



# Lemon Cures

*Werner Meidinger*

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## **Lemon Cures** Werner Meidinger

In *Lemon Cures*, Werner Meidinger explores the ancient history of this popular fruit and reveals the many secrets of lemons in both cooking and healing.

*Lemon Cures* examines the many conditions against which the lemon, its juice, its oils and pulp can be useful in healing. From curing acne with a lemon-honey rinse to treating varicose veins with a lemon oil wrap, *Lemon Cures* provides an A-Z chapter on how to remedy many common ailments using the power of lemons. *Lemon Cures* also includes recipes for health-wise food and drinks, such as Asian Lemon Marinade and Lemon-Egg Liqueur, and homemade lemon-based beauty treatments like lemon-milk cleansing lotion and a lemon-banana mask for dry skin.

*Lemon Cures* also imparts valuable tips on how to shop for and store this healthful fruit. A short history of lemons and informative sidebars round out this authoritative guide to lemons and your health.

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