

Shortt's Shorts on Young Living's Lemon Essential Oil

LOVE for **lemon**: its antioxidant magic and the beautiful aroma that helps uplift moods!

The secret to lemon's success appears to be d-limonene, a powerful cancer fighting antioxidant.

Young Living Lemon comes from cold-pressing the peel – the most nutrient dense part of the fruit in terms of fat soluble phytonutrients.

Use Lemon to remove gum and sticky residue.

Use Lemon to uplift your mood.

Use Lemon in water to clean fruit and veggies.

Use Lemon to improve dopamine levels – helps with depression and addictions.

Use Lemon for acne, hydrating skin, nourishing damaged skin.

On a Personal Note:

I use 5 drops of Lemon Essential Oil in ½ a sink of water to clean all my fruits and veggies – cleans and protects them.

I love being a Young Living Representative.

Have your Young Living products delivered to your door in Canada.

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