

## INSIDE THIS ISSUE

♥ PG. 1

Lemon

♥ PG. 2

**Lemon** - Fruit of the month.

♥ PG. 3

- Herbs in My Kitchen: reference guide for everyday cooking.

[www.herbsinmykitchenbook.com](http://www.herbsinmykitchenbook.com)

- Joints Pain Relief

**Lemon** is the most popular citrus fruit in the world. It has saury taste and refreshing aroma. It is used as a short-term preservative on certain foods that tend to oxidize and turn brown after being sliced. Lemon is used in variety of drinks, bakery, seafood, meats and marinates. Its refreshing aroma is great in the summer drinks as well as in the winter added to the lukewarm water with honey. It is a shot of energy that speeds our metabolism and promotes a growth of good bacteria in our gut.

### Benefits of Lemon Water:

1. It promotes hydration
2. It's a good source of vitamin C
3. It supports weight loss: lemon speeds metabolism and promotes a growth of good bacteria in your gut.
4. It improves your skin quality  
Vitamin C found in lemons may help reduce skin wrinkling, dry skin from aging, and damage from the sun.
5. It aids digestion and prevents the buildup of toxins.
6. It freshens breath
7. It helps prevent kidney stones

<https://www.healthline.com/health/food-nutrition/benefits-of-lemon-water#hydration>

### Lemon in Cosmetics:

Lemon helps to regulate the build of impurities in skin surface sebum which in turn may help to regulate the formation of unwanted blemishes. Lemon oil antioxidant properties is added to anti-aging skin products such as creams, serums, and masks.

Lemon extract is used as a natural home remedy for common skin issues such as dark spots and scars.

Lemon extract can brighten complexion and exfoliate dead cells. Always be mindful of the amount of lemon to ensure proper concentration to avoid any skin irritation and allergy.

**LOVE IS IN THE AIR IN FEBRUARY!!!**

There is really no such thing as conditional love and unconditional love-there are conditions, and there is love.  
Sadhguru



# Fruit of the Month: Lemon

**Lemon** was well known in antient Indian, Chinese and Mesopotamian civilizations. It was known for antiseptic, antirheumatic and refreshing properties.

## Health benefits of lemon

A great source of vitamin C and fiber, lemons contain many plant compounds, minerals, and essential oils.

- **Vitamin C.** An essential vitamin and antioxidant, vitamin C is important for immune function and skin health.
- **Potassium.** A diet high in potassium can lower blood pressure levels and have positive effects on heart health.
- **Vitamin B6.** A group of related vitamins, B6 is involved in converting food into energy.
- The citric acid in lemons decreases your risk of kidney stones by diluting urine and increasing its citrate content.
- Given that some pulp goes into the mix, pectens in the pulp can promote fullness and feed the friendly bacteria in your gut, therein promoting good health and decreased risk of disease.
- To top things off, the lemon aroma derived from the essential oils might decrease stress and improve mood.
- Lemon water is a rich source of vitamin C and plant compounds, which can enhance immune function, protect against various diseases, and increase your absorption of iron.

<https://www.healthline.com/nutrition/6-lemon-health-benefits>

## Lemon Water:

keep it in the fridge and hydrate your body all day long.



*"The secret of happiness is variety,  
but the secret of variety, like the  
secret of all spices,*

*is knowing when to use it." —*

**Daniel Gilbert**

### **RESOLUTION'S SOLUTION:**

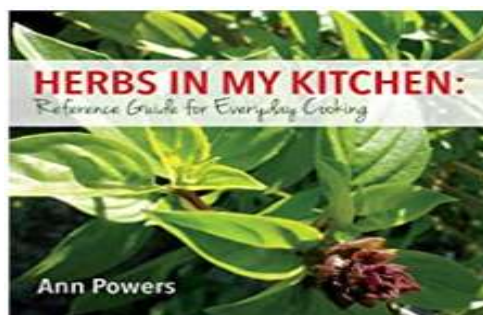
We are all guilty of making them on December 31<sup>st</sup>. Promises and pledges to be good, healthy, sleep better and exercise but on January 1<sup>st</sup> we already forgot about them.

"[Herbs in My Kitchen](#)" will guide you how to prepare your meal in hundreds of different ways using natural aromatic spices and herbs and keep up with the resolutions. Also, it will give you interesting facts about popular herbs and spices.

[How and when to use herbs and spices?](#) You are just click away to get answers to your questions. Click on the link below.

**Bon Appetit!!!**

<https://herbsinmykitchenbook.com/order/>



## **JOINTS PAIN RELIEF**

Rheumatoid Arthritis causes a lot of pain, swelling, stiffness, and loss of physical function in hands, wrists, shoulders, knees, and feet.

Taking rheumatoid arthritis medication can cause even more serious side effects including: edema (swelling of the feet) heartburn, upset stomach, stomach ulcers, possibly increased risk of blood clots, heart attack, stroke cataracts, elevated blood fats and blood sugar levels, increased appetite and bone loss.

### **There is a solution: Joints Pain Relief!!!**

**100% Organic and Natural!!!** This unique blend of organic oils and botanical extracts provides almost immediate relief from aches, pain and leads to increased flexibility and mobility of joints and tendons. Most importantly, **NO** side effects.

Apply a drop or two multiple times throughout the day. Use the drops as many times as you use hand lotion. For external use only.

<https://herbsinmykitchenbook.com/joint-pain-relief/>

