

# Fruit that heals!



**Nutritional Highlights:** Egyptians believed Lemons and its juice protected them from a variety of Poisons, which was later proved; Lemons are rich in Vitamin C, B6, Citric Acid, Folic Acid, Flavanoids, Calcium, Magnesium, Limonene & other minerals.

**Health Benefits:** ANTI BACTERIAL, ANTI VIRAL & IMMUNE BOOSTER, Lemons are the best fruit for protecting against viral attacks; aids in WEIGHT LOSS and is a LIVER CLEANSER;

## Juice of Lemon helps in:

1. Treating ACNE by applying it with honey or rose water in the affected areas;
2. Drinking a cup of lukewarm water with juice of 1 lemon every 2 hours can help reducing FEVER & CHILLS, also COLD & FLU as it gives our body a boost of Vitamin C;
3. Sucking the lemon juice directly from the lemon can help reduce FATIGUE;
4. Lemon juice also helps in reducing HYPERTENSION;
5. The alkaline effect of Lemon acts against the excess acids in the body responsible for pains like RHEUMATOID ARTHRITIS; drinking juice of 1 lemon in case of mild pain and 2 - 3 in case of severe pain in a glass of lukewarm water thrice a day could help reduce PAINS.

**Lemon Slices can help in:** Curing CORNS by placing a 5mm slice with a bandaid overnight; FRESHENS YOUR BREATH if you chew a slice of lemon after food, smoking or consuming alcohol;

**Lemon Essential Oil can help in:** Overcoming ANXIETY by inhaling the oil; increases calmness and induces SLEEP; massaging with the oil can help treat VARICOSE & SPIDER VEINS;

**Consumption:** Add slices of lemon in drinking water or juices to consume its medicinal properties; People allergic to citrus peels, avoid over consumption.

Compiled for reader reference. We do not undertake any responsibility in case of any health damage through the given information.

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