

Lemon Juice Health Benefits

Lemonade is known to have been used as a refreshing drink since the time of the Moguls. Modern investigations have tended to support this use, the essential oil being very good for cooling the body. This use can be extended to the employment of lemon juice with water and sugar as the best drink to take when you have a fever

When the temperature of the body is high, whether from the effects of the sun or from the results of illness, it is necessary to take regular drinks in order to prevent dehydration. Sugar is not normally a desirable part of a healthy diet, nevertheless it has its part to play with lemon, and although there is no doubt that the addition of honey if available is very much to be preferred.

The high vitamin C content of the lemon has been used for hundreds of years to ward off scurvy among sailors and travelers. There is little sodium, so the fruit is good as a flavoring for those on a low salt diet.

Because in some countries the producers of lemons extend their keeping properties and improve appearance by coating them with the chemical diphenyl and waxing the fruits, it is a wise precaution to wash the lemon with a little unscented soap and then rinse thoroughly before converting the whole fruit to juice.

The pulp left from the juicing is excellent for the skin and can also soothe the bites and stings of insects. If you add equal parts of toilet water and of glycerin to the residue the mixture can be made to keep the hands smooth.

Doctors Morel and Rochaix demonstrated that the extract of lemon when vaporized will neutralize the bacteria of meningococcus, typhoid, pneumococcus and staphylococcus in from 15 to 180 minutes.

A gastronomically inclined Frenchman, Charles Richet, is said by Dr Valnet to have discovered that the lemon juice added to raw oysters before eating them destroys 92% of the bacteria present within 15 minutes. A good reason to wait before you eat!

This information is relevant to the idea that lemon juice is a most important therapy to be used in all cases of infection of the respiratory tract and as a general tonic.

Provided that the juice is diluted with water, there is no danger in taking any reasonable quantity of lemon juice. Be sure to choose firm, clear colored lemons that have not begun to wither. The first signs of ageing can be spotted where the stem was once attached to the fruit.

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About the Author

Kevin Pederson has been managing a number of natural home remedies websites, such as <http://www.home-remedies-for-you.com>, information on homemade remedies and other illnesses as well as information on health benefits of lime juice.