



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

By Penny Stanway

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...



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