



# Lemons are never lemons!

**Lemon juice has antibacterial, antiviral and immune building properties. Lemon juice fights disease and infection with high levels of bioflavonoids, pectin, essential oils, citric acid, magnesium, calcium and vitamins.**

Lemon juice also stimulates digestion, thereby promoting weight loss!

If you have a sore throat squeeze some lemon juice into warm water, swish and gargle. To reduce fever and fight nausea add lemon juice to hot water or hot tea and honey.

Thinking outside the square adds to the armoury of ways we can help winter health challenges. Just ask your grandmother!

**Ask your Chemist for advice.**