

*Life
and
Lemons*



*The Ebook about loving fruit
and squeezing a little more
sunshine into your life.*

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I LOVE LEMONS! Dimply drops of sunshine and happiness wrapped in a rind. Truly the zest of life! So far I have proven to you that I am one citrus crazy lady, but if you hear me out I am gonna change your mind and make you a lemon head yourself. My love of



lemons is derived from its come-by-nature benefits, the ability for WHOLE use, absolute availability and my frugal hearts love of cost efficiency.

The benefits of lemons can touch many aspects of our lives. As a stay at home mom who started out too cheap to buy retail products I discovered that what I

made was far more fulfilling and it worked better too. I am also pretty vain so my first attempt at going natural involved replacing my beauty regimen with as many homemade products as I could. Thus enter the lemon. Before I put anything on my mug I do PLENTY of research. Using a highly acidic citrus on my face is not something I was about to enter lightly...needless to say I was hooked after the first article. Because lemons have high sources of vitamin C the affects of

the fruit on the body are invaluable. Proven to even skin tone, minimize pores/scars and give “the golden glow” lemons are truly THE super fruit. Lemon juice gives hair a silky shine that rivals the most expensive salon products (thank you mother nature!) It also helps revitalize the scalp combats dandruff and conditions at the follicle and root.

So after the smoke cleared (mind blown) I stated tinkering with my new favorite kitchen staple. My face fell in love with my [Lemon Pulp and Honey face mask](#) and my [Lovely Lavender Lemon Toner](#). For someone who has struggled with acne and scars (NO thank you mother nature!) my face has never been more clear...seriously. Even better? Drinking lemon juice is just as good for your skin as directly applying it! One mug of hot water + a dollop of lemon and honey = Aphrodite complexion. This little “honey” of a concoction also soothes a sore throat. HEALTH BENEFITS TOO?!? No way.

As a little girl who had strep throat (a lot) my mom would whip up a cup of hot lemon and honey water for me so I wasn't surprised when this suggestion popped up in my research. Lemons are antiviral, antibacterial, immune boosting, weight-loss helping, organ cleaning

little gems from heaven. Canker sore? Swish with warm water and fresh squeezed lemon juice. Fever? Juice one lemon and add to a cup of hot water and honey (natures magic elixir, apparently). Drink a cup every two hours until the fever subsides. Also, a poultice of lemon applied overnight will cure corns and calluses. Skin maladies such as Eczema shudder before the citric power of the lemon. Hypertension, rheumatism, fatigue, insomnia, varicose veins, bug bites...bad breath. These are all victims of the lemons mighty power. (for suggestions visit [this site.](#))

Have I forgotten to mention that the lemon is a FOOD? That's right you can eat lemons (;D) Nothing is better than fresh squeezed lemonade. Lemon juice does wonders for fish and shellfish and also adds a special punch to tap water. Watching the figure has never been easier, simple dressings made with lemon juice bring massive flavor, minimum calories and an easy metabolism boost. Lemon juice is used in countless recipes. My favorite is my husbands super fresh pico de giallo. Mmmmmm. The only draw back to this delicacy is the chefs tendency to obliterate my spotless, orderly kitchen (hubby laughs uncontrollably).

As I mentioned before, lemons are known for their antibacterial and antiseptic qualities. I put this to work on my kitchen...and my bathroom, my hard wood floors, mirrors and windows and even fixtures. Since lemons are naturally acidic you can clean every inch of your house and feel free to let your kids be kids... mine will lick just about anything. Juice



can be used in place of bleach and is awesome for cleaning coffee stains and copper pots. Freshen your garbage disposal and other drains because lemon juice is a great deodorizer. My favorite action is the lemony power to karate-chop the smell of vinegar. I make my [Lemon All-purpose Cleaner](#) with lemon peels and vinegar. This concoction cleans my house everyday (including streak less windows), and nothing beats the clean smell of lemon. If vinegar isn't your forte (makes MR. G gag uncontrollably) try scrubbing with a half of a lemon dusted with table salt, then wipe away with a fresh towel.

Now that you know what lemons can do for you lets focus on what lemons do for the earth. Not only is this wonderful fruit grown from the ground but it is also a great replacement for harmful chemicals, waste products, and unnecessary antibiotics in some cases. The thing I love the most about lemons is that you can use the ENTIRE thing. Nothing goes to the trash. [Lemon/Vinegar All-purpose Cleaner](#) uses only the rind and if you're plagued with mosquitoes every summer like we are, place peels around the entries of your house. Pulp from lemons isn't exactly tempting to eat but works wonders in the [lemon pulp and honey face mask](#). A simple gardeners hand scrub could be made from sugar, pulp and hand soap. Don't even get me started about the juice! In my experience I have found if I make my own products I am 100% more likely to re-use the plastic or glass containers to store what I make. When my cleaner runs dry I fill up my trusty green spray bottle that I bought for a dollar. When I used 409 and it ran out, the first thing I did was toss the bottle and write "409" on my grocery list. The cycle continues. The amount of plastic wasted on store bought products is sickening. If society keeps this up we wont have space or viable soil to grow lemons in...catastrophe!

I live in a very remote town that has a sweet little store. Despite the fact that we live an hour and a half in the middle of nowhere, I can still find lemons in a pinch if I need too. Which means in terms of availability you can't beat the lemon. In all cases, my family tries for organic whenever possible and it best to apply that here. Organic lemons are easy to find too. What's more cool? Lemons are easy to grow yourself. Living in a rural area for us means, being located smack in the middle of the Rocky Mountains. We have two seasons snow and mud so growing a lemon orchard outside is, sadly, not in the cards for us. Luckily the blessing of the Dwarf Myer lemon tree shines down upon us. This particular type of tree has been know to bear fruit all year round and can be found (in some cases) at nurseries or online – I saw some on Amazon. Also, anyone can grow lemons from the seeds of a store bought lemon. You must buy organic lemons if you want this to work! Otherwise you will be waiting forever for fruit. When I say forever, I mean FOREVER! Non-organic lemons seeds will grow a tree that will not produce lemons. Regardless, if you do grow your lemon tree from organic seeds, be prepared to wait 6 years before you see any “fruit” of your labor. What a fulfilling accomplishment though! In my case, if I run out of lemons and don't

want to buy some I run to my moms house and steal them. Keeping lemons is something most people do. Why not? They keep for up to three weeks and cost less than a dollar.

For one lemon the price is generally .67 cents for organic. The price per pound is 3.00, which on average is 4 lemons. I saw a five pound bag at Costco for 5.80 (Sunkist- not organic). If you buy your lemons with the intent to try the [Lemon pulp and honey mask](#) (wink wink) why not use the rinds to make the [All purpose cleaner](#)? That leaves you with the juice... the best part! Cook with it or like the saying goes “when life gives you lemons make lemonade.” (it cant get any cornier from here). You will have spent (roughly) less than five dollars, which is about the price of your run of the mill, chemical laden, poison control sticker-sporting bottle of cleaner. The facemask lasts up to 6 months in the freezer and the cleaner will last until you use it all up. For me, this is about one day for a quart. Juice on the other hand looses its flavor after three days. If you freeze it and thaw before use it works nicely. Best case being, you have a well-matured lemon tree on you property that produces, as you need it. You are the only one man-handling your lemons. How great would that be? Myer trees run the gamut of 20 to 90 dollars depending on

size and age. Make sure you do your research on keeping these babies please! Nothing is sadder than watching a dream lose its leaves and keel over. Growing from seed is your cheapest avenue but patience had better be your strongest virtue.

The lemon is an inspiring little fruit, reminding us that there is so much to learn about nature and living, but mostly realizing what is waiting behind that familiar exterior are things that you never considered possible before. If you believe that living and raising your family naturally is as important as we do, the lemon is for you. This is a brief synopsis of what I have learned about the lemon and the ways it has made my life (and my families lives) better. Best of all, lowering our carbon footprint on the world, Mother Nature's reward for this could only be-LEMONS!

I would like to thank my mom and my sister for supporting me with this little ebook. I had so much fun writing it and I think that they had fun listening to me talk animatedly about lemons. Not once did they look at me like I was going crazy for getting excited about something readily found in any fridge.

I would also like to thank my kids for being so good during naptime and sleeping like little lambs. They gave me the time to write by simply just snoozing away. God bless my husband for not slapping me when I buy two huge bags of lemons. Which forces us to buy cheap wipes for the baby... which usually means poo on the hands.

Sometimes in life you find that something small can absolutely blow your mind... for me this was the lemon. It sounds so silly I suppose, but in this case the fact that life can be made so simple by an everyday object is just a blessing that I would like to share with everybody. So most of all I would like to thank the lemon for changing the way that I look at the small things.

About the Author:

“Just a small town girl...” I was born and (for the most part) raised in a miniscule town in Idaho. My family is without a doubt the best thing about me. I have a 7 year old daughter and 4 and 3 year old sons who keep me busy during the day. I also have an amazing husband who works his tail off so I can stay at home with our crazy kids. I have wonderful parents who supported me even when I was at my worst. I have a best friend who also happens to be my sister. Who for whatever reason, will proofread everything I ask her to even if she thinks it may be rubbish.

I have always had a passion for writing even when I was terrible at it. Thanks to the promptings of an amazing high school history teacher, I found in me a love for expressing myself through the written word...Thanks Mr. Ballard. Despite my love for writing I decided to attend the Boise State University, Fine Arts Department for a degree specializing in photography though all my elective classes were writing classes... ALL OF THEM.

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