

WHOLE LEMON CLEANSE DRINK

**- a remarkable,
holistic tonic**

By

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The Multi-Purpose ‘Whole Lemon Cleansing Drink’

‘Whole Lemon Cleanse Drink’ – what on earth is this? Well, let’s first look at some of the benefits of lemon, which make this such a versatile and healing citrus fruit. All throughout history, lemons have been revered for their multiple health benefits, providing relief in such health conditions as:

- Arthritis
- Fatigue
- Helping in diarrhea - (when mixing equal portions of lemon juice with apple pulp)
- Coughs, colds and flu
- Asthma
- Blood pressure
- Halitosis or ‘bad breath’
- Headache
- Fibromyalgia
- As a good stomach antacid
- Hangover
- Helps promote a healthy liver by flushing toxic bile from the gallbladder
- Nausea or biliousness
- Weight loss, or obesity – it helps facilitate ‘fat burn’.
- Cholesterol - (when used with high quality olive oil)
- Improves digestion

On its own, lemon **peel** has been a significant ingredient in a wide range of foods and other lemon recipes, such as when added to mince meat, thereby giving any hamburgers quite a special ‘pizzazz’. Or it can be mixed in with many different styles of soup, chocolates, cakes, and even sprinkled in with a scrambled egg for breakfast. Give that a go... you’ll be pleasantly surprised!

So, as you’ll see in a moment, the benefits of lemon are easy enough to include into your daily diet and lifestyle, in one very special way.

The ‘Whole Lemon Cleanse Drink’ Goes Way Beyond Just A Lemon Detox Diet Recipe

There is a very special lemon recipe called the ‘whole lemon cleanse drink’, which has provided enormous health benefits in a vast range of ill-health issues, as well as being used in holistic cancer management. It can also be utilized as a variation-on-a-theme to a lemon juice diet, or as part of a lemon juice detox or lemon cleanse.

The significant difference with the ‘whole lemon cleanse drink’ recipe is that it involves using every part of the lemon fruit – the peel, pith, seeds and fruit pulp itself. But this particular recipe also includes the use of other natural remedies such as:

- Cold-pressed flax seed oil
- Lecithin
- Fresh ginger root
- Touch of honey
- Cinnamon
- Turmeric
- Vitamin E

It's The Blending Of The 'Whole Lemon Cleanse Drink' Ingredients That Creates The Magic

Over the years of prescribing this amazing 'food-medicine', there have been some people who just couldn't be bothered blending these 'whole lemon cleanse drink' ingredients together. Big mistake!

Think of baking a cake. Here you take a range of items such as flour, eggs, sugar, milk, butter... and often much more.

If you were to simply throw all these *separate, un-blended* ingredients into a cake-tin; pop it into the oven, and then bake it for the required time... do you really think this will provide you with a delicious cake? Far from it! All you'll end up with is a half-baked 'blob of goo.'

Yet, *mix*, or blend all these separate ingredients together first - *before* you put them in the cake-tin, and into the oven - and voila, now you *do* end up with a delicious cake. Hence, there is something about the *blending* of such separate ingredients which creates a completely different outcome.

So too when making the 'whole lemon cleanse drink'. You won't get the same therapeutic effect by taking the individual ingredients over the course of a day. For instance, popping the vitamin E or lecithin with your breakfast; followed by some cold pressed flax oil drizzled over your lunch salad; then squeezing the lemon juice into a glass of water, or sautéing the ginger root in a stir-fry for your dinner.

'Whole Lemon Cleanse Drink' Ingredients

Earlier, we had a quick peek at what goes into this 'whole lemon cleanse drink' recipe, but let's now expand on this in order to know exactly how to mix all these ingredients, so as to make this delicious, nutritious, and very healing lemon recipe.

1) Take a fresh lemon, and scrub it well so as to wash off any spray residue, or wax veneer that lemons and other citrus fruits are often coated with to help prevent them going moldy.

However, do be careful not to scrub too hard, thereby causing damage to the tiny oil glands within the lemon skin. The oil from these small glands is high in d-limonene, a phytonutrient of the ‘terpene’ family, which provides a range of health benefits, including reflux, helping in weight-loss, bronchitis, gallstones, increasing liver detox enzymes which help break down carcinogens. D-limonene also has anti-cancer properties - (it increases apoptosis – the programmed destruction of abnormal cells) - and therefore is important from an holistic cancer perspective.

2) Next, cut the *entire* lemon into small pieces and place the whole lot – skin, pith, fruit, and yes, even the seeds - into a blender - *not* a juicer. Please make sure you understand the difference! (*1 – see Footnotes at end of article)

3) Add 1 & ½ cups of good quality, filtered water into the blender.

4) Now, add 3 dessertspoons of cold-pressed flax oil.

5) Add 3 capsules of lecithin (at least 1 gram per capsule). Lecithin *granules* are not as stable as lecithin in a *capsule*, with the former going rancid more readily.

6) Now add one x 500 i.u. capsule of vitamin E. By the way, there is no need to prick, or otherwise try to expel the contents of these capsules. The blades of the blender will crack open these capsules very efficiently.

7) Next comes the fresh ginger root – a piece about the size of half your thumb. Cut this knob of ginger into small pieces and add to the blender.

8) Add about ½ to 1 teaspoon of good quality honey, but not if you have a condition such as Candida, or diabetes.

9) Add about ½ teaspoon each, of cinnamon powder and turmeric powder. You could *pre-mix* these two ingredients beforehand, and store them in a well-sealed jar. Then simply take 1 full teaspoon of this *mix*, and place it in with all the other ingredients already in the blender.

10) Now, blend all this together for about 30 – 45 *seconds* only.

11) Then, using a fine-mesh sieve, strain off the juice from the pulp. You may want to simply leave the sieve on top of a bowl, and come back to it in 5 - 10 minutes, by which time the juice will have fully separated out into the bowl below.

12) The best way to take this ‘whole lemon cleanse drink’ is by drinking 1/3 the volume before or after breakfast, lunch and dinner - i.e. 3 x day. See whether it ‘sits’ more comfortably on the stomach before or after the meals – and then choose that option for yourself.

How Much Can You Make At A Time, And How Do You Store It?

It’s always best to only make one day’s worth of the ‘whole lemon cleanse drink’ at a time. The reason is that flax seed oil – one of the ingredients - is quite a ‘fragile’ oil, in that it can go rancid very easily when exposed to oxygen. And remember, blending all these ingredients together in a high-speed blender certainly does expose that flax oil to oxygen!

However, one reason for adding the vitamin E is to help slow down any oxidation. Another way to ensure the resultant drink stays fresh is by quickly storing it in the fridge once made.

Some people like ‘thick-shakes’, and if you’re one of them, then you can blend all the above ingredients for about 60 – 90 seconds, which turns the skin, pith and other parts of the fresh lemon fruit into a ‘thick-shake.’ This is perfectly alright to drink as it is; in other words, without straining the juice from the blended whole.

Let’s Explore The Many Benefits Of The ‘Whole Lemon Cleanse Drink’

Out of all the lemon recipes you can dream up, this one definitely provides a long list of health benefits, be that within an holistic cancer management approach, or for just about any other health issue too. So, let’s have a quick look at some of those benefits, and offer a range of health tips on the ‘how, where and why’ to using this amazingly powerful ‘food-medicine’:

- It helps decrease body acidity. This may not make immediate sense, as lemon juice is obviously ‘acidic’. However, once the body *metabolizes* lemon juice, this creates an alkaline *response* within the body, due to the way that citric acid is altered through various metabolic processes. Just keep in mind that in certain

cases, the net effect of taking something acidic, such as lemon juice, is in fact to ultimately *alkalinize* the body.

- The flax oil provides essential fatty acids which can help improve immune function, as well as improve cell *wall*, and cell *membrane* integrity – all very important in many health issues, including holistic cancer management. (For further information on this cancer aspect to the use of flax oil, you might like to read an article, titled: “*Dr Johanna Budwig – using flax oil & quark as an holistic cancer treatment*”, and available at: www.self-help-ebooks-and-alternative-health-articles.com/support-files/a-budwig.pdf)
- Furthermore, essential fatty acids act as anti-inflammatory agents, while also helping with dry skin or dry eyes; improves brain function; helps in arthritis, eczema, psoriasis, as well as many other health conditions.
- Substances in the lemon peel itself help the body remove harmful forms of estrogen from a woman’s body – a crucial point in helping prevent various estrogen-driven cancers.
- The pectin in the lemon fruit rind helps emulsify the flax and lemon oils, plus helps chelate toxins from the bowel.
- Lemon peel contains OPC’s (oligomeric proanthocyanidins) – powerful antioxidants with an anti-histamine like effect.
- Vitamin E (primarily added to stabilize the flax oil during the blending process) is also a potent antioxidant, while having beneficial effects in cardiovascular disease, improving wound healing, minimizing wound scarring, and much more. Try to get a **multi**-tocopherol format (i.e. alpha, beta, **gamma** and delta tocopherols. The latest research is showing that alpha-tocopherol by itself is not a good idea if used long-term).
- Lecithin has beneficial effects on the liver and the nervous system (especially helpful in peripheral neuropathy), but the individual components of lecithin – inositol and choline – have specific kidney-healing effects too.
- The choline in lecithin is also known for its ability to provide raw material for the various liver detox pathways, hence this ‘whole lemon cleanse drink’ offers powerful lemon detox qualities.

- Aside from that, lecithin also helps emulsify the various oils used in the ‘whole lemon cleanse drink’, giving this lemon recipe drink a particularly delicious, ‘smooth’ taste sensation. People have often remarked that this drink tastes like a delightful ‘lemon liqueur’.
- Lecithin can also be a helpful component in the overall management of increased cholesterol and triglycerides.
- This lemon juice drink has been shown to decrease swollen glands, especially in those battling chronic infections, such as AIDS, glandular fever, or other persistent viral infections.
- The drink has equally been useful in conditions of fatigue, as well as helping lift depression, and especially anxiety. It’s interesting to note that from a naturopathic perspective, chronic anxiety can often be associated with chronic body acidity, which this drink help bring back to a better level of balance, or alkalinity.
- For those with poor appetite – often found in conditions such as cancer, and other debilitating health conditions – the ‘whole lemon cleanse drink’ becomes an important holistic ‘tool’ for helping with this issue.
- Body acidity, because it is associated with chronic inflammation, can result in increased levels of various inflammatory cytokines (hormonal messengers), which in turn can cause or aggravate a tendency to insomnia. Hence, this lemon recipe has been found to help many people get a better level of sleep.
- This drink has also been shown to assist in normalizing weight, and because it decreases TNF (tumor necrosis factor - inflammation) can be effective for those who are seriously ill, and suffering wasting. From an holistic cancer point of view, preventing cachexia – cancer-induced body-wasting - is really important.
- The oils in the lemon peel itself have been shown to help various liver detox pathways operate more efficiently.
- Looking at the cinnamon, which is added as part of the overall ingredients, this common spice is useful for those suffering from diabetes, helping towards balancing blood sugar levels. Keep in mind though... more is not necessarily better! Too much cinnamon can be toxic, so keep to the quantities recommended earlier.

- Cinnamon also has antispasmodic effects within the bowel, thus helping with colic or flatulence (gas). Further, it improves general circulation, assists with nausea; helps prevent gastric ulcers, as well as having anti-viral/anti-fungal and antibacterial effects. Quite a powerhouse of benefits from this seemingly innocuous spice so often found in just about everyone's cupboard!
- Lastly, turmeric is another potent kitchen-spice with many therapeutic benefits such as: anti-inflammatory effects; like cinnamon it helps decrease flatulence and abdominal bloating; improves digestion and liver function; decreases cardiovascular disease; lowers cholesterol, improves menstrual cramps, as well as recent research showing its value as an holistic cancer preventative.

What A Brew!

You have to admit that this is quite an impressive list of health benefits, obtained by simply mixing a few very ordinary ingredients together!

But, let's say it again... it is crucial that these ingredients are *mixed* together in a high-speed blender. The resultant concoction is completely different in its therapeutic effects compared to taking all those same ingredients individually.

Any Situations Where The 'Whole Lemon Cleanse Drink' Should Not Be Taken?

There are only three contraindications that have arisen over the many years of clients using this recipe in a vast range of ill-health conditions, namely:

- For those who have a *very* sensitive stomach, and who are *very* prone to diarrhea. Perhaps try a much smaller dose, or use less flax oil, and definitely take it **after** a meal.
- Secondly, if you're taking any prescription medications from your doctor, it's important to take them *away* from this drink, as the pectin in this lemon recipe can cause such drugs to be released more slowly into the blood stream. With certain medications this can be an important factor that needs to be considered.

- And finally, if you suffer from gallbladder stones, then this drink is in fact indicated, but you also need to be aware that it is important to build up very slowly to the full amount of flax oil suggested in the recipe. Initially, start with just a tiny amount of this drink, and build up over at least a week or two, to prevent an over-stimulation of a stone-laden gallbladder.

In Conclusion

This ‘whole lemon cleanse drink’ is a remarkably safe, effective, easy-to-make ‘food-medicine’ with powerful therapeutic benefits on many levels.

It tastes delicious, and when used on a regular basis can, in many cases, either facilitates a return to health, or helps maintain a higher degree of overall health as the years go by. As with everything in Life though: – ‘*what you put in is what you get out*’.

So, do put in the effort to make this amazing drink a part of your daily routine!

‘Cheers’ – or as the Dutch say: ‘Proost’.

Footnote

*1 – A *juicer* is a machine which makes juice from a wide range of fruit or vegetables. Depending on the machine, it usually separates the pulp inside the machine itself, while the juice is squirted out via a nozzle.

A *blender* is a machine into which you put a variety of substances, which are then blended together by powerful, cutting blades – usually at the *bottom* of a glass container – and which spin at a very high speed. This causes all the ingredients to be cut up finely and blended together.

Please do take note - the ‘whole lemon cleanse drink’ can *only* be made in a *blender*.

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