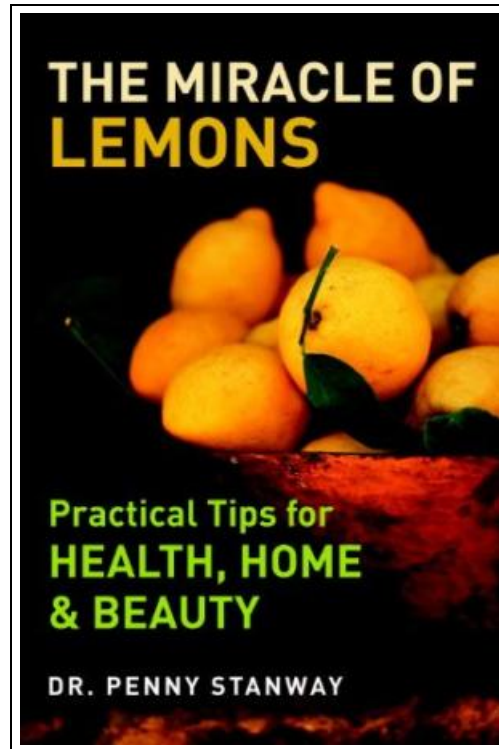


The Miracle of Lemons: Practical Tips for Health, Home and Beauty



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Reviews

A brand new eBook with a brand new point of view. It is rally fascinating throgh reading through time period. You will like the way the article writer compose this ebook.

(Ciara Senger)

THE MIRACLE OF LEMONS: PRACTICAL TIPS FOR HEALTH, HOME AND BEAUTY



Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Miracle of Lemons: Practical Tips for Health, Home and Beauty, Penny Stanway, Lemons have been hailed as a super-food, an effective natural remedy and an invaluable multi-purpose household cleanser and freshener. Dr Penny Stanway's well-researched and authoritative little book debunks the myths and reveals which health claims are backed by evidence-based research and which are not, whether lemons deserve their cult status as a panacea and just how much they can improve your diet and well-being. As well as expounding the health-giving and practical properties of lemons, the author provides an A-Z section of ailments that can respond to lemons - each entry outlines possible causes of the ailment, discusses how lemons can help, and suggests how to use them as a remedy. She gives lemon-containing recipes that will help care for, beautify and scent your skin and hair and room-by-room ideas for using lemons to keep your home fresh and clean, fragrant and sparkling. There are inspiring and delicious recipes for using lemons in food - they add a touch of magic both to the simplest snack and to sweet or savoury dishes to linger over. The book is completed with instructions on how to grow lemons indoors in a greenhouse, and outside in a warm climate; how to choose which lemons to grow; and how best to store them.



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