

## When Life Gives You Lemons

Right now lemons are plentiful in the back yards and the shops. It's a great time to learn why they are so good for us and different ways to benefit from them.

Lemons are full of Vitamin C which is a strong antioxidant that can protect our cells from free radical damage, strengthens the immune system, fights infections, helps prevent colds and flus, makes collagen to keeps the bones, skin and joints firm and strong, boosts the effectiveness of the lymphatic system, reduces uric acid in the joints, helps lower blood pressure, helps detoxify pollutants and help to protect you against cancers and heart disease. Vitamin C also helps make anti-stress hormones and turns food into energy. WOW!!!

Aside from the many benefits of the Vitamin C in lemons, they have heaps of other impressive attributes as well as being antiviral, antimicrobial and antibacterial.

Here are a few:

1. Hydration - Lemon juice in water takes the flavour up a notch so you drink more water for better hydration and when combined with Green Tea, doubles the antioxidant properties of the tea.
2. Digestion - Lemons can aid digestion by providing natural alkalinity to balance stomach acid and promotes the ability to flush toxins from the digestive tract. They help break down food for better digestion and may help reduce gastro-intestinal problems like bloating, indigestion and heartburn.
3. Potassium – The potassium in lemons improve mental clarity, boosts energy, moods and focus as well as being essential for cell function, metabolism and transmission of nerve signals.
4. Cancer fighter – Lemons can neutralise stomach acids. Keeping the body acids low helps ward off the growth of certain types of cancer which tend to grow in an acidic environment. Lemons, especially the peels, are rich in terpenes like D-limonene that display several anti-cancer benefits.
5. UTI's – They help prevent UTI's by working as a natural diuretic to flush out toxins and prevent bacterial overgrowth.
6. Kidney Stones – The citric acid in lemons may help to prevent calcium kidney stone formation.
7. Liver – The citrus flavonoids in lemon may help flush out toxins and fat in the liver, protecting against fatty liver disease.
8. Skin – The natural citric acids (AKA Alpha Hydroxy Acids) are linked to stimulating fresh elastin and collagen production and encourage shedding of dead skin cells.

9. Fresh Breath – Lemon juice can freshen your breath and kill bacteria around teeth and gums. BUT, make sure you rinse well after swishing it around as it can weaken your tooth enamel. Best to wait for at least half an hour before brushing though.

So, the next time life (or your neighbour) gives you lemons, make lemonade, sprinkle the juice on your food instead of salt or make a lemon meringue pie!

To Your Health!

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