

THE MAGICAL POWER OF LEMON

Long before now, humanity has cherished lemon as one fruit that is beneficial to the body in many ways. Some of the many benefits of lemon include:

- **Fighting cancer**
- **Weight Loss**
- **Cold remedies**
- **Blood cleanser**
- **Vitamin C supplier**
- **Skin beautifier**
- **Hair care**

This list could go on and on, and many have tested and tried this, and can affirm that of course, when life gives you lemon, you don't just make lemonades; you make a healthy drink that keeps you feeling healthy all day.

When used with warm water and honey, lemon aids in healing cold and causing cough to cease.

This also works for weight loss, for people for people who need to burn calories.

The presence of useful vitamins in lemon including citric acid, anti-cancer agents also protect the body from falling prey to cancer.

Many also encourage the use of lemon early in the morning for cleansing the blood and detoxifying the body system.

Also, instead of spending money on western drugs or even B-complex vitamins, lemon is a better supplier of this supplement.

For women and fashion experts, the use of lemon for the face aids in the removal of spots and burns. For the hair, it keeps the hair soft, silky and shiny, and removes dandruff too.

With all the benefits that come from this gift of nature, why still spend on drugs? Even cakes love lemons.