



Amazing properties of orange blossom

Orange blossom is the blossom of the orange tree, which is widely used in perfumery and making essential oils, all kinds of seasonal drinks and etc. The blossom of the orange tree adorns the tree in the spring and gives way to the orange fruit in the fall and winter. Orange blossom is an excellent source of essential nutrients and minerals that are very beneficial for the body.

In hot summer days when the air temperature rises and the amount of body sweating increases, the mood of many people is affected and becomes harsh. To prevent this condition, we recommend mixing half a glass of orange blossom with half a glass of water and 2 pieces of ice and sweeten it with a spoon of coriander and eat it every evening.

Adding orange juice to tea helps digestion and reduces stomach discomfort.

Spring orange has many antioxidants that protect the body against free radicals and thus reduce the risk of serious and chronic diseases.

It also has anti-cancer, anti-allergic, diuretic and anti-inflammatory properties and strengthens the immune system. Spring orange is effective in reducing the severity of menopause symptoms. It regulates the blood pressure level by increasing the blood circulation in the vessels. Those who are constipated, sweeten orange juice with honey and eat it.

Orange juice closes the pores of the skin. Incense of Orange Spring opens the skin of the face.

For dizziness, use spring orange syrup. Smelling spring orange is effective for curing colds. Spring orange infusion is used to cure hiccups. The best combination that can be used in summer is orange juice with rose water and water.

Complications of orange blossom: excessive use of orange blossom extract causes high blood pressure and heart rate, and people with heart disease should avoid using it excessively. Orange blossom should be used with caution during pregnancy and breastfeeding. Excessive consumption of orange blossom causes insomnia. Smelling it too much causes insomnia, this property can be used when you need to not sleep.

Interesting points about the properties of orange blossom: to prevent clothes from being damaged by insects, instead of using naphthalene, which is bad, you can use dry orange blossoms and skin. The effect of orange blossom remains in a copper container for up to seven years and in a glass container for up to one year.

References:

1. Bent, S., A. Padula, and J. Neuhaus, Safety and efficacy of Citrus aurantium for weight loss. *The American journal of cardiology*, 2004. 94(10): p. 1359-1361.
2. Suryawanshi, J.A.S., An overview of Citrus aurantium used in treatment of various diseases. *African Journal of Plant Science*, 2011. 5(7): p. 390-395.