

WHY DRINK WARM LEMON WATER IN THE MORNING

To start the day with drinking a glass of lukewarm lemon water is one of the best immune boosters you can do for yourself. Lemons have strong antibacterial, antiviral, and immune-boosting powers. It is an excellent weight loss aid because lemon juice is a digestive aid and liver cleanser. Lemons contain many substances—notably citric acid, calcium, magnesium, vitamin C, bioflavonoids, pectin, and limonene—that promote immunity and fight infection.

HOW TO DO IT

Always use fresh lemons, organic if possible, (never bottled lemon juice) Squeeze 1/2 or 1 full lemon (depending on size) in a glass of lukewarm water and drink first thing in the morning before food or workout.

18 DAY LEMON DETOX

I do this lemon detox a couple of times per year and the effect is amazing. You simply feel so clean and light after giving your body a consistent lemon flush every day. The quality of my hair and skin always improves to glow and shine. This detox requires a lot lemons.

THIS IS HOW IT'S DONE

Day 1: Squeeze 1 lemon in 1,5 to 2 liter of water and drink as fast as you can first thing in the morning. The faster you can drink the deeper the cleans in your intestines. Day 2: Squeeze 2 lemons in 1,5 to 2 L of water. Day 3: 3 lemons and so on, up to 9 lemons. Then from 9 lemons down to 1.

After the 18th day allow your system to rest for three days before going back to a regular morning regime of one glass of lukewarm lemon water.

If you reach a point when you can't add more lemons because it is too strong for you simply stop at that level and use the same amount until you

BENEFITS OF DAILY LEMON DRINK AND FULL DETOX

Aids Digestion. Lemon juice flushes out unwanted materials and toxins from the body. Its atomic composition is similar to saliva and the hydrochloric acid of digestive juices. It encourages the liver to produce bile which is an acid that is required for digestion. Lemons are also high in minerals and vitamins and help loosen toxins in the digestive tract. The digestive qualities of lemon juice help to relieve symptoms of indigestion, such as heartburn and bloating.

Cleanses Your System / is a Diuretic. Lemon juice helps flush out unwanted materials in part because lemons increase the rate of urination in the body. Therefore toxins are released at a faster rate which helps keep your urinary tract healthy. The citric acid in lemons helps maximize enzyme function, which stimulates the liver and aids in detoxification.

Boosts Your Immune System. Lemons are high in vitamin C, which is great for fighting colds. They're high in potassium, which stimulates brain and nerve function. Potassium also helps control blood pressure. Ascorbic acid (vitamin C) found in lemons demonstrates anti-inflammatory effects, and is used as complementary support for asthma and other respiratory symptoms plus it enhances iron absorption in the body; iron plays an important role in immune function. Lemons also contain saponins, which show antimicrobial properties that may help keep cold and flu at bay. Lemons also reduce the amount of phlegm produced by the body.

Balances pH Levels. Lemons are one of the most alkalizing foods for the body. Sure, they are acidic on their own, but inside our bodies they're alkaline (the citric acid does not create acidity in the body once metabolized). Lemons contain both citric and ascorbic acid, weak acids easily metabolized from the body allowing the mineral content of lemons to help alkalize the blood. Disease states only occur when the body pH is acidic.

Clears Skin. The vitamin C component as well as other antioxidants helps decrease wrinkles and blemishes and it helps to combat free radical damage. Vitamin C is vital for healthy glowing skin while its alkaline nature kills some types of bacteria known to cause acne.

Energizes You and Enhances Your Mood. The energy a human receives from food comes from the atoms and molecules in your food. A reaction occurs when the positive charged ions from food enter the digestive tract and interact with the negative charged enzymes. Lemon is one of the few foods that contain more negative charged ions, providing your body with more energy when it enters the digestive tract. The scent of lemon also has mood enhancing and energizing properties. The smell of lemon juice can brighten your mood and help clear your mind. Lemon can also help reduce anxiety and depression.

Promotes Healing. Ascorbic acid (vitamin C), found in abundance in lemons, promotes wound healing, and is an essential nutrient in the maintenance of healthy bones, connective tissue, and cartilage.

Hydrates Your Lymph System. Warm water and lemon juice supports the immune system by hydrating and replacing fluids lost by your body. When your body is deprived of water, you can definitely feel the side effects, which include: feeling tired, sluggish, decreased immune function, constipation, lack of energy, low/high blood pressure, lack of sleep, lack of mental clarity and feeling stressed, just to name a few.

Aids in Weight Loss. Lemons are high in pectin fiber, which helps fight hunger cravings. Studies have shown people who maintain a more alkaline diet, do in fact lose weight faster.