

Viagra Report

Tags: Erectile Dysfunction, Viagra Research Report, Viagra Dosage Report, How to give a woman an orgasm training

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Introduction

For some men, 1 gram Citrulline + 5 grams Arginine is all that is needed to restore teenage erections & Nitric Oxide levels. However in my case, I needed a further boost in Nitric Oxide. See

[Special Report on Arginine](#) and curing bad Nitric Oxide levels in our cardio system.

Viagra works like magic by boosting Nitric Oxide to our penile blood vessels. This is exactly what we want to do. However it takes very little viagra to perform this miracle. Horror stories about adverse reactions are caused by overdosing this wonder drug, headaches being typical. My own experience has proven that we should start with a minimal dosage of 25mg, then cut this pill in half to begin. This is likely to be more than adequate for good solid erections with no side effects:

Impotence is caused primarily by unhealthy and aged arteries that feed blood to the sexual organs, or by diabetes. Viagra works by stimulating enzymes in the nitric oxide pathway, causing a cascade of enzymatic reactions that enhance nitric oxide, causing more blood flow and better erections. *Viagra* stimulates erections primarily by enhancing signaling through the nitric oxide pathway in the penis. Arginine & Citrulline does this as well, but not nearly as effective as Viagra.

Greedy salesmen will promote the more profitable 100mg Viagra which can be WAY too much of an overdose. Generic Viagra has been available since 2011, called sildenafil citrate and is widely available in Canada for as little as 29 cents per 25 mg pill.

Recommended dosage by those with experience is 25mg or less: Less is More

<http://www.magicbluepill.com/dosage.shtml>

SPECIAL NOTICE !!!

You may not even need viagra at all. I've just discovered that Niacin (flushing kind) is a very effective treatment for Erectile Dysfunction. More to come. For now Google "Erectile Dysfunction Niacin" Not so good in my case......

Cautions on Niacin: <http://www.curezone.org/forums/fm.asp?i=2328811#i>

Viagra - Correct Dosage

Starting with a 50mg dosage (100mg pill cut in half) Viagra worked like magic 1st time and every time. I had tried every other popular supplement to no avail. I was so desperate to find a solution that I decided to risk the Viagra side effects. I did not notice any side effects. Bottom

line: Viagra is a miracle for men suffering with erectile dysfunction. Less is more, so start with 25mg or even less. It turns out that Viagra does exactly what older men want: It raises the Nitric Oxide in the Genitals to youthful levels. In fact, viagra may not even be needed because there are better ways to raise Nitric Oxide levels in our arteries to youthful levels. See [this link](#) for details.

Beware of Viagra Side Effects.

Start with ½ of a 25mg pill and titrate up from there to avoid side effects:

http://www.health.harvard.edu/family_health_guide/are-erectile-dysfunction-pills-safe-for-men-with-heart-disease

Where To Buy Viagra

My own experience is to shop around for the best prices. Viagra went off patent in 2011, and bargains galore can be found at Canada Drug Stores. I have found 25mg Generic Viagra for only 29 cents or less per pill. So shop around for the best prices.

Generic Viagra = Sildenafil citrate.

Canadian Drug Stores

Here are a few of the Canada Stores that I have used & found to be reliable. I am not recommending any one of them, so shop around for the best deals.

I get all of my prescription drugs through Canada to avoid the OBSCENE INSANE prices in the USA. My favorite Canadian dealers are: (no prescriptions needed)

http://canadianmeds24h.com/index.php?route=catalog/Erectile_Dysfunction

<http://fastxpills.com/search/?q=viagra>

<http://rxcanada365.com/category/Erectile+Dysfunction>

https://www.allrxsales.net/viagra_generic.php

<http://secure.marketpill.com/order-viagra-online.html>

<http://www.best247chemist.com/buy-erectile-dysfunction-ed-treatment-medicine.html>

I have used all of these Canadian Dealers who get their drugs from India. I have never had any problems with drugs from India. Viagra went off patent in 2011, so there is now world wide competition for Sildenafil Citrate, and prices are plunging.

I typically order 300+ pills at a time to get the best price, then keep them sealed in plastic bags & located in the fridge. I suggest starting with 25MG Viagra (or even ½ of a 25mg pill). Viagra is **extremely powerful** and 100mg is overdose for many.

Comparing Viagra, Cialis & Levitra - What is the difference?

<http://www.healthline.com/health/erectile-dysfunction/cialis-levitra-viagra#HowTheyWork2>

Call Your Bank to approve international orders

Your bank will stop all credit card orders from Canada

All Canada Drug Stores do international orders so you must call your bank ASAP to approve of all international orders. If you travel to Europe, you must also let your bank know so they will approve international charges. I've never had any problems with charges to my credit card from the above Canadian Drug Stores.

All orders are shipped in brown paper containers that may require your signature for delivery. You should also get your shipment insured.

Notice: Canada drug stores I have used ship products from India. Be aware that the FDA does not approve products from overseas, and some pills could even be fake or expired, as reported on the TV show 20/20. I have been ordering from Canada for years, and have never had any problems with the products.

If American drug stores & drug companies were not so damned greedy, there would be no Canadian drug sales. My asthma inhalers are 3 for \$90 from Canada & 3 for \$650 from the Walmart drug store. INSANITY SQUARED!
No wonder people are ordering from Canada!

Copy All of your order screens

TIP: Copy & Paste all of your order screens into an email and send this to yourself .
Save all emails from your selected Canada Dealer & take good notes on each order.
Save everything to one folder for each dealer. You may need this information in case of a dispute with your Canada Dealer. Be prepared.
I have never had any disputes or problems from the above list of dealers.

Just Say NO to Porn

Porn can rewire our brain so we cannot respond to a woman !
How Porn is Rewiring our Brains:

<http://www.telegraph.co.uk/men/thinking-man/10441027/How-porn-is-rewiring-our-brains.html>

See NoFap Introduction.

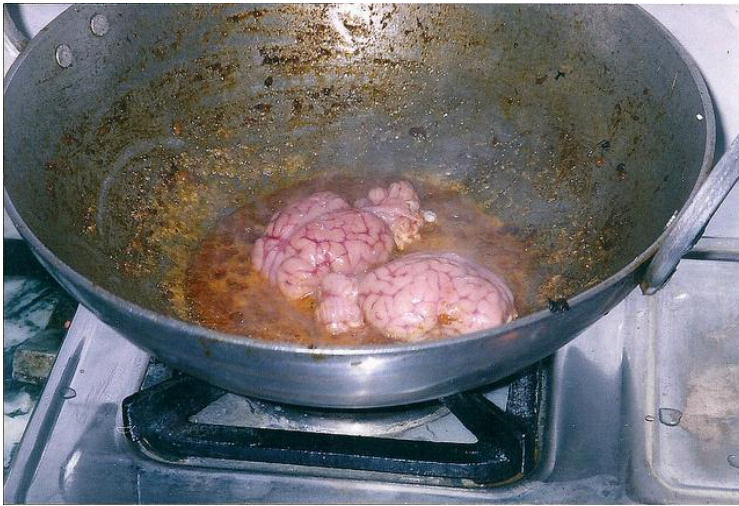
https://www.vice.com/en_ca/read/dipping-my-dick-in-the-nofap-movement

If you are addicted to porn, see the NoFap.Com message board for help.

<https://www.nofap.com/forum/index.php>

NoFap Glossary of terms.

<https://www.nofap.com/glossary/>



Our Brain on Porn

Restore sensitivity to our old, worn out Penis

There is help to restore sensitivity:

- [Special Report](#) on Man 1 Man Oil Also apply Man 1 to what is left of the foreskin.

Use a Man Hood to protect the glans - <http://manhood.mb.ca/benefits/>

Man Hood Review - [Link](#)

Restoring the Foreskin - <http://www.restoringforeskin.org/public/manual-tugging/method-2>

Restore the foreskin - Start with the Canister-Tape method

<https://tlctugger.com/canister-kit/>

Then finish with the TLC Tugger

<https://tlctugger.com/tlc-tugger/>

Manual Tugging

<http://www.restoringforeskin.org/public/manual-tugging/method-1>

Giving your partner orgasms

Caution - This chapter is sexually explicit with educational text, photos & videos.

Please do not proceed if you are easily offended by sexually explicit educational materials !

Time tested & proven tips to give your partner wall shaking, window rattling, wake the neighbor orgasms.

Please reference Dr. Betty's Website for further details & amazing discussions:

<http://dodsonandross.com/>

Suggestions, questions & discussions on female orgasms at the Curezone Sex Forum:

Ask your questions, you will get many answers here:

<http://www.curezone.org/forums/f.asp?f=318&c=0>

Shocking Special: What everyone needs to know about Circumcision

The HORRIBLE TRUTH about circumcising baby boys

Men who have been circumcised suffer from decades of declining penis sensitivity until they have difficulty reaching orgasm at all.

The male and female genital frenulum.

This web site will be an **HORRIBLE REVELATION** to men who have been circumcised and a dire warning to NEVER get circumcised.

(Training Video is sexually explicit, do not watch if you can be offended)

http://www.can-fap.net/preview/fundraiser_preview_fremintro.shtml

3 major reasons to NOT circumcise: [Uncutting at Tumblr.Com](#)

Cleaning baby's foreskin can be a problem:

<http://www.drgreene.com/qa-articles/cleaning-penis-intact-foreskin/>

Bottom line, do not let the greedy doctors perform mutilation on your baby's penis. God provided a foreskin for MANY good reasons, detailed above. If his foreskin becomes infected, there are antibiotic creams and Colloidal Silver gels that cure the infection.

Tip: Treat foreskin swelling, redness and irritation with boric acid powder in hot water.

Your Dr will try to use a simple infection as an excuse to sell an expensive circumcision. Circumcision & the infection MYTH: [Just say NO WAY to circumcision for yourself or your baby boy...](#)

Circumcision is simply a greedy money making SCAM

What men need to know about the Clitoris

Note for men: DO NOT WORRY about small penis size !

Very few women get orgasms from from intercourse, so size does not matter. Licking & rubbing the Clitoris is what gives her a thrilling orgasm, and makes you a GREAT lover.: Just forget about what you learned from watching Porn. Those actors have nothing to do with reality. See this web site: [Make Love, Not Porn](#)
Women really **do not** like a huge penis - it hurts them.

Fact: Very few women (less than 30%) can reach an orgasm from intercourse alone, no matter how long you pound it in or how big it is. 70–80 percent of women require direct clitoral stimulation (consistent manual, oral or other concentrated friction against the external parts of the clitoris) to reach orgasm.

The vagina is for man's pleasure and making babies, NOT for female orgasms !

Forget about “Spots” in the vagina, such as G Spot, D Spot, etc. ALL roads to great female orgasm lead to the Clitoris. Some women claim to have “G Spot” orgasms, where most women can't. I have never had any success with the elusive G Spot. After you have mastered giving clitoral orgasms, then you might try fooling around with the mythical G Spot.

Don't be deceived by the lies & propaganda designed to get your money. Focus all of our effort on the Clitoris for her pleasure. After she has had her orgasm, she will naturally want pounding intercourse ASAP.

Fact: The Clitoris is the full female equivalent of the Penis. In some women, the Clit is so large that it actually looks like a tiny penis, complete with a tiny shaft. The Clit even gets an erection when aroused. For huge clit photos, see this reference at [Tumblr.Com](#). also [here](#).. and [here](#) .However in most women, the Clit is tiny & hidden at the [top of the vulva](#), under the [clitoris hood](#).

See this excellent video introduction - [Clitoris 101](#)

Contrary to popular opinion, the Clitoris is massive. The clit is shaped like a wishbone that begins at the top of the labia and comes around both sides of the labia. If the clit were to be stretched out, it could measure 5” long ! The “legs” of the clitoris can also give her an orgasm if the labia (inner lips) are properly rubbed. Great articles with no BS here:

Detailed Diagram of the Clit: <https://en.wikipedia.org/wiki/Clitoris> + much more.

Another [Great article](#).

[3D Image of the Clitoris](#) Click the left menu for MUCH more

My comments: The best way to reliably give your partner a window rattling orgasm is: Let her know what you are planning to do so she can wash her vulva beforehand to remove the stink, a healthy clean pussy has no odor. She will eagerly clean herself to for oral sex.

- 1) Take quality time to Cuddle, rub her breasts, kiss & hug for a while to get her warmed up
- 2) Licking & sucking the Vulva lips & Clitoris is the very best way to warm her up. Licking the Clit gets it REALLY HOT and ready for an orgasm, so step #3 won't take so long. The head of the clit is EXTREMELY sensitive, and can cause her pain, so lick it very lightly.
- 3) Lubricating the vulva is essential for older women, because they are naturally very dry. Use a high quality lube such as [SYLK made from the Kiwi fruit](#), that will enhance your partner's pleasure, making it easier for her to reach orgasm..Even if there is plenty of vaginal wetness, lubricating the vulva helps to bring her to orgasm for step 4.
- 4) Then lightly & rapidly massage the vulva area. Rub the vulva area for a while then LIGHTLY rub the pubic bone area just above the clit in a rapid side to side motion until she comes. Avoid direct contact with the clit. Pressure to the clit will just desensitize it. (With practice, licking & sucking the clit can even give her an orgasm, but I find it far easier & faster to message the vulva & clit after licking)
- 5) Talk with your partner to ask her what you can improve. Feedback is essential because what works for one woman may not work for another woman. Every woman has similar but unique needs to get her orgasm. Every labia/clit is unique, where each woman is slightly different.

Lightly rubbing across and around the labia and across & around the pubic bone area will get your partner into a wall shaking orgasm. Pay close attention to your partner's body language. She will move her hips, tremble & arch her back when you are getting it right. *Talk to her to be sure you are doing it right.* The Clit is **very finicky** and too much pressure will hurt her & desensitize it, leaving her frustrated.

See this excellent Video - [The Clitoris](#)

(I suggest **not** using a vibrator on your partner because vibrators will desensitize the clit. . You can do much better with your tongue & fingers. The vibrator should be the LAST RESORT when nothing else works.)

[More high quality training videos by Dr. Lindsey](#)

Don't give up too soon. Continue rubbing the vulva & clit area, and sooner or later she will unexpectedly EXPLODE into orgasm without warning. Vary the stroking from circular to side to side motions, vary the speed from slow to fast, add even more lubricant. If still no success, ask her to do it and watch her style. It could take several sessions before you get her clitoral stimulation just right. Be patient with your partner, and just accept the fact that women are simply MUCH slower to reach orgasm than are men. The clit can sometimes be very fussy. ASK HER what works best. Sometimes it works best at the 11:00 position, or sometimes at the 1:00 position. Sometimes it might be necessary to stimulate the clit directly (12:00 position).

Hand picked videos for training. They are all excellent and accurate..

[Training video part 1](#) female orgasm explained

[Training video part 2](#) how to properly finger a woman

[Training video part 3](#) fingering the clit with Ben Buckingham, forget about Porn

[Training video part 4](#) Licking the clit with Ben Buckingham

[Training Text part 6](#) A guide to Cunnilingus, also MUCH MORE in this doc

I like Ben, he is accurate & factual with no BS. Ben has many more sex training videos if you are interested. Search Youtube for Ben Buckingham. [Search Link](#)

Other methods of getting your lady off include licking & sucking the clitoris for a longer time, or even using sex toys such as a big Dildo. See many testimonials [in this doc.](#)

Every woman is different, so practice with her to get it right. If she knows how to get herself off, then ask her to demonstrate how to do it. Don't be embarrassed to ask, women already know that men are totally CLUELESS and she will appreciate you asking.

More on the vibrator for women who cannot get off any other way

When all of the above tips have failed . . . The vibrator may be required:

If she has used a vibrator for a long time, then her clit may be so desensitized that there is no other way to get her off. Then just use her vibrator as a last resort.

Even worse, some women just can't orgasm at all, regardless of fingering, sucking, & licking. For these women the only answer left is a vibrator. Even then, there could be problems reaching orgasm. In rare cases when a woman has NEVER masturbated, she needs to train her Clitoris on how to orgasm. [Dr. Betty workshops](#) for such women have

proven to be a success. See links below for more about these and many other female sex problems:

This letter to Dr. Betty is a perfect example of a woman needing a vibrator:

<http://dodsonandross.com/blogs/betty-dodson/2016/05/first-orgasm-33-hitachi-how-can-i-orgasm-my-hands>

Video - [Dr. Betty Responds to this letter](#)

Letter: [God told me to get a vibrator](#)

Return To: [Cardiovascular Solutions](#)

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If you found any of this information helpful, please make a donation - Grizz

<https://sites.google.com/site/iodinereferenes/donate-to-the-curezone>