



20 HEALTH BENEFITS LEMONS

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It's no surprise to most of us that lemons provide a good amount of vitamin C. However, what we may not know is that the amount of vitamin C per serving is a whopping 187% of the daily value, making it a very impressive infection fighter. Lemons contain flavonoid glycosides — esperetin and naringenin — and it's this combination that provides free-radical bashing activity. Free radicals are known for doing severe damage to blood vessels and can also contribute to the build-up of cholesterol in artery walls, atherosclerosis, and overall heart disease.

Even though lemons have a very acidic and sour taste — that makes you pucker—wrinkle your face, squint your eyes, and press your lips together — they have a powerful alkaline reaction on the body. Lemons can help alkalize blood, cells, lymph, organs, and tissues. Lemons are also able to help eliminate putrefactive bacteria in the mouth and intestines — which may help alleviate flatulence, indigestion, and constipation. Lemons contain a compound called limonene, which is often used to dissolve gallstones and kidney stones and can even help to fight oral, lung, skin, breast, stomach, and colon cancer.

Lemons provide a good source of thiamin, riboflavin, pantothenic acid, iron, and magnesium. They are also a great source of fiber, calcium, potassium, copper, folate, and the outstanding phytochemical, limonene. It's important to note that there is a definite nutritional difference between raw lemons and bottled lemon juice. The amount of vitamin C in bottled lemon juice goes down from 139% to about 100% of the daily value per serving, and the calcium from 7% down to 3%. Bottled lemon juice also contains very high amounts of fructose and toxic additives.

Lemons are an excellent ingredient to incorporate into fresh juices. They contain virtually no fructose, which can cause a myriad of [metabolic](#) difficulties. Lemons are spectacular at eliminating the offending bitter taste of some of the dark, deep green leafy vegetables — you know, the ones that provide most of the nutritional benefits of juicing. A reminder that when making fresh juices, juice the whole lemon together with the peel, to get the most nutritional benefits (be sure to thoroughly wash and brush the dirt off the skin before juicing. Organic lemons are best.)

Lemons are abundantly rich in bioflavonoids, which can markedly boost the immune system and reduce inflammation. The juice of the lemon is helpful for colds, coughs, sore throats, hiccups, ear infections, fevers, arthritis, heart disease, COPD, atherosclerosis, diabetes, high cholesterol, autoimmune disorders, stroke, and cancer. When used topically, lemon juice is a wonderful remedy for lessening the appearance of wrinkles. Lemons can also be used for warts, toothaches, corns, sunburns, poison ivy, acne, psoriasis, and even as a hair rinse and facial astringent.

Drinking a large glass of lemon water, such as the Good Morning Elixir Recipe below, immediately upon waking up in the morning is a superb way to hydrate and cleanse the body and to signal the digestive to begin working. Fresh organic lemon in organic tea, green juice, or added to salads, wraps, hummus, and guacamole is another excellent way to implement this healing fruit into your diet.

GOOD MORNING Elixir Recipe

Ingredient List 24 ounces of warm distilled water (do not microwave water)
juice from one – 2 large organic lemons
1 tablespoon raw apple cider vinegar
1-2 tsp raw honey
1/2 tsp organic cayenne pepper

Instructions

Stir well & drink 8 ounces in glass cup first thing in AM.
Refrigerate remaining mixture & drink through the day!

20 Health Benefits of Lemons

- fights free-radical formation
- increases iron absorption
- fights skin damage
- may help to prevent asthma
- reduces wrinkles
- good source of Vitamin C
- helps with weight control
- prevents kidney stones
- reduces cancer risk
- lemon scent reduces stress
- improves [digestive health](#)
- helps to [enhance the immune system](#)
- may protect against polyarthritis
- may support healthy cholesterol levels
- helps with [inflammation](#) relief
- reduces kidney stone formation
- natural diuretic
- boosts energy
- provides DNA cell protection
- antibacterial properties





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 vinegar
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 pepper
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 glass cup first thing in AM.
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