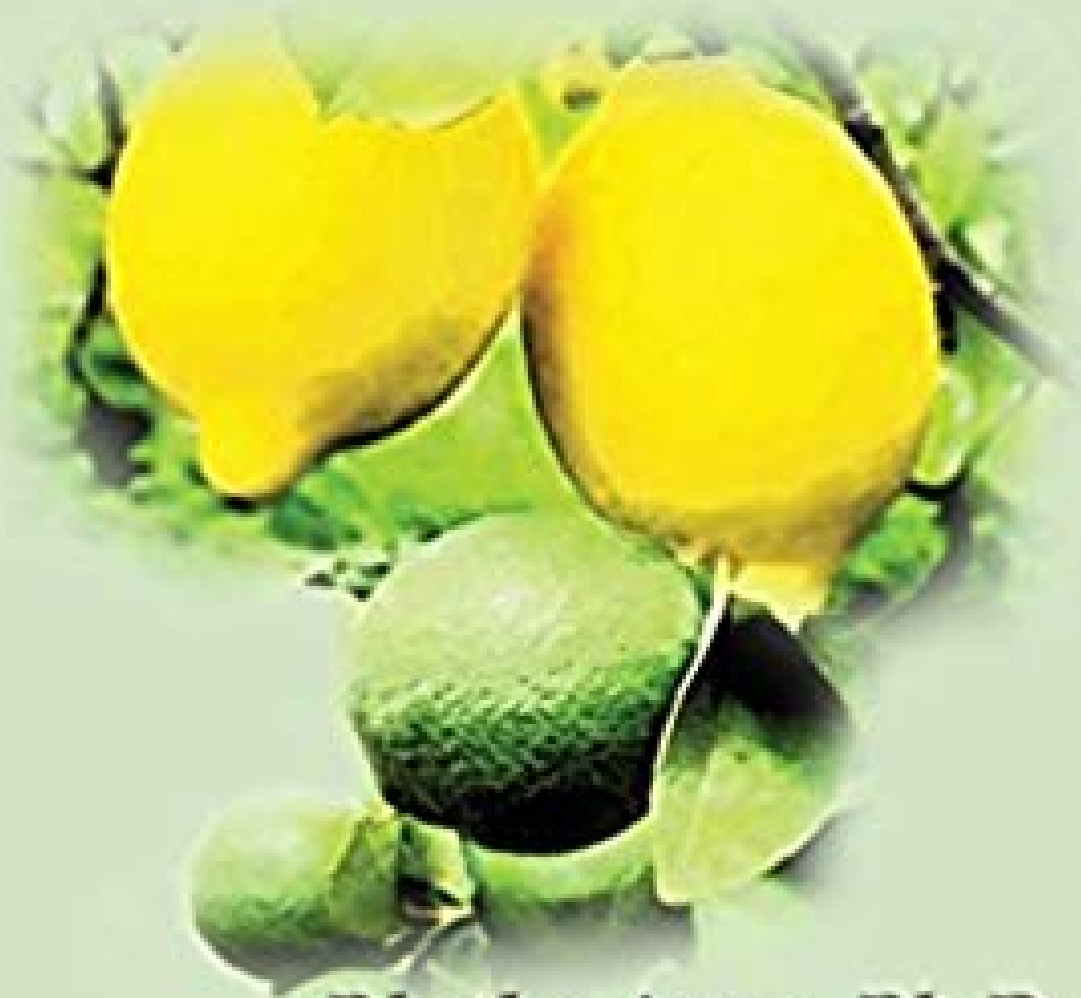


Save Your Life *With the Phenomenal Lemon (& Lime!)*

Becoming pH Balanced in an Unbalanced World



Blythe Ayne, Ph.D.

Blythe Ayne

Save Your Life with the Phenomenal Lemon (& Lime!): Becoming Balanced in an Unbalanced World (How to Save Your Life)



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If you've never particularly thought about lemons and limes, you may be amazed by what you'll discover when you go through *Save Your Life with the Phenomenal Lemon & Lime - Becoming Balanced in an Unbalanced World*. The antioxidant property or home of lemons and limes destroys roving free of charge radicals preventing cardiovascular disease, stroke, cancers, and a myriad other medical issues. Fresh-squeezed lemon and lime juice provides antibacterial, antiseptic, anti-inflammatory, antiviral, anti-fungal and antihistamine properties. Includes remarkable, first-hand testimonials, and numerous assets and references. Placing the easy-to-accomplish, easy-to-understand recommendations into practice will result in your improved health, heightened emotional well-being, improved longevity and, most important of all, significantly donate to your pH balance. Our lives are acidic - our diet programs are acidic, tension makes us acidic, contaminated conditions are acidic. Lemons and limes, which are acidic beyond our body, have the great chemical process of burning up to an alkaline ash in the body, thereby considerably adding to your all-important alkalizing balance. They are but a few of the myriad ways in which lemons and limes augment your health, and push away, or help you recover from, disease and disease. Lemons and limes have been shown to contribute to significant weight loss, kill cancers cells, lower blood pressure, and lower the glycemic index of meals up to 30 % when taken as suggested. Read *Save Your Life with the Phenomenal Lemon & Lime* to understand how clean lemons and limes really can change your daily life. It fights infections and helps in the creation of white blood cells and antibodies in the bloodstream, which assault invading microorganisms.



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I would recommend this book! I generally read several health-related books,, so I wasn't sure if I would learn much out of this one, but I definitely did! How to make use of lemons and limes for a number of health results, how better to eat/beverage them, how to utilize them for particular symptoms or issues, and what cautions one must be familiar with -- all this is conveyed in a well-written and very readable text that is science- and research-based. Basic solutions for complicated medical issues! Awesome book! I have 2-3 juiced lemons a day . Amazing book!. we've lemon water morning hours and night. I have 2-3 juiced lemons a day and Personally i think so much better. My liver is so much happy too. :-) It's an excellent little book It's an excellent little book, but if you have very bad reflux this could be painful. Lemons who would have known Among the best reads in what is wonderful for you wellness that you can of on a daily basis. must read If you looking for alternative way of living and nutritional benefits of lemon and lime great reserve to read to really get your body work properly. Filled with information of healthy ways how exactly to use it to maximize your current health. Must read. This Book Delivers! If you read only one book this season on wellness, this is actually the book to learn. Yes this last wintertime I did so succumb to the flu virus but within a fortnight I saw my symptoms literally clear up. Lime! I drink lime water all day every day and my health has turned completely around. It really is well created with well organized topics and a glossary found at the trunk of the publication for those hard to comprehend medical terms. Five Stars Great book. I know because it has changed mine. Really worth reading and pursuing. It is worth it. The book is filled with dynamite information." It had been gone and unlike most other remedies, the itch didn't return. Various other benefits I've noticed are, weight reduction, no colds last winter let alone the flu, my encounter is smoother and younger looking and my sciatica issue offers all but disappeared. I just feel better all over. Almost every week I discover new health benefits to carrying out lemons and limes. Sometimes the effects are subtle and occasionally they are immediate. I've battled cardiovascular disease a lot of my adult lifestyle and recently made a decision to buy a lime orchard and proceed to Hawaii. I rubbed new lemon juice onto it and ten minutes later I remembered, "Oh yeah, I experienced an itchy bug bite. By doing lemons each day as instructed in the book, I have noticed I don't crave sugar and salt like I utilized to. It also uses the "burn off" out of small burns. The great thing about lemons and limes is usually they are easy to get at and inexpensive! There is absolutely no taking of chemicals with potentially harmful side effects. Upgrade: After two as well as years to do lemons daily, I continue to see the benefits. Save Your Life with the Phenomenal Lemon (& Most likely not worth the purchase price since plenty of this information are available on the WWW. Performing lemons and limes offers been a very important thing I've ever carried out for my wellness! Great read! Awesome book!.. Awesome Book A must browse for every health conscious person! Necessary information in an conveniently understandable format! An extremely clear and useful information.. I'm so grateful for this amazing information! I'm so thankful because of this book. I had a bug bite that itched.) is usually a concise, information loaded handbook to changing your daily life for the better. I buy extra copies and present this book away whenever you can. Thank you to the writer. Bitter foods are so good for you! Five Stars Great Probably not really worth the purchase price since a lot of this information can be found on the WWW. Five Stars Gave as something special. This book starts out with the history of lemons and limes that is informative. Help your health Very enlightening. I especially enjoyed the rates at the start of each chapter and also the snippets of humor laced through the entire book, which offset the necessary scientific terms that may remember to understand. It produced mine 10 occasions worse, but I could see how it might be helpful for some. Bought this within a gift so it was brand new. In the past I would have been

coughing for two or more months "after" the traditional circular of antibiotics and their side effects.



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