



Product Information and Traditional & Alternative Uses

Lemon is best known for its capability to purge toxins from any part of the body and is widely used to stimulate lymph drainage (see Aeroma lemon essential oil) and rejuvenate energy. Additionally, when taken orally it provides cleansing and digestive benefits and has been used traditionally to supports healthy respiratory function

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|------------------------|-------------------------|
| 1 REDUCE NAUSEA | 5 FOOD ADDITIVE |
| 2 DETOXIFYING | 6 ANTIMICROBIAL |
| 3 INFLAMMATION | 7 TEETH WHITENER |
| 4 DIURETIC | 8 REJUVENATING |

Primary Use - Food Additive & Detox:

REDUCE NAUSEA: 1 drops by mouth daily or as needed

DETOX: Apply 1-2 drops to 8 oz of water.

TEETH WHITENER: Mix lemon essential oil, baking soda and coconut oil and rub on your teeth for 2 minutes and then rinse.

FOOD ADDITIVE: 1 drop of a citrus oil can substitute for one tsp. of citrus zest. If the recipe calls for the zest from 1 citrus fruit, you can use 8–14 drops of the citrus essential oil instead.

