

# *The* **HERBAL** **ENLARGEMENT** **SHAKE**



**A SCIENTIFICALLY PROVEN METHOD**  
**TO ADD 2-4" OF GROWTH**

HERBAL ENLARGEMENT SHAKE

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## Introduction

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Several great men have become pioneers in the sexual health for men with their outstanding contributions to science.

Doctor Arnold Henry Kegel invented an exercise in 1948 that could help restore erectile function in men with erectile dysfunction. There are said to be significant benefits for the problem of premature ejaculation from having more muscular control of the pelvis.

Three Americans won the Nobel Prize in medicine in 1998 for a discovery that would lead to the invention of the Viagra. The prize went to Robert F. Furchgott, Louis J. Ignarro and Dr. Ferid Murad Furchgott.

In 2015, 4 hard working researchers in Los Angeles made a significant discovery which might be recognized eventually by their peers. This might be the next big sexual health revolution for men and the future is available now with the book that you are reading.

The experiment that the 4 researchers did is that they took small penis rats suffering from ED. As it is well known in the medical community, by suffering from ED and not having an erection for an extended period of time, a penis shrinking process will start and these poor rats lost 50% of their original penis size.

Something that has been discovered, it is that ED drugs, especially Cialis, could be used to revert back the shrinking process (just Google Cialis penis enlargement to see it by yourself). The problem with this approach it is that 1) taking Cialis daily is very expensive. 2) not very healthy in the long run.

The hypothesis that these 4 great researchers had was to find a natural replacement with natural ingredients. No idea how they come up with the idea as the research paper omit this detail but they fed the small penis rats with a mixture of 4 herbs for a period 2 months and the result has been absolutely stunning!

The rats all gain back their original penis size by enlarging it by up to 50% and in some instances, they even have surpassed their peak size and they have become delighted!!

Here are the ingredients of my Natural Herbal PE recipe in all of their glory:

**THE HERBS:**

- Fresh ginger
- [Guarana](#)
- [L-citrulline](#)
- [Muiru Puama](#)

**Optional ingredients for improved results:**

- [American Ginseng](#)
- [Black Maca](#)

**THE FRUITS:**

- Pineapple
- Mango

In the next section, the ingredients will be individually presented and then I will show a juice recipe that you can use to mix them together.





## Ingredients of the natural herbal PE

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### Fresh ginger



The ginger is an aphrodisiac root that is known by Japanese since a very long time. It will help digestion. As a powerful antioxidant, it will promote Testosterone production and increase blood flow leading to bigger erections. It is a very cheap ingredient that you can find in any good grocery. The only problem with ginger, it is its strong taste. It is not a good idea to eat it raw. You can, however, integrate it easily with any juicing recipe or add it as a spice to any dish you prepare.

### Guarana



Guarana is a sacred plant that originates from the Amazonian forest and was used for more than 3,000 years by the Indians. Guarana has become very well known as a highly effective tonic plant as it contains 4-5 times more caffeine than coffee itself. Guarana, which could be described as an extra powerful coffee.

[Click here to have more information on Guarana](#)

### L-Citrulline



This is an amino acid naturally found in watermelon and the yellow watermelon contains much more citrulline than the red watermelon. This a well-known fact among bodybuilders who use supplements. Arginine supplements used to be very popular for doing that but have been replaced by Citrulline supplements because Citrulline is more effective. If you opt for taking your citrulline naturally, that means a lot of watermelons! Between a quarter and a half watermelon a day. For that reason, I recommend that you opt for the supplement option.

[Click here to have more information on L-Citrulline](#)



## Muir Puama



Muir puama is known as “the Viagra of the Amazon.” The roots of this Amazonian tree were the subject of a study conducted by the UCLA School of Medicine. The study showed a significant improvement in both erectile function and sexual desire. The natives have known this for centuries as this herb has been widely used as an aphrodisiac by both men and women. The effects of Muir Puama include increasing blood flow to the pelvic area, aiding erections in men as well as sensations and orgasm in women.

[Click here to have more information on Muir Puama](#)

## American Ginseng



Nitric oxide is one of the cornerstones of men’s health. It keeps your arteries and blood vessels wide and supple, and it allows your blood to flow more freely. Nitric oxide is also needed for healthy erections. Ginseng is mainly used as an erection/nitric oxide booster. Mixing the Ginseng with the guarana creates a nice symbiosis for greater fatigue reduction and having a higher mental clarity.

[Click here to have more information on American Ginseng](#)

## Maca



Maca is a Peruvian root that is known for its capacity to increase libido. It doesn't affect testosterone level but does have a substantial impact on sex drive, erection quality and sperm volume. Make sure that you buy **black** maca as it is the only type of maca that does have an influence on semen volume. The **red** and the **yellow** maca, while very good to use, do not improve sperm. Maca is mixing well with guarana for more sexual energy.

[Click here to have more information on the black maca](#)

## Pineapple



The pineapple is known to preserve your testosterone from endurance training (could be few hours of bicycle). Plus the pineapple contains an enzyme called Bromelain that helps the digestion and the absorption of other nutrients. That is the tweak that made the herbs 10X more potent.

## Mango



The mango is a wonderful fruit for male sexual health. It contains 6 of the 8 vitamins from the vitamin B complex which are helping testosterone production. Those vitamins and minerals have a positive impact on blood flow and finally, it also has minerals playing a role in sperm production such as zinc and manganese. It also contains potent enzymes that stimulate the metabolism and cleans out the digestive tract to make nutrient absorption more efficient.

## Juice Recipes to take your daily dose of PE herbs

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Next, I am going to provide you 2 juice recipes integrating the pineapple and the mango into which you will minimally mix the fresh ginger in along with the other herbal supplements if you have them in powder form rather than in pills.

Also, juice recipes from my other books containing pineapple and/or mango are great for taking the daily dose of PE herbs.



## Recipe #1: Green Warrior

Prep time: 6 mins

### ingredients

1 leaf of kale

300 g of pineapple

Remaining PE herbs

10 leaves of spinach

1g of fresh ginger (1 thin slice)

Those of you who have my other books know that the kale and the spinach are superfoods for male health. They provide essential nutrients to support sperm and testosterone production and will even promote a good blood flow which crucial for obtaining powerful erections.

The pineapple's enzymes will not only amplify the PE herbs action but also the spinach and kale fantastic nutrients absorption as well to help to build the Superman that you are working to become!

If that wasn't enough, this juice actually tastes very good...

The rats that have participated in the original experiment didn't have the chance to have superfoods in their daily PE herbs dose. That means that all the odds to have better results than the rats are on your side!





## Recipe #2: Beet defense

Prep time: 6 mins

### ingredients

½ mango

½ beet

1g of fresh ginger (1 thin slice)

Remaining PE herbs

I hate the taste of beets but it is so good that it is worth taking it despite not being the best juice. Beets contain a lot of natural nitrates which are converted into Nitric Oxide and will help blood flow.

Also, beets have been shown to provide antioxidant, anti-inflammatory, and detoxification support. The detox support provided by betalains includes support of some especially important Phase 2 detox steps involving glutathione. Although you can see these betalain pigments in other foods



## What's next?

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Now, that you have been through all the recipes, you do not need any learning wheels anymore. You can start experimenting by inventing your own juices. You have begun to develop your instinct on what food mix well other ingredients. You start knowing which food is beneficial for improving your erections.

Here is how what I am doing and you are encouraged to follow my example. I drink 1 juice per day for at least 2 months. After that, you can enter what I call maintenance mode where you take the PE few times per week.

Here is the #1 thing that I need you to do. They say that to integrate a new healthy habit fully, you need to do it consistently for at least 3 weeks. In your case, it shouldn't be very hard as you will start seeing a steady improvement in your overall energy level and your sex drive and this improvement will motivate you to keep going. You need to commit to juice daily for at least a month...

Next, keep reading the fabulous advice and updates that I will be sending by email, you will learn more advanced health tips targeted explicitly to male health.



## References

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