

The type of fruit is considered a 'medicinal god' in the US but is wasted by Vietnamese people

According to Australia's Scientific and Industrial Research Organization (CSIRO), a lemon can help the body prevent up to 50% of different cancers. The organization also advised, each person should consume at least 150 g of orange or lemon peels per week to achieve cancer protection.

In daily life, lemon is a widely used fruit in every family. Not only is a spice prepared for food, lemon is also used as a fruit used to make body water.

In addition, lemons also have great healing effects, but few people know them as strengthening the immune system, stimulating the liver and kidney function to help detoxify the body and reduce the impact of free radicals. In particular, lemon peel contains limonoids that work **to prevent and support cancer treatment** .



According to the study, lemon contains up to 22 anti-cancer substances such as citrus pectin, limonene, flavonol glycosides, vitamin C .

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The great use of lemon for health has been confirmed when the National Library of Medicine published a series of research on lemon juice. Scientists have proven that lemon juice can alleviate and even cure many diseases including dangerous diseases that have claimed the lives of hundreds of thousands of people each year.



Let's learn about the great uses of the "medicinal god" that is always available in the kitchens of every Vietnamese family that we don't know yet.

1. Pancreatic cancer

This cancer is considered "silent killer" very difficult to detect in the early stages. Only to develop to the end of the disease can cause symptoms, so it is very difficult to treat.

The great thing is that lemon juice is studied to prevent cancer growth, causing pancreatic cancer cells to die on their own.



2. Sickle cell anemia (SCA)

This is a **congenital blood disorder**, due to an abnormality in the amount of hemoglobin carrying oxygen in red blood cells.

In the United States, there are about 95,000 people with sickle cell anemia and 1 in 500,000 African Americans have this dangerous disease. This is the data provided by the US Centers for Disease Control and Prevention (CDC).

The results of clinical trials with pediatric patients with SCA show that lemon juice can reduce pain symptoms from 92.7% when not used to 50% when used.

In addition, fever status also decreased sharply from 87% when not used to only 46.6% when using lemon juice. In particular, the hospital admission rate decreased to only 3.4% when using lemon juice compared to 34% when not in use.



3. Malaria

According to the World Health Organization (WHO), around 219 million people worldwide suffer from this mosquito-borne disease every year, killing the lives of 660,000 people.

When sick, patients must be treated with pharmaceutical drugs and high toxicity can cause unwanted side effects.

But, recent research results show that when treating this disease with conventional treatment combined with lemon juice can increase the healing ability without causing side effects.

4. Avoid food poisoning



According to the study, *Salmonella enterica* and *Vibrio parahaemolyticus* are two common causes of food poisoning in seafood salads made from raw fish and shrimp that are completely removed by lemon juice.

Lemon juice contains anti-inflammatory, antibacterial, anti-viral ingredients that help reduce the symptoms of food poisoning.

5. Quit smoking



Around the world, nearly 6 million people die because of drugs every year. In Vietnam, tobacco kills about 100 people every day.

The frightening effect of smoking is that everyone knows that to quit smoking is extremely difficult for most people who are addicted to it.

A recent clinical trial has shown that this water can be used effectively in smoking cessation support.

6. Disinfect water



As of 2010, cholera affects 3 to 5 million people and causes 100,000 to 130,000 deaths a year worldwide.

Recently, scientists have discovered more uses of lemon juice that is disinfecting water. This water can kill norovirus, a group of viruses that cause abdominal pain, vomiting and diarrhea as well as Escherichia coli help repel cholera germs.

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