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There are many ways to put this fruit to use. As a member of the powerful citrus family, the list of lime's benefits only continues to lengthen as researchers delve further into the science behind the fruit. The simplest way to use lime is to add it to your cooking. The next time you're at the grocery store, you may want to consider grabbing a few limes to add a final touch of flavor to your meal.

Limes deserve to be in the limelight. Originating from Southeast Asia, the potential uses of limes go far beyond cocktails and fish tacos. You might be surprised by the many unique ways in which limes can be used to benefit your health.

Health Benefits

Sweet Benefits:

As natural health approaches become more and more popular in today's culture, lime will likely play an increasing role in the treatment that doctors recommend. Scientists are researching ways to incorporate lime into medicines and herbal formulas.

Sickle Cell Solution:

Sickle cell anemia is a condition that causes the bone marrow to produce misshapen, sickle-shaped red blood cells. It can cause chronic fatigue as well as painful episodes, called crises. Crises cause severe pain in areas such as the chest, joints, or lower back. A study found that consuming lime juice reduced the severity of crises in children with sickle cell anemia.



Keep Your Heart in Lime:

Antioxidants keep your arteries healthy, and healthy arteries are essential for carrying blood from your heart to the organs of your body. A new study conducted on rabbits reveals some interesting results. Lime peel and lime juice contain antioxidants that slow down the process of atherogenesis, the buildup of plaque on artery walls.

Kaffir Limes Fight Harmful Bacteria:

The same study also found that the kaffir lime, a bumpy-skinned lime grown in India and other regions of Southeast Asia, fights bacteria. One specific type of well-known bacteria this lime fights is *E. coli*, which causes food poisoning.

Put Your Complexion in the Limelight:

The antibacterial properties of kaffir lime extend to the skin, too. In a 2014 study, researchers found that essential oil from the kaffir lime could stop acne-causing bacteria. The oil also reduced scarring from acne and assisted in healing acne blemishes. This natural remedy is an option worth trying if you want to improve your skin.

A Little Can Go a Long Way:

Lime's bacteria-fighting abilities also enable the fruit to fight cholera, according to one study. Bacteria that cause cholera often travel in food. In West Africa, where cholera outbreaks have happened in recent history, researchers found that feeding affected people lime juice with rice killed the dangerous bacteria.

A Comp-Lime-Ment to Your Food or Fragrance:

The peel left behind after a few good squeezes can be used to create a powerful, pure oil. This oil is used in a number of ways, most popularly in flavoring food and adding a fresh fragrance to a variety of products.

A Blast of Important Vitamins and Minerals:

Similar to other citrus fruits, lime offers a plethora of vitamins and minerals, including potassium. Potassium is important for maintaining nerve function and healthy blood pressure levels. The fruit is also linked to antioxidants and bioflavonoids that researchers believe could lower the likelihood of cancer.