



USEFUL PROPERTIES OF LEMON

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Annotation

Lemon is a hybrid plant of the genus citrus. It is believed that the progenitors of all citrus fruits known today are citron, pomelo and mandarin. All the rest are hybrids resulting from mixing between these species and their "descendants". Lemon, scientists believe, is the "child" of citron and mandarin. It is believed that his homeland is the Deccan Plateau in central India. But when that very first lemon appeared on the planet, scientists cannot yet answer.

Keywords. Citrus, lemon, citron, diabetes, constipation, inflammation, tea, treatment.

Introduction

Although the lemon is popularly considered the record holder for the amount of vitamin C, in fact, in terms of the content of ascorbic acid, it does not stand out among other citrus fruits and even lags behind some of its "brothers". But that doesn't make it useless. Traditional medicine includes lemon in recipes for "thousands of diseases": from seborrhea and arthritis, to constipation and tuberculosis. And scientific research is aimed at using lemon potential in therapy to restore liver function, reduce "bad" cholesterol and blood pressure. The pulp of lemon fruits contains citric and ascorbic acids, sugars, vitamins A, B1 and B2, flavonoids, coumarin derivatives, sesquiterpenes, pectins, potassium and copper salts. Lemon peel contains essential oil and flavonoids. The main constituents of the essential oil are the terpene limonene and the aldehyde citral. Lemons contain 7.1% carbohydrates in the form of sugars. The latter are dominated by fructose and glucose, which are easily digested. The amount of pectins in the peel is 16% of dry matter, and in the pulp - 11%. The predominant fruit acid is citric acid. The acidity of fruits harvested in late autumn increases to 8%, the acidity of fruits picked in spring (April) ranges from 4% to 5%. The essential oils contained in the peel have a powerful bactericidal effect. The content of mineral salts (especially potassium) is high in lemons. Vitamin C is found in lemon fruits in a stable form, i.e. Lemon juice, which is heated for 5 minutes to boiling point, practically does not lose the initial amount of vitamin C (therefore, the benefits of lemon in combination even with very hot tea do not decrease).





Citric acid dissolves uric acid and its deposits in the joints and cartilage, prevents the development of atherosclerosis. Vitamins C and P increase the resistance of capillary walls, have antitoxic, antisclerotic effects, increase the body's immuno-biological reactions. Lemon is an antihelminthic. Of all citrus fruits, lemons have the greatest healing effect. They are used for febrile diseases, for the prevention of hypo- and avitaminosis C and B, atherosclerosis, as an additional remedy for jaundice, edema, urolithiasis, rheumatism, gout, gastritis with low acidity.

Lemon and lemon juice are indicated for diseases of the gastrointestinal tract, mineral metabolism disorders, urolithiasis, gout, rheumatism. Lemon circles sprinkled with sugar are used for heart diseases, especially inflammatory ones (myocarditis, rheumatism).

Lemon Recipes

1. Hypertensive patients usually consume the pulp of half (30-50 g) or one (70-100 g) lemon together with the peel 3-4 times a day at one time; diabetic patients are treated with fresh lemons according to the same scheme.
2. In the presence of stones in the kidneys and gallbladder, gout, use 120 g of lemon juice daily.
3. To stop nosebleeds, instill fresh lemon juice.
4. In case of exacerbation of chronic hemorrhoids, drink 2 tablespoons of lemon juice every 2 hours.
5. 2 tablespoons of raw materials (30-40 g) pour 400 ml of water, simmer for 30 minutes, filter, take 0.5 cup 3 times a day before meals.

In cosmetology, for the preparation of lemon-based cosmetics, they use the peel, zest, lemon pulp, lemon juice or lemon essential oil. Lemon for the face Skin prone to comedones is helped by rubbing with lemon juice. First you need to steam your face over a steam bath. For oily skin with enlarged pores, rubbing with the composition is useful: combine beaten egg white, 100 ml of vodka and juice of one lemon. Mask for oily skin prone to acne: dilute 2 tablespoons of white clay (in powder) in 2 tablespoons of alcohol, add 15 drops of lemon juice. Keep the mask on your face for a quarter of an hour and rinse with cold water. For normal or sensitive skin, a homemade lotion is prepared: the juice of half a lemon is mixed with a teaspoon of glycerin and a quarter cup of water. Mask for whitening freckles with dry skin: mix lemon juice, cream and hydrogen peroxide (5%) in equal proportions. Apply to face with a cotton swab and rinse with warm water after half an hour.





Conclusion

Although cooking is the most famous use of lemons (juices, seasonings are made from it, they are added to salads, meat, fish), but it is far from the only one. This citrus is considered useful in perfumery, cosmetology, for polishing furniture, and is also grown as an ornamental tree. By the way, the juice of this fruit contains about 5% acid, which makes lemon an accessible raw material for this substance. Lemon juice is also an effective remedy for getting rid of ink stains. And in Japan, lemon essential oils are used in aromatherapy as a stress reliever. This sunny exotic fruit is delicious. And although outwardly it is not the brightest representative of the genus, but the list of useful properties makes it the king among citrus fruits.

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