

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

Becoming pH Balanced in an Unbalanced World



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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 have never particularly considered lemons and limes, you might be amazed by what you will discover when you go through *Save Your Life with the Phenomenal Lemon & Lime - Becoming Balanced in an Unbalanced World*. The antioxidant residence of lemons and limes destroys roving free of charge radicals preventing coronary disease, stroke, cancers, and a myriad other health issues. These are but a few of the myriad ways that lemons and limes augment your health, and push away, or help you recover from, disease and illness. It fights attacks and helps in the creation of white bloodstream cells and antibodies in the bloodstream, which attack invading microorganisms. Putting the easy-to-accomplish, easy-to-understand recommendations into practice can lead to your improved health, heightened emotional well-being, improved longevity and, most significant of all, significantly contribute to your pH balance. Lemons and limes have already been shown to donate to significant weight loss, kill malignancy cells, lower blood pressure, and lower the glycemic index of foods up to thirty percent when taken as suggested. Lemons and limes, which are acidic outside of the human body, have the fantastic chemical process of burning up to an alkaline ash in the body, thereby significantly contributing to your all-important alkalizing stability. Our lives are acidic - our diet programs are acidic, stress makes us acidic, contaminated conditions are acidic. Fresh-squeezed lemon and lime juice has antibacterial, antiseptic, anti-inflammatory, antiviral, anti-fungal and antihistamine properties. Read *Save Your Lifestyle with the Phenomenal Lemon & Lime* to understand how new lemons and limes can really change your life. Includes remarkable, first-hand testimonials, and numerous resources and references.



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we've lemon water morning and night. I buy extra copies and give this book away whenever you can. How to make use of lemons and limes for a number of health results, how best to eat/beverage them, how to use them for specific symptoms or issues, and what cautions one must be familiar with -- all this is normally conveyed in a well-written and very readable text that's science- and research-based. I've 2-3 juiced lemons a day . If you go through only one book this year on health, this is the book to go through. A very clear and useful guidebook... Awesome book! I particularly enjoyed the quotations at the beginning of each chapter and also the snippets of humor laced through the entire publication, which offset the required scientific terms that may remember to understand. My liver is so much happy too. Bitter foods are so excellent for you personally! Great read! must read If you looking for alternative approach to life and nutritional great things about lemon and lime great reserve to read to get your body function properly. Full of information of healthy ways how exactly to use it to maximize your overall wellness. Yes this last winter I did succumb to the flu virus but within two weeks I saw my symptoms literally clear up. This book starts out with the history of lemons and limes that's informative. Awesome book! I understand because it has transformed mine. It is worthwhile.) is a concise, information packed handbook to changing your daily life for the better. Save Your Existence with the Phenomenal Lemon (& This Reserve Delivers! It is well written with well-organized topics and a glossary bought at the trunk of the book for those hard to understand medical terms. I've 2-3 juiced lemons a day and I feel so much better. Lime! The publication is filled with dynamite info. By doing lemons every day as instructed in the publication, I have observed I don't crave glucose and salt like I used to. Other benefits I've noticed are, weight loss, no colds last wintertime aside from the flu, my encounter is smoother and younger searching and my sciatica issue has all but disappeared. I just feel better around. Almost every week I discover new health benefits to doing lemons and limes. The best thing about lemons and limes is they are easily accessible and inexpensive! I experienced a bug bite that itched. I've battled cardiovascular disease a lot of my adult life and recently decided to purchase a lime orchard and proceed to Hawaii." It was gone and unlike almost every other remedies, the itch didn't return. In addition, it takes the "burn" out of minimal burns. Sometimes the effects are subtle and occasionally they are immediate. There is absolutely no taking of chemicals with potentially harmful side effects. Revise: After two plus years to do lemons daily, I continue to start to see the benefits. Must read. Previously I would have already been coughing for two or even more months "after" the original round of antibiotics and their unwanted effects. Doing lemons and limes has been the best thing I've ever done for my health! Lemons who would have known One of the best reads about what is wonderful for you health that you could of on a daily basis. I would recommend this book! Bought this as part of a gift so it was brand new.. Awesome Book A must browse for each and every health conscious person! I'm so thankful for this book. Basic solutions for complicated medical issues! Amazing book! I'm so grateful because of this amazing information! Essential information in an quickly understandable format! I rubbed new lemon juice on it and ten minutes afterwards I remembered, "Oh yeah, I experienced an itchy bug bite. I drink lime water all day every day and my health has turned completely around. I generally read a number of health-related books,, so I wasn't sure easily would learn much from this one, but We definitely did! Many thanks to the writer. :-) It's a good little book It's a good little book, but if you have very bad reflux this may be painful. It made mine 10 instances worse, but I could see how it could be ideal for some. Most likely not worth the purchase price since lots of this information are available on the WWW. Five Stars Great book. Help your health Very enlightening. Well worth reading and following. Five Stars Great Probably not worth the purchase

price since a lot of this information are available on the WWW.. Five Stars Gave as a gift.



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