

## WHY USE THE LEMON

Many people who have taken the Biological Ionization course have asked me to detail why "Doc" uses the lemon. The use of the lemon has concerned them especially when all too frequently someone in the medical health field denounces the lemon as a food the body can do without and that too many may be harmful.

Let's look at the lemon from "Doc's" experience. First, "Doc" lists the lemon as one of the "anionic" substances. This is not to say that lemon juice would be found on the right side of the periodic chart. Anionic substances, in "Docs" parlance, are substances which release the energy from a reaction or stimulate the body to accept energy. The most notable property of an anionic substance is that it establishes a "resistance" media when in contact or reaction with other food stuffs. This resistance between nuclear atmosphere produces energy which the body can modify to a frequency its organ systems can use. In simple terms, lemon, in conjunction with calcium, helps extract the energy from the living aspects of our food.

Lemon also stimulates the liver to flush itself of toxins. Within the liver it stimulates biliary action making the bile more capable of breaking down the food adequately for absorption. Therefore, the lemon is a valuable aid to digestion.

The lemon also "fixes" calcium. Calcium is essential to the process of building bile salts. In general, it can be said that lemon stimulates, detoxifies, decongests, and cleanses the liver, assists in bile formation and aids in digestion.

The lemon also ties up toxins and poisons in the digestive tract as well as, tying up some unwanted salts. Not only does this aid digestion, as mentioned earlier, but just as importantly, it keeps the absorption of toxins down. The lemon has frequently been used in weight control but no one knew how it worked. Let me briefly list a few of its uses.

- a) Its "anionic". Therefore it assists in releasing energy. This elevation in energy allows the body to do more. This makes it possible for the body to use the calories in its diet as well as to begin breaking down the fat pool.
- b) It detoxifies the liver. It's long been known<sup>n</sup> that a toxic liver contributes to a toxic system. A toxic system uses energy poorly so toxins accumulate, body activity slows, the body starts relying on carbohydrates as they are the easiest to digest, the blood becomes erratic, the pancreas gets out of phase, and the body starts putting the excess carbohydrates into the fat pool. The fat pool then becomes a place for the body to store toxins until it can rid itself of them. On a diet the lemon decongests the liver, neutralizes toxins and flushes it out. It assists in increasing bile salt



strength and availability. This, in turn, allows the body to breakdown and digest protein and fat. The additional energy allows the body to begin detoxifying the tissues. The body begins breaking down the fat pool. The toxins released are carried to the liver, are detoxified and eliminated through the bile salts.

- c) Lemon assists in blood purification. This further neutralizes toxins, helps tie up acetones and, as a result, assists in oxygenation of the blood. This oxygen availability helps oxidize cell metabolites, increases cellular respiration and allows the cell to utilize its energy systems more readily. Lemon does not interfere with the blood's ability to coagulate.
- d) Lemon ties up or fixes calcium. Many times erratic eating, restlessness and nervous eating can be traced to calcium deficiency. They don't call calcium the "lullaby mineral" for nothing. The calcium also is anionic, assists the liver, etc. and we could go on but I'm sure you begin to see the picture. In general it's a cleansing and energy releasing agent. The major reason people drop off a diet is because they feel weak and half sick. with a toxic system who wouldn't.

The lemon contains glucose and potassium salts. These help to tonify and stabilize the heart muscle. Lemon juice also assist in fluidifying the blood which takes strain off the heart. Lemon cures have been used for high blood pressure, poor circulation, and as an acid to get blood to ischemic areas.

Lemon juice helps in dyspeptic stomachs and acid systems. Citric acid turns to citric salts in the stomach. Lemon will clear the mucous and encrustations off an ulcerated area in the stomach or duodenum. Washing the ulcer clean is one of the steps toward healing it. Lemon juice may burn too much, however, once the ulcer is clean. A switch to cabbage juice (vitamin U) will then assist in proper healing. In a short while you can go back to the lemon juice.

Some evidence points to the fact that lemon juice, through several interactions, may help pull cholesterol and triglycerides out of the blood. We've already mentioned its ability to assist the liver. One of the liver's jobs is to pull out excess cholesterol and fatty acids and deposit them in the bile. Lemon has been used abroad in helping arthritic conditions. It seems to dissolve or pull crystalline deposits out of the joints and muscles. Lemon seems to do this both directly and as a component of many interactions. Its long been known that a toxic and plated digestive system and a toxic liver contribute to rheumatism and arthritis. Lemon also helps the body flush out uric acids and urates. Excesses of these products



accumulate in the joints and muscles. In a joint they will produce "gout" and arthritis also. In muscles they produce rheumatism.

Lemon is disruptive to intestinal parasites. Lemon plus grated lemon peel will not only affect certain protozoans, parasite eggs and segments, but also will render inactive some bacterial forms.

Lemon will help dissolve both cholesterol and calcium deposits in the gallbladder, as well as, assisting in the removal of calcium deposits in the kidneys.

Lemon is a good gargle and lemon and honey have long been used to soothe throat irritations and oral infections. It is acceptable to use honey and other natural sweeteners with lemon but processed white sugar will neutralize its beneficial effects.

Lemon and olive oil on salads help soothe the gallbladder. Olive oil also ties up unwanted alkaloids, and will dissolve cholesterol gall stones.

An absolute intolerance to lemon is quite rare. Occasionally it will be manifest in people with problems relating to advanced cellular change (delta cells). As the system begins throwing off these cells the person will begin to tolerate lemon with few or no problems.

The lemon may also be used externally. Many people with acne wash their face in lemon juice. Not only is it death to the bacteria found associated with the lesions, but it cuts the oil on the skin and acts as a mild antiseptic in general. Note - many authorities now realize that when a pimple appears it should be drained. otherwise the poisons cause scarring and eventually are reabsorbed into the system to possibly cause problems elsewhere. Their main concern in draining a blemish is the possibility of infection. Wash the area with a lemon slice (It may burn) and not only will it neutralize bacteria that might cause infection, but it will clean the wound of dead cells and tissue debris.

Lemon juice can be used to wash out scuffs and abrasions. It will burn but it does a good job of cleaning them. Its also good for insect bites especially jiggers.

Lemon peel, with its high vitamin C and bioflavonoids, is excellent to massage the gums with. If you're using the lemon as a source of Vitamin C you will get nearly ten times as much if you will carefully cut or peel away just the outer yellow on the skin and then run the lemon sections plus remaining peel through a juicer.

Lemon juice is excellent to cut the soap film and scum out of your hair. Lemon juice will also wash out excess oil, as well as, neutralizing unwanted scalp bacteria.

Lemon juice will also kill bacteria in your shoes and it will clean and deodorize your feet and toughen sensitive skin.

Beginning to see why "Doc" has a lemon fetish.



Doc mixes lemon juice at a ratio of one ounce lemon juice to nine ounces distilled water or two ounces to eighteen etc. up to a total of four ounces of lemon juice a day depending on the weight of the individual. Doc says half the weight of the individual converted to ounces is the rule for how much fluid they should drink each day.

Example. A 160 pound man would drink 80 ounces of fluid a day. Doc further states that half of the fluid intake each day should be lemon water. Therefore our 160 pound man would drink 80 ounces of fluid a day of which 40 ounces would be lemon water. Using our 1:9 ratio the man would drink 4 ounces of lemon juice in 36 ounces of water. Four ounces of lemon water would be drunk on the hour usually starting at 8:00 in the morning and four ounces of plain, cool, distilled water would be drunk on the half hour. Neither water or lemon water would be drunk during the hour set aside three times a day for meals. This schedule would be followed until the person had drunk the required amount of fluid. In the case of our 160 pound man, it would take him 10 hours irrespective of meals to down the recommended fluid.

Another example:

120 pound woman = 60 ounces = 30 ounces each of distilled water and lemon water. Using our 1:9 ratio that would be 3 ounces of lemon juice in 27 ounces of water. At a total intake of 8 ounces of fluid per hour irrespective of meals it would take her  $7\frac{1}{2}$  hours to drink the recommended amount.

Several things to note. First, tree ripened lemons are more effective than lemons picked green and allowed to ripen in transit. Many times the lemon juice does not seem to help. Many times this is due to the lemons being virtually "dead" by the time they're purchased. Order a case direct and then share them with your clients.

Second - some people who are greatly debilitated or who have very low reserve energy levels will not be able to drink  $\frac{1}{4}$  of their weight in lemon water. If this is the case, cut the recommended amount in half.

Third - People with either high ureas (above 20) or high walts (above 20) or both should not be put on lemon water initially. The lemon water will cut too much junk loose too rapidly and this may elevate their already high salts and ureas into the high danger zones. Wash these people out using distilled water alone until you get their salts and ureas down. Then you can start them on lemon water.

Fourth - Burning in the pit of the stomach may signify an ulcer when they are on a lemon juice regimen. Take them off the lemon water and let them drink two ounces of cabbage juice several times a day instead. Continue the water and increase it to make up for the lost lemon water. Nothing is better than distilled water for deionizing or deplating the stomach or intestinal wall.

Fifth - lemon water may cause the liver to flush too rapidly and salts and ureas to dump too fast. If your retests show this to be the case then cut your lemon water in half. In extreme cases you may



have to pull them off lemon water for several days and then restart them on half the original amount and gradually build up as their system clears. This seldom occurs if the person rests sufficiently during the initial phase of his or her program.

Sixth - Once in a great while the lemon water programs may produce "hives". This is the toxins being pulled out of the skin and the resultant response by the small naked nerve endings just beneath the skin. Stick with it. They'll go away unless they are emotionally oriented.

Seventh - In some cases of "gout" or arthritis the lemon juice may have to be doubled initially to check the problem.

Eighth - With urine sugars below 5.49, you should add sweetener to the lemon water to offer extra, rapid energy to the system. Never use White sugar. It will neutralize the effect of the lemon. Use "local" honey, maple syrup etc. and change to a different sweetener each day as the body will respond better to some sweeteners than others and it may be hypersensitive to some. This rotation will minimize the hypersensitivity effect and give a better overall system effect.

