



Lemon – a mighty healer

Centuries ago, ancient Egyptians recognised the huge potential of consuming lemon against food poisoning. Multiple cultures used it to prevent scurvy and, in India, lemon peel has long since been prescribed to treat liver diseases. Research has since backed up our ancestor’s theory that lemons really were crammed full of health boosting goodness - confirming their strong antibacterial, antiviral, and immune-boosting qualities, plus effectiveness as a digestive aid and liver cleanser.

Suffice to say, along with high levels of vitamins B and C, lemons contain many immune-boosting and infection-fighting elements including antioxidants, protein, citric acid, calcium, magnesium, vitamin C, phosphorus, potassium, carbohydrates, volatile oils, bioflavonoids, pectin, and limonene. Lemon juice also creates an alkaline-forming environment to balance the body's pH as well as restoring balance by providing vitamin C and high levels of potassium. Its alkalising effect is invaluable in relieving arthritis, fibromyalgia and rheumatism pain.

The full list of conditions that consuming lemon peel, and hot and cold lemon juice can alleviate – not to mention the benefits of using it topically on the skin, or even as a household cleaning agent - is too long to print here. Even squeezing lemon into your salad dressings or onto your food is strikingly beneficial. However, for info on the full benefits of incorporating this readily available island fruit into our day-to-day health regimes visit **www.naturalnews.com** and enter the search words “When life gives you lemons”.