

Lemon Home Remedies & Cures



A Complimentary eBook
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About Us

At Innate Essence, we believe that everything on our planet has been created with an inherent goodness. If nurtured and supported, these fundamental qualities then grow and fulfill their natural purpose. This is true for people like us as well. Many of today's progressive and fast paced lifestyles can sometimes cause us to lose our connection with nature, taking us further and further away from its essential characteristics.

Our company provides products and services which help people return to holistic natural living. We support social projects and initiatives which help to achieve this vision. We, at Innate Essence, just want to remind people on how to reap the benefits of what nature has to offer.

www.innateessence.com



About This eBook

This eBook aims to educate about the various health benefits and nutritional qualities lemons provide. Included in this eBook are:

1. Interesting general knowledge facts about Lemon: The Wonder Food
2. Lemons as a part of simple home remedies and cures.
3. 10 Medical conditions that lemon juice can address naturally.
4. Real Life Testimonials about the wonders of Lemons

Natural remedies and cures have few side effects and return us to live lives synchronized to natural rhythms of the environment. We hope you find the information in this eBook valuable and that it helps you and your loved ones live happier and healthier lifestyles.

Note: The remedies and suggestions presented in this eBook are not guaranteed to cure any specific and diagnosed health conditions. Please always first consult your medical practitioner if you are ill or have any specific medical conditions.



Interesting Facts About Lemons

1. The word lemon is derived from the Middle English limon; which is derived from the Old French limon; which is derived from the Italian limone; which is derived from the Arabic laymun; which in turn is finally from the Persian/Indian word limun.
2. The earliest geographical source of lemons is probably the Indian Subcontinent. A lemon-shaped earring from 2500 BC has been found by archeologists in the Indus Valley of present day Pakistan.
3. There was a time in the West when the lemon was once so rare that it was often gifted to kings for its rarity.
4. In the 15th century, lemons became an integral part of European cuisine. During the Renaissance, fashionable European ladies used lemon juice to redden their lips.
5. In the 17th century when explorers were sailing the high seas for months and years, doctors realized that a daily dose of lemon juice prevents scurvy among sailors – a disease very common before that. Some countries even had regulations regarding a minimum amount of lemon juice each sailor was to drink daily.
6. Lemon is a natural superfood. Its juice has been used extensively in Ayurvedic (Ancient Indian) medicine for centuries. Other than imbibing lemon juice, its external application has had equally diverse applications ranging from relief from acne, fungus (ringworm and athlete's foot), sunburn, and warts.
7. Lemons are acidic in taste, but are alkaline-forming in the body, making them great for balancing a highly acidic condition in the body.
8. Lemon oil is used extensively these days in aromatherapy as its unique zesty scent provides help in the uplift of the spirit. Nevertheless, it is still scientifically not known how this directly affects the immune system.
9. One fluid ounce of lemon juice provides 7 calories, 0.1 grams of protein, 0.1 grams of fat, 2.1 grams of carbohydrate (including 0.1 grams of fiber and 0.1 grams of sugar) and loads of Vitamin C. Lemons can easily fulfill the total US recommended daily allowance of Vitamin C (75 mg for adult women and 90 mg for adult men).
10. Lemon trees bloom and produce fruit year-round. Each tree can produce between 500 and 600 pounds of lemons in a year.
11. An experiment that involves attaching electrodes to a lemon can create a battery that produces electricity. Several lemon batteries can power a small digital watch.

Lemons On Our BODIES

1. Anti-Aging Skin

- Increased production of collagen caused by the Vitamin C in lemon juice is responsible for the elasticity of the skin. Thus those who regularly drink lemon juice have tighter and younger skin.
- Consuming lemon juice also increases the frequency of passing urine from our bodies, which in return helps flush out wastes, toxins and bacteria that may have accumulated in the body, resulting in healthier looking and lighter skin with fewer age spots.
- Lemon juice can also be used as a whitening agent and helps with removing skin blemishes.
- Topical application of lemon juice directly on skin has salubrious effects as it removes dead cells leaving the skin looking healthy and young. Juice can be squeezed out and mixed along with a small amount of honey and applied to the face with a cotton ball. Let the mixture be absorbed by the skin and then wash thoroughly with warm water.





2. Acne & Pimples

- ✓ Bacterial cells which cause acne flare ups are destroyed by the disinfectant effects of the acidity found in lemon juice. Dead cells which accumulate in pores lead to increased chances of developing acne. As a natural exfoliant, lemon juice removes these dead cells.
- ✓ Before applying lemon on your face, make sure that you wash your face with soap and warm water and wait for a few minutes for your skin pores to open up. Squeeze lemon juice into a small bowl and apply to each acne spot with a Q-tip. When done, rinse your face with cold water, enabling the skin's pores to close in order to prevent further clogging.
- ✓ Similarly, lemon juice can be applied with a cotton Q-tip on pimples. It will cause the pimple to dry, disinfect and eventually lighten the scar.

3. Teeth

01. Lemon peel is also often used as a whitening agent for teeth.
02. In a small bowl, mix a little bit of baking soda with the juice of a freshly squeezed lemon. The mixture should bubble slightly.
03. Using a cotton swab, wipe saliva and excess plaque from your teeth before brushing on the mixture. Leave the mixture on your teeth for a minute before gently brushing it off with a toothbrush.



Note: Lemon juice can also erode teeth enamel, therefore once you are done rubbing the lemon peel on your teeth, be sure to rinse your mouth thoroughly with water.

4. Corns & Calluses

01. A corn is a build-up of hard skin near a bony area of a toe or between toes, while a callus is a similar skin build-up on the sole.

02. To remove a corn, simply apply freshly squeezed lemon juice on the corn and allow it to air dry. Do this at least three times daily.

03. Alternatively, soak two pieces of cloves in one tablespoon of fresh lemon juice for 15 minutes. Remove the cloves and rub the lemon juice mixture on the corn and allow it to air dry, reapplying it several times a day.

04. Another option is to mix one teaspoon of Brewer's yeast with a little lemon juice to make a thick paste. Slather the paste onto the corn, cover with a bandage, and leave it on overnight.

05. To remove a callus, fill a large bowl or tub with warm water. Add a few drops of mild soap to the running water. Soak your callused foot in the soapy water for 10 to 15 minutes and then pat your skin dry with a towel. Soak the gauze padding of an adhesive bandage with a small amount of lemon juice and wrap around the callus.



5. Rashes

◆ Mild rashes can be treated naturally by applying a homemade lemon based remedy instead of rushing to the doctor immediately.

◆ Mix 1 teaspoon of lemon juice with 1 teaspoon of cinnamon powder, apply the mixture to the rash, leave on for 15 minutes and wash away with warm water.



6. Dandruff

Dandruff is caused by the shedding of dead cells of the scalp. The citric acid in lemons helps fight dandruff from the roots of the hair follicles. The treatment is natural and cheap as compared to using artificial, expensive and harmful hair products.

Dandruff can be treated with lemon juice in a number of different ways:

- Mix a few drops of lemon juice in warm coconut oil and apply it on the scalp. Wrap your hair with a warm towel and leave it on for at least 1 hour before taking a shower to wash it off.
- Take 2 cups of warm water, 1 tablespoon of lemon juice and 2 tablespoons of coconut oil and mix. Apply and massage over the scalp for a few minutes at night. Keep the mixture applied overnight and wash hair as usual the next morning.
- Apply the paste made up of pure organic peanut oil (8 tablespoons) & ½ lemon juice on your scalp and keep it for 10 minutes. Wash hair as usual.
- While taking a shower and after shampooing your hair, dilute some lemon juice in water to use for the last rinse. This will not only add shine to your hair but will remove stickiness and dandruff as well. Use 1 tsp of lemon juice for every 1 cup of water.
- Apply a mixture of 1 egg white and the juice of 1 medium-sized lemon on the scalp. Keep the mixture applied for at least 1 hour and wash with mild shampoo. As mentioned above, similarly use the diluted lemon water for the final rinse.

Note: Please be careful and take extra precaution while applying lemon juice to the hair. Lemons can lighten the hair if applied for an extended period of time, so use only as specified or until your dandruff has lessened. Be sure to avoid going out in the sun when your hair is applied with lemon juice, as its highly acidic nature and direct contact with the sun may cause damage to the hair.



7. Fingernails

- ★ Your nails may become yellow if you are a smoker or if you regularly use nail polish. You can try whitening your nails with a lemon juice. Soaking your nails in lemon juice may help restore their healthy appearance.
- ★ Mix a few drops of lemon juice with a tablespoon olive oil and massage the mixture onto your fingernails. Follow this up by putting on cotton gloves.
- ★ For best results leave this mixture on overnight.
- ★ Doing this twice a week will also strengthen fingernails.



8. Insect Bites

- ★ Lemon juice has anti-itch, anti-bacterial and anti-microbial qualities.
- ★ Applying lemon juice on insect bite enables it to heal faster, while also reducing swelling and providing instant relief and comfort.



Lemons in Our Bodies

1. Cold & Flu

- ✓ Perhaps the best known home remedy for lemon juice is that for colds and flus.
- ✓ The lemon juice from just one lemon contains over 80% of the daily recommended dose of Vitamin C, which has been shown to boost the immune system against viral attacks.
- ✓ It not only produces more white cells in the blood to fight the infection but also reduces the toxicity of the virus and thus shortens the duration of the cold.



2. Hypertension (Blood Pressure)

- Blood pressure can be properly regulated with daily consumption of lemon juice.
- Its antioxidant qualities along with its high Vitamin C content, helps in thinning the blood and absorbing iron in our bodies.
- The Vitamin P, found abundantly in lemon juice and its peel, prevents fragility of our body's capillaries and helps absorb Vitamin C effectively.
- Its high levels of potassium helps us get better sleep, reduces stress, and improves mental functioning.
- Lemon juice also cleanses the lymphatic system and keeps it hydrated.



3. Diabetes (Blood Sugar)

- ✓ The American Diabetes Association includes lemons on their list of superfoods due to its soluble fiber and high Vitamin C content, which have been found to have beneficial properties for people with diabetes.
- ✓ Lemons are known to have a low glycemic index and some studies even show that lemon may lower the glycemic index of other foods.



4. Cancer

- ✓ Researchers say that citrus fruit like lemons are vast reservoirs of anti- carcinogens. Compounds such as flavonoids, carotenoids and limonoids found in citrus fruit are effective in their anti-cancer activity.
- ✓ Recent medical studies have shown the effects of lemon in preventing oxidization. Investigations of lemon being used to prevent cancer have been carried out. It has been shown improvement in acute leukemia cells as well as protection against oral cancer
- ✓ The best part of using lemon juice in the fight against cancer is that naturally occurring compounds like limonoids have no side effects unlike regular anti- cancer drugs that are toxic.
- ✓ Limonoids are unique to citrus fruit. They are not present in any other fruit or vegetable.

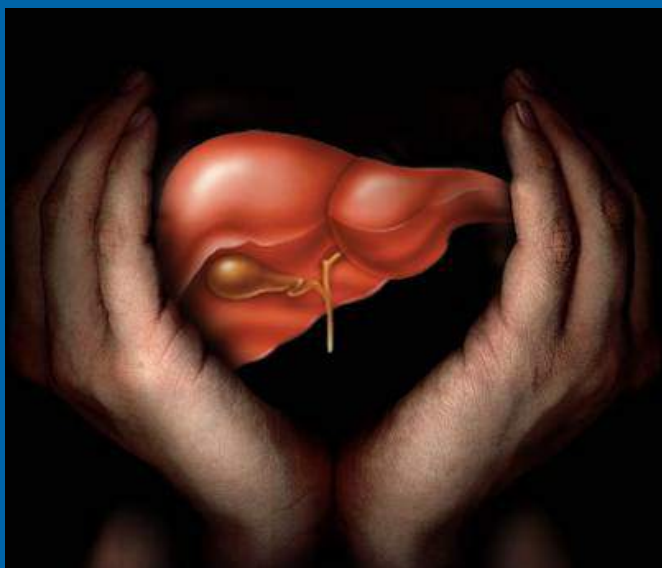


5. Liver

Research done on lab animals have shown that lemon peels and the waste stream of the lemon peels are effective in lowering liver cholesterol levels. This indicates that lemons can benefit fatty liver patients.

High Vitamin C content in lemons, causes an increase in the manufacture of glutathione – which is used by the body to neutralize toxins.

Lemon consumption also increases the liver's efficiency in producing vital enzymes needed by the body. It also increases the production of bile.



6. Weight Loss

Lemon's antioxidant properties help in fighting the body's toxins. Excessive toxins are known to be one of the causes of weight gain.

If diluted lemon water is drunk before meals it causes a feeling of satiety and reduces hunger cravings. This is due to the presence of pectin fiber in lemons which helps in a person not eating excessively.

Having a drink combined of warm water, honey and lemon juice creates a more alkaline atmosphere in your stomach, thus helping you lose weight faster.



7. Heart

- ★ Vitamin C also plays a large part in lowering bad cholesterol by breaking down excessive cholesterol whereas its vitamin C content aids in preventing blood clots from forming.
- ★ Lemon juice works in various ways in keeping the heart healthy. By regulating blood pressure, bad cholesterol, body weight, preventing blood clots and cleaning the blood it works synergistically to help the heart stay healthy.



8. Asthma

- ★ External factors that trigger an asthma attack can be mitigated by the Vitamin C content present in lemon juice, similar to how it improves the immune system in general.
- ★ The antioxidants in lemon juice, helps asthma sufferers combat external allergens that enter the lungs. It is often these allergens which trigger an asthma attack.
- ★ Regularly drinking lemon juice combined with ginger or as fresh lemonade causes asthma relief. Ginger has anti-inflammatory properties which helps clear restricted airways of the lungs.

Note: Lemon juice is not a complete cure for asthma and is not effective for gene-related variants of it.



9. Arthritis

- The Vitamin C in lemons produces collagen, which helps build and repair blood vessels, tendons, ligaments, and bones.
- Lemons also cause an increase in the flow of urine. Uric acid is constantly produced by the body and if not excreted periodically, the excess is deposited in joints causing arthritis and other complications.
- The antioxidants in lemon juice also help reduce inflammation which is helpful for those suffering from arthritis.
- Patients have related that just having half a lemon squeezed into a glass of water before breakfast can cause much relief.



10. Immune System


- The medicinal characteristics of lemons i.e. being antioxidants; assisting with the absorption of iron; a source of alkali, acids, vitamins and antimicrobial compounds – all mean that lemon juice can greatly improve the immune system.
- Drinking lemonade or lemon tea regularly will make your body less susceptible to illnesses.



Everyone's Talking About Them Lemons

Still not convinced about the extraordinary qualities about lemons? Have a look at what the pros have to say about this super food.

- “The combination of olive oil, garlic and lemon juice lifts the spirits in winter” -- Yotam Ottolenghi, Chef
- “I always start the day with a cup of hot water and lemon - I find it really cleanses and hydrates me. I have very sensitive, dry skin, so I have to be careful about what I put on my face. My must-haves are Dermalogica cleansing gel and L'Or De Vie Creme Riche by Dior, which is thick and nourishing” -- Eva Green, Actress
- “There's loads of things you can do to make things easy for your throat, you can drink a bit of lemon and hot water couple of spoons of honey, you can gargle with port, I've done it a couple of times myself ...” -- Cliff Richard, Musician
- “I drink tons of water. When you're puffy, you think you can't drink water since you feel more bloated and gross but that's what you do to get the toxins out of your system. I put a little lemon in the water bottle that I carry around with me or drink a cup of hot water with lemon. It's a natural diuretic” -- Kate Walsh, Actress
- “I get up between 6:30 and 8 am. I used to make a cup of coffee first thing, but now I have warm water with a bit of lemon juice in it. I've cut down on things as I was getting fat” -- Melvin Burgess, Author
- “I don't drink any soda. None at all. Just water with lemon. If I need something different: iced tea. I don't have anything like protein shakes” -- Jillian Rose Reed, Actress
- “Diseases happen in acidic environments, so it's very important to keep your body alkaline. Keeping a diet high in leafy greens, spring water, fresh air, raw almonds, lemons, grapefruits, and warm water with juice from half a lemon helps lower acidity levels” -- Valentina Zelyaeva, Model
- “The citric acid in lemon juice makes it perfect for bleaching, disinfecting and cutting through grease.” -- Sheherazade Goldsmith, Environmentalist
- “We stopped cleaning our houses with lemon water and vinegar like our mothers did, and we clean with chemicals. We're breathing chemicals, and then everyone wonders why cancer is the biggest killer” -- Suzanne Somers, Actress
- “If you can't afford organic food and are unable to grow your own, it's crucial to wash all inorganic produce very carefully to minimize the toxins you consume. Soak everything for 20 minutes in water with vinegar and salt or water with fresh lemon juice and salt” -- Suzanne Somers, Actress

A smiling woman with a white headband is holding several slices of lemons in her hands. The background is white, and the overall tone is bright and healthy.

At this point, you must be in awe of the wonderful qualities this small yellow fruit has to offer. Mother Nature is full of surprises, and with a little bit of effort and dedication from our side, we will be able to unfold and reveal more and more of its wonders. With such profound natural remedies available at hands length, one can realize that achieving a healthy and holistic lifestyle is possible for anyone. We, at Innate Essence aim to help you along your journey towards healthier living.

We hope the information presented to you in this eBook was helpful and if you have any suggestions to improve this eBook, we would like to hear from you at cs@innateessence.com.

Otherwise, if you found the information presented here as useful and enjoyed using your Innate Essence gadgets please do us a small favor and take 30 seconds from your time to leave an unbiased review at Amazon by clicking **here**.

Thank you and stay healthy!
Innate Essence

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