

Eat Watermelon to Cure Impotence

Eat Watermelon to cure impotence, no more embarrassing visits to the doctor and no need take any [medicines](#). Just go to the fruit shop and get the watermelon. Continue the intake of watermelon for about a month and then you can overcome the impotence problem. Watermelon intake is found to be very efficient natural way to overcome impotence. The best advantage of the Watermelon as impotence treatment is that there are no side effects at all. Daily intake of 200 grams of Watermelon is enough to enhance your sexual appetite and culminate the impotence. Some scientists have even claimed the Watermelon intake can cure impotence permanently, but still there is no evidence to prove it. Watermelon is natural way to tackle impotence. It is a basically a melon which means a fruit with the vegetable characteristics and thus named a melon. Watermelon is a member of Cucurbitaceae family and is named botanically as *Citrullus lanatus*. Watermelon is the rich source of the iron along with Vitamin A and C that are present in abundance. But, the Citrulline is the constituent in the watermelon that is found to be working against the erection problems in the men. Citrulline is an amino acid that reacts with the body enzymes and improves the blood supply. Impotence is the problem noted in the men when they are unable to achieve the erection or sustain the erection for the sufficient amount of time during the sexual intercourse. Nearly 70% of the men worldwide suffer with the problem of impotence. The best medicine to cure the impotence was brought to the market by Pfizer and is named as Viagra. Later on even the low cost drugs to cure impotence came to the market and still are ruling the drugs market as they are the favorite choice of the customers to treat impotence. The new discovery that watermelon can help to overcome impotence is a great help for men. Citrulline in watermelon functions as an anti-impotence medications. It improves the blood circulation and as a result of this the blood supply to the penis is also increased. This helps the impotent men to achieve the strong and rigid erections. To confirm the fact that watermelon can be helpful as impotence treatment, a study was conducted in which 200 men suffering with the impotence participated. Each of them was asked to daily eat 200gms of the watermelon for about a month and then after a month period they were asked about their performance during the sex. It was observed that 43% of the men were able to get the better erections than before. These men were able to last longer during the sexual encounter and there sexual stamina was also found to be boosted. The study concluded the watermelon can be used as a watermelon treatment, but still it is not showing the effect in some men so the research is still going on that how much quantity of watermelon is given to the men so that males from all age groups can overcome impotence. Watermelon also performs same like the other erectile dysfunction drugs because it also increases the blood supply to the penile region and cures impotence. So, if you are suffering with the impotence problem then please eat watermelon daily and you will be able to see the changes after a month. You will be able to get the strong and long-lasting erections with the regular intake of watermelon. The best thing is that there is even no need to consult a doctor or even your partner will not understand how you cured the impotence. So, for the better sexual performance start eating watermelon today.

About the Author

Hi guys.i am John Terry.i am a associated editor to the website [pharmaexpressrx.com](#).

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