FRUITS & VEGGIES

7 Unbelievable Reasons To Use Frozen Lemons And Reap The Health Benefits

By bestfolkmedicine · 20/06/2018 · 2 min read



Believe it or not, lemons are one of the most nutritious, alkalizing, and healthy foods ever! When you add them to your diet, you will significantly better your overall health and well-being and avert a long list of health problems.

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According to a study, limonoids, compounds found in lemons and other citrus fruits, can avert the growth of breast cancer cells. What's more, numerous other studies have shown other positive effects that this amazing fruit has on the overall health and therefore, we should definitely consume them on a more

regular basis!

The Best Way to Benefit from Lemons

When we use lemons, we usually get rid of the peel, however, we are doing a mistake because the peel is also rich in important nutrients like protein, zinc, fiber, iron, and vitamins A, B6, C, and E, including powerful anti-cancerous characteristics and a strong detoxifying ability that will expel all toxins, bacteria, fungi, worms, and parasites from the body effectively.

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This being said, you are probably wondering how to include the lemon peel to your diet, right? No worries, you can easily do this by freezing your next batch of lemons!

How Will Lemons Improve Your Health?

- **Fight off cancer (the polyphenols in lemons have an antioxidant impact on the cancer cells while the limonoids lead to the self-destruction of cancerous cells within 12 hours)**
- **Decrease the levels of bad cholesterol**
- **Reduce inflammation**
- **Destroy bad bacteria**
- **Balance the blood pressure**
- **Soothing against stress and depression**
- **Cleanse the liver and kidneys from waste deposits**

Why Use Frozen Lemons?

Freezing lemons is a simple, yet fabulous method to up your nutrient intake. To freeze whole lemons, first, wash them well and them put them in a freezer bag and eliminate as much as air as possible before you seal the bag. When you want to use them, for example, in smoothies or juices, take the needed amount out of the bag and to thaw, place them in cold water and leave them for 10 minutes and then slice it.

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What’s more, you can grate the zest into a variety of meals and salads, pasta sauces, soups, yogurt, and ice cream. Make sure you also combine them in your freshly-squeezed juices, tea, and baked goods!

Sources:

THE HEARTY SOUL

INDIA TIMES

HEALING LIFE IS NATURAL

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