

LEMON DETOX

By Gabriela Rosa



You see, the liver is one of the most important organs in the body and it is responsible for most of the 'detoxification' that happens in the system. The liver governs approximately 500 metabolic processes to ensure optimum health. These are categorised into nine main functions, including: carbohydrate metabolism, which assists in maintaining blood sugar levels; fat metabolism and cholesterol balance; protein metabolism, including disposing of and re-making blood as well as other body building blocks; storage of blood; bile salts production to assist digestion; storage of vitamins (A, D, E, K, B, C) and minerals (iron, potassium, copper, zinc); production of heat, and breakdown and elimination of hormones essential for hormonal balance and detoxification.

The liver is the largest human internal organ and one of the few capable of natural regeneration — as little as 25 per cent of remaining liver can regenerate into a whole liver again. Ensuring the liver has what is required for optimum function is essential for peak general health, longer term quality of life, hormonal balance and fertility.

Ways of ensuring optimum liver function include a low-toxin lifestyle: a healthy, clean diet; low alcohol consumption; avoidance of chemicals, recreational substances, smoking and any other things which have been shown to negatively affect general health, as well as the addition of things which can be beneficial — such as the recipe I share with you below.

The Whole Lemon Drink is a recipe that was shared with me by my esteemed colleague and author, Peter De Ruyter. I continue to use it as a sure-fire health-balancing prescription for many of my patients for various areas of health, with excellent results (including and not limited only to digestion and digestive-system function).

It's simple and it tastes great. For improved health and digestion, all you have to do is drink it twice daily.

The Whole Lemon Drink is ideal for:

- Detoxification
- Enhanced immune function
- Liver health
- Assisting with hormonal balance
- Nourishing and strengthening cells and cell membranes
- Improving and normalising digestive health

Some of the benefits of the Whole Lemon Drink (observed in over 20 years of clinical practice):

- Decreases blood acidity – despite lemon juice being acidic.
- The oils provide essential fatty acids for immune function, cell integrity, dry skin, etc.
- D-limonene in the peel has anti-cancer effects.
- The pectin helps emulsify the oils and chelates toxins from the bowel.

- Lemon peel contains OPCs (oligomeric proanthocyanidins) – powerful antioxidants with antihistamine effects.
- Lecithin acts on the liver (especially fatty liver) & nervous system (peripheral neuropathy) as well as the kidneys and brain, plus helps the oils absorb better.
- Lecithin also helps with increased cholesterol & triglycerides.
- The choline in lecithin provides raw material for liver detox pathways.
- The drink helps decrease swollen glands; increases energy; helps lift depression and anxiety.
- Helps with insomnia; increases appetite (only where there is poor appetite).
- Helps with weight normalisation.
- Frequently raises cd4 counts (immune system).
- Decreases tnf and therefore inflammation, thus preventing tissue wasting.
- The oils in the citrus skin glands help the liver detox more effectively.
- One amazing brew - cheap, simple, safe, and effective!

WHOLE LEMON DRINK RECIPE

- 1 whole organic lemon, well scrubbed to remove any wax or residues
- ½ cup filtered water (may add more if thinner consistency is required)
- 1-3 dessertspoons of liquid fish oil*
- 1 heaped dessertspoon of lecithin (available at health food stores)
- 1 capsule of vitamin E (whole into the blender)
- 1 knob of fresh ginger (approximately golf ball size)

Cut lemon into small pieces, combine all ingredients and blend for 30-45 seconds. Strain and discard the pulp. Consume ½ of the liquid before or with breakfast and the rest for dinner. Store the remainder in a clean glass container** in the fridge. Always consume the total amount within 24 hours to prevent rancidity and too much oxidation.

**You cannot taste the fish oil in the mix, however the Omega 3 fatty acids present in this type of oil are responsible for many great health benefits. Cod liver oil should not be used in the drink if a woman is pregnant, although another type of fish oil will be ok.*

***Ideally the glass container should be as full of the drink as possible to decrease the amount of air, which speeds up oxidation. ❖*



Natural fertility specialist Gabriela Rosa is the founder and director of Natural Fertility & Health Solutions clinic and the author of three books, including 'Eat Your Way To Parenthood: The Diet Secrets Of Highly Fertile Couples Revealed'. For more information please visit www.boostyourfertilitynow.com.