

When Life Gives You Lemons...

Incorporate The Many Uses Of Lemons Into Your Day-To-Day Life

(NAPSA)—Out of shampoo? Company's arriving soon and you didn't have time to stop for flowers? A quick solution may be right in your kitchen. Lemons have long been used to add flavor to soft drinks and food, but they have far more uses than most of us realize. From disinfecting to decorating, lemons are one of the most functional fruits under the sun. Check out the following tips on how to squeeze the most out of your lemons—you'll be buying them by the dozen!

Lighten Up Your Living Room

Looking for a great way to breathe some life into your home? Try filling a large glass vase or one of your favorite baskets with a few lemons to add a splash of color to an old room. Lemons stay fresh longer than most flowers and are available at a fraction of the cost. Spraying lemon air freshener or lighting a lemon-scented candle will help wake up your senses and make the whole house smell wonderful!

Refresh Your Look

For years, lemon has been a staple ingredient in soaps, shampoos and perfumes. Now, it's even in toothpaste. Try adding some zest to your brushing routine with Crest Whitening Expressions Lemon Ice toothpaste. It's an icy burst of lemon flavor that cools your mouth and wakes your senses. But don't stop there; lemon is also great for helping to keep your hair healthy and shiny. Try creating your own special lemon salon treatment: combine the juice of two lemons with a pint of distilled water to create a rinse that fights oily hair and leaves you looking and feeling great.



Lemon to Your Aid

Now you can feel good about adding that lemon to your water—besides smelling and tasting great, lemons are exceptionally rich in vitamin C, an antioxidant that strengthens the immune system. You can build up your immunity and help protect yourself from viruses and colds by consuming vitamin C daily through lemons and lemonade. And, lemons can be used as a topical remedy, too—next time you have a minor cut, try squeezing some lemon juice onto a cotton ball and applying it to the wound to disinfect, sterilize and stop bleeding.

Put the Squeeze on Stains

Next time your pen breaks on your clothes, head to your kitchen before going to the drycleaners. Grab some lemons and liberally squeeze some juice right onto the ink stain while it is still wet. Then, simply throw it in a washing machine with regular detergent and cold water. Lemon juice can also remove rust and mineral discolorations on cotton items like t-shirts. Simply pour one cup of lemon juice into the washer and your discolorations should vanish.