



## ***Drink Lemon Water and Improve Your Health!!***

As far as routines go, it's a pretty simple one to get into. Keep a pitcher of **room temperature** water and lemons on hand, and each morning, squeeze the juice from half a lemon (or a whole lemon if you're over 150 pounds) into a cup of water. It's important to make sure the water is room temperature, because cold water can shock your system and prevent all of the many health benefits from starting to work.

And what exactly are these health benefits? Well, much like lemon can be used for all manner of cleaning products, the citrus fruit has the potential to clear up anything from your skin to that nasty cold you've been harboring for ages. And of course, smell great while doing it.

### **Check out these reasons to start drinking lemon water first thing in the morning:**

#### **Hydration**

There may be arguments in the health community about exactly how much water to drink each day, but we do know it's important to stay hydrated. For those who find water boring, lemon has long been suggested as a tasty addition to help compel them to chug.

#### **Constipation Help**

Taking in plenty of water is helpful for constipation in general, and the citrus can give some help to get things moving inside.

#### **Stop urinary tract infections (UTIs)**

If you're suffering from a UTI or want a way to prevent them, lemon water can help. Lemons may help change the pH blood and the urinary tract so harmful bacteria can't stick around.

#### **Battle Breath**

Of course, there's no way to avoid morning breath, but drinking lemon water can combat the bacteria in the mouth, and therefore, lessen the potential for bad breath. Be careful, though — lemons can also erode the enamel on your teeth, so it's a good idea to rinse with plain water after your glass.

#### **Freshen Your Skin**

Thanks to all the vitamin C within lemons, your skin reaps the benefits of you drinking the fruit as well. Vitamin C assists in the production of collagen, so having more in your diet can prevent wrinkles from forming. And of course, drinking lots of water is great for skin in general.

#### **Pump Up The Immune System**

There's a reason you're always drawn to oranges when you're sick — once again, the power of

vitamin C at play. Consuming the vitamin daily (via lemon water) can help keep you healthy and stave off infection.

### **Helps With Aches And Pains**

Lemon water can help reduce uric acid in our joints, which is one of the main causes of inflammation, especially as related to arthritis.

### **Reduces Phlegm**

Phlegm happens, especially in the morning, but lemon juice can help. It has been suggested to add a little honey to help rid your body of the mucous.

### **Strengthens The Brain**

Lemon may be known best for its vitamin C, but it also contains potassium, which helps with brain and nerve function. So for a quick natural way to feel more alert, lemon water is a great bet.

### **Cleanses The Liver**

As reported by LiverSupport.com, in Dr. Alexander F. Beddoe's *Biological Ionization in Human Nutrition*, he notes the liver can make more enzymes out of lemon juice than any other food. This can help give your organ a boost.