TOP 10 USES FOR LEMON OIL

1. Detoxing & Cleansing the Body: Lemon naturally cleanses the body, aids in digestion and detoxification. Drink Lemon oil daily because is a powerful antioxidant that can help ward off free radicals. Simply add a few drops to your water throughout the day.*

2. Healthy Blood Pressure: Drinking a few drops of lemon oil daily will also promote new blood cell growth and supports healthy blood pressure.*

3. Cleaning the Home: Lemons cleanses the home and the air we breathe. Mix a few drops with water and spray on surfaces. You can even add a few drops of Lemon oil to your dishwasher along with the dishwasher liquid.*

4. Cooking: Add Lemon oil to your cooking to add a fresh flavor. Ideas: Lemon bar, salad dressing, flavor icing.*

5. Respiratory Support: Lemon supports healthy respiratory function. Lemon is very good for cleaning lungs. It helps breaks down mucus. It helps you cough up phlegm. Smell and drink Lemon oil.*

6. Digestive: Lemon can provide digestive benefits when taken internally. When traveling, add lemon oil to your water for water purification. It keeps your gut clean and decreases intestinal parasites.*

7. Uric acid neutralizer: Dilute Lemon oil with a little fractionated coconut oil and rub on legs. You should also drink Lemon oil to help break down uric acid build up.*

8. Sore Throat: Add 1 drop Lemon oil to warm water with honey to soothe an irritated throat. Drink this mixture throughout the day.*

9. Seasonal Discomfort: Mix 2 drops Lemon, 2 drops Lavender and 2 drops Peppermint to an empty veggie capsule or a glass of water and ingest.*

10. Sticky Residue: Lemon is great for removing sticky residue left from removing stickers.*

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