

Lemon the Amazing Fruit

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Lemons are an amazing fruit with so many health benefits. If you put $\frac{1}{4}$ cup of lemon in half a gallon distilled water and drink 8oz in the morning and evening it will help to balance your PH to 6.40. Disease can't exist in a body that has a balanced PH. You can put a little honey in it especially if that will help get the children to drink it. There are lots of expensive products on the market to help balance the body's PH and this worked just as well also giving many other benefits.

Lemon has many properties it is an antacid, antifungal, antiseptic, along with aiding in digestion; it is rich in vitamins B and C. Lemon is a blood purifier, improves the body's ability to expel toxins; useful for skin properties like acne and boils. It is one of the most powerful natural styptics: use on cuts and grazes to stop bleeding. With antibacterial and antiviral properties lemons are excellent for halting the progression of infections. Lemons also help to control bladder and kidney infections.

Some other helpful uses include using lemon on a wasp or bee sting will relieve the pain and pull out the poison.

Lemon juice taken in hot water will ease stomach acidity; when drunk before going to bed it may help to relieve cramping and "restless legs syndrome".

Regular intake of fresh lemons may be useful in the treatment of hemorrhoids, and kidney stones; also for varicose veins.

Lemons strengthen the immune system and helps relieve the symptoms of colds and flu. It can also be beneficial in the treatment of other infections.

The high potassium of lemons will encourage the heart action, so lemons are a useful tonic for anyone with heart problems.

A drop of lemon juice will also benefit ulcers on the tongue and the mouth.

To help cure cold sores, put a few drops of undiluted lemon juice on the affected area. Repeat several times a day until the sore goes. Drink lemon juice mixed with olive oil may help to dissolve gallstones.