Health Benefits of Lemon

1) **Aids Digestion.** Lemon juice flushes out unwanted materials and toxins from the body. It’s atomic composition is similar to saliva and the hydrochloric acid of digestive juices. It encourages the liver to produce bile which is an acid that is required for digestion. Lemons are also high in minerals and vitamins and help loosen toxins, in the digestive tract. The digestive qualities of lemon juice help to relieve symptoms of indigestion, such as heartburn, belching and bloating. The American Cancer Society actually recommends offering warm lemon water to cancer sufferers to help stimulate bowel movements.

2) **Cleanses Your System / is a Diuretic.** Lemon juice helps flush out unwanted materials in part because lemons increase the rate of urination in the body. Therefore toxins are released at a faster rate which helps keep your urinary tract healthy. The citric acid in lemons helps maximize enzyme function, which stimulates the liver and aids in detoxification.

3) **Boosts Your Immune System.** Lemons are high in vitamin C, which is great for fighting colds. They’re high in potassium, which stimulates brain and nerve function. Potassium also helps control blood pressure. Ascorbic acid (vitamin C) found in lemons demonstrates anti-inflammatory effects, and is used as complementary support for asthma and other respiratory symptoms plus it enhances iron absorption in the body; iron plays an important role in immune function. Lemons also contain saponins, which show antimicrobial properties that may help keep cold and flu at bay. Lemons also reduce the amount of phlegm produced by the body.

4) **Balances pH Levels.** Lemons are one of the most alkalizing foods for the body. Sure, they are acidic on their own, but inside our bodies they’re alkaline (the citric acid does not create acidity in the body once metabolized). Lemons contain both citric and ascorbic acid, weak acids easily metabolized from the body allowing the mineral content of lemons to help alkalize the blood. Disease states only occur when the body pH is acidic. Drinking lemon water regularly can help to remove overall acidity in the body, including uric acid in the joints, which is one of the primary causes of pain and inflammation.

5) **Clears Skin.** The vitamin C component as well as other antioxidants helps decrease wrinkles and blemishes and it helps to combat free radical damage. Vitamin C is vital for healthy glowing skin while its alkaline nature kills some types of bacteria known to cause acne. It can actually be applied directly to scars or age spots to help reduce their appearance. Since lemon water purges toxins from your blood, it would also be helping to keep your skin clear of blemishes from the inside out. The vitamin C contained in the lemon rejuvenates the skin from within your body.
6) **Energizes You and Enhances Your Mood.** The energy a human receives from food comes from the atoms and molecules in your food. A reaction occurs when the positive charged ions from food enter the digestive tract and interact with the negative charged enzymes. Lemon is one of the few foods that contain more negative charged ions, providing your body with more energy when it enters the digestive tract. The scent of lemon also has mood enhancing and energizing properties. The smell of lemon juice can brighten your mood and help clear your mind. Lemon can also help reduce anxiety and depression.

7) **Promotes Healing.** Ascorbic acid (vitamin C), found in abundance in lemons, promotes wound healing, and is an essential nutrient in the maintenance of healthy bones, connective tissue, and cartilage. As noted previously, vitamin C also displays anti-inflammatory properties. Combined, vitamin C is an essential nutrient in the maintenance of good health and recovery from stress and injury.

8) **Freshens Breath.** Besides fresher breath, lemons have been known to help relieve tooth pain and gingivitis. Be aware that citric acid can erode tooth enamel, so you should be mindful of this. Do not brush your teeth just after drinking your lemon water. It is best to brush your teeth first, then drink your lemon water, or wait a significant amount of time after to brush your teeth. Additionally, you can rinse your mouth with purified water after you finish your lemon water.

9) **Hydrates Your Lymph System.** Warm water and lemon juice supports the immune system by hydrating and replacing fluids lost by your body. When your body is deprived of water, you can definitely feel the side effects, which include: feeling tired, sluggish, decreased immune function, constipation, lack of energy, low/high blood pressure, lack of sleep, lack of mental clarity and feeling stressed, just to name a few.

10) **Aids in Weight Loss.** Lemons are high in pectin fiber, which helps fight hunger cravings. Studies have shown people who maintain a more alkaline diet, do in fact lose weight faster. I personally find myself making better choices throughout the day, if I start my day off right, by making a health conscious choice to drink warm lemon water first thing every morning.

11) **Inflammatory disorders.** Lemons are high in pectin fiber, which helps fight hunger cravings. Studies have shown people who maintain a more alkaline diet, do in fact lose weight faster. I personally find myself making better choices throughout the day, if I start my day off right, by making a health conscious choice to drink warm lemon water first thing every morning.
Medicinal Usage of Lemons

Abolish Acne: With your finger or a cotton ball, apply fresh lemon juice on acne and leave it overnight. Wash with water the following morning. There may be an uncomfortable sensation of burning at first, but it will soon disappear.

- Mix one part of freshly squeezed lemon juice with an equal part of rose or honey water. Put the mixture on affected areas for at least half an hour. Wash it afterwards with water. This application should be repeated twice daily, ideally in the morning and the evening.

Note: these remedies are safe and natural, but if acne is severe or there are open wounds, consult your doctor first.

Asthma: Take a tablespoon of lemon juice at least one hour before each meal to relieve asthma.

Burning soles/feet: Rub a sliced lemon over the burning sole/foot/heel to relieve from pain and for toxin elimination through the pores of the feet.

Cholera: The potent anti-viral properties in lemon can kill cholera bacilli within a very short period of time. Drink one part juice and one part water regularly, especially during an epidemic.

Cold: The anti-viral properties in lemon fight infections and halt the progress of a cold. Take the juice of two lemons in half a liter of hot water and add raw honey to taste. Sip it slowly before bedtime. Or drink freshly squeezed juice of 1 lemon in a glass of lukewarm water every 2 hours.
**Constipation:** Drink a glass of warm water every morning with some lemon juice with raw honey. Stir in a pinch of cinnamon powder. This will help your body to detoxify and relieve constipation.

**Digestion:** Lemon juice has amazing digestive qualities that are very similar to our digestive enzymes. Thus it is effectively helps with digestion and relieves bloating and belching.

**Feet, tired:** After a long day on your feet, soak your feet in very warm water containing lemon juice to enjoy the cooling, astringent feeling. This will also help promote deep sleep due to the relaxing action on the foot nerves.

**Fever:** Add the juice of 1 lemon to a cup of hot water with honey and drink at once, and then every 2 hours until the fever or chill subsides.

**Gums, swollen:** Drink a glass of diluted fresh lemon juice with a pinch of sea salt to relieve the pain of swollen gums. Use the albedo (the white matter under the peel) from the squeezed lemon and rub on the gums.

**Heartburn:** Add two teaspoon of concentrated lime/lemon juice into a glass of warm water and drink to relieve heartburn.

**Skin, dry:** Rub the peel of a lemon on dry or scaly skin to restore softness and add moisture to the skin.

**Sore throat:** Mix one part lemon juice with one part water. Gargle frequently and feel its soothing effect on the throat. You may also add in a pinch of sea salt for added effect. **Option 2** - add the juice of 1 lemon and 1 teaspoon (5ml) of sea salt to 1 cup lukewarm water. Gargle three times a day for 1 minute to diminish the burning sensation. If it’s a case of tonsillitis, gargle every 2 hours for at least 30 seconds with the freshly squeezed juice of 1 lemon. Tilt the head back to allow the antibacterial and antiviral properties of the juice to flow into the back of the throat. You can swallow the juice when you have finished gargling thereby benefiting from an immune-boosting vitamin C shot.
Healing Hypertension: Garlic and onions have been shown to be effective in the fight against hypertension, and they combine well with the healing power of lemon. Add 3 crushed garlic cloves and 1 chopped onion to 1 quart or cold skimmed or low fat milk or soy milk. Slowly bring to the boil and let it stand for 5 minutes. Pour through a sieve and chill. Add the freshly squeezed juice of 3 lemons and sip throughout the day.

Eliminating Varicose and Spider Veins: Lemon oil has vessel-strengthening properties that can help fight varicose and spider veins. For spider veins, take 2 to 3 drops of lemon oil every day and mix in a small bowl with jojoba, avocado or almond oil and massage the affected area.

For varicose veins, add 6 drops of lemon oil to 1 ½ oz. wheat germ oil, and 2 drops each of cypress and juniper oil. Use this mixture daily for a gentle massage of the legs from bottom to top, in the direction of the heart. For a vein and vessel-rejuvenating bath add 8 drops of lemon oil to a warm bath. Also add 4 drops of cypress oil blended with 1 tablespoon (15ml) of honey. Soak in the bath for 15 minutes and when you come out, pat your skin dry – don’t rub it.

Prevent kidney stones: Drinking one half-cup of lemon juice every day raises citrate levels in the urine. Studies have shown that this could protect against calcium stones in the kidney.
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