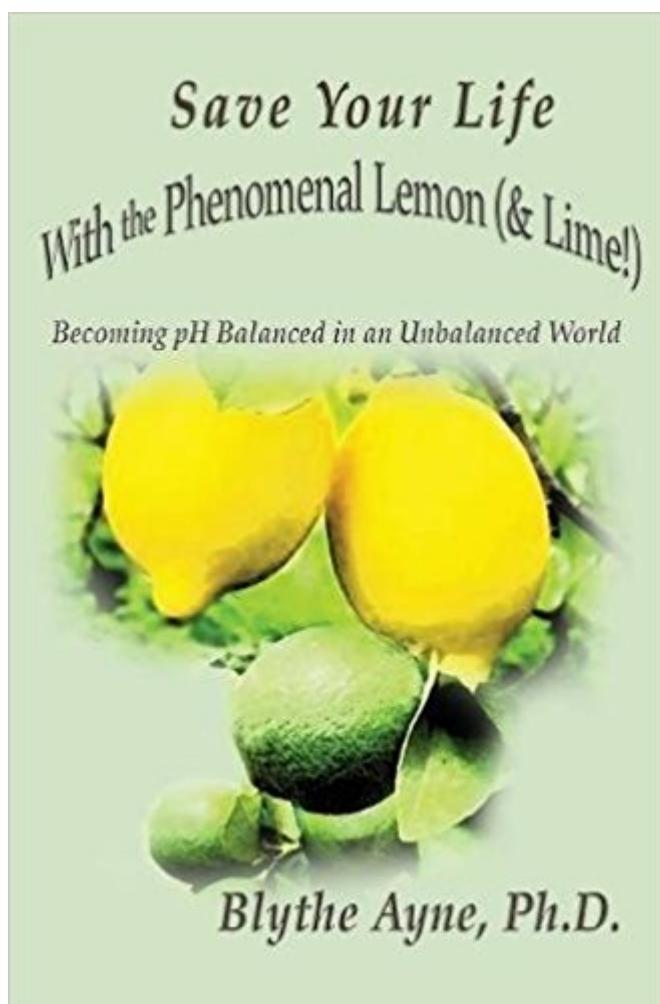


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# Save Your Life With The Phenomenal Lemon (& Lime!): Becoming Balanced In An Unbalanced World (How To Save Your Life)



## Synopsis

If you've never particularly thought about lemons and limes, you may be amazed by what you'll discover when you read *Save Your Life with the Phenomenal Lemon & Lime - Becoming Balanced in an Unbalanced World*. Putting the easy-to-accomplish, easy-to-understand suggestions into practice will result in your improved health, heightened emotional well-being, increased longevity and, most important of all, significantly contribute to your pH balance. Fresh-squeezed lemon and lime juice has antibacterial, antiseptic, anti-inflammatory, antiviral, anti-fungal and antihistamine properties. It fights infections and helps in the production of white blood cells and antibodies in the blood, which attack invading microorganisms. The antioxidant property of lemons and limes destroys roving free radicals preventing cardiovascular disease, stroke, cancers, and a myriad other health issues. Our lives are acidic - our diets are acidic, stress makes us acidic, contaminated environments are acidic. Lemons and limes, which are acidic outside of the human body, have the fantastic chemical process of burning to an alkaline ash inside the body, thereby significantly contributing to your all-important alkalizing balance. Lemons and limes have been shown to contribute to significant weight loss, kill cancer cells, lower blood pressure, and lower the glycemic index of meals up to thirty percent when taken as suggested. These are but a few of the myriad ways in which lemons and limes augment your health, and stave off, or help you recover from, disease and illness. Read *Save Your Life with the Phenomenal Lemon & Lime* to learn how fresh lemons and limes can really change your life. Includes remarkable, first-hand testimonials, and numerous resources and references.

## Book Information

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## Customer Reviews

The Author writes a very informative, and entertaining book. I followed her advice wondering could such a simple dietary addition work. I found my breathing became clearer, my concentration improved, and my energy increased. I'm in far better form and condition all round and my zest for life is returning. Joseph Edge If you read only one book this year on health, this is the book to read. Save Your Life with the Phenomenal Lemon (& Lime!) is a concise, information packed handbook to changing your life for the better. I know because it has changed mine. The book is packed with dynamite information. By taking lemons every day as instructed in the book, I've noticed I don't crave sugar and salt like I used to. Other benefits I've noticed are weight loss, no colds last winter let alone the flu, my face is smoother and younger looking, and my sciatica has all but disappeared. I just feel better all over. Almost weekly I discover new health benefits with lemons and limes. Lemon or lime every day has been the best thing I've ever done for my health! Cheri Greear

Dr. Blythe Ayne lives on ten acres of forest in Washington state, writing and caring for the flora and fauna. A psychotherapist in private practice for over 20 years, she now lectures and teaches on the subjects of self-fulfillment, meditation techniques, and healthy body, mind and soul. She also teaches creative writing and has been published in excess of a thousand fiction and nonfiction, online and print, venues under her name, pen names, and ghost writings. She has received numerous writing awards and grants, including the PEN Syndicated Fiction project, SFPA award, CCLM grants, National Endowment for the Arts grants, and others.

If you read only one book this year on health, this is the book to read. Save Your Life with the Phenomenal Lemon (& Lime!) is a concise, information packed handbook to changing your life for the better. I know because it has changed mine. This book starts out with the history of lemons and limes that is informative. It is well written with well organized topics and a glossary found at the back of the book for those hard to understand medical terms. I particularly enjoyed the quotes at the beginning of each chapter and also the snippets of humor laced throughout the book, which offset the necessary scientific terms that may take time to understand. It is worth it. The book is packed with dynamite information. By doing lemons every day as instructed in the book, I have noticed I don't crave sugar and salt like I used to. Other benefits I have noticed are, weight loss, no colds last winter let alone the flu, my face is smoother and younger looking and my sciatica problem has all

but disappeared. I just feel better all over. Almost weekly I discover new health benefits to doing lemons and limes. Sometimes the effects are subtle and sometimes they are immediate. I had a bug bite that itched. I rubbed fresh lemon juice on it and ten minutes later I remembered, "Oh yeah, I had an itchy bug bite." It was gone and unlike most other remedies, the itch didn't return. It also takes the "burn" out of minor burns. The best thing about lemons and limes is they are easily accessible and inexpensive! There is no taking of chemicals with potentially harmful side effects. Update: After two plus years of doing lemons daily, I continue to see the benefits. Yes this last winter I did succumb to the flu virus but within two weeks I saw my symptoms literally clear up. In the past I would have been coughing for two or more months "after" the traditional round of antibiotics and their side effects. Doing lemons and limes has been the best thing I've ever done for my health!

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I generally read quite a few health-related books,, so I wasn't sure if I would learn much from this

one, but I definitely did! How to use lemons and limes for a variety of health effects, how best to eat/drink them, how to use them for specific symptoms or issues, and what cautions one needs to be aware of -- all this is conveyed in a well-written and very readable text that is science- and research-based. A very clear and useful guide.

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