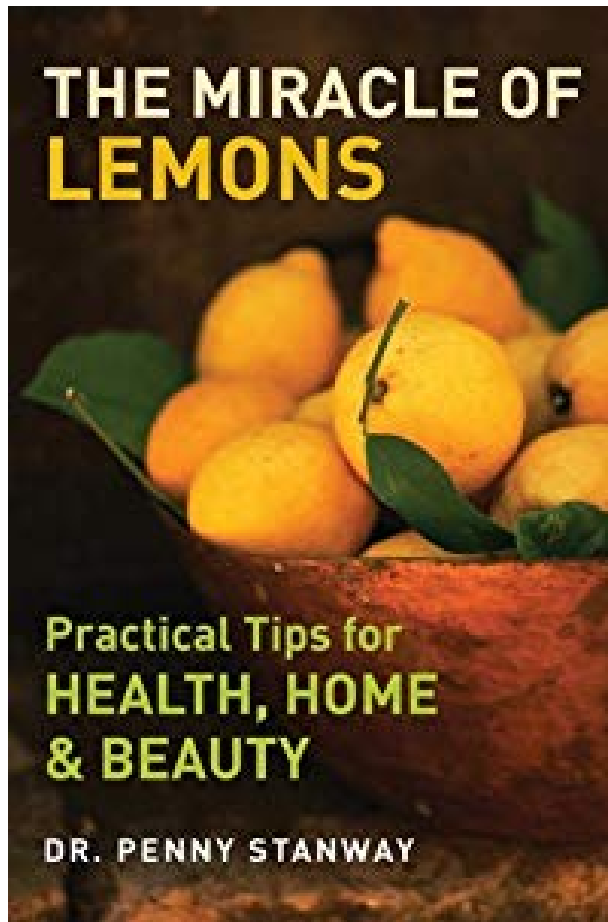


# The Miracle of Lemons: Practical Tips for Health, Home & Beauty



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Lemons have been hailed as a super-food, a natural remedy, and an invaluable multi-purpose household cleanser. True...or not? Dr Penny Stanway debunks the myths and reveals which health claims are backed by evidence-based research; whether lemons deserve their cult status as a panacea; and just how much they can improve your diet and well-being. In addition, Stanway provides an A-Z section of ailments eased by lemons and how to grow and cultivate the fruit.