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DR. CHARLES' HEALTH CHAT

LEMON JUICE OFFSETS CANCER



In our part of the world, we have a familiar term called “limey”, an old term for a British sailor, which from 1942 also became a civilian prone to indulge after four o'clock. *Liming* is also a colloquial term for afternoon gossip with tea or cocktails.

We have to go back to the sixteenth century for what appeared to be the first scourge of mariners traveling to the “new world”, now known as our world, called scurvy. Scurvy, now known to be caused by a deficiency of vitamin C, is a disease of great weakness along with bleeding gums, fetor of breath, loosening of teeth, anemia, etc. Sir James Lancaster introduced the first regular use of oranges and lemons into the ships of the East India Company as a preventative for scurvy. Many others, during the seventeenth and eighteenth centuries repeatedly confirmed the fact that fresh fruits were effective in curing or preventing scurvy. After Captain James Cook made his reports, in 1804 the daily consumption of lemon juice was made compulsory in the British Navy.

The benefits of limes and lemons, however, do not stop there. A study of the Yamagata Health Agency in Japan reports that juice from the fresh lemon can keep destructive chemicals from harming our body cells that can turn them malignant. Dr. Yoshio Kato, one of several sponsors of a recent study on the effects of citrus juice, stated - “using a special electronic device that measures the level of free radicals, we found that the juice neutralized these dangerous elements completely. Fish that might have been highly cancer-causing was instantly rendered completely safe.”

Dr. Kato says anyone can benefit from the cancer preventing power of lemon juice either by squeezing the juice directly on foods, or by making lemonade to drink with meals. The juice must be fresh, Kato cautions, or it will not have maximum strength. “You can also take two tablespoons of fresh lemon juice right before your meals, and the liquid will act as a neutralizer, cleaning up harmful chemicals in your stomach,” the researcher said. Kato stated the juice along with meals containing smoked foods, salt-cured foods, and food containing preservatives, lemon juice is particularly helpful. Further he states, “Remember, take it at mealtimes, not between or after meals, but just before or while you are eating, otherwise the lemon juice will not do its job.”



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