

Quantum Healing

Steven Smith, D.C.

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The Lemon Routine

I recommend what I call the “lemon routine” for patients with infections or those who wish to detox.

Lying on your left side, take an enema with the juice of 1/2 fresh lemon (not from concentrate) in a quart of lukewarm water. After evacuating the enema from the bowel, take the other half of the lemon and rub the cut edge all over the skin - arms, legs, abdomen, all over. Then immediately climb into a bathtub full of water, as hot as you can tolerate.

Stay in the bath for 15-20 minutes. Make sure that you are properly hydrated before performing the lemon routine, because the lemon juice on the skin will cause the pores to open up and the hot bath will cause you to perspire excessively. Also, be certain that there is someone there with you, because following the bath clients are frequently too weak to pull themselves out of the tub. When the bath is finished, you should quickly wrap yourself up warmly and quickly go to bed where you will continue to perspire for some time.

The lemon routine causes improved elimination through both the bowel and the skin, and is a most important adjunct in the treatment of infections. Many times, this procedure will bring on a healing crisis, and you will be better either immediately afterwards or by the next day.