**Power of the Lemon  
How does Healing work** Part IIJim LeBeau Certified Natural Health Care Practitioner

“Man does not live by bread alone (made) but by every word of God (said)”. Man lives by God’s word *and* the wholesomeness of his food, air and water, herbs, soil, sunshine, and all that God created to support wellness of body, mind, and spirit. This includes the power of the lemon.

**POWER OF THE LEMON**

For 500 years lemons and limes gave the British navy power to rule the world as the Spanish learned. To this day British sailors are called “limies”. It’s about the C *complex* with flavonoids and co-factors that heal and prevent scurvy. It’s also about pH and a broad range of issues related to body chemistry and immune function including cancer. Search in the National Library of Medicine under “lemons and cancer” (pubmed.gov). Other search engines might work too. You will find so many studies on lemon juice, pulp, seed, peel it would take several lifetimes to read it all.

How is the lemon used in healing? One simple way used by naturopathic doctors is “lemon water”. It’s a glass of clean water with fresh lemon juice squeeze in. Bottled doesn’t work. The British tried that and learned their lesson with dying sailors. One of the quickest ways to balance body chemistry is a short “fast” on lemon and water. Ghandi used lemon water in his fasts to free India from British rule. A short fast puts the body in a state of “ketosis” to help with weight problems while lowering blood sugar, detoxing, balancing pH, strengthening immunity. It’s a powerful tool but must be used right.

CAUTION: if you are elderly be aware your body chemistry may tend acid with a low level of stomach hydrochloric acid (HCL). In this case citric acid is assimilated instead of being broken down to carbon dioxide and water which adds more acid to blood. Even in healthy young bodies an excess of citric acid can lower blood levels of ionic calcium in minutes. If a cold sore suddenly appears after a lemon and water routine it is likely due to a sudden drop in blood pH related to low levels of ionic calcium causing the herpes virus to be activated. Low zinc levels related to chemical farming and processed grains are also a major factor in pH and much more. *See your licensed naturopath, medical or chiropractic doctor, or enlightened dietitian for guidance in natural healing.* Also, no “expert” can do for you what you can do for yourself. This requires a willingness to learn. A **Nutrition-For-Life** kit can get you started.

POWER OF TRUTH

If every pastor and priest teaches that man does not live by the “word” alone but also by the power of lemons, apples, whole grains, mother’s milk, and all powers of creation in care of his body “temple”, they would know we are Christians by our love and our *good health.* The Christian world will become a wonderful place to live. Ignoring care of the “temple” hasn’t worked out well. The hereafter is important. So is the here and now. Our brains are part of our bodies. Proteins and fatty acids that make healthy brains depend on nutrition. This has everything to do with how well minds workto understand life *now and later!* Mess brains up with processed and junk foods and drinks - whamo – wholeness goes out the window. Epidemics of autism, Alzheimers, cancer, mental disease, mass killings etc. haven’t popped up by accident.

The root problem behind sick “fruits” is not listening to God and Jesus in things that matter here and now. For life to work in wholesome ways on earth our souls must hear a call to wholeness, a voice that whispers across the eternal stillness of time and space and says BE WHOLE. “Be still, and know that I am God”. What we have is a simple failure to communicate.

Comments? Send to Jim at [lebeaultj@aol.com](mailto:lebeaultj@aol.com) with “nutrition” in subject box. Download from “articles” page at phpower.org. For a copy of the booklet “Let Your Body Be Your Teacher” send $5.00 to Perfect Health P.O. Box 132 Waupun WI 53963. For information on Nutrition-For-Life kits visit [www.phpower.org](http://www.phpower.org).