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LIFESTYLE, HEALTH AND WELLBEING

## Prepare natural viagra with only 3 ingredients

DECCAN CHRONICLE.

Published  
Updated

Apr 3, 2016, 1:35 pm IST  
Apr 3, 2016, 3:22 pm IST

*Say bye-bye to viagra pills.*



📷 Wondering how to make natural viagra? (Photo: Screenshot)

Why go out and spend on viagra, when now you can easily make it at home. One of the most healthiest and freshest ingredients that is used to make this is watermelon.

However two more ingredients play a very important role. A mixture of these three ingredients can give you a perfect instigator of pleasure.

Wondering how to make natural viagra?

Health researchers and scientists explain that the juice of watermelon is itself a 'natural viagra'. According to a report by healthyfoodstar.com, consumption of watermelon helps the libido to increase in men who have mild to moderate erectile dysfunction.

A study published in journal "Urology" that citrulline found in the watermelon, has amino acid. This improves blood flow even in the penis and that too without the side effects that one might have from viagra.

This fruit has large amount of Vitamin C and has 92% of water and is beneficial for people who struggle with impotence.

Natural viagra recipe:

#### **Ingredients:**

- ¼ watermelon
- 1 lemon
- 1 pomegranate

#### **Method:**

- Take a blender and put all the ingredients together and mix them well.
- Pour the juice in the bottle and store it in the refrigerator.

#### **How to consume:**

- Every morning drink 1/3 cup of the juice empty stomach.
- Follow the same process before dinner.

This healthy and natural juice will improve the blood flow incredibly in your intimate part and will help you to perform better in the bed.

This mixture can be used by anyone, as it has no side effects.

**Tags:** [viagra pills](#), [viagra](#), [natural viagra](#)

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Sometimes you wake up with a job with life shaking you up. The last fifteen days, my life has been a suspense story. Little had I known that my search for rare stories would make me find a rare disease. I have never given up and have always fought for my choices and always will. My family and friends are with me and we are working it out the best way possible. In trying times, please don't speculate as I will myself share with you my story within a week - ten days, when the further investigations come with a conclusive diagnosis. Till then, wish the best for me!

- Irrfan

This is why actor Irrfan Khan issued an official statement on his 'rare disease'

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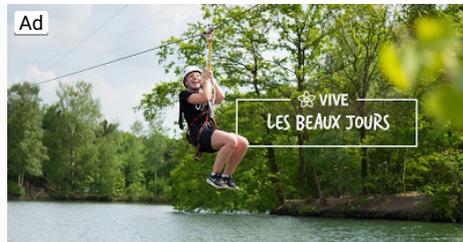
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