

# Benefits of Drinking Lemon Water

Now im not talking lemon detox regimes or anything like that, but starting your day with a glass of warm water and the juice of half a lemon has many benefits. Being such an easy addition to your daily routine, why wouldn't you give it a go.

- Boosts your immune system – lemons are high in vitamin C and potassium. Vitamin C help fight against colds, and potassium helps control blood pressure.

- Balances pH – you wouldn't believe it but lemons are actually a very alkaline food. They are acidic on their own but in the body, they become

alkaline, and an alkaline body is one of the keys to good health.



- Helps with weight loss – lemons are high in pectin fibre, which helps fight hunger cravings. And if you start the day off right, you're more likely to maintain healthy eating habits throughout the day.

- Aids digestion – the warm water helps to stimulate the gastrointestinal tract for better digestions. The lemon is high in vitamins and minerals to help loosen toxins from the digestive tract. Also helps to relieve digestive problems such as bloating, gas and heart burn.

- Powerful cleansing agent – helps to cleanse internally, in particular the kidneys and liver.

- Clears skin – vitamin C along with the overall cleansing of the body helps decrease wrinkles and blemishes.

- Natural Diuretic – helps to flush out toxins and keep the urinary tract healthy.

- Hydration – Helps to start your day hydrated. Even mild dehydration can have detrimental effects on the body so be sure to drink plenty of water throughout the day.

So many benefits with such little effort. Start making this a part of your daily routine. Wake up, walk to the kitchen, pour yourself a glass of warm water with a squeeze of half a lemon, and drink it as you start to get ready for the day. Its not hard to do and its very good for you!