

If you enjoy oral sex, then it's a good idea to make sure that your partner does enjoy it too. One of the most common complaints is that a sex partner doesn't like the taste of semen.

### **Understand**

Your semen taste is reflected without delay in what you eat and is affecting the flavour of your sperm. Semen and sperm should be seen like your body's secretions such as sweat, spit, pee. What you put into your body is thus likely to impact on the flavor of your sperm and semen. Enhance your sperm taste and you really enhance your overall health as a rule too.

### **eat naturally and avoid chemicals**

- avoid fast food
- Pineapple, Cranberries and Citrus Fruits make your sperm less alkaline (and taste better)
  - less dairy products
- Wheatgrass, Celery and Parsley contain lots of chlorophyll, which is also good for enhancing your semen taste
- Peppermint, Cinnamon & Cardamon

## **How To Improve Semen Taste**

<http://www.spermsecrets.com>

### **Vegetarians Taste Better**

A study concluded that vegetarians have better tasting semen ( taking under consideration the veg you have got to avoid observed above ) so get lots of greens and fruit.

### **Drink Water**

Water is important for your overall health, so make sure to get plenty of it. But don't just gulp down a bottle in the morning and a bottle in the evening. Rather, it's better to regularly drink a glass of water, ideally every hour.