

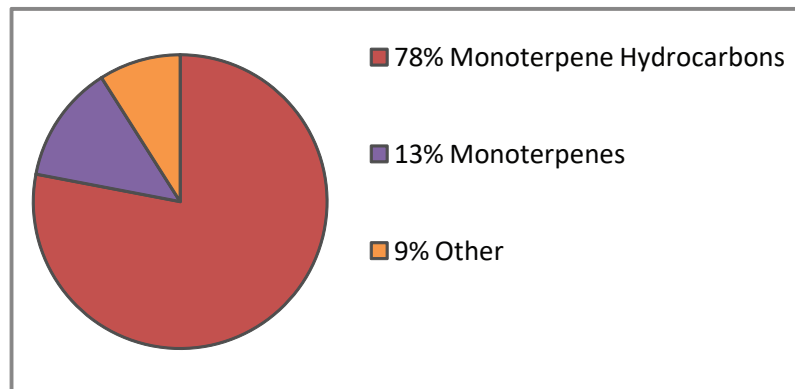
Lemon, Organic: USA Pressed Peel (*Citrus limonum*)

The therapeutic oil is pressed from the peel however other extraction methods do produce high quality, longer shelf life oil. Due to the large production of Lemon trees in California and Florida, this highly beneficial oil is relatively low cost. In laboratory studies on animals, Lemon oil showed to halt or slow growth of cancer and contains numerous anti-cancer compounds. Like all pressed citrus oils, you will want to use caution when using this oil on skin that is exposed to sunlight.

Primary Usage: Use a drop or two ever couple hours internally as a general tonic to assist detoxification, lymphatic drainage, and to fight infections. Assist the immune system in the formation of red and white blood cells. Beneficial for digestive problems (indigestion, gas, intestinal parasites, nausea, vomiting, heartburn) and the smell stimulates the brain (focus, concentration, Parkinson's disease). A wonderful low-cost oil to use in cleansing the air, water, and surfaces against infectious diseases.

Secondary Usage: Aids with respiratory issues (decongestant, fevers, colds, flu, throat infection, asthma, bronchitis), mouth conditions (infection, mouth ulcers, herpes), and skin (dull, acne, boils, warts, corns, varicose veins, liver spots, cellulite). Other powerful benefits include assisting with urinary tract infections, kidney stones, brittle nails, nose bleeds, gall stones, circulation (tightens blood vessels and lowers blood pressure), pain relief (rheumatism, arthritis, gallstones, dyspepsia, gout), and diabetes (eye disorders, lowers blood sugar levels).

Has been reported: Eliminates negative emotions (grudges, resentment, anxiety, apathy, mental fatigue, nervous conditions) and promotes spiritual and psychic awareness. Shown positive results with assisting in alleviating allergies.



Descriptor: Alkalizing, Antibacterial, Antidepressant, Antiseptic, Antitoxic, Antispasmodic, Astringent, Decongestant, Digestive, Disinfectant, Diuretic, Insecticide, Stimulant, Anti-Inflammatory, General Tonic

Application: Ingest, diff, topically on location.

Main chemical about 67%
Limonene

Caution: Phototoxic

Found In: Allergy Free, DNA Release, Fit, Thief Blend, Thyroid Support, To Be

Influences: Promotes joy and is elevating to the mind, body, and spirit and contains wonderful purification and disinfectant properties.

Medicine Wheel: A Primary East and Secondary South, Center, and North.

Blends Well With: Cinnamon Bark, Citrus oils, Clary Sage, Clove Bud, Cypress, Eucalyptus, Fennel, Geranium, Ginger Root, Juniper Berry, Lavender, Neroli, Nutmeg, Palmarosa, Roman Chamomile, Rose, Rosemary, Sandalwood, Tea Tree, Vetiver, Ylang Ylang

Recipes: Add six drops of oil directly to your laundry detergent to freshen a wash load.