

Grandma's Remedies for Lemon

Just about everyone has a home remedy that involves a lemon: removing stains, killing warts, preventing wrinkles, cleaning copper, bleaching hair, invisible ink, even the common cold!! The list is virtually endless, and strange as it may sound, the lemon is even one of a few candidates for the legendary "Golden Apple" of immortality from the mythic gardens of the east, but why is it so?

One of the primary medicinal virtues of lemon is its incredible anti-bacterial action, thus the rather wise combination of fresh sea food with lemon juice. It is so effective in fact, that the vast majority of cleaning products are 'lemon scented' because they use the essential oil as a disinfectant. Don't start gargling your floor cleaner however, because the real thing is much more effective, and for about twenty minutes after it has been cut a lemon is also a very good source of vitamin C. This of course is why 'limies' or sailors used to carry them (not limes) on long voyages to prevent the vitamin c deficiency known as scurvy.

Another significant and mind boggling attribute of the lemon is it's alkalizing effect on the body chemistry. That's right, despite the strong acidic nature of fresh lemon juice, upon ingestion it goes through a complicated series of changes which eventually actually helps to lower the body's PH, reducing acidity. This is why it is used for such acidic conditions as rheumatoid arthritis, reflux and Halitosis (doggy breath). In addition to this, due to the significant amount of potassium, lemon water is also an effective home electrolyte balance for threatened dehydration.

Its action on the liver is also well known, regulating bile production and stimulating the safe release of toxins from the body. This is why lemon is used by some as a hang-over cure, or even preventative if enough water is also consumed. In fact, a big part of the Liver cleansing diet is the age old tradition of a half a lemon in warm water upon rising, which will also work wonders for some forms of constipation. The liver is said to govern the eyes in Chinese Medicine, and lemon is also a fantastic remedy for eye infections, with a few drops added to an eye bath often working wonders. There have even been a significant amount of cases of cataracts eradicated by such an eye bath when used three times daily.

A final few tips on this veritable super food: pickled whole for winter it staves off the flu, applied directly it heals athletes foot, removes freckles, lightens dark circles under the eyes and cleans wounds, placed whole under the arms I am told it deodorizes the arm pits (but makes most sports very difficult) and when juiced skin and all with carrot and apple first thing in the morning, an *organic* lemon can change your energy levels for the whole day.

Till next time,

- The Barefoot Doctor