

## Lemon

*Citrus limon*



### Properties:

Alterative, antibacterial, antiviral, antioxidant, antifungal, antacid, antiseptic, astringent, digestive, hepatic, lymphatic, anti-inflammatory, styptic, tonic, flavonoids, B-complex vitamins, minerals like iron, copper, potassium, and calcium

### Cleaning:

- disinfectant
- stain remover
- air purifier and deodorizer
- removes adhesive
- removes tarnish from certain metals (patch test)
- brightens whites and colors
- cuts through grease
- throw some lemon peel into your disposal to freshen, disinfect and clean
- washing hands with lemon juice will remove the onion/garlic smell after chopping
- likewise rubbing a cutting board or any dish/container will remove undesirable smells while also disinfect

### Beauty Care:

- astringent properties tighten the pores and firm the skin
- bleaching properties for both skin and hair
- helps restore natural pH level to skin
- balances oily and acne prone skin
- balances blotchy and discolored skin
- soaking elbows or knees in scooped out lemon halves will soften and lighten that rough, dark skin
- use the powdered, dry peel in facial cleansing grains or scrubs
- balances oily hair and dry scalp
- removes build up on hair
- treats dandruff and lice

## Medicinal Uses:

- good source of vitamin C, which helps the body fight off infection and disease
- immune system builder
- cough, colds and flu
- sore throat and laryngitis
- infections
- prevents and treats scurvy
- aids digestion
- helps dissolve kidney stones
- mix with olive oil to treat gallstones
- bladder and kidney infection
- expels toxins from the body, specifically through the blood, liver and kidneys
- cleanses the body both inside and out
- although it may sting a bit will stop a cut from bleeding and prevent infection
- tonic for all body systems - drink it in warm water first thing in the morning
- relieves cramps and muscle spasms
- drink a warm cup of lemon tea before bed for "restless leg" syndrome
- bug bites, stings and insect repellent (including flies)
- varicose veins, hemorrhoids
- cold sores (apply juice or essential oil directly to sore) apply several times a day
- canker sore and mouth ulcers

## Methods of Use:

- The most effective way to utilize the medicinal properties of lemon is drinking the fresh squeezed juice in warm water. Add some raw honey for ultimate healing
- fresh squeezed juice
- lemon peel (zest) this can be fresh or dried
- powdered lemon peel
- essential oil

## In the Kitchen:

- natural preservative (due to the citric acid content)
- fruit and veggie wash to remove pesticides and dirt from produce (vinegar infusion or essential oil is the best method of use for this purpose)
- fresh juice tossed with cut apples, avocados or other produce will prevent browning

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.