



**The Benefits Of Lemons For  
Health And House  
Part 1**

Citrus fruits have gained worldwide prominence as widely cultivated crops, likely descended from natural species in northern Myanmar and northeastern India. Lemons, a notable citrus fruit, can grow to towering heights of 20 feet, persist for over 150 years, and yield up to 600 pounds of fruit annually. Three common lemon types are Eureka, Lisbon, and Bearss. Do you know that just a fluid ounce of raw lemon juice contains 11.8 mg of vitamin C, 1.83 mg of magnesium, 2.44 mg of phosphorus, 31.4 mg of potassium, and 6.1 micrograms of folate, all packed into a mere 6.71 calories. Their versatility extends to their numerous health benefits. Their flavonoid antioxidants, which possess powerful anti-inflammatory and antioxidant properties are capable of combating degenerative and brain-related ailments.

**Cardiovascular Health Benefits Associated With Lemons**

The nutritional value of lemons is associated with several robust health benefits. Research has linked eating fruits and vegetables rich in vitamin C with a reduction in the risk of cardiovascular disease and stroke. Yet, it's not only the vitamin C that is thought to be good for your heart.

Another study, concluded a mixture of garlic and lemon juice in people aged 30 to 60 years with moderate hyperlipidemia improved lipid levels, fibrinogen and blood pressure, all risk factors for cardiovascular disease. The nutritional content of lemons offers significant cardiovascular health advantages. The high vitamin C content in lemons, coupled with their flavonoids, has been linked to reduced risks of cardiovascular disease and stroke. Notably, a study involving a mixture of garlic and lemon juice demonstrated improved lipid levels, fibrinogen, and blood pressure in individuals aged 30 to 60 with moderate hyperlipidemia, all of which are risk factors for cardiovascular diseases.

**More Health Benefits Linked to Lemons**

Lemons are also renowned for their immune-boosting properties due to their vitamin C content. Vitamin C plays a vital role in various cellular functions, including antioxidant and antimicrobial activities, as well as enhancing phagocytosis. Studies indicate that vitamin C can potentially reduce the duration and severity of the common cold. You may have tried drinking hot honey and lemon to help reduce mucus buildup and relieve a cough. Gargling with lemon water may also help soothe a sore throat as the flavonoids have anti-inflammatory and antibacterial properties. Moreover, vitamin C has been explored as a means to alleviate asthma exacerbations triggered by the common cold, and its anti-inflammatory and antibacterial properties can help soothe sore throats.

Lemons' citrate content is instrumental in preventing the formation of kidney stones, which can result from high mineral concentrations in urine. Similarly, the antioxidants present in lemons may help safeguard liver health by countering alcohol-induced damage. A 2017 animal study revealed that lemon juice could mitigate alcohol-related liver injuries, likely due to its antioxidant properties.

The potential of lemons to promote skin health is noteworthy, with citric acid contributing to reduced sebum levels and acne. Vitamin C further protects against photoaging, potentially reducing visible signs of aging by boosting collagen production. Research supports the use of topical vitamin C to combat early signs of skin aging and prevent sun damage. Furthermore, lemons' cutaneous administration may facilitate collagen synthesis, lighten hyperpigmentation, and alleviate inflammation.

*To Be Continued...*

***Soil Lovers say: Lemon Trees Are A Rewarding Crop To Plant***

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