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Live Naturally with Herbs: Lemon Verbena

Friday, July 03, 2009 by: Katherine East

(NaturalNews) Lemon verbena (Aloysia triphylla - previously Lippia citriodora) is a richly scented herb and has a long history as a sacred and medicinal plant. Garlands and wreaths of it were commonplace at festive ceremonies as well as its use in teas and drinks for festive occasions and for bridal posies and festive parades. Considered to be a calming and gentle medicine, its history is lost in the mists of time. But every village square and place of worship had lemon verbena planted around it and hedges of it protected graveyards, inns and places of family gathering.

Originating in Argentina and Chile, Lemon Verbena was introduced to the rest of the world in the late 1700`s. Its refreshing lemon fragrance made it an instant favorite especially in the perfume industry and it was one of the ingredients in a popular cologne made in France around the 1850`s. Its use in the perfume trade declined due to the expensive oil extraction process, but as a garden plant, in pot pourri, as an air freshener and a soothing tea, Lemon verbena remains a valuable herb in the world today.

Lemon Verbena Uses - Therapeutic Properties and Health Benefits

- Lemon verbena makes an excellent tea - place four leaves in a cup of boiling water, let it stand for five minutes, stir, strain, add a slice of lemon and a touch of honey and sip slowly to ease tension, anxiety, stress and indigestion and to reduce fever. Its calming, soothing properties seem to ease a feverish cold, relax muscles, ease asthma, colic, flatulence and diarrhea.
- A sprig of Lemon verbena can be added to a teapot of Ceylon tea or rooibos tea, served sweetened with a little honey and without milk. This is considered to be an excellent digestive tonic, that will calm nervousness and shakiness.
- The strong citrus scent of Lemon verbena is an excellent insect repellent. In years gone by, bunches of Lemon verbena were hung over stable doors and it was rubbed onto door frames and thrown onto stable floors where horses would trample it, keeping the flies away.
- Lemon verbena leaves tucked behind books or placed on shelves keep fish-moths away. Place a sprig in your vacuum cleaner bag to help freshen the air in your home.
- Tie a bunch of fresh Lemon verbena sprigs over the hot water tap and make a fabulous scented bath. This helps tired muscles relax; aching shoulders release their tension and even the nasal passages are opened by the strong refreshing scent.

Recipe for Natural Lemon Verbena Air Freshener

This is an excellent recipe for refreshing and scenting a room. It is wonderful for getting rid of unpleasant odors such as pet smells, stale air and smoke from a room.

4 - 6 cups of dried lemon verbena leaves
1 cup clove and cinnamon pieces mixed
1 cup thinly sliced and dried lemon rind
1 cup dried coriander seed
4 teaspoons clove oil
4 teaspoons lemon oil

Mix the cloves, cinnamon, lemon peel and coriander seed well. Add the clove and lemon oils. Spoon into a large screw-top jar and shake well. Seal for two or three days, giving it a daily shake so that the oil soaks into the spices and peel. Then in a large bowl mix the lemon verbena leaves into the spicy mixture and add more clove and lemon oil if necessary. Return to the jar, seal it tightly and shake. Leave it to stand for three or four days, giving it a daily shake. Now fill small bowls with the fragrant mixture and place them in the room. At night return the contents to the big jar or the bowl and seal to keep it dust free. When the scent starts to fade revive it with more clove and lemon oil. The secret is to keep the jar well sealed when not in use.

A cautionary note: Prolonged internal use of Lemon verbena or large internal doses may cause gastric irritation.

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About the author

Katherine Oosthuis is completing a Diploma in Nutritional Therapy. She researches and writes for a health and nutrition website Detox For Life . Her passion is to make research available to those who are looking to improve their well-being and revolutionise their health through better nutrition and alternative medicines.

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The lemon detox diet - a recipe that really works

Sunday, May 13, 2012 by: Aurora Geib

(NaturalNews) Ever since Beyonce Knowles was associated with the Lemon Detox diet, there has been a surge of interest in this particular program. Also known as the Master Cleanse, this detox diet has been around for almost 50 years and has seen variations on its recipe and program. It's effectivity in breaking down built up toxins in the body while contributing to short term weight loss has made it a popular option for a spring detox.

Reviewing the Master Cleanse

The Lemonade Detox diet first became effective, strangely, when its creator, Stanley Burroughs, recommended it for the healing of stomach ulcers. In his book "The Master Cleanser", he goes on to share how he first came to test the Master Cleanse diet on a patient who was suffering from ulcer for three years. Left with no other recourse, the patient approached Stanley who recommended that he undertake the cleanse. After eleven days, the patient was totally healed to the amazement of the doctors. Many other cases followed with same consistent and astounding results corrected within ten days. Of particular note also was that those undergoing the Master Cleanse also experienced a reduction in weight.

If there have been doubts as to the veracity of Stanley Burrough's claim of the Lemon Detox diet's effectivity, there have been testimonies over the years of its efficacy. Of recent vintage is Tom Woloshyn's work, "The Master Cleanse Experience", published by Ulysses Press in 2009. This book briefly mentions Woloshyn's experience in advising clients who has undergone the Master Cleanse program and provides among other insights health benefits which include better sleep, positive outlook, clarity of mind and freedom from addictions. He, thus, advocates keeping a journal to monitor developments as well as a reference for future use when undergoing the program for the second or many more times over.

The Master Cleanse operates on the principle that, for disease to be addressed, cleansing must be undertaken. Simplifying and correcting disorders through this process is actually a way of correcting every disease. Developments in nutrition and science have clearly identified improper diet, negative mental attitudes and inadequate exercise as the factors that create the conditions to produce toxin build up over time. That is why the Master Cleanse is not an end to itself. It is actually just the tip of a long chain of healthy decisions of those who wish to undertake it. Observing a healthy diet, regular exercise as well as stress reduction is essential in maintaining the gains that the Master Cleanse Detox diet can offer.

Surrendering to the process

Undergoing a detox diet is just like preparing for a marathon. It is necessary to keep sight of your goals or you stand to be cast in the wayside, a victim of your doubts. Tom Woloshyn offers this

delightful insight when encouraging first timers who wish to undertake the Master Cleanse, fully knowing its side effects firsthand. Defining the outcome after having identified where you are, and what you want to achieve is the next step to achieving the goal you have set for yourself.
According to Woloshyn, some people prepare themselves before undergoing the detox by going on a vegetarian diet. It's less stressful on the body and makes the transition to the Master Cleanse easier. For those who regularly take coffee or soda drinks, a gradual reduction in intake are recommended as well as taking pantothenic acid (vitamin B-5) to help prevent the onset of headaches brought about by caffeine withdrawal.

People who have undergone organ transplants as well as those on immune suppressant drugs cannot take the fast. Woloshyn warns that the cleanse stimulates the immune system while effectively inhibiting the results of the drugs, this combination will most likely lead to the organ transplant being rejected by the body.

How to do the Master Cleanse

The Lemon Detox diet is a cleansing program and encourages only the intake of lemonade made from the following ingredients: lemons, pure maple syrup, cayenne pepper and water for a minimum of ten days only.
To create the mixture, mix the ingredients in the amount instructed by Burroughs and drink a minimum of at least six to twelve glasses of the concoction daily through out the day. Drink the lemonade whenever hunger pangs strike.
A laxative must be taken in the morning and then in the evening. Using a salt water flush instead of a morning laxative can also be availed of instead. However, be sure to observe at least three bowel movements in a day. This will ensure that the waste accumulated in the intestinal walls is totally removed.
Always enjoy the Master Cleanse lemonade drink fresh and do not subject it to microwave as doing so will minimize its effectiveness. For each successful day, the psychological need to eat is slowly overcome full, providing confidence and a sense of control that motivates the person undergoing the diet.
Breaking the Master Cleanse is just as critical as starting it. On day one coming off the fast, immediately after the end of the master cleanse, slowly introduce orange juice into the diet. Day two will see the introduction of vegetable soups and broths. Day three observe a diet of fruits and vegetables. Be careful not to overeat or eat too soon and drink plenty of water. Slowly ease your self to a normal diet and avoid meat, fish, milk and eggs.
After undergoing the Master Cleanse, it is advisable to eat wisely. The gains derived from the Master Cleanse diet will surely be a powerful foundation to change old habits and start a life free from disease.

The lemonade recipe

The original recipe by Stanley Burroughs produced fantastic results for almost 50 years. However, some have been promoting alterations of the original recipe. The problem with this arrangement is that they are done without understanding why the original ingredients work. Since the Master Cleanse is essentially a juice fast, adding shakes, cayenne pepper capsules or protein powder in an attempt to improve its efficacy is self defeating because it reduces the efficacy of the diet.

The purpose of the program is to give the digestive tract a ten day vacation, so adding things to be digested does not contribute to the objective of the diet. Stanley Burroughs in fact discourages the intake of supplements and vitamins during the program because it interferes with the body's elimination system. Furthermore, the natural sources of vitamins and minerals already found in

lemon and the maple syrup already provide for the body's needs during the detox program.

Other alterations include mistakes in the ratio of water through modification of the original recipe and dilution. This modification defeats the purpose of the minimum 6 drinks a day because it is more than the amount of water required. It is best to remember that variations on the process and especially in the recipe will not produce the results that originally worked for the many that faithfully followed the original Master Cleanse program and lemonade recipe.

This is the classic single serve recipe provided in Stanley Burrough's book:

2 (tbs). of lemon or lime

2 (tbs). of genuine maple syrup

1/10 tsp cayenne pepper

10 oz. water (hot or cold as preferred)

For those who cannot enjoy their lemonade, Tom offers this alternative:

1. Mix equal parts of lemon juice and maple syrup as a concentrate in a dark container. Keep this mixture cool.

2. Make enough concentrate for as long as you are incapable of making the fresh lemonade juice.

3. Every time you want a glass of lemonade, measure 4 tbs. of this mixture in a glass.

4. Add water and cayenne pepper, stir and drink. The maple syrup preserves the lemon juice and prevents oxidation of the vitamin C and enzymes.

Tom Woloshyn fondly recalled Stanley Burrough's remarks. He was said to have repeated many times over a phrase most technical people use when instructing frustrated customers, "When all else fails, follow the instructions." In order to ensure success and experience the benefits of the Master Cleanse Detox diet, it is essential to understand how to do the program properly. Faithfully following what has been prescribed is the first step in this direction.

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Lemon grass eases muscle cramps

Friday, September 16, 2011 by: Lenette Nakauchi

(NaturalNews) Since the beginning of medicine, people have looked for a way to ease the pain and discomfort of a variety of ailments. Over time, some herbs have been found to be highly effective as natural remedies, and lemon grass is one that is known to alleviate the pain felt as a result of muscle cramps. Effective in a variety of forms and for a diverse list of medical issues, lemon grass is a very widely used herb that has been incorporated into numerous industries.

Known officially as andropogon citratus, or andropogon flexuosus, lemon grass has also been assigned the monikers lemongrass, scurvy grass, citronella grass, and fever grass. It is a perennial tropic grass that grows primarily in warm climates and is often found in Asian countries, as well as Africa and South America. With roughly 55 species known to provide medicinal treatment, lemon grass has also been used as thatching for huts and cottages in traditional cultures.

The benefits of lemon grass are evident before the herb is even prepared, as the leaves have an aromatic smell that can be used as fragrance in potpourri and satchels. The leaves themselves, which are a staple in Ayurvedic medicine, vary in color from yellow to reddish brown and can be used in fresh, dried, powered, and oil form. Oil form is one of the most popular; essential oils are distilled from the lemon grass leaves and are very thin in texture, similar to water.

Lemon grass is known as a great natural treatment for muscle cramps, as it alleviates the stress in the tissues and helps the muscles relax. But this herb has many other applications, ranging from a food additive to a fragrance used in beauty products. Some of the various uses of lemon grass include: a flavor supplement in food, especially wine and sauce; a fragrance for soaps, creams, detergents, perfumes, lotions, and hair products; a pesticide and rodent repellant; a degreaser; a treatment for depression; and a natural, safe way to fight off fatigue and to invigorate the senses.

Additionally, Chinese herbalists have long used lemon grass to treat a variety of ailments, including: colds, fungal infections, stomach aches, digestion issues, spasms, toothaches, the buildup of mucus, and rheumatic pain. Lemon grass also kills germs, stops flatulence, helps blood to clot, acts as diuretic, increases kidney health, serves as a sedative, treats ringworm, and is an effective tonic.

Though the benefits of lemon grass seem to go on and on, there are two issues that people using this herb should keep in mind. First, when used topically, lemon grass can cause irritation to sensitive skin. To prevent discomfort, it is recommended that anyone using lemon grass for the first time apply it to a small patch of skin to ensure that s/he does not have an adverse reaction. Additionally, it is highly recommended that pregnant women refrain from using lemon grass.

Clearly, the health benefits of lemon grass include the ease of muscle cramps and so much more. As a staple in modern and ancient natural medicine, lemon grass has proven itself to be a versatile and effective treatment for many ailments. It is a wonderful herb that will provide many health benefits. The ability of this herb to alleviate muscle cramps can be heightened by using it in a smoothie or elixir after a workout.

Here is a quick and simple recipe you can try: blend 1 inch of the lemon grass root with 2 cups water, add a dash of stevia and cinnamon and/or vanilla, strain and enjoy!

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About the author

Lenette Nakauchi is a vibration exercise and detox expert who is passionate about demonstrating to others how to get lean and fit in a fun, healthy, sustainable way. Learn more about vibration exercise and how it's used for fitness, therapy, and weight loss at http://www.thenoblerexk1.com. Learn more about her detox and cleansing product at http://www.3daycleanse.com.

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Ten reasons why you should have warm lemon or lime water daily

Sunday, August 21, 2011 by: Paul Fassa

(NaturalNews) A glass of warm lemon or lime water first thing in the morning is surprisingly helpful in several ways. This Yogic or Ayurvedic ritual was primarily for stimulating digestion and eliminating ama, the Ayurvedic term for toxic slime that builds up in the gastro-intestinal or GI tract. This ritual has even more health benefits.

The Ten Reasons Why

1) The warm lemon water helps purify and stimulate the liver. Lemon/lime water liquefies bile while inhibiting excess bile flow.

2) Warm lemon/lime water aids digestion. It's atomic composition is similar to saliva and the hydrochloric acid of digestive juices.

3) The liver produces more enzymes from lemon/lime water than any other food, according to A.F. Beddoe, author of *Biological Ionization as Applied to Human Nutrition*.

4) The lemon/lime water helps bowels eliminate naturally and easily.

5) Lemons and limes are high in potassium. Potassium is an important mineral that works with sodium for smooth electrical transmission in the brain and nervous system. Depression, anxiety, fogginess, and forgetfulness can often be traced to low potassium blood levels. That same nervous system needs potassium to assure steady signals to the heart. So your heart health is improved from the lemon water's potassium.

6) Calcium and magnesium are plentiful in good ratio to each other in lemon/lime water. Magnesium is important for heart health and calcium prevents rickets.

7) Lemon/lime water can help lower blood pressure.

8) Lemon/lime water has an alkalizing effect in the body as it is buffered. Even if you drink it *just before any meal*, it will help your body maintain a higher pH than if you didn't drink it. The higher or more alkaline your pH, the more your inner terrain is resistant to minor and major disease.

9) Helps dilute uric acid, which if it accumulates it creates arthritic pain or gout.

10) Helps reduce phlegm in the body.

How and When

Warm purified fluoride free water or spring water should be used. At least a half of a lemon or lime should be thoroughly squeezed into a half glass of the warm water without any sweetener. It's better to use a lemon/lime squeezer to get maximum juice with minimum seeds and effort. This should be done first thing in the morning on an empty stomach, and don't start eating breakfast right away. Some recommend an hour before eating for maximum results.

One technique to assure proper timing would be to heat up water and put it into a thermos before going to bed. Then mix that hot water with room temperature purified lemon or lime water upon arising. Drink it down quickly, then go about your other morning routines before eating breakfast.

The warm lemon/lime water daily habit is as cheap and easy as it gets to help you improve and maintain your health. Bottoms up!

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About the author

Paul Fassa is dedicated to warning others about the current corruption of food and medicine and guiding others toward a direction for better health with no restrictions on health freedom. You can visit his blog at http://healthmaven.blogspot.com

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How to use lemon juice to replace toxic chemicals in your home

Thursday, April 19, 2012 by: Elizabeth Walling

(NaturalNews) You don't have to waste money on toxic chemicals to clean your home, treat a cold, or pamper your skin. Lemon juice is a simple, natural alternative that can replace countless bottles of over-priced chemicals.

10 creative ways to use lemon juice

1. **Grease removal** - A mixture of plain water and lemon juice is tough enough to bust through any grease on your kitchen appliances and counter tops.

2. **Disinfect and deodorize your kitchen** - Is your refrigerator or cutting board *really* clean? Surfaces where we prepare and store food need to be clean, but this is also exactly where we don't want to use toxic chemical cleaners. Lemon juice is excellent for disinfecting these surfaces, and will also remove unpleasant stains and odors.

3. **Sooth a cough** - Mix some raw honey with an equal amount of lemon juice to ease your coughing. This also works well for a sore throat.

4. **Enhance digestion** - Fresh lemon juice in water can aid digestion during meals. It's also a great way to hydrate in the morning when you first wake up.

5. **Tone your skin** - Use a cotton ball to apply a light layer of diluted lemon juice to your skin. Let it sit for ten minutes and then rinse away with cool water. The lemon juice will naturally exfoliate your skin, and can also lighten dark spots and scars.

6. **Clean glass** - Lemon juice is just what you need to bring the sparkle back to that dull vase, coffee pot or decanter. You can also use one part lemon juice in ten parts water to shine your windows.

7. **Clean and soften your hands** - Lemon juice is excellent for removing stains and odors left on your hands. Lightly scrub the lemon juice into your hands with a sponge, then rinse and moisturize as usual. Your hands will feel clean, soft and fresh.

8. **Remove tarnish** - A simple paste of table salt and lemon juice can make tarnished copper, chrome and brass gleam again. Apply the mixture, allow it to sit for ten minutes, then rinse with warm water and buff gently to shine.

9. **Get sun-kissed hair highlights** - Chemicals used to lighten hair can be highly toxic. Get natural highlights by spritzing your hair with lemon juice before you go out in the sun. As an added bonus, rinsing your hair with lemon juice removes build-up and gives your locks incredible shine.

10. **Clean your toilet** - Toilet cleaning products are harsh and unnecessary. A mixture of borax powder and lemon juice will leave your toilet looking (and smelling) as good as new!

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About the author:
Elizabeth Walling is a freelance writer specializing in health and family nutrition. She is a strong believer in natural living as a way to improve health and prevent modern disease. She enjoys thinking outside of the box and challenging common myths about health and wellness. You can visit her blog to learn more:
www.livingthenourishedlife.com/2009/10/welcome.html

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(Part II) Why lemons should be in your home

Sunday, October 31, 2010 by: Cindy Jones-Shoeman

(NaturalNews) Lemons are sometimes missed as being a one-note fruit: seen as wedges dangling on the side of a glass at one's favorite restaurant or as round slices suspended in a pitcher of refreshing lemonade. But lemons offer so much more to one's household. In fact, it's surprising that lemons aren't more revered than they already are.

Part I of this series explored how lemons can be used in cooking and cleaning around the house. Part II looks at how lemons can be used as a beauty aid and for multiple health purposes.

Beauty Aid: Lemons have a huge place in the world of beauty. Lemons can be used as a natural deodorant or as a facial cleanser or toner. They have also been used for years to bleach elbows, but they are also a natural way to bleach hair, if someone so desired. They can also be used as a scalp and/or hair treatment, to exfoliate skin, for blemishes, and for bleaching and strengthening fingernails and toenails. Finally, lemons can also freshen a person's breath. Many people would agree they are a lot better than those minty mouthwashes.

Health: Yes, lemons are used for food, and they can be used to clean one's house and to create inexpensive healthy alternatives to a variety of beauty products. But what about health? Aside from the nutrients in lemon that are ingested when a person eats one, what other health benefits do lemons offer?

Ann Heustad, RN, states that not only does lemon help with a host of digestive problems, but that it can also help with intestinal issues as well. Lemon is not only a cleansing agent in the kitchen; it's a cleansing agent in the body. It aids the body in removing toxins, and it literally cleans from head to toe. Heustad also explains how lemon is good for the liver, and it can be used as a remedy for everything from a sore throat to stomach ulcers.

Theresa Cheung suggests that lemons can also be used to help ease anxiety and fevers and fight off bugs like cold and flu when ingested and used topically. She also recommends them as a cure for skin-related ailments, such as corns, calluses, eczema, and more.

With all the versatile uses for lemons, it's easy to see that every household should buy lemons by the bag. Lemons are terrific when used in beverages, but nature intended them to be for so much more. They're wonderful when used in cooking, in household cleaning, as a beauty aid, and for one's health. So stock up and make room in the fridge for one of the most wonderful of fruits!

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About the author

Cindy Jones-Shoeman is the author of Last Sunset and a Feature Writer for Academic Writing at Suite101.
Some of Cindy's interests include environmental issues, vegetarian and sustainable lifestyles, music, and reading.

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