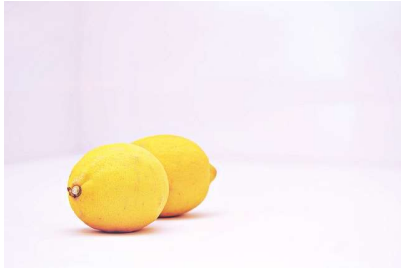


The Health Benefits of Lemons



The sharp, clean scent of lemons gives a hint of the wealth of positive benefits hidden inside. They contain vitamins C, B6, A, E, folate, thiamin, riboflavin, copper, calcium, iron, magnesium, potassium, zinc, phosphorus, folate, and some protein.

Lemons also contain flavonoids, containing antioxidant and cancer fighting elements. They have a positive effect on high blood pressure, fever, diabetes and upset stomach, among many other benefits. They also can fight kidney stones by forming urinary citrate, thus preventing crystals forming in the kidneys.

However, turning to commercial lemonades is a step backwards, because of the chemicals, colouring, and sugar/sugar compounds added. Instead, mix a pitcher of water, fresh lemon juice to taste, and let one or two juiced lemon rinds sit in the bottom of the pitcher for even more flavour. If you want that hit of sweetness, use a bit of honey. Honey itself has many positive compounds, such as potassium, calcium, sodium, fibre and several vitamins and minerals.

Here is a link to a [herb-lemon marinade](https://www.foodnetwork.com/recipes/ina-garten/herb-marinated-pork-tenderloins-recipe-1948375) that is excellent with chicken and pork, from the wonderful chef Ina Garten. So look for new and exciting ways to add lemons and their juice and zest to your marinades, water, salads and meats!

Link above:

<https://www.foodnetwork.com/recipes/ina-garten/herb-marinated-pork-tenderloins-recipe-1948375>