

Herb of the Month: Lemon

citrus limon, is best known as an astringent for fighting infection, cooling fever, stopping bleeding, tighting and toning tissue and soften and soothing skin. Promotes bowel movements and increases urination. Lemons lower both blood sugar and blood pressure. They are a powerful detoxer and stimulate our immune system. Two safety precautions with lemons include their ability for irritating sensitive skin and photosensitivity to sunlight.



Tasty Lemonade

Add 8 - 10 drops of lemon oil into a 4 quart pitcher of water.
Slice up 1 or 2 lemons for additional flavor and decorative color.
Stir well. Serve over ice.
You can also blend two cups of ice to one cup of water with 4 drops of lemon essential oil. Add a zest of lemon for flavor and eye-appeal!



Here is a recipe for **Baked Lemon Chicken!**

~ from the Food Network Kitchens
A healthy and super tasty alternative to fried chicken, baked chicken uses no skin, is half the calories and has the added benefits of succulent lemons baked into the chicken for an amazing flavor!

Ingredients

One 4 pound chicken, skinned, cut into 8 pieces, patted dry
OR 1 pound chicken breast
Kosher salt and freshly ground black pepper
Flour for dredging
3 tablespoons extra-virgin olive oil
1 large onion, thinly sliced
Peel of half a lemon, cut into very thin slices
2 large garlic cloves, minced
1 1/2 teaspoons fresh rosemary leaves
1/4 cup freshly squeezed lemon juice
1 cup chicken broth, homemade or canned low-sodium

Preheat the oven to 400 degrees F.
Season the chicken with salt and pepper. Dredge lightly in flour and pat off excess. Heat a large skillet over medium heat and add 2 tablespoons of the olive oil. Add the chicken and saute until golden brown, about 5 minutes per side. Remove the chicken from the skillet.
Discard the oil and wipe the pan out with a paper towel. Add the remaining 1 tablespoon oil and heat over medium-low heat. Add the onion and cook until golden, about 10 to 12 minutes. Add the lemon zest, garlic, and rosemary, and cook for 2 minutes more. Add lemon juice and broth, increase the heat and bring to a simmer.

Use a slotted spoon to transfer the onions to a 9 x 13 inch casserole dish and spread them out. Arrange the chicken, in a single layer on the onions. Pour the cooking liquid over the chicken. Season with salt and pepper. Bake in the oven, basting every 15 minutes, until cooked through, about 45 minutes. Remove and serve.



Lemon Detox Water

is a great way to actually alkalize your internal ph. In an 8 ounce glass of water squeeze 1/2 - 1 full lemon in the water. Drink every morning, before food.

Try this **Detoxification Bath**

2 Cups Sea Salt
2 Cups Baking Soda
2 Tsp. Lemon Essential Oil

Place all ingredients in a hot bath and bathe for 20 minutes. Drink plenty of water. This bath withdraws impurities from your body and helps you to feel better. This bath can be done 2 to 3 times in a week or as needed.



Angel's Mist Lemon Essential Oil

is gathered from the cold pressing of the lemon rinds. Scientifically classified as citrus limon, lemon's low pH in the juice makes it antibacterial. In India, the lemon is used in Indian traditional medicines and Ayurveda. The origin of the lemon is a mystery, though it is thought that lemons first grew in Assam (a region in Northeast India), northern Burma, and China. Lemons were known to the Jews of Jerusalem, who, according to Josephus, pelted an errant high priest with them during a festival in the 90s BC, although Jewish tradition maintains that this was done with citrons, not lemons. They entered Europe near southern Italy no later than the 1st century AD, during the time of Ancient Rome. They were introduced to Persia and then to Iraq and Egypt around 700 AD. The lemon was first recorded in literature in a 10th-century Arabic treatise on farming, and as an ornamental plant in early Islamic gardens. It was distributed widely throughout the Arab world and the Mediterranean region between 1000 and 1150. The first substantial cultivation of lemons in Europe began in Genoa in the middle of the 15th century. The lemon was later introduced to the Americas in 1493 when Christopher Columbus brought lemon seeds to Hispaniola on his voyages. Spanish conquest throughout the New World helped spread lemon seeds. It was mainly used as an ornamental plant and for medicine.[2] In the 19th century, lemons were increasingly planted in Florida and California. The origin of the word lemon may be Middle Eastern. One of the earliest occurrences of "lemon" appears in a Middle English customs document of 1420-1421. The word draws from the Old French limon, the Italian limone, from the Arabic laymun or limun and from the Persian limun, a generic term for citrus fruit, which is a cognate of Sanskrit (nimbu, or "lime").

Lemon:
Botanical name: citrus limon
Use: fights infection, cools fever, stops bleeding, tightens and tones tissue, softens and soothes skin. Promotes bowel movements and increases urination. Lowers both blood sugar and blood pressure. Stimulates immunity.
Perfume Note: Top
Blends well with: Cedarwood, Juniper, Pine, Myrrh
Source: fresh peels
Production method: cold expression
Aromatherapy benefits: refreshing, stimulating, uplifting
Aroma type: light, sharp, tart, tangy
Warning: May be irritating to sensitive skin. May also promote photosensitivity
Safety Information: Avoid being in the sun when using this oil.

11 Uses for Lemon Essential Oils

Ashley Turner has written a great list of uses for our favorite fruit. Please visit her great site at:
- See more at: http://ashleyturner.org/aromatherapy/11-uses-for-lemon-essential-oils/#sthash.VzZeWdbs.dpuf

When life gives you lemon essential oils, make lemonade . . . or a naturally disinfecting cleaner.

Lemon (Citrus limon) has antiseptic-like properties and contains compounds that have been proven to boost immune system function. This essential oil has a fresh, zesty aroma that uplifts and energizes the body and mind. Because of it's versatility, Lemon is definitely one of the most useful essential oils to keep with you at home or on the go. Here we'll show you 11 uses for essential oils, focusing on lemon this week.

CAUTION: Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hours.

1. Air Freshener – Put 6 drops of Lemon oil + 6 drops of Purification oil in a squirt bottle mixed with distilled water to use in the bathroom, or any room, as an air freshener.

2. Gum, Oil, Grease Spots and Crayons – Use 1 – 2 drops of Lemon oil to remove gum, oil, grease spots or crayon marks from surfaces.

3. Varicose Veins – Rub several drops of Lemon oil on Varicose veins to improve circulation and relieve pressure on the veins.

4. Lemonade – For homemade lemonade, in a blender mix 2 drops of Lemon oil, 2 Tbsp honey and 2 cups of pure water. Adjust to suit your taste and enjoy!

5. Callouses/Corns/Warts – Rub a drop of Lemon oil on a corn, callous or wart each day until it disappears.

6. Prolong Life of Fresh Fruit – To clean and increase shelf life of fresh fruit, fill a bowl with cool water and add 2 – 3 drop of Lemon oil. Drop cleaned fruit into water and stir, being sure to coat all surfaces of the fruit with lemon water.

7. Counter Tops – Add 2 – 3 drops of Lemon oil to water and spray counter top surface to sterilize.

8. Dishcloths – Soak your dishcloth overnight in a bowl of water and a drop of Lemon oil to disinfect and kill germs.

9. Public Bathrooms – Rub a drop of Lemon oil on your hands after using a public bathroom.

10. Mental Clarity – Diffuse lemon in your work or study space to improve mental accuracy and concentration.

11. Acne – Put 3 drops of Lemon oil on a cotton ball and swipe, clean, dry affected areas.