Grapefruit (Citrus paradisi)

**Botanical Family:** Rutaceae (citrus).

(Grapefruit is a hybrid between Citrus maxima and Citrus sinensis.)

**Plant Origin:** South Africa, and California.

**Extraction Method:** Cold pressed from rind.

**Key Constituents:**
- Limonene (88-95%)
- Myrcene (1-4%)

**ORAC:** 22,600 μTE/100g

**Medical Properties:** Antitumoral, metabolic stimulant, antiseptic, detoxifying, diuretic, fatdissolving, cleansing for kidneys, lymphatic and vascular system, antidepressant. Rich in limonene, which has been extensively studied for its ability to combat tumor growth in over 50 clinical studies.

**USES:** Alzheimers, fluid retention, depression, obesity, liver disorders, anxiety, cellulite
**Fragrant Influence:** Refreshing and uplifting. A 1995 Mie University study found that citrus fragrances boosted immunity, induced relaxation, and reduced depression.

**Application:** Dilute 1 part EO with 1 part VO; (1) apply 2-4 drops on location, (2) chakras/Vita Flex points, (3) directly inhale, (4) diffuse, or (5) take as dietary supplement (see Appendices E and S).

Caution: Avoid applying to skin that will be exposed to sunlight or UV light within 24 hours.

**Found In:** BodyGize, Cel-Lite Magic Massage Oil, Citrus Fresh, GLF, Power Meal, and Super C

**Selected Research:**