**Cut a Few Lemons and Place Them On The Bedside In Your Bedroom – Here’s Why!**

Lemons have been counted in as the most beneficial fruits ever, and for a good reason.

Aside from being totally nutritive and healthy, they bring along other benefits that could surprise you.

**The lemon’s aroma and smell are deeply adored by the world’s population and are always reminding us of something clean and fresh. This is a result of lemon being a pure antiseptic used for many purposes, including treating depression and anxiety.**

Therefore, the lemon aroma in your home will help you treat anxiety, depression and will make you feel positive. Everybody loves the lemon smell. Due to that, many restaurants in the world have lemon trees inside so that guests can feel the fresh aroma and relax.

**Lemons Up Close**

According to experts, lemons are able to clean the scalp successfully. For this reason, they are widely used as a treatment for multiple skin problems. Everything from dark spots, to scars and acne can be dealt with easily by using lemons.

To accomplish this, here is what you need to do. Cut one lemon in half and rub elbows, knees and calluses. The skin in these areas will become softer and smoother in an instance. Also, you can do the same trick to whiten your nails, treat sore feet and refresh your breath.

**Lemon health benefits**

Lemons are so powerful that they can easily treat numerous diseases, such as arthritis, indigestion and rheumatism. You can prepare yourself simple lemonade, consume it on a daily basis and get rid of toxins and kidney stones in no time.

Furthermore, you could also treat other more severe diseases like cholera and malaria. This is due to the fact that lemons are natural blood cleanser and purifier. Awesome, right?

Having in mind their rich content of vitamin C, vitamin A, vitamin E, copper, chromium, potassium, iron and magnesium, lemons provide complete antioxidant effects on the body and reduce signs of aging.

Lemons destroy chemicals very quickly, so feel free to use their juice as an air refresher and kill bacteria of all sorts. Simply, slice a couple of lemons and leave them in your room overnight. That will do the trick for less money and less toxins as well.

These magnificent fruits enable the lungs to work better and alleviate the breathing. If you are dealing with asthma, colds or allergies, make sure to inhale the smell of lemon at all times. If you do this at night, the following morning, your throat will be cleansed and your air passages clear and healthy.

Lemons are mostly a part of our everyday nutrition, but keep in mind that there is more to this glorious fruit that can make your life easier, healthier and brighter.

Source: [www.healthyfoodandhomeremedies.com](http://www.healthyfoodandhomeremedies.com/cut-lemons-place-bedside-bedroom-heres/)

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