

Lemon (*Citrus limon*)



Origin: Uncertain. Suggestions are that it originated in the Punjab region of Pakistan and India, or the eastern Himalayan region of southern China and upper Myanmar. Lemons can grow well in tropical and semi-tropical climate.

Element: Water

Gender: Feminine

Planet: Sun, Moon

Zodiac: Cancer, Pisces

Magical Properties

Happiness and Joy: Their bright color represents joy, happiness, and fulfillment. Lemons can symbolize solar energy (growth, creativity, hope and victory) through its shape, scent and color; or lunar energy (love, fertility, intuition, protection) through its flowers and rind.

Cleansing: Add lemon to a bath to cleanse the self or add it to cleaning supplies to purify the home. Lemon scent clears thoughts and mind.

Medicinal Properties

Reducing Risk of Stroke: flavonoids in lemons have been shown to help women lower their risk of ischemic stroke (when a blood clot blocks the flow of blood to the brain). Consuming flavonoids can also help to protect against certain cancers and cardiovascular disease.

Iron Absorption: Lemons are high in Vitamin C, which boosts iron absorption. Iron is an essential nutrient because it is a central part of hemoglobin, which carries oxygen in the blood.

Contraindications: Avoid lemons if you have mouth ulcers or if suffering from gastroesophageal reflux disease (GERD).