

Types of Citrus Fruits

Citrus Fruits are Full of Vitamin C



Oranges



Mandarins



Tangerines



Grapefruits



Pomelos



Lemons



Limes



Citrons



Key Limes



Key Limes



Tangelos

Citrus fruits offer a plethora of benefits for overall health and well-being. Packed with vitamin C, citrus fruits contain large quantities of this vitamin which is needed in order for the body to absorb other nutrients. Vitamin C helps 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.

Thank you for your support.

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