

# Citrus Fruits

## Citrus Fruits



Bergamot Orange



Citron



Tangerine



Kumquat



Round Lime



Mandarin Orange



Pomelo



Lemon



Satsuma



Kaffir Lime



Shaddock



Finger Lime



Bitter Orange



Buddha's Hand



Calamondin



Clementine



Etrog



Grapefruit



Navel Orange



Persian Lime



Meyer Lemon



Key Lime



Rangpur Lime



Sweet Lemon



Tangelo



Sweet Orange



Blood Orange

Citrus fruits offer a plethora of benefits for overall health and well-being. Packed with vitamin C, citrus fruits contains large quantities of this vitamin which is needed in order for the body to absorb other nutrients. Vitamin C help aid in the elimination process of toxemia and other waste which naturally reduces stress. Overall citrus fruits help to improve the functions of the lymphatic system and circulatory systems, aiding in fighting off colds and other illnesses. Their high fiber content promotes digestive health and helps regulate blood sugar levels. Additionally, the antioxidants in citrus fruits help reduce inflammation and protect against chronic diseases like heart disease and cancers.

#### **List Of Some Citrus Fruits**

Apples

Grapes

Grapefruit

Key Limes

Lemons

Mangoes

Oranges

Peaches

Pears

Pineapples

Pomegranates

Tangerines

Citrus fruits, like lemons, key limes, oranges, and grapefruits, possess a distinct astringent quality due to their high levels of citric acid and other organic acids. When consumed, these acids interact with the taste buds, creating a puckering sensation in the mouth. This astringency is often accompanied by a refreshing tartness.

**Stay focused, it's time to place your health back into your control.**

**Ezekiel 47:12**

**12 And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be for meat, and the leaf thereof for medicine.**

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