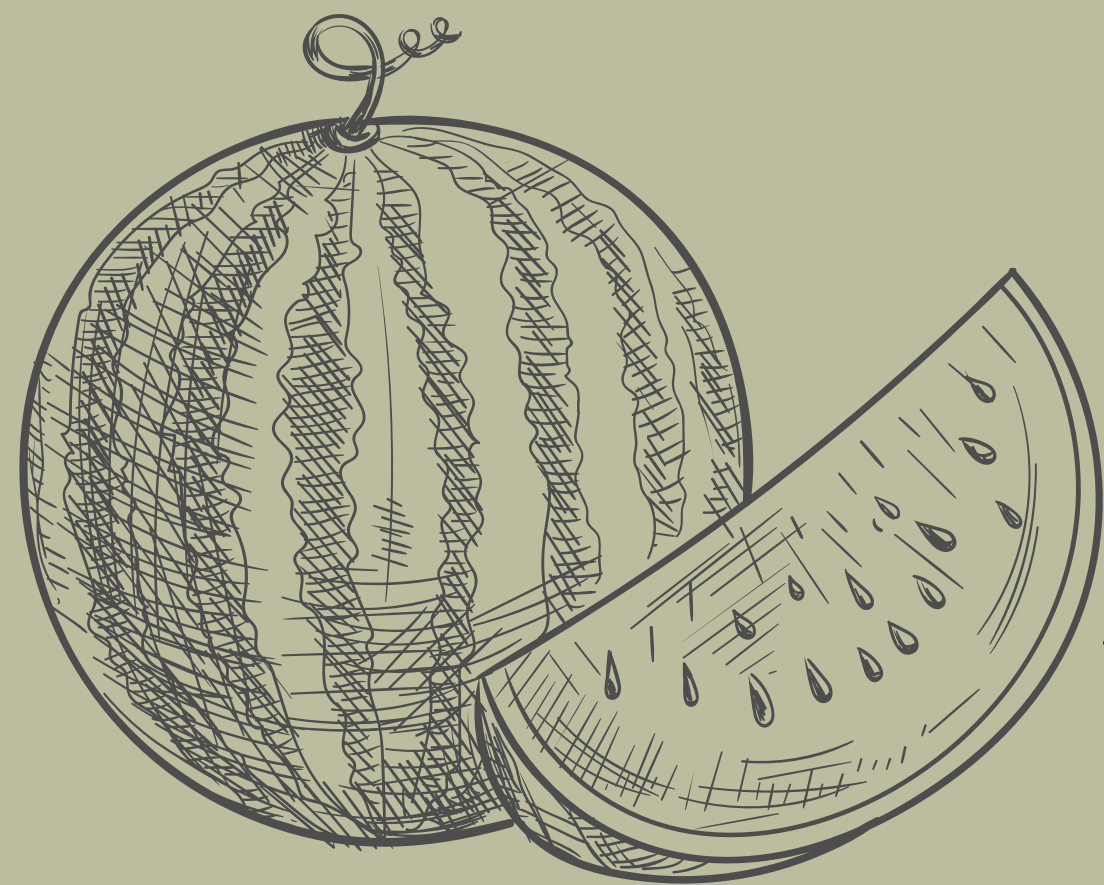


WATERMELON

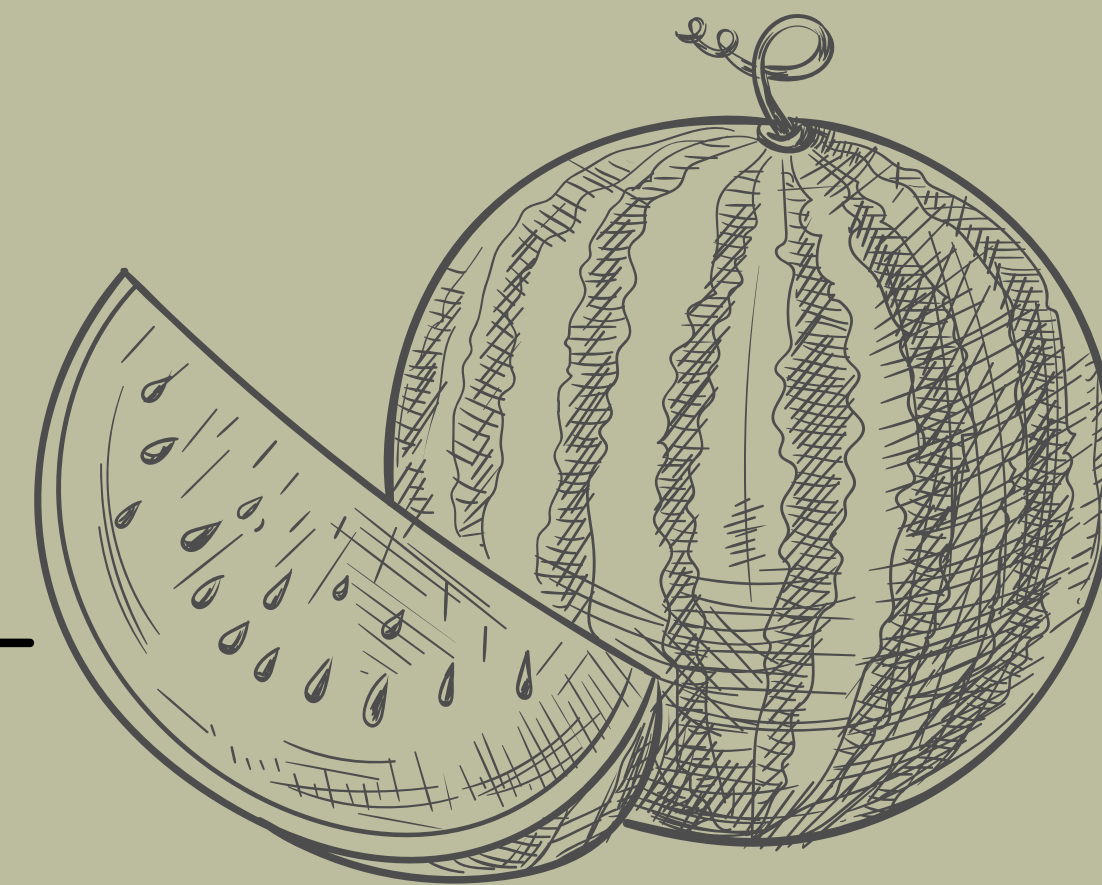
CITRULLAS LANATUS



Plant Profile

CITRULLAS LANATUS

WATERMELON



FAMILY: Cucurbitaceae

GENUS: Citrullus

SPECIES: Citrullus Lanatus

FLUSH & REPLENISH BODY SYMBOLISM:

Narrated from Ibn Abbas (may Allah pleased be upon him) that the “watermelon contains ten qualities; in the Holy Qur'an mentions watermelon and as prophetic medicine; 10 uses were mentioned which are confirmed today: 1. It is food 2. It is drink, 3. Sweet Basil, 4. Fruit and potash, 5. Wash Urinary and Bladder, 6. Wash the abdomen, 7. Increase water for back, 8. Increase sexual intercourse 9. Cut the cold, 10. Purifies skin * **

-5000 Years Recorded History of Human Use, oldest seeds found in S.W. Libya and Egypt, 4,000 ago heiroglyphs were drawn with a watermelon on a tray, 5 individual seeds in tomb of Tutankahn (1323 BCE), Seeds dating the islamic period are most like watermelon today.

- Abd Allah ibn Abbas (Arabic: عَبْدُ اللَّهِ ابْنُ عَبَّاسٍ; c. 619– 687), also known simply as Ibn Abbas, was one of the cousins of the Islamic Prophet Muhammad and he is considered to be the greatest mufassir of Qur'an.[7][8]

Plant Profile

CITRULLAS LANATUS

WATERMELON

Increases and sustains sex drive, protects the heart, helps to flush out the kidneys and reduces urinary tract infections. Aphrodisiac component is found in the seeds containing saponins, flavonoids and citrulline.

Lipophilic (Helps you digest fat better), Anti-inflammatory, Antimicrobial, Anti-diabetic, Gastric Antisecretory, Antiulcerogenic, Vasodilator, cures hangovers, bad breathe.

Lycopene: Found in the flesh of watermelon. Watermelons and humans are the only known source of cis-lycopene which it contains in high yeilds. Lycopene has remarkable antioxidant capabilities and is known for resisting various types of cancer esp. prostate (Harvard, 2009) best used in early stages of cancer.

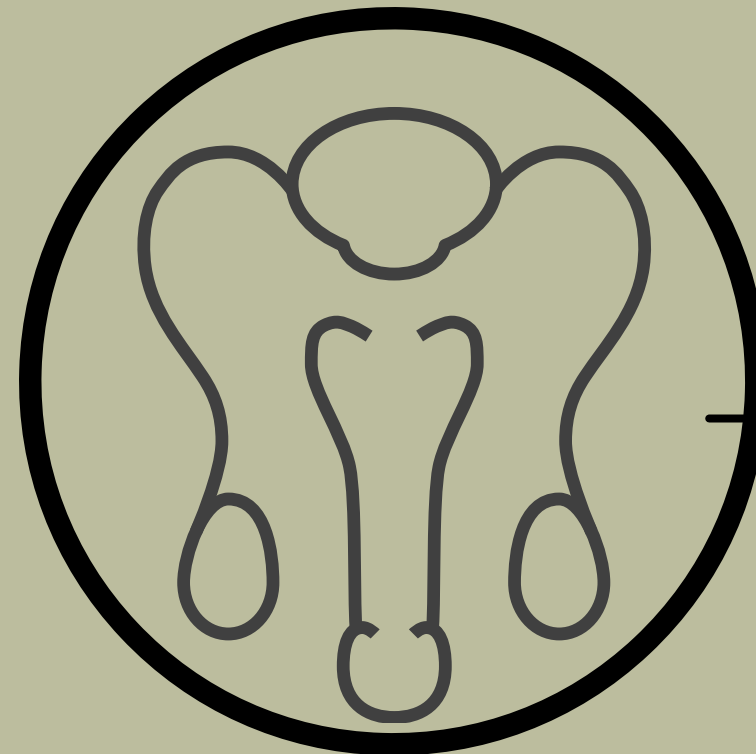
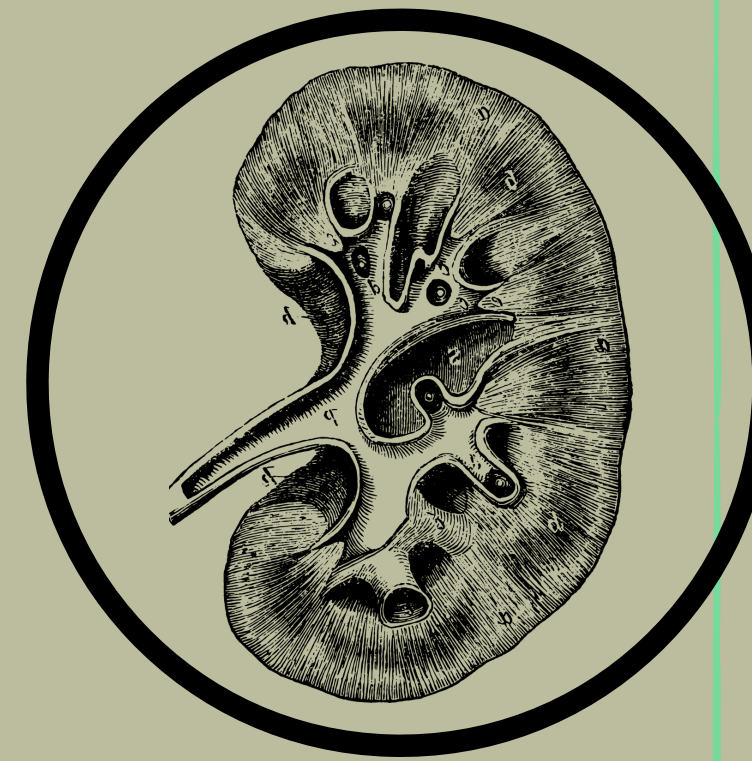
Also Contains: Beneficial fats, B vitamins (esp B1, B6) , Magnesium, Potassium, Carotenoids, and Flavannoids, responsible for its healing properties.

WATERMELON

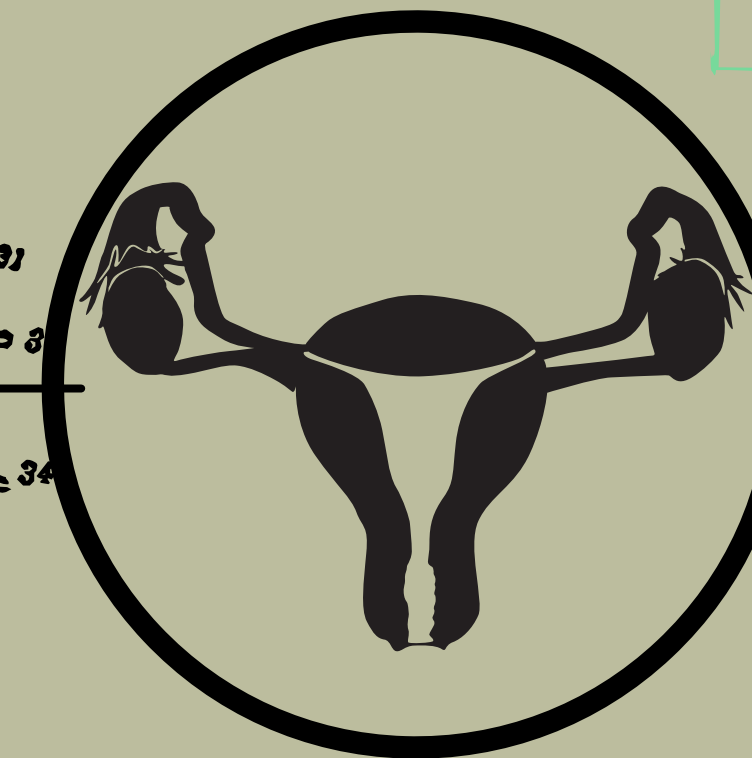
WATERMELON IS HEPAPROTECTIVE, POWERFUL ANTIOXIDANT CAPABILITY OF WATERMELON HELPS PROTECT THE HEARTT AND PREVENT HEART ATTACK.



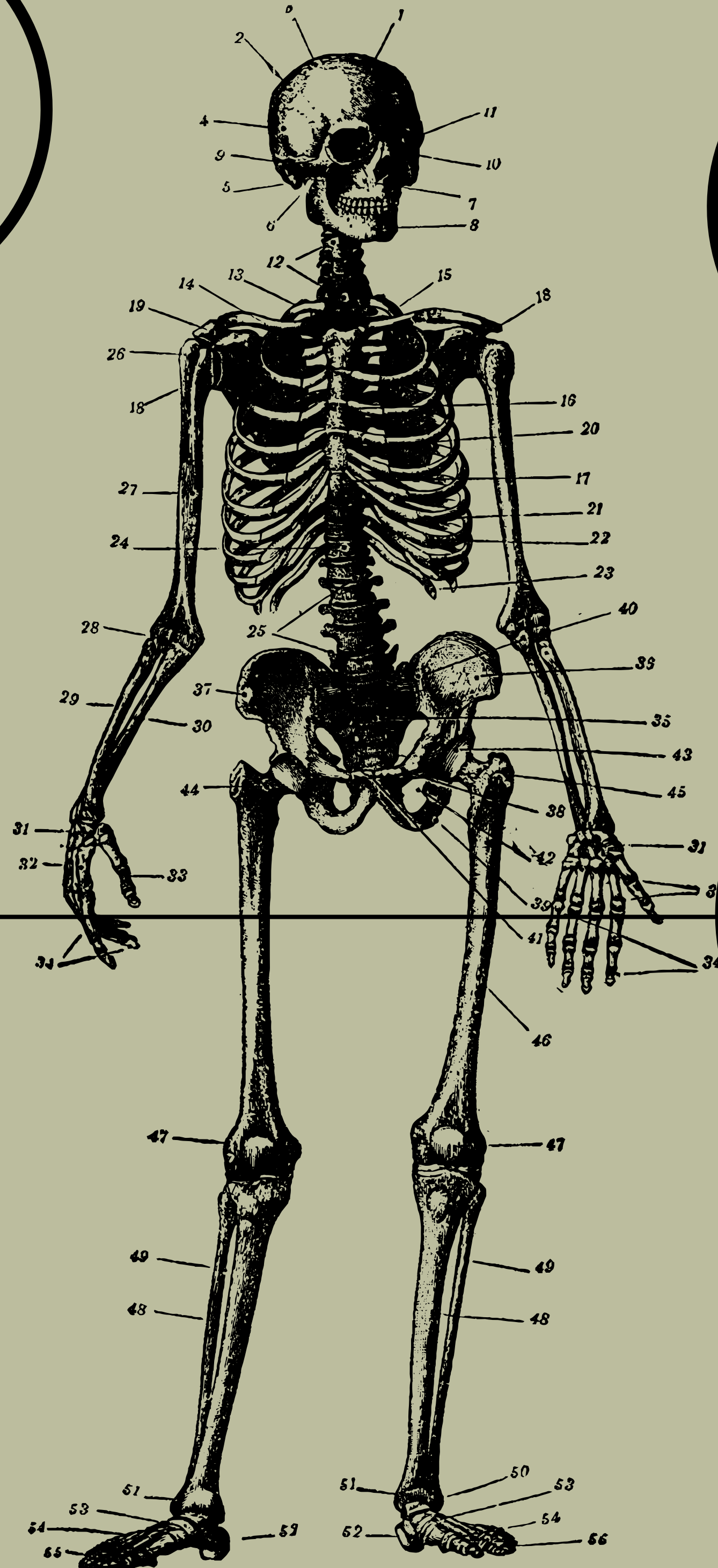
KIDNEY SUPPORT WATERMELON IS A NATURAL DIURETIC WHICH HELPS INCREASE THE FLOW OF URINE WITHOUT STRAINING KIDNEYS. IT HELPS THE LIVER PROCESS AMMONIA (WASTE FROM PROTEIN DIGESTION) WHICH EASES STRAIN ON THE KIDNEYS WHILE GETTING RID OF EXCESS FLUIDS. IT CONTAINS LYCOPENE – AN ANTIOXIDANT THAT HELPS BREAK DOWN HARMFUL FREE-OXYGEN RADICALS.



WATERMELON FLESH EXTRACT IS A POWERFUL VASODIALATOR AND HAS BEEN SHOWN TO INCREASE POTENCY AND SUSTAINED ERECTION CITRULLINE , FOUND IN THE SEEDS PLAYS A ROLE IN NITRIC OXIDE SYNSTHESIS AND IS KNOWN FOR IT'S VASODIALATION ACTION.

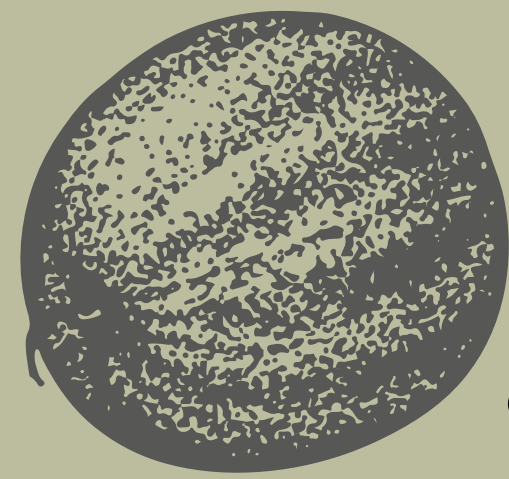


WATERMELON SEEDS ALSO HELP TO FLUSH OUT THE URINARY TRACT INFECTIONS AND CAN ALSO HELP TO REDUCE THE SYMPTOMS OF .THEM



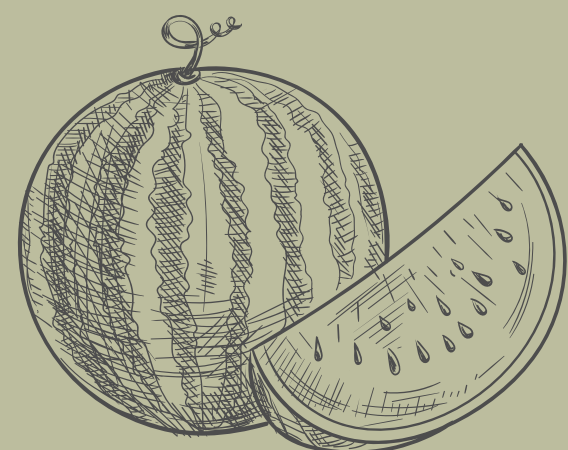
WATERMELON

Every aspect of the watermelon has nutritional and medicinal value



SKIN

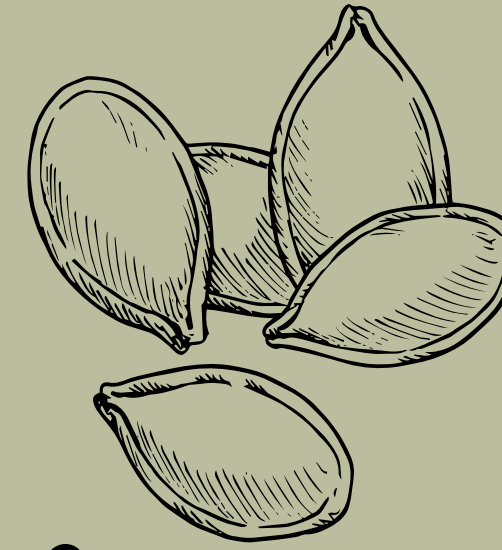
Male and Female flowers can be found on the same plant



FLESH

The Flesh contains over 92% alkalinity water which helps to flush out the system and balance it

SEED



The seed is a powerful vasodilator which helps reduce and or eliminate erectile dysfunction. It increases potency and helps to sustain erection. Seeds contain glycosides of linoleic, oleic, palmitic, stearic acids (fatty acids) and is a high source of protein and fat.

RIND

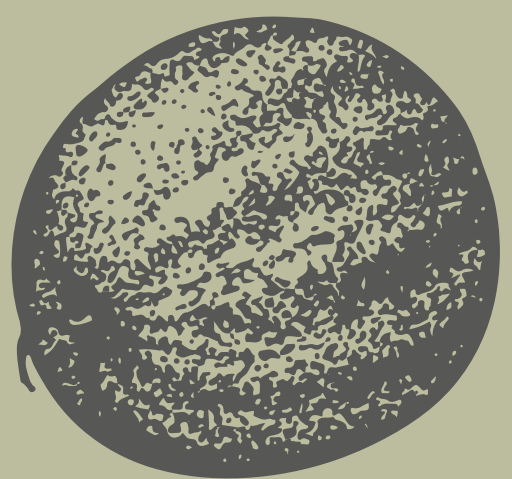
Rind is applied to the top of head for heat stroke, alchohol Poisoning and diabetes

WATERMELON



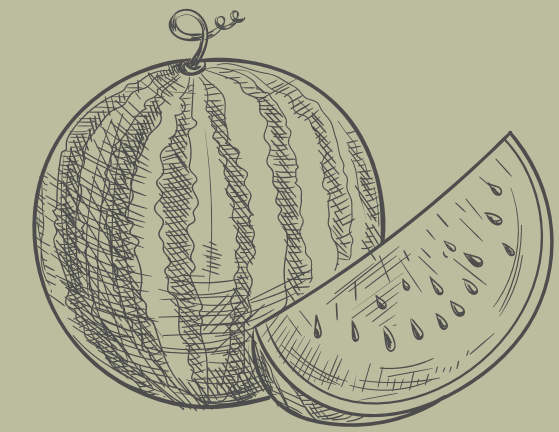
SEED

- Defatted seeds contain over 66.2% protein
- Ethanolic seed extract contains phytochemicals such as saponines with high concentrations of citrulline and arginine known to improve sexual performance and fertility in men. (3)
- In arurveda seeds are seen as a coolant, diuretic, and also nutritive. the seed oil contains glycerides of linoleic acid, oleic acid, palmitic and stearic acids and a rich source of enzyme urease. urease is antimicrobial and antifungal.
- They are used to treat acute inflammation in urinary tract disorders.



SKIN

The peel contains saponins, flavonoids, and tannins which are known to be anti fungal and antibacterial (1) Dried peels are used as an insecticide or in tea to aid in alcohol poisoning, diabetes or to stop bleeding in Gonderria (Homeostatic).



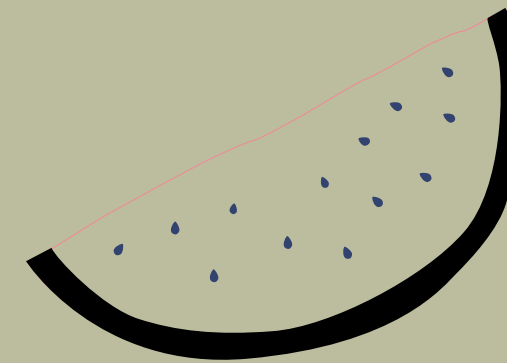
FLESH

Watermelon has some of the highest levels of lycopene of any type of fresh produce. only watermelon has been found to have the same kind of lycopene (cis-lycopene) that the human body produces. it has approx. 15 to 20 milligrams per 2-cup serving. the redder your watermelon gets, the higher the concentration of lycopene is.

-Watermelons contain 92 percent water which provides hydration and is packed with electrolytes. This provides energy-support and great for colon-cleansing. at a ph level of 9.0, watermelon flesh is very alkaline. it acts as a mild diuretic on the body (can include the kidney information here). It also helps reduce bacteria in the bladder.

-The carotenoids in the fruit are responsible for the colorful pigment in watermelon and the redder the watermelon, the more lycopene is associated with it.

-Watermelons should be consumed prior to a meal to help in the digestion of fats and to fill you up to eat less.



RIND

- Citrulline, is contained in the white rind in the highest concentrations. an American gynaecologist and author of Healthy Sex Drive, Healthy You: What Your Libido Reveals About Your Life, says "watermelon is a rich source of citrulline, an amino acid that relaxes and dilates blood vessels much like Viagra."

- Studies have shown decreased nitric oxide levels to be related to Erectile Dysfunction, therefore increasing Nitric Oxide in the body Making the amino acid Citrulline an effective APHRodesiac supplement.

WATERMELON

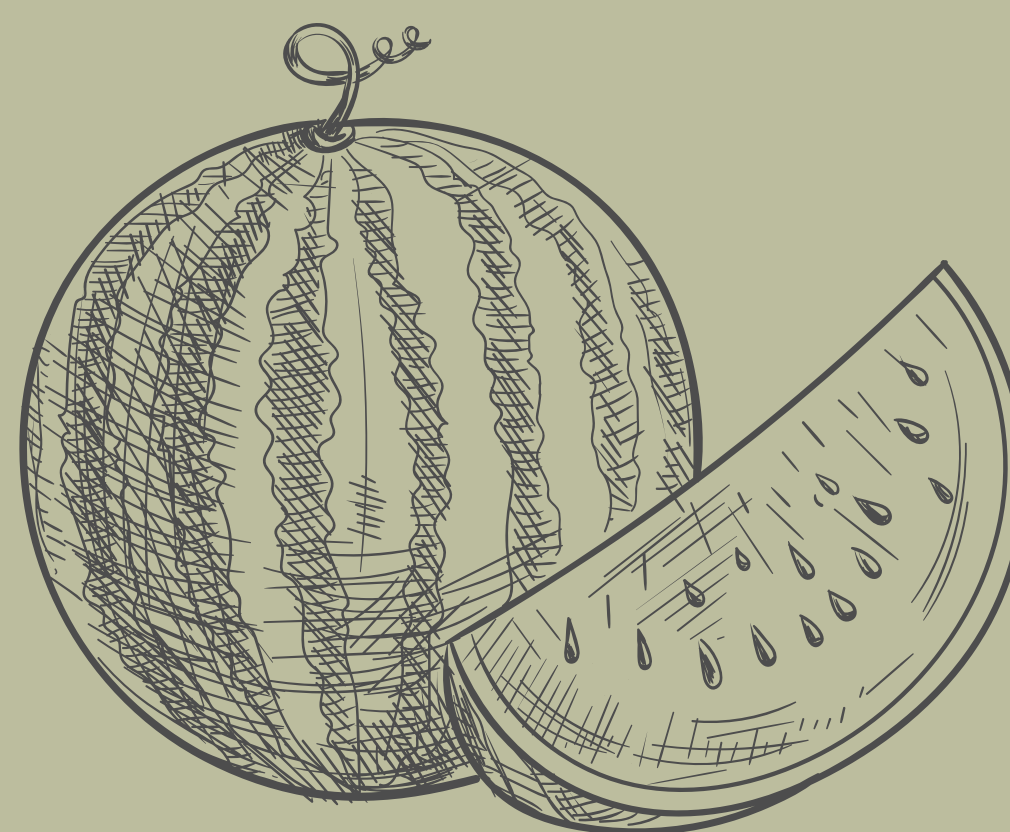
NUTRITION FACTS

Serving Size 154 g

Amount Per Serving

Calories 46. Calories from fat 2
% Daily Value*

Total Fat Og.	0%
Saturated Fat Og.	0%
Trans Fat	
Cholesterol Omg.	0%
Sodium 2mg.	0%
Total Carbohydrate 12g.	4%
Dietary Fiber 1g.	2%
Sugars 1Og	
Protein 1g	
Vitamin A.	18%
Vitamin C.	21%
Calcium.	1%
Iron	2%



NUTRITION FACTS

WATERMELON SEEDS

Serving Size 1 oz

Amount Per Serving

Calories 80 Calories from fat 2
% Daily Value*

Total Fat	21%
Saturated Fat Og.	14%
Trans Fat	
Sodium 2mg.	1%
Total Carbohydrate 12g.	7%
Dietary Fiber 1g.	4%
Vitamin A.	30%

Fruits are rich in lycopene and with a total antioxidant capacity similar to tomato (Perkins-Veazie et al. 2001). The fruits are also rich source of β -carotene, vitamins (B, C and E), minerals (K, Mg, Ca and Fe), amino acid (citrulline) and phenolics. Carotenoids contribute the colorful pigments of many vegetables which have antioxidant properties. Among carotenoids, β -carotene is precursor of vitamin A which is needed for eye sight. Lycopene imparts red color in watermelon and in recent years has received much scientific attention due to its strong antioxidant properties (Edwards et al. 2003)

WATERMELON GLOSSARY

APHRODESIAC |

Substances that can increase sexual function and sexual desire.

SEXUAL DESIRE |

Modulated by the central nervous system.

SEXUAL FUNCTION |

For men, it is not dependent on sexual desire, but also their neurovascular regulation via the hemodynamic mechanisms of the penile erection.

DIURETIC |

Increases the production and elimination of fluids in the body.

HEPATOPROTECTIVE |

Protects the heart and prevents heart disease.

LYCOPENE |

A carotenoid of great antioxidant capability. Intake is associated with decreased risk of chronic illness such as cancer and cardiovascular diseases. It helps to prevent neurogenesis, osteoporosis, scavenges free radicals on a cellular level.

CITRULLINE |

Boosts nitric oxide production in the body. Nitric oxide helps your arteries relax and work better, which improves blood flow throughout your body. This may be helpful for treating or preventing some diseases.

(WebMD)

VASODILATOR |

Medicines that dilate (widen) blood vessels, allowing blood to flow more easily through.

ETYMOLOGY

APHRODDESIAC:

The name comes from the Greek ἀφροδισιακόν, aphrodisiakon, i.e. "sexual, aphrodisiac", from aphrodisios, i.e. "pertaining to Aphrodite",^{[6][7]} the Greek goddess of love.

Throughout human history, food, drinks, and behaviors have had a reputation for making sex more attainable and/or pleasurable.



Aphrodite (n.)

Greek goddess of love and beauty, personification of female grace, 1650s; the ancients derived her name from Greek aphros "foam," from the story of her birth, but the word is perhaps rather from Phoenician Ashtaroth (Assyrian Ishtar). Beekes writes, "As the goddess seems to be of oriental origin ..., the name probably comes from the East too. It may have entered Greek via another language." He concludes, "[I]t seems possible that the name came from the one languages [sic] which on historical grounds we should expect to be relevant: Cypriot Phoenician." Associated by the Romans with their Venus, originally a less-important goddess. In 17c. English, pronounced to rhyme with night, right, etc.