



When Life Gives You Lemons... Say Thank You!!

Health

- Squeeze ½ - 1 lemon in a glass of warm water. Drink up to 2 times daily, beginning in the morning.
- Slice half a lemon into thin slices and add rosemary or peppermint leaves to hot water (french press suggested). Let sit for 4 minutes then enjoy!
- Lemon “reduces inflammation, sustains the body's resistance to infection, helps to heal wounds, and lowers the risk of multiple cancers.”

Skin

- Mix 1 part water with 2 parts lemon juice and apply to face with cotton balls. Lemon fades freckles and age spots but don't use it to fade those freckles! Freckles are beautiful!
- Mix ½ cup lemon juice to bath tub for overall glowing skin.
- Slice a lemon in half, and gently rub on feet. Place socks on feet. Rinse after 10 minutes.
- Soak feet in a bowl of warm/hot water with lemon slices and ½ cup Epsom salts.

Do not apply to skin before going out in the sun, lemon makes your skin more sensitive to the sun, which can cause excessive dryness or redness

Cleaning/Household

- Add ½ cup lemon juice in a normal load of laundry to brighten whites.
- Mix equal parts of lemon juice and water and apply to tea-stained fabric.
- *Freshen up:* Squeeze lemon juice onto cotton ball and leave in refrigerator or a few hours/overnight to freshen up bad odors.
- *Sanitize & clean your microwave:* Squeeze the juice of 1 lemon (or peel of 1 lemon) into 2 cups of water in a microwave safe bowl. Microwave for 5 minutes. Remove any food with paper towel.
- Slice lemons and place in a medium pot over stove. Add 4 cups water, 2 cinnamon sticks, 1 tbsp. cloves and bring to quick boil. Lower heat to simmer for 5-10 minutes then remove from heat.

Cooking

- Squeeze some juice in guacamole or over sliced apples to prevent browning.

Tips for using lemon juice:

- For cooking and other needs for lemon juice, place lemon in microwave for 30 seconds, roll with hands then squeeze. This allows more juice to come out.