

RANDOM HOUSE *e*BOOKS



The Lemon Juice Diet

Theresa Cheung

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ABOUT THE BOOK

ONE OF THE EASIEST WAYS TO DETOXYIFY YOUR BODY AND LOSE WEIGHT

As it is low-GI, lemon juice provides a steady supply of energy, leaving you satisfied for longer and preventing the nagging hunger that often leads to snacking. With its natural detoxifying power and pure healing properties, lemon juice...

- **is an excellent digestive agent, ensuring your liver eliminates toxins - the key to lasting weight loss**
- **can boost immunity and brain function and fight cholesterol**
- **is packed with nutrients and vitamin C, keeping your metabolism healthy**

With clear meal plans, delicious recipes and easy exercise tips, *The Lemon Juice Diet* is a safe, delicious way to lose weight quickly and effortlessly.

ABOUT THE AUTHOR

Theresa Cheung is a full-time writer specialising in nutrition and women's health and lifestyle issues. She holds a Masters Degree from King's College Cambridge and, prior to writing and research, worked as a health and fitness consultant. Her previous books include *The Menopause Diet*, *The PCOS Diet Book*, *You Can Beat PMS* and *Pregnancy Weight Management*. Theresa also regularly contributes features to women's magazines, such as *Red*, *She*, *Prima* and *You Are What You Eat*.



THE LEMON JUICE DIET

Lose weight and look great fast



THERESA CHEUNG

With a Foreword by Dr Marilyn Glerville, PhD



Vermillion
LONDON



‘When life gives you a lemon ... squeeze it, mix the juice with 300 ml of filtered water and drink twice daily.’



If you suffer from heartburn, kidney or gall-bladder problems, or have a citrus allergy, you are strongly advised to consult your GP before going on this diet, and you may want to avoid eating lemons or lime peel. Although lemon juice can damage the enamel on your teeth, there are two things you can do to help avoid this: firstly, never brush your teeth straight after drinking lemon juice as this is when most damage can occur and, secondly, keep the lemon juice away from your teeth as much as possible by drinking it through a straw.

Rubbing lemon oil or juice into the skin and drinking lemon juice is not suitable for children under the age of four as their skin and digestive system are not strong enough to handle it; care should also be taken in respect of older children. If you are going to use lemon oil bear in mind that it is highly concentrated and should be used sparingly; a few drops are enough. It should never be applied to skin in undiluted forms. For applications that use lemon peel, always try to buy organic lemons to avoid the harmful chemicals with which commercial lemons are treated. Finally, don't forget that although lemons can prove very effective home remedies for a variety of illnesses by strengthening the immune system, in cases of serious illness you should always consult your doctor first to discuss your medical options.

Foreword

I have known Theresa for some time now and she has written extensively on many health topics. I am particularly pleased to write a foreword for this book because I know how important it is for people to learn how to lose weight sensibly and healthily.

Some diets make promises like 'lose a stone in a week', and it is all too easy to want those quick results by drastically reducing calories or going on a fad diet. But for healthy weight loss, you can't lose more than one to two pounds a week, and if you are losing more, it is muscle and water. This means that when you go back to your usual way of eating, you will put all that weight back on as fat, and the next diet has to be even stricter. In 2007, the world's largest study of weight loss at the University of California showed that dieting is damaging because of the tendency to regain the weight, and that the yo-yo dieting effect increases the risk of heart attack, stroke and diabetes. The study showed that more than two-thirds of people who go on a diet pile the weight straight back on.

When we talk about losing weight, what we really want is to lose fat. For that fat loss to be permanent you need to lose it slowly, and by following the recommendations in this book you will do so easily and healthily. And not only will you lose weight, you will improve your digestion too because you are not just what you eat, but also what you digest and absorb. The guidelines in this book will, in addition, help improve your general health and by getting your blood sugar in balance you may find that other

symptoms will disappear such as mood swings, irritability, depression, fatigue, lack of sex drive, insomnia and PMS.

Dr Marilyn Glenville, PhD

Nutritionist and author of *Fat Around the Middle*

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Introduction: Lemon Twist

If you've picked up this book thinking it's a lemon juice detox for drastic weight loss, you'll be disappointed. A common myth is that you can lose a significant amount of weight by detoxing or starving yourself for days on end with juice and water as your only sustenance. Such detox diets are always based on *fantasy* instead of *science*. Most importantly, any eating plan that does not supply an average of 1,200 calories a day is not safe or supportive of optimal health or long-term weight loss. It can lead to intense and unpleasant side effects, including stomach pain, diarrhoea, dizziness, nausea, vomiting, fever, headaches, blurred vision and fatigue.

Scientists are also confirming what most nutritionists have known all along: severely restricting your food intake, or cutting out certain food groups, to lose weight simply *doesn't work* in the long term. Putting yourself on a fad diet, a juice fast or only sipping hot water with lemon for days on end will just slow down your metabolism (fat burning), decrease your blood sugar levels and make you feel moody, tired and sluggish.

In addition, fad diets simply aren't sustainable because they are so restrictive. Any weight that you lose will mostly be water, and as soon as you eat normally again you will put all the weight back on. You will also be susceptible to saggy skin where you've lost muscle and to gaining a few extra pounds because your metabolism has slowed down with the dieting. And fad diets that cut out certain food groups don't give you the nutrients you need to keep your

skin smooth, your belly firm and your breath fresh. Finally, if you cut down on essential nutrients you increase your risk of heart disease, stroke, diabetes, osteoporosis and even cancer.

WHY THE LEMON JUICE DIET IS DIFFERENT

So, if dieting is a waste of time and energy, why is the Lemon Juice Diet any different? As we have seen, there is no science behind the claim that fasting and detox in the long term can help you lose weight safely and effectively. However, there is scientific evidence for the benefits of short-term nutritional detoxification, when supervised properly. A short fast – for no more than one or two days – can give your digestion, absorption and liver function a nutritional restart. In other words, it can boost your body's natural detoxification process.

You may not realise it but your body is constantly detoxing itself naturally. Your digestive system is pretty efficient at cleansing itself and ridding your body of toxins. The liver is the major detoxification organ in the body, and the kidneys are the major filtration system. Fasting doesn't purify your body of toxins; these organs do. If your diet is poor or you aren't giving your in-house detoxification system the nutrients it needs to function properly, this can lead to poor digestion and toxic build-up. In this case, a one-day semi-fast can help clear those toxins and replenish lost nutrients which your body needs to burn fat.

It's the strong emphasis on digestion that makes the Lemon Juice Diet different. There is nothing more important to your health and your weight than the function of your digestive system. If your digestion is healthy, 'good-for-you' nutrients are broken down and digested and 'not-so-good-for-you' substances discarded. However, if your digestive system isn't functioning optimally, it doesn't

matter how many so-called superfoods you eat, you won't be getting the nutrients your body needs to be healthy, to detox naturally and to rev up your metabolism.

When it comes to boosting the body's digestive and detox systems, lemon is a natural powerhouse with an energising tangy flavour. It is therefore exactly the right food not only to kick-start your weight loss but also to help you keep the weight off for good. Its vitamin C content also gives it powerful immune-boosting properties. It's not surprising, therefore, that nutritionists tend to recommend it as the first drink of the morning.

To lose weight healthily you need to eat the most nutritious foods possible to boost your metabolism, digestion and your body's natural detoxification processes. The Lemon Juice Diet is not a 'diet' as such but a simple healthy-eating plan based around digestion-boosting foods, such as lemon, that will encourage your body to detox naturally and provide you with the essential nutrients for radiant skin, strong bones and boundless energy. It's a diet built to last you a lifetime. Your health will improve and you will lose weight. Best of all, you'll find it so effective and simple to follow that you'll never pick up another diet book.

HOW TO USE THIS BOOK

If you've got weight to lose, previous diets may not have succeeded because your digestion is poor and, as a result, your metabolism is sluggish. Each chapter in this book is designed to help you tune up your digestion so you can reap the rewards in terms of extra health and energy while the pounds melt away.

[Chapter 1](#) explains the weight-loss benefits of lemons. In [Chapter 2](#) you'll be encouraged to begin your diet with a one-day lemon juice detox. This isn't what is commonly known as a 'detox'. Rather, it is a nutritionally sound, step-

by-step, healthy-eating day to boost your digestion, eliminate toxins and kick-start your weight loss. [Chapter 3](#) helps you get started with shopping and cooking guidelines and some helpful motivational advice. But if you want to jump right in you can go straight to [Chapter 4](#) which sets out clearly and simply the seven Lemon Juice Diet principles, encouraging you to implement each principle over a seven-day period. In this way you can begin to feel the energy-boosting benefits of the Lemon Juice Diet within seven days and the weight-loss benefits within 14 days. [Chapter 5](#) suggests menu plans that you can use once you have worked through the seven principles.

[Chapter 6](#) will give you valuable tips on buying, cooking and storing lemons, as well as providing a selection of mouth-watering lemon-based recipes to help boost weight loss. [Chapter 7](#) is your exercise programme. Gentle exercise is a great way to rev up your metabolism because the more you move, the more calories your body needs. Also, if you're active you build up muscle, and the more muscle you have, the more calories you burn. If you haven't exercised for a while or hate exercising, don't panic. You don't have to join a gym or jog for miles every day on the Lemon Juice Diet; this chapter will show you how simple and fun lifestyle changes can make a huge difference to your waistline. If you suffer from food cravings or lack of willpower, [Chapter 8](#) is packed with motivational advice and suggestions to help you get back on track. [Chapter 9](#) is an A-Z list of common ailments that can be remedied using the remarkable healing power of lemons, from curing acne and lowering blood pressure to treating varicose veins and rheumatism.

As you read the book and incorporate its principles into your life, never forget that the Lemon Juice Diet is not about getting skinny but about becoming slim. It is a good, healthy system that will help kick-start your weight loss in the New Year or any time of year – but it's not just for

people who want to lose weight. It's for everyone who wants to feel healthier, fresher, fitter and full of zest.

YOU'VE MADE A GREAT CHOICE

If this is the first diet book you've ever bought - perhaps because you overindulged at Christmas or on holiday, or have noticed the pounds slowly piling on - then you have made a great choice as you are unlikely to need to buy another one. And if this isn't your first diet book, be prepared for this one to be *different*. The pounds will naturally melt away in the weeks and months ahead, and you won't feel tearful or starving in the process because the diet is completely satisfying. In fact, you'll feel fantastic, cleansed and just like new.

So if you're ready to lose weight and feel great from now on ... let's get going!

CHAPTER ONE

Lemons: Your Weight-loss Ally

BEFORE DISCUSSING HOW and why lemons help us to lose weight, it's important to understand the importance of a healthy digestive system.

POOR DIGESTION CAN MAKE YOU FAT

You probably don't need convincing that eating too much and moving too little can make you fat, but what about the part poor digestion plays?

If your digestive system is not working correctly, healthy weight loss becomes almost impossible. Poor digestion can stop your body getting the nutrients it needs to burn fat. It can also interfere with fat burning and cause a build-up of toxins in your body. When toxins build up in your bloodstream, you feel sluggish and depressed; this slows down your metabolism, making your weight-loss goals unattainable.

When your body isn't absorbing the right nutrients – even if you have weight to lose – it is actually in a malnourished state. This means that your brain is constantly craving nutrients and telling you that you are hungry, no matter how many calories you have already consumed or how overweight you are. You may find this hard to believe but large numbers of overweight people with poor digestion are actually starving because their bodies just aren't getting the nutrients they need for optimum health and wellbeing.

It might help to think about weight loss as a race; your goal is to lose weight and boost your health and energy levels. You can see the finishing line in the distance but, with poor digestion, you don't stand a chance of getting there. You are running on a steep incline on a treadmill and going nowhere.

How to Tell if You Have Poor Digestion

Millions of people probably suffer from poor digestion. Many of them have no idea that this is the real reason why they can't lose weight, despite the number of diets they have been on and the hours they have spent exercising. Poor digestion can also be misdiagnosed as depression, IBS (irritable bowel syndrome) and chronic fatigue.

Take a look at the following symptoms. If you suffer from one or more, you may well have a sluggish digestive system:

- Losing weight seems impossible, no matter how hard you try.
- You have been on countless diets and can't really see the point of them any more because they never work.
- You get tired easily, often running out of energy in the early afternoon or in some cases mid-morning.
- You often feel moody, depressed or down in the dumps for no apparent reason.
- Your skin looks dull or you have problems with acne.
- You regularly have indigestion or foul-smelling wind.
- Your bowel movements are inconsistent (constipation or diarrhoea are common).

The good news is there is something you can do. Studies have shown that when you restore your digestive system to proper working order you can:

- get the nutrients you need from smaller amounts of food, which causes you to feel less hungry and therefore eat less
- boost your energy levels
- feel healthier and happier
- improve your hair, skin and nails by providing your body with the nutrients it needs
- increase your metabolism
- have normal, regular bowel movements
- lose weight and keep it off

As you can see, you aren't just what you eat; you are also what you absorb from what you eat. The health of your digestive system determines how well nutrients get absorbed from your food, how effectively toxins are filtered out and eliminated from your body, and how quickly you lose weight. This is because the correct nutrients are essential for metabolism and healthy weight loss.

THE DIGESTION-BOOSTING POWER OF LEMON JUICE

Lemon juice is such a great weight-loss ally because it stimulates the flow of saliva and gastric juice and is therefore an excellent digestive agent. When drunk first thing in the morning it also acts as a tonic for the liver, stimulating it to produce bile so that it is ready to digest the day's foods. The beneficial effect lemon juice has on liver function is important because healthy liver function is the key to good digestion.

Some of the most important functions of your liver include:

- metabolising nutrients: breaking them down so that they can be used by the body

- turning toxins into non-toxic substances for expulsion
- manufacturing and excreting bile in order to absorb fat-soluble nutrients and eliminate toxins
- controlling fat metabolism
- purifying the blood by filtering bacteria, toxins, antibodies and other particles from the circulation
- manufacturing blood-clotting agents and blood protein

Your overall health and vitality depend greatly on the health of your liver. It's not just important for digestion and detoxification, but also for weight loss. Drugs, alcohol, fatty foods and environmental toxins can overload your liver. When it is overworked it will force the body's other detoxifying agents (your kidneys, adrenals, skin and lymphatic system) to work overtime. This can cause rashes, acne, bloating, yeast imbalances, PMS, constipation and - yes, you guessed it - weight gain. Studies show that liver functions are often disturbed in many overweight people because fat metabolism is so inextricably associated with the liver.

As well as having a beneficial effect on liver function, lemon juice is an excellent digestive aid because of its high citric acid content. Citric acid is found in many fruits and vegetables but its concentration is highest in lemons and limes. The acid content of a lemon can be around 7 to 8 per cent - hence its sharp taste. The acid not only protects the fruit from spoiling, but in human metabolism it also combines in a complex interaction with other acids and enzymes to ensure healthy and problem-free digestion by stimulating stomach juices.

Citric acid is relatively mild, in contrast to acids such as sulphuric or hydrochloric acid, and is not powerful enough to break down nutrients on its own. However, as soon as it is in your mouth it gets to work by stimulating your salivary glands. An adequate amount of saliva is important because

digestion actually begins in your mouth with your saliva breaking down food as you chew it. Once lemon acid reaches the stomach, either in lemon flesh or as juice, it then supports the first step of digestion in the stomach by stimulating the production of digestive enzymes, such as pepsin, which break down the protein components in food. That's why sprinkling lemon on proteins, such as lean meat, poultry, fish, beans and eggs, will always help you digest them more effectively. Indirectly, therefore, lemon acid supports and promotes the activity of the stomach, preparing the ground for problem-free digestion. In addition, research has shown that it can be highly beneficial in the treatment of a number of digestive problems, such as dyspepsia, constipation and biliousness, and can also destroy intestinal worms and eliminate the gases formed in the digestive tract.

Thanks to its acidity, even a little lemon juice can improve your digestion and lower the impact of any meal on your blood sugar. As you'll see in principle three of the Lemon Juice Diet in [Chapter 4](#), balanced blood sugar levels are extremely important for successful weight loss.

OTHER BENEFITS OF LEMON JUICE

The health and weight-loss benefits of lemons don't just stop at boosting liver function and digestion. Your weight-loss ally has got plenty of other trump cards up its sleeve, including pectin, vitamin C, calcium, quercetin and limonene.

Pectin Power

The lemon is one of the most pectin-rich of all fruits. The tissue of lemon peel alone is comprised of approximately 30 per cent pectin. A great source of fibre, pectin can help you

lose and maintain your weight because it turns into a sticky gel when you digest it, keeping your stomach from absorbing sugar too quickly. As a result, after eating pectin you feel satisfied for longer. This means that you will eat less, which leads to weight loss. According to a study published in the *Journal of the American College of Nutrition*, pectin eliminates the urge to eat for up to four hours. Pectin can also help to cut cholesterol and blood sugar levels. It may even aid in the prevention of colon cancer.

Vitamin C

Lemon juice is one of the richest and most concentrated food sources of vitamin C, yielding over 90 per cent of the vitamin C content of the entire fruit. The juice of just two and a half to three lemons provides the average daily requirement of this vitamin for adults (the RDA for vitamin C is 60 mg a day).

Recent research suggests that people who eat more fresh citrus fruits, such as lemons, limes and oranges, and other fruit and vegetables high in vitamin C are more likely to lose weight. It's not that vitamin C is a new weight-loss wonder drug; what's new is the discovery that consuming an inadequate amount of this vitamin can hinder weight loss. According to researchers from Arizona State University, individuals consuming sufficient amounts of vitamin C oxidise (burn) 30 per cent more fat during moderate exercise than those who consume insufficient amounts. In addition, too little vitamin C in the bloodstream has been shown to correlate with increased body fat and waist measurements.

Quercetin