogurt or cheese can help with cultivating a more alkaline environment by encouraging active bacterial flora. In fact, unsweetened yogurt has often been used internally by women as a cure for yeast infections.

Food Group and Food	PRAL Score
Meat and Meat Products Average	9.5
Lean Beef	7.8
Chicken	8.7
Canned, Corned Beef	13.2

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Food Group and Food	PRAL Score
Frankfurters	6.7
Liver Sausage	10.6
Lunch Meat	10.2
Lean Pork	7.9
Rump Steak	8.8
Salami	11.6
Turkey Meat	9.9
Veal Fillet	9.0
Fish Average	7.9
Cod Fillet	7.1
Haddock	6.8
Herring	7.0
Trout	10.8
Milk, Dairy, and Eggs	
Milk and non-cheese average	1.0
Low protein cheese average	8.0
High protein cheese average	23.6
Buttermilk	0.5
Low Fat Cheddar	26.4
Gouda Cheese	18.6
Cottage Cheese	8.7
Sour Cream	1.2
Whole Egg	8.2
Egg White	1.1
Egg Yolk	23.4
Hard Cheese	19.2
Ice Cream	0.6
Whole milk	1.1

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Food Group and Food	PRAL Score
Whole Milk Pasteurized	0.7
Parmesan Cheese	34.2
Processed Cheese	28.7
Whole Milk Yogurt w/Fruit	1.2
Whole Milk Yogurt Plain	1.5
Sugar and Sweets Average	4.3
Milk Chocolates	2.4
Honey	-0.3
Cake	3.7
Marmalade	-1.5
White Sugar	-0.1
Vegetables Average	-2.8
Asparagus	-0.4
Broccoli	-1.2
Carrots	-4.9
Cauliflower	-4.0
Celery	-5.2
Chicory	-2.0
Cucumber	-0.8
Eggplant	-3.4
Leeks	-1.8
Lettuce	-2.5
Mushrooms	-1.4
Onions	-1.5
Peppers	-1.4
Potatoes	-4.0
Radishes	-3.7
Spinach	-14.0

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Food Group and Food	PRAL Score
Tomato Juice	-2.8
Tomatoes	-3.1
Zucchini	-2.6
Fruits, Nuts, and Juices Average	-3.1
Apple Juice	-2.2
Apples	-2.2
Apricots	-4.8
Bananas	-5.5
Black Currants	-6.5
Cherries	-3.6
Grape Juice	-1.0
Hazelnuts	-2.8
Kiwi Fruit	-4.1
Lemon Juice	-2.5
Orange Juice	-2.9
Oranges	-2.7
Peaches	-2.4
Peanuts	8.3
Pears	-2.9
Pineapple	-2.7
Raisins	-21.0
Strawberries	-2.2
Walnuts	6.8
Watermelon	-1.9
Grain Products	
Bread average	3.5
Flour average	7.0
Noodles average	6.7

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Food Group and Food	PRAL Score
Mixed Grain Rye Bread	4.0
Rye Bread	4.1
Mixed Grain Wheat Bread	3.8
Wheat Bread	1.8
White Bread	3.7
Cornflakes	6.0
Rye Crackers	3.3
Egg Noodles	6.4
Oats	10.7
Brown Rice	12.5
White Rice	1.7
Rye Flour	5.9
White Spaghetti	6.5
Whole Grain Spaghetti	7.3
Wheat Flour	8.2
Legumes Average	1.2
Green Beans	-3.1
Lentils	3.5
Peas	1.2
Fats and Oils Average	0
Butter	0.6
Margarine	-0.5
Olive Oil	0.0
Sunflower Oil	0.0
Beverages	
Alkali rich average	-1.7
Alkali poor average	0
Draft Beer	-0.2

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Food Group and Food	PRAL Score
Pale Beer	0.9
Stout Beer	-0.1
Coca-Cola	0.4
Cocoa	-0.4
Coffee	-1.4
Mineral Water	-1.8
Red Wine	-2.4
Tea	-0.3
White Wine	-1.2

*Each PRAL score is based on 100g of food. This table is adapted from: Remer and Manz, J. Am Diet Assoc. 95: 791-797, 1995. (Image)

OFF-LIMITS?

Technically, there is nothing disallowed on a pH balancing diet, but you should be aware of certain foods and drinks that can be acidifying in order to limit their intake. In general, you want to try to get about 70-80% of your food by volume from the alkalizing side and about 20-30% of your food from the acidifying side, making sure that all of them are from quality sources. Basically, it means eating lots of veggies! If you find your average PRAL score still too high (it should be a negative number!) and can't find anywhere in your diet to add more veggies, fruit, coffee, chocolate or red wine... well, a few grams of baking soda doesn't sound nearly as delicious, but it will do.

This is going to be a bit of an experiment, finding the right balance for an edible taste, and the differences will be subtle. What works to make her tasting sweet and ripe may not work as well for you, so find the compromise that works best and see where it takes you!

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BODY CHEMISTRY: FOOD FOR TASTING GREAT!

Based on the list of foods above, the possibilities are endless. Encourage your lover to join you in these changes, to help make them life-long habits that give you both the better health you deserve. She won't be disappointed in your oral enthusiasm as you both taste and smell better each day!

RISE AND SHINE

The easiest way to start your morning with an alkaline meal is to use eggs! Whole eggs are overall neutral, so using them as a base for a meal with lots of leafy green veggies like spinach, kale, or chard, gives you a great start to the day. Present your lover with an omelet in bed, berries or citrus fruit on the side with a glass of water. Enjoy your breakfast between her thighs while she savors your labors!

NOONER

My favorite lunch has always been finger foods. Cut up vegetables like peppers, celery, green onions, radishes, cherry tomatoes, broccoli, and cauliflower. Add dips like baba ghanoush, salsa, yogurt or sour cream with herbs and spices. If you are especially adventurous, get naked and eat

ADD DIPS LIKE BABA GHANOUSH, SALSA, YOGURT OR SOUR CREAM WITH HERBS AND SPICES.



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dip off each other's naked bodies! Just get nice and clean first, and don't put anything too spicy on your bare skin...

TEA FOR TWO

Erotic Aphrodisiac Herbal Tea:

If you are sensitive to caffeine, or if it's late at night and you want to calm yourselves instead of waking up, these great caffeine-free herbal teas are sweet, alkalizing, and have amazing aphrodisiac effects.

Pick one, or mix two or three together for a unique, personal blend.

- hibiscus flower
- vanilla bean
- lavender
- spearmint, peppermint
- lemon balm or lemon verbena
- orange, lemon, or lime peel

Exotic and Arousing Black Tea: Chai for Two

Spicy chai is great for warming up on a cold day, heating the body's natural fires and acting as a delicious aphrodisiac! Make a mix of the following herbs (being sure to get at least the ones that start with "C") and then heat in a pot with black tea bags.

- ginger
- clove
- cinnamon
- cardamom
- allspice
- nutmeg
- star anise
- vanilla
- chili pepper?

Boil with the black tea until a fragrant mix is made. Chai is best served with milk, but coconut cream can be used in its place if dairy is being avoided. Top with whole, organic

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whipping cream instead for an extra treat. Dust the whipped cream with cacao powder for even more added aphrodisiac powers.

ON THE SIDE:

What about crackers? Some lovely chips and other snack foods can be made from vegetables and healthy oils. Sweet potatoes, zucchinis, turnips, carrots, kale, and many other vegetables can be dehydrated or tossed lightly in oil and herbs, then baked at very low temperatures to make delicious crackers, also great for in the dips suggested above. Fruit chips can be made from bananas, apples, figs, pineapple, pear and many other fruits for spreading with chocolate or nut butters.

DINNER SPREAD

Leafy greens with a bit of oil and vinegar, homemade broth with colorful veggies, a high-protein main course with lots of garlic and onions. A little red wine can help loosen lips and get the conversation flower. A bit of coffee or herbal tea after will warm the hands and the heart before heading to bed.

SWEET NOTHINGS FOR DESSERT

Fruit and chocolate – simple and perfect for transitioning into some sexy time!

Use a very dark chocolate, ideally one that is unsweetened and made without soy or dairy. Heat it gently and let it cool before putting it anywhere near her skin! Bring a bowl of finger fruits like strawberries, raspberries, cherries, and bananas. The adventurous can bring along

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juicier companions like pineapple, orange segments, even ripe mango! Dried fruits like figs and dates will do in a pinch, along with nuts and large chunks of coconut.

Paint pathways of dark chocolate and honey on your lover with pieces of dipped fruit and feed them to each other. Don't *insert* any of the fruit, but you can't paint a path all the way there.

RECIPES FOR A BAWDY BODY

Even if you have had wonderful success in creating changes in your body chemistry and natural taste, there are some great ways that you can enhance this natural bouquet with body products that you can whip up right in your own kitchen! Get to work and impress her with your thoughtfulness and your culinary skills, because these amazing creations are delightfully edible.

BALANCING BATH

One of the best ways to freshen up the body's taste is with an alkalizing bath. Epsom salts and baking soda dissolved in a warm bath will help battle any acidity that might be lurking in the genitals. I can guarantee that your lover won't complain if you run a hot bath for her, light some candles. If she is open to the idea of shaving, you may want to express a desire to watch her shaved, or to feel her shaved skin rubbing against your rough face.

You can also use plant ingredients to help make a freshening bath – lavender, mint, rosehips, rose petals, a sprig of rosemary, and even simple things like a bag or two of herbal tea if you don't have access to fresh herbs. Lavender makes for a soothing bath for shaving, mint stimulates the skin and brings on the flushes of early arousal.

LAVENDER MAKES FOR A SOOTHING BATH FOR SHAVING, MINT STIMULATES THE SKIN AND BRINGS ON THE FLUSHES OF EARLY AROUSAL.



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BODY BUTTER

This delicious butter is a wonderful application not only to make oral sex more enjoyable for her through physical foreplay, but by getting her tasting great for you.

Ingredients:

- ½ cup coconut oil
- ½ cup cacao butter
- 20 drops rose essential oil
- (optional) 1-2 tsp. raw cacao powder

If you don't have access to rose essential oil, you can make your own, either by reducing ¼ cup of rosewater over very low heat, or by soaking fresh unsprayed rose petals in coconut oil, melted either over very low heat, or simply by setting it in the warm sun. Since you are going

IF YOU DON'T HAVE ACCESS TO ROSE ESSENTIAL OIL, YOU CAN MAKE YOUR OWN, EITHER BY REDUCING ¼ CUP OF ROSEWATER OVER VERY LOW HEAT, OR BY SOAKING FRESH UNSPRAYED ROSE PETALS IN COCONUT OIL, MELTED EITHER OVER VERY LOW HEAT, OR SIMPLY BY SETTING IT IN THE WARM SUN.

to be putting this in your mouth, be sure the rose petals are organic and grown in healthy soil... even better if you grow them yourself. Use the coconut oil alone first to soak out the essence of the oil, because cacao butter is too solid at room temperature. Be sure the container is sealed, glass with a tight lid. Let the mix sit in a warm place, so the coconut oil stays in a liquid or semi-solid form, for at least 24-48 hours. Don't let it sit longer than a week.

When it comes time to the balm, remove the rose petals. If they are still in good shape, you can use them to decorate the top of the balm. The best way to store these is by pouring the liquid into tin or paper cups inside a muffin tin, so they can be stored in small quantities in the fridge to keep them fresh. The rose petals can be placed on top of the "butter cups" to seal them in.

Heat both oils over very low heat until they are liquid. If you are adding essential oil and/or cacao powder, now is the time to do it! White chocolate is more delicate and "pretty" but dark chocolate is a known aphrodisiac. If you want, pour off half before adding some cacao powder, so you can make some white and some dark, for a bit of variety.

If you want a really "buttery" texture, keep the oil in the bowl as it cools and mix it with hand beaters. Allow it to "fluff" up like butter as it begins to solidify, and then spoon it into

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cups to cool fully in the fridge. Be sure to keep one out at room temperature so you can use it on the spur of the moment. This butter is safe for even the most sensitive skin, and your lover can also use it as a delicious lubricant for you when she goes down.

WARMING BALM

The warming balm, similar to the body butter, can be used on plenty of sensitive spots. The spice additives should be approached carefully, and when the balm is made it should be tested first on the inside of your wrist (and that of your lover) before taking it to more sensitive regions. If the balm is too "spicy" it can be melted down and more oil can be added to thin it out. If the mix isn't spicy enough (test it on your lips second, and be sure to actually test it on your genitals after your wrist before deciding this!) you can melt it down again and add more spice.

Ingredients:

- ¼ cup of coconut oil
- ¼ cup of cacao butter or shea butter
- 10 to 20 drops of cinnamon essential oil OR 1 to 2 tsp ground cinnamon

You can replace the coconut oil with a liquid oil and increase the butter, or add some natural beeswax to the mix. Experiment! Use the same process as with the balm above or cool the liquid without whipping to make more solid bars for easy application.



TINGLING GEL

This cool gel is like the wintry opposite of the warming balm, but is also meant to be used on sensitive spots. In men, it can produce a slight numbing effect which can help with lasting longer during sex, and for women it can make nipples instantly erect and a clitoris stand to attention. Again, test on the wrist first, and try the lips second, followed by nipples before genitals. This progression should protect you from a "too hot" or "too cold"

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experience. If you do need to wipe warm or cool oil off your body, use neutral unflavored oil like olive oil from the kitchen on a soft cloth.

Ingredients:

- ¼ cup of aloe vera gel, or premade natural unsweetened gelatin
- 2-5 drops peppermint OR spearmint, or mint leaves for soaking, or ¼ tsp peppermint extract
- 2-5 drops eucalyptus oil, which can be purchased from the pharmacy

Mix everything together to make a tingly blend that will sizzle but not burn. Tweak to suit your skin sensitivity as needed using the testing methods above. When you bring the gel into oral play, use it on the less obvious spots, like her nipples and her inner or outer labia. Putting it directly on her clit may make things interesting at first, but could cause some temporary numbness that might make orgasm more difficult for her to experience during oral. If you make all of these delicious treats, try using them together in different combinations!



There you have it, honey... another *Erotic Encounter*!

Give this a moment to sink in, because **I WANT YOU** to promise me that you will enjoy this *Erotic Encounter* with your loved one **TONIGHT**.

Not tomorrow darling ... not next week. It has to be **TONIGHT**. If you let this invaluable information slip into your subconscious, it may never rise back to the surface.

But don't worry. Your homework is going to be fun! How often do you get to learn something that sounds so *sexy*? Let your passion free and make a date to practice the new erotic arts I've shared with you.

And remember, if you want to learn more advanced techniques about cunnilingus, go ahead and download "*Hot Licks*" program. You will get a 70% discount today, just for being my "*Erotic Encounters*" member.

Just click the button at the bottom of this website or go to www.HotLicksProgram.com/eroticoffer to download your copy now.

Enjoy your *Erotic Encounter* honey, and stay tuned, because next week's adventure will be even hotter.

Until then, live with **LOVE** and **PASSION** in your heart and body... always.

Sensually yours, Gabrielle Moore

