



Our personal trainer and fitness expert Matt Hodges, owner and founder of MPH Fitness gives you the lowdown on food to make you go 'mmm...!'

It's said that foods can stimulate men and women in different ways, whether it's biological, psychological or physiological. On Valentine's Day approaches, we are all feeling a little more adventurous and yet we seem to settle for the obligatory 'meal out' or the box of chocs and a glass of vino. Well, why not impress your other half with an increased libido by trying a few of these natural wonders! Here are five of the best natural foods which will get your body into the right frame of mind for lurve!

- 1. Oysters** – yes, we all know this one and the research behind it is true. High levels of zinc make this a guaranteed sex food...that's if you can swallow them!
- 2. Wheatgerm** – a dark horse is the Vitamin E packed grain. The high levels of the vitamin also help in anti-ageing through the synthesis of hormones.
- 3. Champagne** – drink too much and you'll reap the bad side; drink a modest amount and the result will be a bit of a buzz and slightly lowered inhibitions, which isn't always a bad thing on a day like this!
- 4. Ginger** – the ultimate in circulatory stimulants. More blood flow to the sexual organs and greater stimulation and sexual arousal. Result!
- 5. Chocolate** – I bet you thought I'd never say it, right? However, it's more the cacao than anything else, and that's found in REAL dark chocolate. Chocolate helps release the hormone Oxytocin in the brain which will make you relax. It also contains high levels of magnesium which equals a better sex drive - no surprise then that chocolates are the customary Valentine's Day present.

For more info on Matt and MPH Fitness log onto: [www.mphfitness.com](http://www.mphfitness.com)

**Go on, indulge yourself! ...**  
or leave this page open for your other half to get some Valentine's gift inspiration!

1998 Dom Perignon Rose Gift Set, £249 Whisk Hampers [www.whiskhampers.co.uk](http://www.whiskhampers.co.uk)



Amyris Homme, £105. A gorgeous, indulgent and unique fragrance that will have your mates green with envy, Amyris Homme is woody, aromatic and fresh and contains rosemary from Morocco; Sicilian mandarin; Jamaican amyris; Florentine iris and Brazilian tonka bean absolute. **Exclusively sold at Harvey Nichols ([www.harveynichols.com](http://www.harveynichols.com)); Liberty ([www.liberty.co.uk](http://www.liberty.co.uk)) and Selfridges ([www.selfridges.com](http://www.selfridges.com)).**



# ABSOLUTE grooms

## In the news...

Hi guys, welcome back to Absolute Grooms. This issue we celebrate St Valentine's Day (come on, we know there's a romantic in there somewhere!). Of course, Valentine's Day isn't just about flowers and declarations of love – it's an excuse to indulge in some naughty nibbles too! So this issue we concentrate on your tums. Enjoy!



### WEDDING FOOD TRENDS

Steven Hancock, Managing Director at the Zest Group, gives an industry insider's view on what the trendiest bridal parties will be eating and drinking in 2013...

#### Mint

Serving seasonal mojitos for your guests will add mint flavour, smell and colour to your special day. A white peach mojito is perfect for the summer; with fresh white peach purée, peach liqueur and a dash of ginger ale added to the traditional mint, lime, soda and rum components. Or if yours is a winter wedding, a spiced ginger mojito is the perfect accompaniment. Elsewhere, minted pea purée will spark a cool contrast to a spicy chorizo and scallops dish that will leave your guests tingling. And what would be better to finish off a mint inspired dish than a hearty serving of homemade chocolate chip mint ice cream?

#### Nature and the outdoors

2013 is being touted by many as the year of simplicity and returning 'back to basics'. Marquee weddings set in the grounds of a lovely house; amongst rolling fields, beside cosy lakes or in lush green grass will be popular. For an ideal nature-themed wedding starter, serve goat's cheese and red pepper mousse in recycled, homely jam jars.

#### The 1920's

With *The Great Gatsby* movie starring Leonardo Di Caprio hitting the screens in May 2013, it's little surprise that the roaring 20's will be a popular theme. Gatsby and his friends were adventurous diners. They dined in the finest New York clubs and catered elegantly at home. Reflect that on your wedding day by serving classic dishes such as smoked salmon canapés and veal cutlets with fondant potatoes or vegetable ratatouille in a roasted vine tomato sauce.

#### Bark and wood

Closely linked with the nature trend; bark and wood is predicted to play a prominent feature in 2013 weddings. An outdoor, marquee wedding set amongst the trees will be ideally complemented by serving a roast rump of lamb with garlic and rosemary presented on a rustic, wooden carvery board.

[www.thezestgroup.com](http://www.thezestgroup.com)



## Ed's Choice

**Alternative wedding reception for Chinese food lovers!**

For the first time in its 20 year history, the Royal China Queensway restaurant can now be exclusively hired for a traditional Chinese Wedding Banquet. The venue will serve ten courses of classic Hong Kong style dishes, including their signature suckling pig. The new-look 180 seat restaurant can be exclusively hired Monday-Thursday starting from £10,000 including food. Of course, the Royal China is also a great choice for a romantic meal or as a start to your stag do, and having eaten there and sampled the ambience and incredible food, this one comes highly recommended! [www.royalchinagroup.co.uk](http://www.royalchinagroup.co.uk)