

Some benefits of citrus fruit

I was intolerant of citrus for many years. I now suspect the pesticides and fungicides. Since I started washing the fruit with bicarbonate of soda before use of the peel, I have had no problems but found that the compote I made for Colin's atherosclerosis also increased my energy levels.

My recipe for citrus compote – given their effect on the blood vessels and energy low.

- Weigh and cut a mix of WHOLE oranges, tangerines/mandarins/clementine, lemon into marmalade sized pieces.
- Cover with equal weight of cane sugar and stir to mix.
- Leave overnight for juices to run out.
- Boil until the rind is soft, add a little water if necessary but try to cook compote in own juices by boiling covered on a low heat.
- Pour into sterised jars
- Store in fridge.

This can be used like marmalade.

For arteriosclerosis take 1 tablespoon twice a day every day and monitor progress.

Tested by Colin G – aged 81

Colin has heart problems and severe artherosclerosis. If it gets worse, he can have lower legs amputated. So, I asked him to try the above TCM recipe.

Outcome: Colin reported increased energy levels after a month. We don't know if it is clearing his arteries but his circulation must have improved. His voice is stronger.

The following information was provided by my Singaporean Chinese friend.

From Lena:

Grapefruit: the pith lowers lipids; lipid protection – has other benefits;
(WARNING: grapefruit is contraindicated if you are on medication since it can affect the dosage.

Tangerine: (hesperidin) seed and pith are anti-inflammatory

Lemon: anti-inflammatory; pith for metabolic balance

Orange: pith - endothelial function in arteries, veins and capillaries

Reports of increased energy from others

1 cup each of lemon, ginger, cider vinegar, and garlic

Boil down to 2 cups.

Take 1 tsp a day for a month and then once a week.

<https://www.youtube.com/watch?v=PqOkIQTM48k> from Shankar

This includes one cup of honey. – he boils the liquids for 40 mins to reduce and thicken then bottles.