

detox

The official and only Lemon Detox cleanse in Australia



July Edition - When life hands you lemons, make Lemon Detox!

Obviously we love lemons.



Why? Lemons are a fantastic detoxifier and have amazing digestive qualities. Drinking lemon juice in water daily is not only a good detoxifier, but also alleviates symptoms of indigestion, stomach pain and bloating. By drinking lemon juice regularly, the bowels eliminate waste more efficiently, thus controlling constipation and diarrhoea.

Did you know lemons also help the body obtain energy from the nutrients in food?

There are so many great reasons why lemons should be included in your daily diet – lemons are high in nutrients and bioflavonoids and are an excellent source of vitamin B6, iron and potassium; and a very good source of dietary fibre and vitamin C. They also contain calcium, copper, folic acid, magnesium, manganese, phosphorus and zinc. Lemon juice is anti-bacterial and particularly good when used as a gargle for sore throats or mouth ulcers. Lemon juice is antiseptic, fighting disease-causing bacteria and is also extremely good for the skin, as it's a natural exfoliant!

Want more? Here are five extra reasons to love lemons...

1. Lemons help your skin look fab!

Lemon is a natural antiseptic and can help cure problems related to your skin. Lemon is a vitamin-C rich citrus fruit, meaning it enhances your beauty by rejuvenating skin from within and thus bringing a glow on your face! And we recommend you drink it daily. Drinking lemon water daily can make a huge difference in the appearance of your skin. It acts as an anti-aging remedy and can remove wrinkles and blackheads. Lemon water, if applied on the areas of burns, can fade scars. And, as lemon is a cooling agent, lemons actually reduce the burning sensation on the skin (ironic, hey).

2. Lemons = healthy teeth!

Lemons for toothpaste? You'd better believe it, baby

Apply fresh lemon juice to toothaches to help rid the pain, or massage lemon juice on gums to help stop bleeding. It also gives relief from bad smell and other gum problems.

3. Cure a sore throat!

Lemons are an excellent fruit to aid in fighting problems related to throat infections, sore throat and tonsillitis, as they have antibacterial properties. For sore throats, dilute one-half lemon juice with one-half water and gargle frequently.

4. Lemons are good for your stomach

Lemons can help relieve many digestion problems (such as nausea, heartburn, constipation, and parasites) when mixed with hot water. They can also relieve bloating and burping; and can even help cure hiccups when consumed as a juice!

Oh, and there's more! Lemons act as a blood purifier and as a cleansing agent. Lemon juice acts as a liver tonic and helps you digest your food by helping your liver produce more bile. It decreases the amount of phlegm produced by your body. It's also thought to help dissolve gallstones.

5. Good for weight loss

Well, we are Lemon Detox so need we say more on the subject of the weight-loss benefits of lemons? Obviously we recommend lemons when it comes to aiding healthy weight loss. One of the major health benefits of drinking lemons is that it paves the way for losing weight faster, thus acting as a great weight-loss remedy!

Viva la lemons!

Competitions!



This month, once again we have more than a few competition prizes in our gift bounty to ensure you're looking as amazing as you're feeling!

Enjoy and good luck! To check out all the goodies we have up for grabs, [check out our new-look website here!](#)

Don't Miss The Bus ...



The Lemon Detox Express will be out in the streets of Sydney. If you see the Lemon Detox Express pass by you, we suggest you pull out your phone camera and take a photo of the bus! Email the photo to bus@lemondetox.com.au and you will automatically go in the daily draw to win the Autumn Cleanse pack (value \$173). But that's not all! You will also go into the weekly draw to win a \$200 Myer gift voucher. [For more, hit the website.](#)

Win one of six Go Go packs



These all natural dried superfoods bursting with nutrients and flavour. Packed with antioxidants and vitamin C. Great for maintaining the benefits of the Lemon Detox program and also for maintaining a youthful energetic lifestyle. Sourced from only the best! Enjoy a tasty handful a day. Prize consists of one of each of the following: 150g Cranberries, 180g Blueberries, 120g Go Go Goji Berries & 125g Goji Chocolate Berries. [Enter here to win!](#)

Win a JOI Pure's Deluxe Body Lotion



JOI Pure's Deluxe Body Lotion is a luxurious hydrating lotion scented with nature's most exotic and aromatic oils which moisturises & softens the skin while exquisitely scenting the whole body. JOI Pure uses only natural, organic and holistic ingredients in recyclable blue glass packaging. Made in Australia. RRP \$32.00 200ml and we have five to giveaway! [Enter on our website here!](#)

Win True Lemon



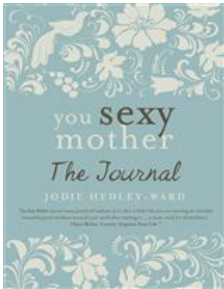
Here is your chance to keep 100% naturally hydrated this winter with True Lemon. The only 100% naturally flavoured crystallized sachets available. Pack includes a 150 pack and an 80g shaker, each of True Lemon and True Lime. Besides flavouring water, iced or hot tea, beverages and drinks, True Lemon® and True Lime™ can be used as a seasoning on seafood, chicken, fruits and vegetables and in salads. True Lemon® and True Lime™ can also be used as a substitute for fresh-squeezed lemon or lime juice in cooking, baking and recipes. True Lemon® and True Lime's taste are always consistently crisp and refreshing and ensure that recipes are infused with flavour... See www.truelemon.com.au valued at \$57.00 (ends 30/07/2010). Visit www.lmondetox.com.au for more information or call 1300 536 663.

Gorgeous Cosmetics Makeup School 101



Gorgeous Cosmetics are proud to announce that their signature service, Makeup School 101, intelligent makeup training for the non-Makeup Artist. Unique to Gorgeous Cosmetics, Makeup School 101 will equip you with all the skills you need to achieve glamour every day. At Makeup School 101 you'll be taught by your personal professionally qualified Upon graduating you'll receive a Certificate of Achievement. Part of the Makeup School 101 service is a 30-minute re-fresher class within 4 weeks after your session. This time you won't mind going back to school! [We have three lessons to giveaway.](#)

You Sexy Mother!



Sexy isn't about what size you wear; it's a state of mind! Mum Jodie Hedley-Ward presents her transformational message in You Sexy Mother, the best-selling book every mum needs to read. Accompanied by a gorgeous journal for you to store thoughts and revelations, this book will change the way you look at motherhood, and even womanhood, forever. We have five books along with the fab journal to giveaway. [Hit us up here!](#)

Pregalates DVD



Pregalates post natal pilates for pregnancy workout dvd - filmed just after Tasha gave birth to her second child, it works your pelvic floor (thank god because you'll need it!), gets your tummy muscles back into action and you into your jeans again! You will feel tighter, stronger and toned all over. We have ten copies to giveaway! [Go here!](#)