

# LEMON

*Citrus limon- Organic*

**Aromatic molecules** : limonene

**Distilled organ** : zest

Native to India and cultivated in the south of Europe and California, lemon is one of the most useful fruits in natural medicine. The essence is obtained by cold expression of the external part of the fruit peel. Around 3,000 lemons are needed to obtain 1 kg of essence. It has so many properties that it is systematically used, with real success, in a large number of ailments. The essence neutralises Eberth bacilli and staphylococcus in 5 minutes, and Loeffler bacilli (diphtheria) in 20 minutes.

## Traditionally known for its properties

• antibacterial • antiseptic • antiviral • vitamin-P mimetic and blood fluidifier • digestive tonic, carminative, laxative, depurative agent • litholytic.

## Professional advice

- internal : 2 drops of essence 3 times a day in honey, olive oil or a lump of cane sugar under the tongue.
- external : 2 drops of essence + 2 drops of hazelnut oil on the affected skin area\*, locally 2 times a day.
- in daily use:2 drops of lemon essence on ¼ lump of cane sugar, to be sucked in the morning before breakfast for a real purification cure.

++++ Highly recommended - (!) Use with caution

Oral use	Use on skin	Air diffusion	Inhalation Aerosol
++++	++++ (!)	++++	-

## Useful information

do not use in the 1<sup>st</sup> 3 months of pregnancy, skin irritation (dermocaustic) possible if used pure, risk of phosensitivity: do not apply before sun exposure.

## Traditional indications

- period of airborne infectious diseases +++
- digestive, hepatic and pancreatic fatigue +++
- rosacea, phlebitis, haemorrhoids, venous stasis +++++
- kidney stones and renal colic ++
- obesity, lymphatic drainage +++
- loss of concentration, convalescence, cerebral fatigue +++
- furunculosis, acne, warts, herpes +++

## Special precautions

- keep out of reach of young children
- does not replace a balanced diet and a healthy lifestyle
- do not exceed the recommended dose
- unless medical or pharmaceutical advice, not to use during the pregnancy and breast feeding and in the child of less than 3 years
- keep out of heat and light

**PRANARŌM**   
aromatherapy

*Aromatherapy and information about it should never be used to replace a doctor's visit.*