

# Lemon

Emotions revitalizing, uplifting

Uses abscess-external/dry, abscess-mouth, **acne**, acne-w/pustule, **anemia**, **angina**, animal bite, **anxiety**, **appetite-to increase**, **arterial infection**, arthritis, **arthritis-rheumatoid**, **arteriosclerosis**, asthma, athlete's foot, bad breath/halitosis, bilious attack, **bleeding**, bleeding nose, blisters, **blood-thinner**, **boils**, **bronchitis**, bruises, cancer supportive, carbuncles, cellulitis, **chilblains**, circulation problems, cold/flu, cold sores, concentration, confidence building, constipation, **convalescence**, **corns**, coughs, **cough-w/voice loss**, cuts, dehydration, deodorant, depression, **detoxification**, diarrhea-nerves/viral, digestive problems, **disinfectant**, dyspepsia/indigestion, energy-lack of, exhaustion-physical, **eyes-eyelid infection**, fatigue-physical, **feet-stinky**, **fever**, **flatulence**, fluid retention, food poisoning, **gonorrhea effects**, **gout/podagra**, **gums**, **gums-bleeding**, **gums-inflammation**, hangover, hair-beard, hair-dandruff, hair-falling, **hair-greasy**, hair-loss/alopecia, **hair-normal (blonds only)**, hay fever, **head lice**, head lice-prevent, **headache**, headache-tension, heart-palpitations, hernia-incisional, herpes, hiccough, high blood pressure, immune deficiency-with recurrent **infections**, **insect bites/stings**, **insect repellent (fleas)**, insomnia, **intestinal putrefaction**, joints, **laryngitis**, **laryngitis-loss of voice**, **laryngitis-tickling throat**, lethargy, **liver problems**, low blood pressure, lumbago/lower back pain, **lymphatic stimulant**, menopause-water retention, menstrual bleeding-excessive/ menorrhagia, **mental exhaustion/fatigue**, **migraine**, mouth ulcers, **muscle-ache**, muscle-after workout, muscle-after workout sauna, muscle-after workout shower, muscle-athletic competition-pre/post, nail care, **nails-brittle**, nails-cuticle infection/whitlows, nail growth, nervous exhaustion/fatigue, **nervous tension**, **nervousness**, **nose bleeds**, Parkinson's disease, relaxing (low dose), scabies, shock, **sinusitis**, skin care, **skin-aging**, **skin-chapped**, **skin-cleansing**, skin-eyes, skin-greasy, skin-hands (neglected), skin-neck, skin-normal, **skin-oily**, skin-puffiness, **skin-spots**, skin-toning, stale air, **stimulating**, stress-chemical/performance, **syphilis**, throat-burning, throat-dry, **throat-hoarseness**, **throat-infections**, throat-irritated, **throat-sore**, **thyroid**, tiredness-mental, tonic-lymphatic, tonsillitis, toothache, uterine prolapse, **varicose veins**, **warts**, **worms**

Properties anti-anemic, **antibacterial**, antibiotic, antidepressant, anti-inflammatory, antimicrobial, antirheumatic, antisclerotic, antiscorbutic, antiseptic, antispasmodic, antitoxic, **antiviral**, **astringent**, carminative, cicatrizant, depurative, diaphoretic, diuretic, febrifuge, haemostatic, **hepatic**, hypotensive, immunostimulant, insecticidal, rubefacient, sedative, tonic, vermifuge

Constituents	Cineol, pinene, limonene, cymene, citral, linalol, geraniol, octanol, nonanol, citronellal, bergamotene
Scent/Note/Viscosity	light, clean, fresh, citrus; top note; pale greenish-yellow; watery viscosity.
Best Mixed With	Chamomile, Eucalyptus, Geranium, Juniper, Lavender, Orange, Sandalwood, Ylang Ylang (Benzoin, Elemi, Labdanum, Lavandin, Rose)
<b>Warning</b>	Phototoxic (wait 24 hours before exposure to sun/sunlamp). Do not use if you have sensitive skin. Mild skin irritant, so dilute well, may cause sensitization. Toxic if taken internally. Shelf life 8-10 months (OK in diffuser or vapor after)

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