

# 16 great benefits from lemon you may not know yet

Let's take a look at the 16 benefits from the lemon below that you may not know, make it healthier, more beautiful with just a few extremely simple tips.

Fresh, mild scent and plenty of water - Lemon is one of the most popular citrus fruits in the world. From Indian Ayurveda beauty tips to delicious Italian dishes, lemon is used all over the world with a lot of different uses such as: spice up food, relieve throat and even pain Lice can heal some diseases. Lemon contains many minerals such as vitamin C, pectin, group of B vitamins, antioxidants, potassium and calcium. Not surprisingly, lemon is a small fruit, but it has many useful uses, right? Here are **16 benefits from lemon** that you may not know yet, make it healthier, more beautiful with just a few extremely simple tips. Invite you to consult!



## Balance your body's pH

According to the Ayurveda philosophy, we should start the day by linking the body to the rhythm of nature. This includes restoring the body's pH balance because pH is often acidified by: junk food, environmental pollution, sedentary activity and some other toxins. Balancing pH is an important thing to retain alkalinity in the body to help prevent some diseases, especially chronic diseases like cancer. Although lemons are acidic, the nutritional content of lemons is alkaline, which is why lemon - a great choice to protect your health. Start the day with the habit of drinking a glass of lemonade according to the recipe: 1 cup of warm water and half a lemon.

## Reduce indigestion and constipation

Lemon is an excellent antibacterial fruit. The antibacterial properties of lemons can defeat harmful bacteria and allow beneficial bacteria to thrive in the body. This helps reduce indigestion and constipation. Sipping a glass of

lemon juice will stimulate bowel movements, as well as produce saliva and stomach acid, making digestion easier.

## **Lose weight faster**



If you're on a diet, lemon can become the best partner for you. Some famous Hollywood actors said in the Lemonade Diet weight loss process (*the stage of at least 10 days*) when needing to lose weight quickly and effectively there are many ways to lose weight with lemon like:

1. Pectin, a type of soluble fiber found in lemon, can help you feel fuller and eat less. Drinking a glass of hot water with half a lemon squeezed before a meal is a great way to stop eating too much.
2. Pectin also slows the rate of glucose or sugar absorption in the body, thus preventing an increase in blood sugar levels - a common condition in patients with type 2 diabetes.
3. In addition, lemon juice is also considered a natural diuretic. This means helping your body release excess water through frequent urination. A lower amount of water in your body also means your body does not have water, edema, so you will look slimmer.
4. If you want to quickly remove a few pounds before big events, try this: In the morning, you can create a diet with lemonade: mix 2 tablespoons of lemon juice, 2 teaspoons honey coffee, a little red pepper and a big glass of water. For the rest of the day, mix 500ml of water with 2-3 lemons, then put in the jar and bring it to drink all day. You will feel fuller, do not feel craving for food and instead go to the toilet to waste excess water in your body.

## **Kill parasites**

If you've ever been visited by parasites and intestinal worms, you probably know how difficult it is to get rid of them. The only way to remove them once and forever is to create an environment where bacteria cannot survive. Preferred parasites live in acidic environments, so the best way to kill them is to create an alkaline environment in the digestive system. Eating a lemon or drinking lemonade is one of the fastest ways to create an alkaline environment in the stomach and kill pesky parasites.

## **Improve dental condition**

Even if you have bad breath or mouth ulcers, lemon can reduce a wide range of oral health problems. If you have a toothache, keep the fresh lemon juice in that area to eliminate the pain. If bleeding from the gums doesn't stop, use freshly massaged lemon juice on the gums to prevent blood and bacteria from causing gingivitis.

## **Promote concentration**



Lemon oil is scientifically proven to soothe, promote concentration and improve mood. A study shows that lemon essential oil works to improve the mood of participants. If you want to be alert and promote concentration at work, use lemon essential oil.

## **Exfoliating dead skin cells**

Vitamin C found in lemon is not only good for health but also good for your skin. Vitamin C is an important ingredient in many skin care products because it neutralizes free radicals and stimulates cell regeneration by exfoliating dead skin cells. Try cutting half a lemon and rubbing it on your face at least once a week. This will help remove stubborn dirt and dead skin cells that accumulate on the skin surface, revealing a new layer of skin underneath. So your face looks healthier and younger, it's best to use natural products.

## **Liver detoxification**

According to natural therapies ( *naturopaths* ) and *herbalists* , the sour taste of the lemon produces nerve signals, the body's hormones activate the liver and kidneys. Antioxidants in lemon help strengthen kidneys and liver function, detoxify the body. As mentioned above, lemon juice is also a diuretic that helps the body release excess water and waste build up in the body. Therefore, you will feel more comfortable, light and energetic than ever. Detoxify your liver with a glass of lemon juice every morning. Simply add fresh lemon juice to the first glass of water you drink every day.

## Treatment of high blood pressure



Pectin found in lemon can help reduce cholesterol causing high blood pressure. Besides, Flavonoids in lemon as well as vitamin P help strengthen blood vessels. Lemon is also rich in potassium to help prevent high blood pressure.

## Remove dandruff

If you want a simple treatment for dandruff, you can combine lemon with other natural ingredients like coconut oil to make a healing mask, moisturize the scalp and remove dandruff. Just be careful not to overdo this treatment, as lemonade is also able to make your hair look brighter.

## Helps the feet softer

Your feet rough and bottley? The solution may be right in your kitchen. Lemon contains citric acid and vitamin C should exfoliate, enhance new skin regeneration and brighten dark areas. The following two ways can make your feet more soft and attractive when wearing sandals:

1. Foot bath mixtures include 2-3 lemons with 2 tablespoons of olive oil and  $\frac{1}{4}$  cup of milk. Put this mixture in a pot of warm water. Soak your feet for about 20 minutes, then use your foot scrub to scrub the dead skin on your feet, especially the heel and the brisket.
2. In addition, you can also create an exfoliating mixture between your toes with lemon and sugar. Combine two cups of brown sugar with  $\frac{1}{4}$  cup of olive oil. Make sure the mixture is soft enough and not too thin. Then add a few drops of lemon essential oil. Rub this mixture after foot bath. So it is done with a mixture of homemade foot balm and lemon, it not only brings an amazingly soft feet but also makes you feel fresh like summer.

## Reduce fever and chills



Lemon juice can help you get rid of fever and chills by speeding up sweating naturally. For quick fever, add lemon juice to a cup of warm water or honey tea. Drink this mixture every 2 hours until the fever subsides. If the symptoms of the fever persist, consult your doctor.

## **Brightens skin**

Vitamin C found in lemon is one of the most natural ways to lighten dark spots and even skin color. Moreover, vitamin C is also an ingredient when the body produces collagen and elastin, tissues that help skin look smooth and vibrant. Without enough vitamin C, your skin cannot form connective tissue, leading to wrinkles.

## **Acne treatment**



If acne is on the skin, lemon juice is a natural antibacterial therapy that is good for acne. You just need to wet a cotton ball with lemon juice and apply it to your face once at night in acne areas, blackheads and eczema as an on-site acne treatment. Wash your face with water the next morning, then take care of your skin the way you do it every day.

## Keep away from insects

There is no need to apply insect repellent to skin or other harmful insect sprays if there is lemon in hand. To make a simple and effective spray bottle, just combine 1 part lemon essential oil with 10 parts olive oil, sunflower oil or ethyl alcohol. You must use one of the above oils to make this mixture because the water does not combine with the essential oil.

## Pain relief

Lemon oil creates a fragrance that relaxes blood vessels and reduces inflammation, which is one of the important factors that helps relieve pain. If you are suffering from arthritis, rheumatism or other inflammatory diseases, drink a glass of lemonade every day to help alleviate the pain. Lemon oil combined with water can also help reduce skin burns due to sunburn. Do you often have *premenstrual syndrome (PMS, signs of discomfort experienced in women before every menstrual period)*? Believe it or not, drinking lemon juice every day can help reduce those symptoms.

## Reduces signs of venous insufficiency



Tired of impaired venous lines and *spider veins ( spider veins )* hard to see? Using lemon juice will make vein walls stronger and your legs look more attractive. Mix a few drops of lemon essential oil with a moisturizing oil that you like like jojoba oil ( *a liquid wax extracted from jojoba tree in southwestern North America* ) or

*avocado oil ( avocado oil )*. Massage the mixture into the affected area on a regular basis and wait to see how the difficult-to-observe venous lines disappear!

## Tooth whitening

Out-of-store whitening therapies are often expensive treatments and contain strong chemicals that can make you more susceptible to toothache. Only with lemon juice and baking soda powder also create a natural whitening formula that is inexpensive. The formula combines simple two components in equal proportions to create a "floating" mixture that can rub onto the teeth using the Q-tip ( *cotton swab* ). Keep in your mouth for about 45 seconds, be careful not to take it longer, as the acids in lemonade and baking soda can weaken tooth enamel. Then gently rub with a toothbrush and clean water.

As you can see, lemon has many benefits for us: refreshing, invigorating, cleansing and detoxifying. Besides, lemons can be a great companion for family life.

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