

# Healthy Living

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## Ignite Immunity, Clean Naturally With Lemons

(NAPS)—If you're among the increasing number of Americans keen on natural solutions to boost immunity these days, you may be glad to know the answer may be right in your refrigerator—or should be. Loaded with vitamin C and zinc, and with key antioxidant qualities, Limoneira Lemons can play a vital role in helping the immune system adapt to new threats and conditions.

Experts have cited lemons as a way to “reduce the risk of complications from a cold or flu, and reduce inflammation in



**When life gives you lemons, use them to boost your immune system and clean and disinfect your home.**

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the body.” Experiments have also found that lemon juice can destroy the bacteria of malaria, cholera, diphtheria, typhoid and other deadly diseases.

Lemons are also a boon to any kitchen or DIY beauty routine—plus, they're a handy sustainability tool. Use them to make life simpler without investing in potentially toxic chemicals or overpriced solutions. In fact, beyond their immunity-boosting benefits, lemons provide natural antibacterial and antiseptic properties that let you clean and disinfect your home, naturally.

Here's how to create a useful all-purpose cleaner for your kitchen and bathroom that can help your house smell spring fresh all year: Combine equal parts lemon juice and water in a spray bottle. You can use it nearly anywhere. For wood surfaces, create a polish by mixing one cup of olive oil and one-half cup of lemon juice. Test it first on a small spot.

For other “green cleaning” with lemon tips, visit [www.Limoneira.com/cleaning](http://www.Limoneira.com/cleaning).