

WHY USE LEMON

The use of lemon has frequently been denounced by the medical health profession as a food the body can do without. However, as it relates to the biological ionization process the lemon is classified as an "anionic" substance. This is not to say lemon juice would be found on the right side of the periodic chart. Anionic substances are those which release the energy from a reaction or stimulate the body to accent energy.

The most notable property of anionic substance is that it can establish a "resistance" medica when in contact or reaction with other foods. This resistance between nuclear atmospheres produces energy which the body can modify to a frequency its organ systems can use. In simple terms, lemon, in conjunction with calciums, helps extract the energy from the living aspects of our food.

Lemon also stimulates the liver to flush itself of toxins. Within the liver it stimulates biliary action making the bile more capable of breaking down food for absorption. Therefore, the lemon is a valuable aid to digestion.

The lemon also "fixes" calcium. Calcium is essential to the process of building bile salts. In general, it can be said lemon stimulates, detoxifies, decongests and cleanses the liver; assists in bile formation and aids the digestion.

The lemon also "ties up" toxins and poisons in the digestive tract as well as unwanted salts. Not only does this aid digestion but, just as importantly, it reduces the absorption of toxins.

Being that lemon is "anionic" it assists in releasing energy. This elevation in energy allows the body to do more and use the calories in the diet as it also begins breaking down the fat pool.

Lemon detoxifies the liver. It's long been known that a toxic liver contributes to a toxic system. A toxic system uses energy poorly so toxins accumulate, body activity slows, and the body starts relying on carbohydrates (as they are easier to digest), the blood becomes erratic, the pancreas gets out of phase and the body starts pulling the excess carbohydrates into the fat pool.

As a reducing agent, lemon juice is superior in every way to other dietary systems because it dissolves and eliminates all fatty tissue. Fat melts away at the rate of about two pounds a day for most persons – and without any harmful side effects.

Lemon juice rapidly dissolves all mucus congestion and eliminates mucous diseases such as colds, flu, asthma, hay fever, sinus and bronchial troubles leaving the body free from the various allergies which cause difficulty breathing and clogging of the sinus cavity.

Cholesterol deposits in the arteries and veins also respond to the cleansing power of fresh lemon juice. Calcium deposits in the joint, muscles, cells and glands are readily dissolved and removed from the body. Lemon will help dissolve both cholesterol and calcium deposits in the gallbladder, as well as, assist in the removal of calcium deposits in the kidneys.

Lemon has been used abroad in helping arthritic conditions. It seems to dissolve or pull crystalline deposits out of joints and muscles. Lemon seems to do this both directly and as a component of many interactions. It's long been known that a toxic and plated digestive system and a toxic liver contribute to rheumatism and arthritis. Lemon also helps the body flush out uric acids and urates. Excesses of these products accumulate in the joints and muscles. In a joint they will produce "gout" and arthritis. In muscles they produce rheumatism.

Lemon is disruptive to intestinal parasites. Lemon plus grated lemon peel will not only effect certain protozoan, parasite eggs and segments, but it will also render some bacteria forms inactive.

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Lemon is a good gargle and lemon and honey have long been used to soothe throat irritations and oral infections. It is acceptable to use honey and other natural sweeteners with lemon, but processed sugar will neutralize the lemon's beneficial effects.

Lemon and olive oil on salads help soothe the gallbladder. Olive oil also "ties up" unwanted alkaloids and will dissolve cholesterol gall stones.

An absolute intolerance to lemon is quite rare. Occasionally, it will be manifest in people with problems relating to advanced cellular change (delta cells). As the system begins throwing off these cells the person will begin to tolerate lemon with few or no problems.

The lemon may also be uses externally. Many people with acne wash their face in lemon juice. Not only is it death to the bacteria found associated with the lesions, but it cuts the oil on the skin and acts as a mild antiseptic. Note: Many authorities now realize that when a pimple appears it should be drained. Otherwise the poisons cause scarring and eventually are reabsorbed into the system to possibly cause problems elsewhere. Their main concern in draining a blemish is the possibility of infection. Wash the area with a lemon slice (it may burn) it will neutralize the bacteria that might cause infection, and it will clean the wound of dead cells and tissue debris.

Lemon juice is excellent to cut the soap film and scum out of your hair. Lemon juice will also wash out excess oil as well as neutralize unwanted scalp bacteria.

Skin disorders such as boils, abscesses, and carbuncles also disappear when the body is cleansed using lemon juice. Lemon juice can be used to wash out scuffs and abrasions. It will burn, but it does a good job of cleaning. It is also good for insect bites – especially jiggers.

Lemon peel, with its high Vitamin C and bioflavonoids, is excellent as a massage for the gums. If you are using the lemon as a source of vitamin C you will get nearly ten times as much if you will carefully cut or peel away just the outer yellow on the skin and run the lemon sections with remaining peel through a juicer.

Lemon juice will kill bacteria in your shoes and will clean and deodorize your feet and toughen sensitive skin.

Lemon Water Recipe: We mix lemon juice at a ration of 1:9; one ounce lemon juice to nine ounces distilled water, up to a total of four ounces of fresh lemon juice daily depending on the weight of the individual. Half the weight of the individual converted to ounces is the rule for how much fluid one should drink each day.

Example: A 160 pound individual would drink 80 ounces of fluid daily. Half of the fluid intake each day should be lemon water. Therefore, our 160 pound individual would drink 80 ounces of fluid a day of which 40 ounces would be distilled water and 40 ounces would be lemon water.

Using our 1:9 ratio an individual would drink four ounces of lemon juice in 36 ounces of water. Four ounces of lemon water would be consumed on the hour usually starting at 8:00 AM and four ounces of distilled water would be consumed on the half hour. Neither water nor lemon water would be taken during the hour set aside for meals.

This schedule would be followed until the person consumes the required amount of fluid. In the case of the 160 pound individual it would take 10 hours (irrespective of meals) to consume the recommended fluids.

Another Example: A 120 pound individual would drink 60 ounces: 30 ounces each of distilled water and lemon water. Using the 1:9 ratio that would be 3 ounces of lemon juice in 27 ounces of water. At a total of 8 ounces of fluid per hour (irrespective of meals) it would take 7 ½ hours to consume the recommended fluids.

Several things to note: First, tree ripened lemons are more effective than lemons picked green and allowed to ripen in transit. Many times lemon juice does not seem to help; this is due to lemons that are virtually "dead" by the time they're purchased. Order a case direct, and then share them with your clients.

Second, some people who are greatly debilitated or who have very low reserve energy levels will not be able to drink $\frac{1}{4}$ of their weight in lemon water. If this is the case, cut the recommended amount in half.

Third, people with either high urea (above 20) or high salts (above 20) or both should not be instructed to drink lemon water. Cleanse these people using distilled water until their salt and urea levels come down, then you can start them on the lemon water.

Fourth, burning in the pit of the stomach may signify an ulcer when they are on a lemon juice regimen. These cases should drink two ounces of cabbage juice several times a day instead of lemon water. Continue the water and increase it to make up for the lost lemon water. Nothing is better than distilled water for de-ionizing or de-plating the stomach or intestinal walls.

Fifth, lemon water may cause the liver to flush too rapidly and salts and urea to dump too fast. If your retests show this to be the case, cut your lemon water in half. In extreme cases you may have to pull the individual off lemon water for several days and restart them on half the original amount and gradually build up as their system clears. Sufficient rest during the initial phase of the program will eliminate this condition.

Sixth, once in a great while the lemon water program may produce hives. This is due to toxins being pulled out of the skin and the resultant response by the small naked nerve endings just beneath the skin. Stick with it. They'll go away unless they are emotionally oriented.

Seventh, in some cases of gout or arthritis the lemon juice may have to be initially doubled to check the problem.

Finally, with urine sugars below 3.00 you should add sweetener to the lemon water to offer extra, rapid energy to the system. Never use white sugar; this will neutralize the effect of the lemon. Use "local" honey, maple syrup, blackstrap molasses or brown rice syrup, alternating between these sweeteners from day to day. The body will respond to some sweeteners and not to others and it may be hypersensitive to some. This rotation will minimize the hypersensitivity and yield a better overall system response.