

Grapefruit Adventures

by Lu Meissner © 2021

My name is *Citrus x paradisi*, or Grapefruit for short. My people would call me a half-breed, the same way you're people might call a child a half-breed, if formed from that of the parents of two different human races.

Well it was that way for my kind, a long time ago. You see, I am one of those “half-breeds”, or as you prefer to call us, a “hybrid”, but it really is no different. Just because you call me a hybrid, instead of a half-breed, like you call a human child, you see nothing wrong with me. But you see something wrong with that child, because he is not pure. My human friend, you still have a lot to learn.

Just as what happened among humans of the world in the old days where your different races met and had children together, so did mine. Jamaican sweet oranges and pomelo's came together in the late 1600's and created us children, a new race of my people called hybrids, half-breeds, or Grapefruit if you will. I'm not sure why they called us Grapefruit, as there are no grapes in my heritage. I think it must have been like an insult to us; a way of identifying a citrus that was not pure in the likes of other citrus fruit. In parts of Africa, China and the USA, our flesh colour appeared as white, and in parts of the USA, Brazil and Argentina, our flesh colour appeared as pink. I'm not sure why this is, but maybe it has something to do with how many of our ancestors on each side came together in creating us. Or maybe it's more due to the climate or elevation. Either way, it is as it is.

For decades, our people looked upon us of not being pure, since we are of mixed citrus. However, unlike humans, we discovered much sooner than them, that it doesn't matter who our parents are, we are still just as magical and important as them. Our people discovered that we brought with us own special gifts and talents that are somewhat different from that of our parents, and were actually sought out by humans. After time, our people realized, that we were just as important as any of them, hybrid or not and we were finally accepted as such. This is one thing human's are still learning. It doesn't matter if your mom is an orange and your dad is a pomelo, you are a fruit of your own, and just as important to life, as any of your ancestors. Hopefully, humans will wake up to this truth one day soon.

I myself am a pink grapefruit, and even though I still have a bit of a bitter, sour taste, I am sweeter than my brother the white grapefruit. I also think I smell a little better than my brother, but I don't tell him that, because I wouldn't want him to feel inferior to me in any way. It's bad enough that I am more highly sought after in some places of the world than he is. It's not because I'm better than him, because in truth I'm not. I just have the qualities that some people like, while he has the qualities that other people like. People you call scientists, say that I smell better because I have more linalool in my makeup, while he has more aldehydes than me. I have no idea what they are talking about, whether it's true or not, nor do I care. You see, I am but a simple fruit, and happy as I am.

Both my brother's family, and mine, are often extracted into essential oil form by a process of steam distillation, and we have many healing properties in this form. The problem is that for some reason, humans seem to think they can

make more money off of us if they adulterate our essential oil with other means, in order to increase it's quantity. They don't always realize that when they do this, in effect, they are harming all those that use this adulterated oil. Most people don't even know that the final product is not pure. It's my hope that humans will come to see that they are doing harm and will stop adulterating our oil. That way, everyone can benefit from the talents we possess.

Another way our essential oil is extracted is by being cold pressed from the peel. This way is much better and you can be sure to get a much purer oil.

Humans like to use our oil to help with many of their complaints. They must see us as magic, since we can help balance so many different parts of the human body.

We help keep the immune system strong, by fighting off colds and flus. We are even effective against some body invaders that are resistant to the help of man made anti-biotics, such as MRSA, which is also called Methicillin-resistant *Staphylococcus aureus*. Humans are funny that way. I mean the way they give things such long weird sounding names and then because they are too complicated, they have to shorten it down to something easier to say and easier to remember. Why not just make it short and memorable to begin with?

Our essential oil also helps with antimycotic-resistant candida species, which I point out is another long weird name. It helps to kill *Escherichia coli* and salmonella bacterium. It is good for the heart, and helps increase circulation throughout the body, and at the same time it helps to detoxify the lymphatic system. It can help digestive problems, by stimulating the gall bladder, helping

the liver, and can help with metabolism and weight loss. It can reduce sugar cravings and help with eating disorders, like anorexia or bulimia.

My oil is good as a mental pick me up, useful when you are feeling depressed, tired or exhausted and can't focus or think. It can sometimes help with short-term memory. It can give you a little burst, when studying for exams, or working on a tedious project that you don't want to do. It can help with nervous exhaustion and headaches too. It sometimes also help with bipolar disorders and Attention deficit hyperactivity disorder, also known as ADHD. There it is again, another long weird name.

For rheumatic conditions, combine me with lemon. For urinary issues and edema, combine me with juniper berry. For depression or mental fatigue, combine me with rosemary.

Applied externally, I can help with many skin issues such as acne, wrinkles, cellulite and stretch marks. I even helps with athlete's foot and other infections, as well as muscle tension and fatigue. One thing you need to know though, if you use me externally, is that I can cause photo-sensitivity in the sun, so avoid going out in the sun for at least 12 hours after use. Always keep my oil in a tightly closed container and in a cool place, and never use more than a dilution of 4% on skin.

Grapefruit is also known to interact with pharmaceuticals, however I haven't seen this with my essential oil, but it doesn't mean it won't happen. So if using internally, do so with caution if taking any form of medication. Also, if using internally, always, always, no matter what, dilute and mix with some type of

carrier before ingesting, as pure essential oils are too strong for internal use and can be harmful to the human body.

Humans have used our essential oil in some perfumes, because they like our light, fruity, citrusy scent so much. It's not an overbearing smell, and in the perfumery circles is known as a top note. Some other essential oils that it blends well with are: frankincense which I love, juniper, cedarwood, chamomile, lavender, rosewood, cypress, basil, bergamot and thyme. Don't use all of these oils together at the same time, but experiment to find something you love.

Grapefruit essential oil is also great used in cleaning products, especially because of its antiseptic nature. It disinfects, smells nice, and cuts through grease and grime.

Personally, I think my essential oil shines most when it comes to the human's mental states. My essential oil helps connect our mind and our body, which a lot of humans have forgotten how to do. They listen to the endless chatter in their mind and neglect what the body is trying to say. My essential oil can help with this. I am great to use when praying and meditating, as I help one's connection to the spiritual world. If humans were to connect more to the spiritual world, there would be no need for all the silly labels they apply to things. There would be no need for those long silly weird names either.

Me and my brothers and sisters live a simple life. Since we do so much, there is no need to break it all down into how and why it helps with this and with that. Just use me and other members of my family, and you will reap all the benefits we bring. Humans make life so complicated. Instead they should just live

simply, just like a citrus fruit. And maybe one day, humans will truly become one with me and everything else out there.

Yes, humans still have a lot to learn.