



# ERECTION STIMULANTS

**That helped you against impotence and  
will keep you erect for a long time**

IRON TONIC - FERNANDO RICCI

# INTRODUCTION

STRAWBERRY JUICE, AS WELL AS GARLIC TEA OR VITAMIN OF AVOCADO, PROVIDING MORE ENERGY AND INTIMACY, STIMULATING SEXUAL APPETITE. THESE ARE EXCELLENT NATURAL OPTIONS THAT CAN CONTRIBUTE TO THE IMPROVEMENT OF THESE RECIPES CAN BE COMPLEMENTARY TO MEDICAL TREATMENT FOR IMPOTENCE, HELPING IN OBTAINING BETTER RESULTS. HOWEVER, IT IS IMPORTANT TO MENTION THAT THERE ARE OTHER RECIPES THAT ALSO HAVE A POSITIVE IMPACT ON SEXUAL FUNCTION.



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# 1. GARLIC TEA

GARLIC TEA IS A WIDELY STUDIED SUBSTANCE DUE TO THE PRESENCE OF IMPORTANT COMPOUNDS FOR THE BODY, SUCH AS NITRIC OXIDE. THE LATTER PLAYS A CRUCIAL ROLE IN REDUCING INFLAMMATION AND IMPROVING BLOOD CIRCULATION. THEREFORE, GARLIC TEA CAN BE CONSIDERED AN EXCELLENT NATURAL OPTION TO HELP PEOPLE FACING IMPOTENCE PROBLEMS.



# 1. GARLIC TEA

## INGREDIENTS

- 200 ML OF WATER; 1 CLOTH
- OF CRUSHED GARLIC.

## PREPARATION MODE:

TO PREPARE THIS TEA, YOU NEED TO PUT THE CRUSHED OR CHOPPED GARLIC IN THE WATER AND PUT IT TO THE FIRE TO BOIL. AFTER THIS PROCESS, IT IS NECESSARY TO LEAVE IT TO REST FOR BETWEEN 5 TO 10 MINUTES, STRAIN AND CONSUME IMMEDIATELY, AND CAN BE REPEATED UP TO TWO TIMES A DAY. ANOTHER ALTERNATIVE IS TO INTAKE GARLIC CAPSULES DAILY, WHICH WILL PROVIDE ONE SIMILAR EFFECT, HOWEVER THE DOSAGE SHOULD BE RECOMMENDED BY A PHYTOTHERAPIST OR GENERAL PRACTITIONER.



## 2. Orange juice with carrots and ginger

ORANGE AND CARROT CONTAIN LYCOPENE, A SUBSTANCE KNOWN FOR YOUR CAPACITY TO PREVENT PROBLEMS IN THE PROSTATE, SUCH AS HYPERPLASIA AND CANCER. IN ADDITION, THEY CAN HELP IN THE TREATMENT OF IMPOTENCE.

GINGER IS A ROOT WITH HIGH MEDICINAL CONTENT, AND CAN BE USED IN CASES OF IMPOTENCE DUE TO ITS EXCELLENT PROPERTIES AGAINST POOR CIRCULATION AND LACK OF ENERGY. IN ADDITION, THE GINGER HAS ANTIOXIDANT SUBSTANCES THAT HELP WITH OTHER HEALTH PROBLEMS, SUCH AS HIGH PRESSURE AND COUGH.



## 2. Orange juice with carrots and ginger

### INGREDIENTS

- 2 ORANGES;
- 2 CARROTS;
- 500 ML OF WATER;
- 1 TEASPOON OF GINGER POWDER.

### Instructions for preparation:

1. Squeeze the oranges until the juice is obtained.
2. In a blender, add the orange juice, water and carrots.
3. Add the ginger powder.
4. Blend all ingredients in a blender until smooth homogeneous.
5. Sweeten to taste, if desired, using honey.

The result is a drink that combines the properties of orange, carrot and ginger, which can be a healthy and tasty option to help with health issues, such as preventing prostate problems and treating impotence.

## 3. Ginkgo biloba and ginger tea

Ginkgo biloba tea is another excellent stimulant and vasodilator that can be used to combat sexual impotence. Additionally, when combined with ginger, this tea can offer additional benefits.

- **INGREDIENTS**
- 20 G OF GINKGO BILOBA;
- 20 G OF GINKGO BILOBA;
- 1 PINCH OF GINGER POWDER;
- 200 ML OF WATER;
- HONEY TO TASTE.

# 3. Ginkgo biloba and ginger tea

## Preparation mode:

1. Put the ginkgo biloba in boiling water.
2. Let it rest for 10 minutes.
3. Strain the tea.
4. Add the ginger and honey.
5. Consume immediately.

It is recommended to drink this tea several times throughout the day to feel the benefits of this natural remedy. This combination of ginkgo biloba, ginger and honey can be a stimulating and vasodilating option to help combat sexual impotence. Remember to consult a healthcare professional before starting any treatment.



## 4. Avocado, nuts and banana smoothie

Avocado has substances such as L-carnitine and L-arginine, which can contribute to improving impotence symptoms. Additionally, some studies indicate that consuming nuts can improve blood circulation, offering additional benefits for sexual function.

### INGREDIENTS

- 1 CUP OF NATURAL YOGURT;
- 1 BANANA;
- 1/2 RIPE AVOCADO;
- 1 HANDFUL OF NUTS.





## 4. Avocado, nuts and banana smoothie

### PREPARATION MODE:

1. IN THE BLENDER OR MIXER, BEAT THE YOGURT, BANANA AND AVOCADO UNTIL YOU OBTAIN A HOMOGENEOUS MIXTURE.
2. ADD THE NUTS TO THE MIXTURE.
3. SWEETEN WITH HONEY, ACCORDING TO DESIRED TASTE.
4. IF YOU PREFER, ADD ICE BEFORE BLENDING THE MIXTURE FOR A MORE REFRESHING DRINK.
5. CONSUME IMMEDIATELY.

THIS COMBINATION OF YOGURT, BANANA, AVOCADO, NUTS AND HONEY PROVIDES A NUTRITIONAL MIXTURE THAT CAN BE ENJOYED AS A SMOOTHIE. THE INGREDIENTS, RICH IN NUTRIENTS AND BENEFICIAL PROPERTIES CAN OFFER SUPPORT SEXUAL HEALTH. REMEMBER TO CONSULT A HEALTHCARE PROFESSIONAL BEFORE MAKING CHANGES SIGNIFICANT DIETARY, ESPECIALLY IF THERE IS SPECIFIC HEALTH CONCERNS.

## 5. Strawberry watermelon juice

CERTAINLY, STRAWBERRY JUICE WITH WATERMELON CAN BE A TASTY AND NATURAL OPTION AS A HOMEMADE SEXUAL STIMULANT. THE APHRODISIAC PROPERTIES ASSOCIATED WITH STRAWBERRIES AND WATERMELON CAN COMBINE TO CREATE A DRINK THAT IS NOT ONLY PLEASANT TO THE TASTE, BUT ALSO POTENTIALLY BENEFICIAL FOR SEXUAL FUNCTION. SPECIFIC HEALTH CONCERNS.



# 5. Strawberry watermelon juice

## INGREDIENTS

- 350 G OF WATERMELON 150 G OF
- STRAWBERRY
- 1 DROP OF CHICKEN PEPPER (OPTIONAL)

## PREPARATION MODE

BLEND THE WATERMELON PULP AND STRAWBERRIES IN A BLENDER OR MIXER. FOR THE MOST BOLD, YOU CAN ADD A DROP OF MALIGUETA PEPPER TO THE JUICE, GIVING IT AN EVEN MORE EXOTIC FLAVOR, INCREASING YOUR SEXUAL POTENTIAL. THIS JUICE MUST BE MADE WITH SOME REGULARITY TO CHECK ITS EFFECTS.

## 6. Pomegranate juice with pineapple

CERTAINLY, POMEGRANATE JUICE IS KNOWN TO BE A NATURAL STIMULANT THAT CAN HELP IMPROVE THE BLOOD CIRCULATION, MAKING IT EASIER EXCITATION AND, POTENTIALLY, CONTRIBUTING FOR FIGHT IMPOTENCE. IN ADDITION, POMEGRANATE IS RICH IN VITAMIN C, FOLIC ACID AND CONTAINS A SIGNIFICANT AMOUNT OF ANTIOXIDANTS, UP TO THREE TIMES MORE THAN RED WINE AND GREEN TEA. THESE ANTIOXIDANTS MAY HAVE GENERAL HEALTH BENEFITS, HELPING IN PROTECTION AGAINST CELLULAR DAMAGE CAUSED BY FREE RADICALS.

### INGREDIENTS

1 POMEGRANATE;  
3 PINEAPPLE SLICES;  
1 CUP OF WATER.



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## 6. Pomegranate juice with pineapple

### PREPARATION MODE:

1. BLEND THE POMEGRANATE PULP WITH THE WATER AND PINEAPPLE.
2. SWEETEN TO TASTE, USING HONEY, AGAVE SYRUP OR STEVIA SWEETENER, AS THESE OPTIONS MAY BRING MORE HEALTH BENEFITS COMPARED TO REFINED WHITE SUGAR.
3. CONSUME 1 GLASS OF POMEGRANATE JUICE DAILY.

**AFTER 3 WEEKS, EVALUATE THE RESULTS.**

THIS POMEGRANATE JUICE WITH PINEAPPLE RECIPE IS A DELICIOUS WAY TO TAKE ADVANTAGE OF THE POTENTIAL HEALTH BENEFITS OF THESE FRUITS



## 7. Açaí bowl with guaraná

THIS RECIPE IN ADDITION TO BEING A POWERFUL SEXUAL STIMULANT ALSO REDUCES STRESS AND TIREDNESS BY IMPROVING THE QUALITY OF INTIMATE CONTACT.



### INGREDIENTS:

50 ML GUARANÁ SYRUP

100 G AÇAÍ PULP

1 BANANA

2 SPOONS OF GRANOLA WITH  
CHOCOLATE 70%

# 7. Açaí bowl with guaraná

## PREPARATION MODE:

1. BLEND THE GUARANÁ SYRUP AND AÇAÍ IN THE BLENDER UNTIL YOU OBTAIN A HOMOGENEOUS MIXTURE.
2. CUT THE BANANA INTO SLICES.
3. PLACE THE BANANA SLICES OVER THE MIXTURE IN THE BLENDER.
4. COVER WITH GRANOLA.

THIS BOWL, COMPOSED OF GUARANÁ SYRUP, AÇAÍ, BANANA AND GRANOLA, IS DELICIOUS, BUT SHOULD BE CONSUMED IN MODERATION, MAINLY DUE TO ITS CONTENT CALORIC.

THE COMBINATION OF THESE INGREDIENTS CAN PROVIDE A TASTY AND ENERGIZING OPTION, BUT IT IS IMPORTANT TO BALANCE CONSUMPTION WITH DAILY CALORIC REQUIREMENTS AND MAINTAIN A VARIED AND HEALTHY DIET.

# IMPORTANT ALERT

HOWEVER, IT IS CRUCIAL TO REMEMBER THAT EFFECTS MAY VARY FROM PERSON TO PERSON, AND THERE IS NO SUBSTITUTE FOR A HOLISTIC AND BALANCED APPROACH TO HEALTH, WHICH INCLUDES A HEALTHY DIET, REGULAR EXERCISE AND PURSUING A BALANCED LIFESTYLE. CONSULT A HEALTHCARE PROFESSIONAL FOR ADVICE CUSTOMIZED. ALSO AND ALWAYS RECOMMENDED

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