

FROZEN LEMON

Place a washed lemon in the freezer section of your refrigerator. Once the lemon is frozen, grate the whole lemon (do not peel it) and sprinkle it on top of your foods. Put what you don't use of the lemon back into the freezer.

Sprinkle it on your cereals, fish dishes, ice cream, noodles, rice, soup, spaghetti sauce, sushi, vegetable salad, whiskey... the list is endless.

All of the foods will have an unexpected wonderful taste, something that you may have never tasted before. Most likely when you think lemon, you only think of lemon juice and vitamin C. Not anymore. Now that you've learned this lemon secret, you can use lemon even in instant cup noodles.

What's the major advantage of using the whole lemon other than preventing waste and adding new taste to your dishes? Lemon peels contain up to 10 times more vitamins than the lemon juice itself. Yes, that's what you have been wasting.

By following this simple procedure of freezing the whole lemon, then grating it on top of your dishes, you can consume amazing nutrients and get even healthier. Lemon peels are health rejuvenators by eradicating toxic elements in the body. They contain the whole food Vitamin C Complex.

Grating a frozen whole lemon on your meals daily is a key to make your foods tastier and helping you get to live healthier and longer! That's the lemon secret!

The benefits of lemon are surprising. Lemon (Citrus) is a miraculous product. It is 10,000 times stronger than chemotherapy. Why do we not know about that? Because there are laboratories interested in making a synthetic version that will bring them huge profits.

You can now help a friend in need by letting him/her know that lemon juice is beneficial in preventing disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy. How many people will die while this closely guarded secret is kept, so as not to jeopardize the beneficial multimillionaires large corporations?

The lemon tree is known for its varieties of lemons and limes. You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc. It is credited with many virtues, but the most interesting is the effect it produces on cysts and tumors.

The lemon is a proven remedy against cancers of all types. Some say it is very useful in all variants of cancer. It is considered an anti-microbial spectrum against bacterial infections and fungi, effective against internal parasites and worms, it regulates high blood pressure, is an antidepressant, combats stress and nervous disorders.

The source of this information is fascinating: it has been stated that it comes from one of the largest drug manufacturers in the world, who says that after more than 20 laboratory tests since 1970, the studies reveal that it destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas. The compounds contained within the lemon are said to be 10,000 times better than the product Adriamycin, a drug normally used in chemotherapy to attempt to slow the growth of cancer cells.

What is even more astonishing is that this lemon extract therapy destroys malignant cancer cells. It does not affect healthy cells except to make them stronger.

So, give those lemons a good wash, freeze them and grate them. Your whole body will love you for it!