

Frozen Lemon More Powerful Than Chemotherapy...

<http://theorganicbook.com/frozen-lemon-powerful-chemotherapy/>

It turns out that the best way to consume lemons is to first freeze them and then eat them along with their peel. It seems that we've been making a terrible mistake when it comes to lemons because the lemon peel is actually much more health beneficial than the fruit and we have been throwing it to waste.

How best to take advantage of this amazing fruit's skin?

Well first rinse them thoroughly, then toss them in a zip lock bag and put them in the freezer. Wait until they're completely frozen and grate the whole lemon with a regular grater. You can now add this grated lemon to whichever dish you want, sprinkle it on top your ice-cream or salad or add it to your smoothies and shakes. Lemon sprinkles will make everything taste better and will add to the meal's nutritional profile as well. It turns out that the lemon peel contains up to 10 times more vitamins than the fruit's juice so health experts all across the globe recommend it. If you start following this rule of thumb when consuming lemons, freezing them and eating them with their peel, you'll gain far greater health benefits than extracting the lemon juice alone. All the vitamins and other nutrients located in the lemon peel will regenerate every cell and tissue in your body and help your body detox. Health experts have said that the lemon skin has an effect thousand times more powerful than chemotherapy and plus it doesn't have any of the adverse side-effects associated with chemo. The pharmaceutical companies that run this world want to keep this a secret until they find a way to synthesize it and turn it into a drug they can make profit of but how many people are going to die until then?

Grated frozen lemons are super easy to combine with your food, you can add them to ice cream, salads, soups and so on and take advantage of all the benefits they hold. The best thing about frozen lemon peel is that it's incredibly effective against all types of cancer, cysts and tumors. Multiple studies on the subject have showed the powerful effect of lemon peel against cancer cells and recommend it as a treatment. Moreover, lemon peels have powerful antibacterial and antimicrobial effect meaning that they're effective against bacterial and fungal infections as well. They also regulate your blood pressure, have antidepressant effects and eliminate feelings of anxiety and irritability. If this wasn't enough, lemon peels alkalize your body and regulate the blood's pH values, promoting optimal health. Studies have shown that lemon peels can destroy the cancer cells of 12 types of cancer among which one of the deadliest – prostate, colon, pancreatic and lung cancer.

The compounds found in lemon peels, as we already said before, are thousand times more powerful than Adriamycin, a drug commonly used in chemo but more importantly the lemon peels only act on the malignant cells, destroying them, while leaving behind the healthy cells without damaging them.

PS from FactorReady.com : Great anti-cancer health advice by easily employing more organic lemons in our diets. See our entire Health tab article at Factor Ready along with any specific pdf articles under the Downloads tab. Stay well, Stay Prepared and Stay Prayed Up !