

### Introduction

These 45 health benefits and ways to use lemons will definitely motivate you to keep lemons on hand at all times and maybe even work lemon water into your diet.

Source: <http://www.trueactivist.com/45-uses-for-lemons-that-will-blow-your-socks-off/>

### Tip 1-15

#### 1. Freshen the Fridge:

Remove refrigerator odors with ease. Dab lemon juice on a cotton ball or sponge and leave it in the fridge for several hours to absorb odors. Make sure to toss out any malodorous items that might be causing the bad smell and improve the effectiveness of the lemon juice.

#### 2. High Blood Pressure:

Squeeze half a lemon into a glass of water and drink three to four times per day to lower your blood pressure. For best results, you can squeeze the lemon into a warm cup of water and drink it first thing in the morning on an empty stomach. Drinking the lemon water can reduce the effect of nausea and dizziness.

#### \*\*3. Prevent Cauliflower From Turning Brown

Cauliflower tends to turn brown with even the slightest cooking. You can make sure the white vegetables stay white by squeezing a teaspoon of fresh lemon juice on them before heating.

#### 4. Mental Health:

Lemon water can brighten your mood and relieve depression and stress. The energy a human receives from food comes from the atoms and molecules in your food. A reaction occurs when the positive charged ions from food enter the digestive tract and interact with the negative charged enzymes. Lemon is one of the few foods that contain more negative charged ions, providing your body with more energy when it enters the digestive tract. The scent of lemon also has mood enhancing and energizing properties..

**5. Refresh Cutting Boards:** No wonder your kitchen cutting board smells! After all, you use it to chop onions, crush garlic, and prepare fish. To get rid of the smell and help sanitize the cutting board, rub it all over with the cut side of half a lemon or wash it in undiluted juice straight from the bottle.

#### 6. Respiratory Problems:

Lemon water can reduce phlegm; and can also help you breathe properly and aids a person suffering with asthma. The vitamin C in lemons can also help with long-term respiratory disorders.

### Tip 1-15 (cont)

#### 7. Treating Arthritis and Rheumatism:

Lemon is a diuretic, meaning it assists in the production of urine and helps to reduce inflammation by flushing out toxins and bacteria while also giving you relief from arthritis and rheumatism.

#### 8. Prevents Kidney Stones:

Regular consumption of lemon juice mixed with water may increase the production of urinary citrate, a chemical in the urine that prevents the formation of crystals that may build up into kidney stones.

#### 9. Keep Insects Out of the Kitchen:

You don't need insecticides or ant traps to ant-proof your kitchen. Just give it the lemon treatment. First squirt some lemon juice on door thresholds and windowsills. Then squeeze lemon juice into any holes or cracks where the ants are getting in. Finally, scatter small slices of lemon peel around the outdoor entrance. The ants will get the message that they aren't welcome. Lemons are also effective against roaches and fleas: Simply mix the juice of 4 lemons (along with the rinds) with 1/2 gallon (2 liters) water and wash your floors with it; then watch the fleas and roaches flee. They hate the smell..

#### 10. Anti-Aging:

Lemon water reduces the production of free radicals which are responsible for aging skin and skin damage. Lemon water is calorie free and an antioxidant.

### Lemons



### Tip 11-145

#### 11. Fruit and Vegetable Wash:

You never know what kind of pesticides or dirt may be lurking on the skin of your favorite fruits and vegetables. Slice your lemon and squeeze out one tablespoon of lemon juice into your spray bottle. The lemon juice is a natural disinfectant and will leave your fruits and vegetables smelling nice too.

#### 12. Treat Infections:

Lemon water can fight throat infections thanks to its antibacterial property. If salt water does not work for you, try lemon and water for gargling.

#### 13. Deodorize Your Garbage:

If your garbage is beginning to smell yucky, here's an easy way to deodorize it: Save leftover lemon and orange peels and toss them at the base under the bag. To keep it smelling fresh, repeat once every couple of weeks.

#### 14. Keep Guacamole Green:

You've been making guacamole all day long for the big party, and you don't want it to turn brown on top before the guests arrive. The solution: Sprinkle a liberal amount of fresh lemon juice over it and it will stay fresh and green. The flavor of the lemon juice is a natural complement to the avocados in the guacamole. Make the fruit salad hours in advance too. Just squeeze some lemon juice onto the apple slices, and they'll stay snowy white.

**15. Purge The Blood:** We consume a lot of junk food or food with a lot of preservatives and artificial flavors. This builds up a lot of toxins in the blood and body but daily consumption of lemon water helps to purify the blood.

**16. Make Soggy Lettuce Crisp:** Don't toss that soggy lettuce into the garbage. With the help of a little lemon juice you can toss it in a salad instead. Add the juice of half a lemon to a bowl of cold water. Then put the soggy lettuce in it and refrigerate for 1 hour. Make sure to dry the leaves completely before putting them into salads or sandwiches.

**17. Oral Health:** Lemon juice can relieve pain from toothaches, stop bleeding gums, and eliminate bad odors caused by gum diseases or conditions. Massage lemon juice on bleeding gums or directly onto the area of the toothache. If the acidity from the lemon begins to burn in your mouth, be sure to rinse your gums and mouth quickly with water.

**18. Lighten Age Spots:** Why buy expensive creams when you've got lemon juice? To lighten liver spots or freckles, try applying lemon juice directly to the area. Let it sit for 15 minutes and then rinse your skin clean. It's a safe and effective skin-lightening agent.

### Tip 11-145 (cont)

**19. Create Blonde Highlights:** For salon-worthy highlights, add 1/4 cup lemon juice to 3/4 cup water and rinse your hair with the mixture. Then, sit in the sun until your hair dries. To maximize the effect, repeat once daily for up to a week.

**20. Make a Room Scent/Humidifier:** Freshen and moisturize the air in your home on dry winter days. Make your own room scent that also doubles as a humidifier. If you have a wood-burning stove, place an enameled cast-iron pot or bowl on top, fill with water, and add lemon (and/or orange) peels, cinnamon sticks, cloves, and apple skins. No wood-burning stove? Use your stovetop instead and just simmer the water periodically.

**21. Clean and Whiten Nails:** Pamper your hands without a manicurist. Add the juice of 1/2 lemon to 1 cup warm water and soak your fingertips in the mixture for 5 minutes. After pushing back the cuticles, rub some lemon peel back and forth against the nail.

**22. Cleanse Your Face:** Zap zits naturally by dabbing lemon juice on blackheads to draw them out during the day. You can also wash your face with lemon juice for a natural cleanse and exfoliation. Your skin should improve after several days of treatment. Lemon water is also a cooling agent, best way to beat the heat.

**23. Freshen Your Breath:** Make an impromptu mouthwash by rinsing with lemon juice straight from the bottle. Swallow for longer-lasting fresh breath. The citric acid in the juice alters the pH level in your mouth, killing bacteria that causes bad breath. Rinse after a few minutes because long-term exposure to the acid in lemons can harm tooth enamel.

**24. Treat Flaky Dandruff:** If itchy, scaly dandruff has you scratching your head, relief may be no farther away than your refrigerator. Just massage two tablespoons lemon juice into your scalp and rinse with water. Then stir one teaspoon lemon juice into one cup water and rinse your hair with it. Repeat daily until your dandruff disappears.

**25. Get Rid of Tough Stains on Marble:** You probably think of marble as stone, but it is really petrified calcium (also known as old seashells). That explains why it is so porous and easily stained and damaged. Those stains can be hard to remove. If washing won't remove a stubborn stain, try this: Cut a lemon in half, dip the exposed flesh into some table salt, and rub it vigorously on the stain. But do this only as a last resort; acid can damage marble. Rinse well.

**26. Remove Berry Stains:** It sure was fun to pick your own berries, but now your fingers are stained with berry juice that won't come off no matter how much you scrub with soap and water. Try washing your hands with undiluted lemon juice, then wait a few minutes and wash with warm, soapy water. Repeat until your hands are stain-free.

### Tip 11-145 (cont)

**27. Soften Dry, Scaly Elbows:** Itchy elbows are bad enough, but they look terrible too. For better looking (and feeling) elbows, mix baking soda and lemon juice to make an abrasive paste, then rub it into your elbows for a soothing, smoothing, and exfoliating treatment. Rinse your extremities in a mixture of equal parts lemon juice and water, then massage with olive oil and dab dry with a soft cloth.

**28. Headaches:** Lemon juice with a few teaspoons of hot tea added is the treatment of a sophisticated New York bartender, for those who suffer with hangover headaches—and from headaches due to many other causes. He converts his customers to this regimen, and weans them away from drug remedies completely.

**29. Chills and Fevers:** Chills and fevers may be due to a variety of causes; never the less the lemon is always a helpful remedy. Try this method of “lemon socks” to help reduce fevers.

**30. Diphtheria:** Skip the vaccine for this disease. Lemon Juice Treatment still proves as one of the most powerful antiseptics and the strong digestive qualities of the fruit are admired around the world. Swallow 1/2 to 1 lemon juice every hour or two; this cuts loose the false membrane in the throat and permits it to come out.

**31. Vaginal Hygiene:** Diluted lemon juice makes a safe and sane method of vaginal hygiene. It is a powerful antiseptic and it's free of irritating drugs that are present in douches and suppositories.

**32. Forget The Moth Balls:** A charming French custom to keep closets free from moths is to take ripe lemons and stick them with cloves all over the skin. The heavily studded lemons slowly dry with their cloves, leaving a marvelous odor throughout the closets and rooms.

**33. Stomach Health:** Digestive problems are the most common ailments but warm water and lemon juice is the solution to most digestive problems. Lemon juice helps to purify the blood, reduces your chances of indigestion, constipation, eliminates toxins from the body, adds digestion and reduces phlegm.

**34. Disinfect Cuts and Scrapes:** Stop bleeding and disinfect minor cuts and scrapes by pouring a few drops of lemon juice directly on the cut. You can also apply the juice with a cotton ball and hold firmly in place for one minute.

**35. Soothe Poison Ivy Rash:** You won't need an ocean of calamine lotion the next time poison ivy comes a-creeping. Just apply lemon juice directly to the affected area to soothe itching and alleviate the rash.

### Tip 11-145 (cont)

**36. Remove Warts:** You've tried countless remedies to banish warts and nothing seems to work. Next time, apply a dab of lemon juice directly to the wart using a cotton swab. Repeat for several days until the acids in the lemon juice dissolve the wart completely.

**37. Bleach Delicate Fabrics:** Avoid additional bleach stains by swapping ordinary household chlorine bleach with lemon juice, which is milder but no less effective. Soak your delicates in a mixture of lemon juice and baking soda for at least half an hour before washing.

**\*\*38. Clean Tarnished Brass and Polish Chrome:** **\*\*Say good-bye to tarnish on brass, copper, or stainless steel.** Make a paste of lemon juice and salt (or substitute baking soda or cream of tartar for the salt) and coat the affected area. Let it stay on for 5 minutes. Then wash in warm water, rinse, and polish dry. Use the same mixture to clean metal kitchen sinks too. Apply the paste, scrub gently, and rinse. Get rid of mineral deposits and polish chrome faucets and other tarnished chrome. Simply rub lemon rind over the chrome and watch it shine! Rinse well and dry with a soft cloth.. **39. Replace Your Dry Cleaner:** Ditch the expensive dry-cleaning bills (and harsh chemicals) with this homegrown trick. Simply scrub the stained area on shirts and blouses with equal parts lemon juice and water. Your “pits” will be good as new, and smell nice too.

**40. Boost Laundry Detergent:** For more powerful cleaning action, p: **\*\*our 1 cup lemon juice into the washer during the wash cycle.** The natural bleaching action of the juice will zap stains and remove rust and mineral discolorations from cotton T-shirts and briefs and will leave your clothes smelling fresh. Your clothes will turn out brighter and also come out smelling lemon-fresh.

**41. Rid Clothes of Mildew:** Have you ever unpacked clothes you stored all winter and discovered some are stained with mildew? To get rid of it, make a paste of lemon juice and salt and rub it on the affected area, then dry the clothes in sunlight. Repeat the process until the stain is gone.

**42. Eliminate Fireplace Odor:** There's nothing cozier on a cold winter night than a warm fire burning in the fireplace, unless the fire happens to smell horrible. Next time you have a fire that sends a stench into the room, try throwing a few lemon peels into the flames. You can also burn some lemon peels along with your firewood as a preventive measure.



### Tip 11-145 (cont)

**43. Neutralize Cat-Box Odor:** You don't have to use an aerosol spray to neutralize foul-smelling cat-box odors or freshen the air in your bathroom. Just cut a couple of lemons in half. Then place them, cut side up, in a dish in the room, and the air will soon smell lemon--fresh.

**44. Deodorize a Humidifier:** When your humidifier starts to smell funky, deodorize it with ease: Just pour 3 or 4 teaspoons lemon juice into the water. It will not only remove the off odor but will replace it with a lemon-fresh fragrance. Repeat every couple of weeks to keep the odor from returning.

**45. Reduce Asthma Symptoms:** In addition to a general detoxifying diet, 2 tablespoons of lemon juice before each meal, and before retiring can reduce asthma symptoms. **If you do consume lemon peel, stick to organic lemons to reduce your pesticide exposure.**



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Published 11th February, 2018.

Last updated 11th February, 2018.

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