



The Health Benefits of Organic Lime Juice

The health benefits of lime include weight loss, skin care, improved digestion, relief from constipation, eye care, and treatment of scurvy, piles, peptic ulcer, respiratory disorders, gout, gums, urinary disorders, etc.

The first fruit that comes to mind in terms of medicinal uses is the reliable lime. This sour citrus fruit can do what many advanced medicines cannot. Lime, bearing the scientific name *Citrus Aurantifolia*, has been used for ages in the treatment of various ailments.

Health benefits of lime

Scurvy: Lime is very well-known as a cure for scurvy, the disease which is caused from a deficiency of vitamin-C. It is characterized by frequent infections that show as normal cold symptoms, cracked lips and lip corners, ulcers on the tongue and in the mouth. You can also spot scurvy from spongy, swollen and bleeding gums. Since its cause is a deficiency of vitamin-C, its remedy is none other than vitamin-C, and lime is full of this essential vitamin.

In the past, soldiers and sailors were given lime to keep them **safe from scurvy**, which was a horrible and potentially fatal disease back then. Even now, it is distributed among the workers working in polluted environments like furnaces, painting shops, heat treatments, cement factories, mines, and other dangerous work environments to protect them from scurvy.



Skin Care: Lime juice and its natural oils are very beneficial for skin when consumed orally or applied externally. It rejuvenates the skin, keeps it shining, protects it from infections and reduces body odor due to the presence of a **large amount of vitamin-C** and Flavonoids. Those are both class-1 anti oxidants, and have antibiotic and disinfectant properties. When applied externally on skin, its acids scrub out the dead cells, cures dandruff, rashes, and bruises. It can also be used to create a refreshing bathing experience if its juice or oil is mixed into your bathing water.

Digestion: Lime has an irresistible scent which causes your mouth to water and this actually aids primary digestion (the digestive saliva floods your mouth even before you taste it). The natural acidity in lime does the rest. While they break down the macro molecules of the food, the Flavonoids, the compounds found in the fragrant oils extracted from lime, stimulate the digestive system and increase secretion of digestive juices, bile and acids. This flood of flavonoids also stimulates the peristaltic motion. This is the reason behind lemon pickle with lunch and dinner being a traditional practice in India and various neighboring countries in that region.

Constipation: Primarily, the ample amount of acids present in lime helps clear the excretory system by washing and cleaning off the tracts, just as some acids are used to clean floors and toilets. The roughage in lime is also helpful in **easing constipation**, but the most beneficial element is the high acidity. An overdose of lime juice with salt also acts as an excellent purgative without any side effects, thereby providing relief from constipation.

Diabetes: According to the **American Diabetes Association**, limes and other citrus fruits are considered a diabetes super food for a number of reasons. Mainly, the high levels of soluble fiber found in limes make it an ideal dietary aid to help regulate the body's absorption of sugar into the bloodstream, reducing the occurrence of blood sugar spikes that are a serious risk to diabetic patients. Also, limes and other citrus fruits have a low glycemic index, which means that they will not cause unexpected spikes in glucose levels, in addition to the benefits of soluble fiber's effect.

Heart Disease: That same soluble fiber which can help diabetics maintain their blood sugar levels can also lower blood pressure and eliminate the presence of LDL cholesterol ("bad" cholesterol). Furthermore, soluble fiber can cut down on inflammation of the blood vessels, which is a known preventative measure against **heart disease**, heart attacks, and strokes.

Peptic Ulcer: In addition to vitamin-C, lime contains special compounds called Flavonoids (Limonoids such as Limonin Glucoside) which have antioxidant, anti-carcinogenic, antibiotic and detoxifying properties that stimulate the healing process of peptic and oral ulcers.

Respiratory Disorders: The flavonoid-rich oil that is extracted from limes is extensively used in anti-congestive medicines such as balms, vaporizers, and inhalers due to the presence of Kaempferol. Just scratching the peel of a lime and inhaling it gives immediate relief for congestion and nausea.

Arthritis: One of the many causes of arthritis is an excess of uric acid that builds up in the body. Uric acid is one of the waste products that normal urination will clear out of the body, but unfortunately, when too much builds up, it can make the pain and inflammation from arthritis even worse. The citric acid found in citrus fruits like limes is a solvent in which uric acid can dissolve, increasing the amounts that are eliminated in the urine. Citrus fruits in general have **anti-inflammatory properties**, and can be used for a number of inflammation issues.

Eye Care: Vitamin-C again! Its anti oxidant properties protect eyes from aging and macular degeneration. On top of that, flavonoids help protect them from infections.

Fever: If someone is suffering from a fever, limes and lime juice can be of great importance. Citrus fruits in general have fever-reducing qualities, and if the fever is very high, the patient's diet should be restricted to lemon juice and water. However, if the fever is mild to moderate, other fruit juices, particularly citrus juices like lime juice, can be administered in order to bring the fever back to a manageable level. Vitamin-C, found in high concentrations in citrus fruits, **naturally lowers the temperature of the body.**

Gout: There are two main causes of gout. The first source is the accumulation of free radicals in the body, and the second is accumulation of toxins in the body, primarily uric acid. Limes can help prevent both of these causes. It is a wonderful source of antioxidants & detoxifiers (vitamin-C & Flavonoids) which reduce the number of free radicals as well as detoxifying the body.

Health Benefits of Lime

Organic Facts

www.organicfacts.net

Heals oral ulcers & gives relief from congestion and nausea

Eradicates root cause of piles & prevents gout

Rejuvenates skin, reduces body odor & dandruff

Protects eye from aging & infection

Cures scurvy

Aids in weight loss

Helps in digestion & eases constipation

Effective disinfectant for cholera infected water

Regulates sugar absorption in diabetic patients

Prevents heart diseases



Nutrients*

Dietary Fiber 11%
Carbohydrate 4%
Calories 2%
Protein 1%
Fat 0%

Vitamins*

Vitamin C 48%
Thiamin 2%
Folate 2%
Vitamin B6 2%
Pantothenic acid 2%

Minerals*

Calcium 3%
Iron 3%
Phosphorous 2%
Potassium 3%
Copper 3%

* % Daily Value per 100g. For e.g. 100g of lime provides 48% of daily requirement of Vitamin C

Gums: The root cause of gum problems is a deficiency of vitamin-C (Scurvy, which gives bleeding and spongy gums) and microbial growth. Sometimes, the ulcers come from physical trauma. In all of these situations, limes can help. Its vitamin-C cures scurvy, Flavonoids inhibit microbial growth and potassium and Flavonoids help heal ulcers and wounds.

Piles: Since lime helps heal ulcers and wounds in the digestive system and excretory system while providing relief from constipation, it eradicates all the root causes of piles. Piles are a different term for hemorrhoids, an uncomfortable condition that occurs in the anal region and can result in bleeding and discomfort both during excretion and general activity. It can also lead to certain forms of cancer, and limes can help prevent their formation or recurrence.

Cholera: Although it has disappeared in many parts of the world, cholera is still a dangerous and deadly disease in some places on the planet, and luckily, limes and other citrus fruits can help defend against this often fatal condition. The lime juice, when added to potentially infected water, proved to be a very effective disinfectant, and even when it was consumed regularly after someone had been exposed to cholera-infected water, fatalities were reduced. Numerous studies were done on this application of lime juice, particularly following the horrible outbreak of cholera in Guinea-Bissau in 1994.

Weight Loss: A glass of warm water with a full lime's worth of juice in it is an excellent weight reducer as well as a brilliant refresher and antioxidant drink. The citric acid present in lime is an excellent fat burner. You can consume two glasses a day and see legitimate and remarkable results within a week.

Urinary Disorders: The high potassium content of limes is very effective in removal of the toxic substances and the precipitates which get deposited in kidneys and the urinary bladder. The disinfectant properties of limes also help cure infections in the urinary system. Furthermore, it stops prostate growth (very common in males above 40) and clears blockage of urine that can come from calcium deposits in the urinary tract.

Other Benefits: It is a good appetizer and digestive. It can help with rheumatism, prostate and colon cancer, cholera, arteriosclerosis, fatigue and even high fevers. The best part of it is that it has no negative side effects!