

Good, Clean Fun Shower with your Valentine and you'll conserve water as well as amp up the romance. "Sex in the Shower" Emotibombs from Lush can help put you in the mood: when warm water strikes the aromatherapeutic Emotibomb, it releases its store of the aphrodisiac essential oils ylang-ylang, rose otto, and jasmine absolute. \$3.95; lushusa.com

Pet D tente



The cat and dog in your family don't have to fight like, well, cats and dogs, if you follow this simple strategy: adopt the cat first, and introduce them when the dog is less than a year old and the cat younger than 6 months. That's the conclusion of a study in *Applied Animal Behaviour Science*, which suggests that introducing the two species early on helps them learn each other's body language. In fact, a gesture in "Dog" can mean its exact opposite in "Cat"—a dog lying on its back may be saying, "I give in," while a cat on its back is warning, "Watch out!" As for the order of adoption, the study authors explain that the dog, if adopted first, has probably come to rely on your attention, while the cat, a "solitary species," is less likely to be miffed if a dog enters the home.



What we're eating too much of this month

Amazingly, **479° Popcorn Black Truffle + White Cheddar** is both rich- and light-tasting at the same time. As a feel-good bonus, the company, which uses organic ingredients from local farms, composts religiously. \$6.99/box, \$16.99/canister (shown); 479popcorn.com for retail information.

NATURAL Rx

PROBLEM: Lackluster sex life

SOLUTION: Korean red ginseng

THE SCOOP: If you're looking for romance this Valentine's Day (or anytime for that matter), Korean red ginseng could be the love potion you and your partner are seeking. A perennial herb with a root resembling the human body, Korean, or Asian, ginseng (*Panax ginseng*) has long been prescribed in traditional Chinese herbology to increase overall energy. Preliminary research suggests that the steamed, heat-dried root of the herb, known as red ginseng, may improve erectile function in men.

WHAT TO LOOK FOR: Choose supplements with 4 to 7 percent ginsenosides, the active ingredients in *Panax ginseng*. Researchers used doses of 900 milligrams three times a day for eight weeks.

TRY: Paradise Herbs Panax Red Ginseng, \$29.99/60 vegetarian capsules; paradiseherbs.com.

—MEGAN MATTES

