

10 Reasons Why You Should Drink Lemon Water in the Morning

by LA JOLLA MOM on JANUARY 11, 2011

in [HEALTH](#)



As you may know, I'm starting a [BluePrintCleanse](#) tomorrow morning. To prepare, BluePrintCleanse suggests that I drink lemon water first thing in the morning to kick start my digestive system. The water added to the lemon juice should be lukewarm, or as hot as I can tolerate. I decided to look into why this is recommended and after what I've learned, I'm thinking about making lemon water a regular habit. Hot lemon water:

- 1. 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.
- 2. Balances pH:** Drink lemon water everyday and you'll reduce your body's overall acidity. Lemon is one of the most alkaline foods around. Yes, lemon has citric acid but it does not create acidity in the body once metabolized.
- 3. Helps with weight loss:** Lemons are high in pectin fiber, which helps fight hunger cravings. It also has been shown that people who maintain a more alkaline diet (see [#2](#)) lose weight faster.
- 4. Aids digestion:** Lemon juice helps flush out unwanted materials. It encourages the liver to produce bile which is an acid that required for digestion. Efficient digestion reduces heartburn and constipation.

5. **Is a diuretic:** Lemons increase the rate of urination in the body, which helps purify it. Toxins are, therefore, released at a faster rate which helps keep your urinary tract healthy.
6. **Clears skin:** The vitamin C component helps decrease wrinkles and blemishes. Lemon water purges toxins from the blood which helps keep skin clear as well. It can actually be applied directly to scars to help reduce their appearance.
7. **Freshens breath:** Not only this, but it can help relieve tooth pain and gingivitis. The citric acid can erode tooth enamel, so you should monitor this. I admit, I'm slightly worried about it.
8. **Relieves respiratory problems:** Warm lemon water helps get rid of chest infections and halt those pesky coughs. It's thought to be helpful to people with asthma and allergies too.
9. **Keeps you zen:** Vitamin C is one of the first things depleted when you subject your mind and body to stress. As mentioned previously, lemons are chock full of vitamin C.
10. **Helps kick the coffee habit:** After I have a glass of hot lemon water, I actually don't crave coffee in the morning. This is weird, I can't explain it, but I'll take it.

The one thing I couldn't find a concrete answer for is why the water has to be hot. Having studied Chinese Medicine, I can only assume that cold water likely provides a shock or stress factor to the body. It takes energy for your body to process cold and really hot water, believe it or not. I asked BluePrintCleanse how much lemon they recommend you put in your water. They suggested just a wedge or 1/8 of a lemon.

Tip: Drink your warm lemon water in coffee cups that has coffee or tea stains. The lemon water will help remove them.

Tip: Grind the used lemon rinds in your garbage disposal to help deodorize it.

If you drink lemon water first thing in the morning, how is it going for you? This is my bowl of lemons in my Tiffany Atlas bowl, which will be empty by the end of the week.

Sources:

[Livestrong](#)

[Suite 101](#)

[Buzzle](#)

[Calorie Count](#)

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Lemon Peel

By [DR. MAO](#)

Latin name: *Citrus limonum*, *limonis cortex*

What is Lemon Peel?

Lemon peel is the outer peel of the lemon fruit, thought to be native to the Indian subcontinent of Asia. The lemon, known more for its juice, is used in cooking, making beverages like lemonade, and for household cleaning. Lemon peel produces oil, which is used prominently in Sicilian culture, and is also pickled in brine and sold for candying. It is also used in culinary, confectionary, and cosmetic applications. Lemon peel can also be used in potpourris and bath blends.

What are the health benefits of Lemon Peel?

Lemon peel is used to aid digestion by helping to reduce gas and cramping in the digestive system. It is also used as a diuretic and it increases circulation. Lemon peel is often used as a tonic for the immune system and the skin. In Ayurvedic medicine, lemon peel is used to tonify the liver. In addition, there is a history of using lemon peel to treat and prevent scurvy.

More information about the healing powers of Lemons can be found in the Food section.

Where can I find Lemon Peel?

Lemon peel can be found online, in herbal specialty shops, and in health food stores. You can also find it in food markets in the produce section—still attached to the lemon.

To unlock more health secrets from the Natural Health Dictionary, [download your copy for Amazon Kindle](#).

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15 Hidden Health Secrets of Lemons

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15 Hidden Health Secrets of Lemons



By Theresa Cheung

Did you know the Ancient Egyptians believed that eating lemons and drinking lemon juice was an effective protection against a variety of poisons, and that recent research has confirmed this belief?

There are many health benefits of lemons that have been known for centuries. The two biggest are lemons' strong antibacterial, antiviral, and immune-boosting powers and their use as a 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.

These are well-known health facts about lemons. But there's so much more to this little yellow fruit. Here are 15 that I'll bet you didn't know. Whether you use them in the form of juice, teas, drinks, dressing, poultices or in the bath, take advantage of lemons' natural healing power.

Medical Precautions Note: If you suffer from heartburn, kidney or gall bladder problems or have a citrus allergy consult your doctor before using these remedies or drinking lemon juice. To protect your teeth enamel, wait at least half an hour before brushing your teeth after chewing, drinking or rinsing with lemon juice. Rubbing lemon juice or oil and drinking lemon juice is not suitable for children under the age of 10. Lemons are effective home remedies for a variety of health concerns but in the case of serious illness always consult your doctor first.

Abolish Acne



Lemon contains citric acid, which can be effective in treating acne. The vitamin C found in citrus fruits is vital for that healthy glowing skin while its alkaline nature kills some types of bacteria known to cause acne. In addition to drinking lemon juice with water first thing in the morning, here are some suggestions on how to prepare a homemade acne treatment using lemon:

- With your finger or a cotton ball, apply fresh lemon juice on acne and leave it overnight. Wash with water the following morning. There may be an uncomfortable sensation of burning at first, but it will soon disappear.
- Mix one part of freshly squeezed lemon juice with an equal part of rose or honey water. Put the mixture on affected areas for at least half an hour. Wash it afterwards with water. This application should be repeated twice daily, ideally in the morning and the evening.

Note: these remedies are safe and natural, but if acne is severe or there are open wounds, consult your doctor first.

Abandon Your Anxiety



Research has shown that lemon balm has a calming effect and therefore may be able to help remove fatigue, exhaustion, dizziness, anxiety, nervousness, and tension. It is also believed that inhaling

lemon oil helps in increasing concentration and alertness. It can therefore be used as a room freshener in offices to increase the efficiency of the employees. If you're feeling tense sprinkle a few drops of lemon balm essential oil (*Melissa officinalis*) on a handkerchief to inhale.

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Canker Sore, No More



The proven antibacterial and antiviral properties of lemons can accelerate the healing process in the case of cankers. Mix the juice of freshly squeezed lemon into a glass of lukewarm water and rinse your mouth with this solution; do this three times a day. There may be a burning sensation when the lemon juice comes into contact with the canker, however, the more frequently you use it, the less burning there will be.

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Leave the Fever



Chills and fevers may be due to a variety of causes, but the lemon is always a helpful remedy. Here is a method that can ease symptoms: add the juice of 1 lemon to a cup of hot water with honey and drink at once, then every 2 hours until the fever or chill subsides.

Cold and Flu Got You Blue?



When you have a cold, the healing power of lemons works both internally, by supplying urgently required vitamin C to your defense cells, and externally, through the application of its antiviral properties to the virus on the mucous membranes in the nose and throat.

At the first indication of a cold – a runny nose or sore throat –try to give your body as much immune-boosting vitamin C as you can so that the virus is eliminated before it gets a chance to take hold. Drink the freshly squeezed juice of 1 lemon in a glass of lukewarm water every 2 hours.

If you have a sore throat, add the juice of 1 lemon and 1 teaspoon (5ml) of sea salt to 1 cup (250ml) lukewarm water. Gargle three times a day for 1 minute to diminish the burning sensation. If it's a case of tonsillitis, gargle every 2 hours for at least 30 seconds with the freshly squeezed juice of 1 lemon. Tilt the head back to allow the antibacterial and antiviral properties of the juice to flow into the back of the throat. You can swallow the juice when you have finished gargling thereby benefiting from an immune-boosting vitamin C shot.

Cure Corns and Calluses



Lemon poultices applied overnight are a good home remedy for corns and calluses. Place a slice of lemon approx 5 mm thick on to the corn, bandage and fasten. Dabbing the affected area with lemon

essential oil also helps accelerate the healing process. Take care to only use the undiluted oil on the callused area using a cotton ball or Q- tip, as it is too strong for un-callused skin.

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Erase Eczema



If you suffer from skin infection such as eczema, a lemon wrap may offer relief. Add 8 drops of lemon essential oil to 1 cup (250ml) lukewarm water and 1 tablespoon (15ml) of liquid honey. Honey also has anti-inflammatory effect and strengthens the healing power of lemon.

Soak a linen cloth in the liquid, squeeze out the excess, and gently place the cloth on the affected area for 15 minutes, 2 to 3 times a day. Not only will this ease the infection, it will counter the overwhelming urge to scratch.

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Fight Fatigue



Long distance walkers, world travelers, and explorers look upon the lemon as a Godsend. When fatigue sets in, they might suck lemon juice by piercing the top of the fruit with a straw, giving themselves a quick-acting medicine and a lovely refreshment.

Explorers also use lemon for protection against many infections of the tropics. A small amount of lemon juice will quench thirst more effectively than many times the amount of water. Experienced travelers declare that when they add lemon juice to ordinary drinking water, in various localities, it

acts as an antiseptic and prevents illness due to allergy to different water supplies.

Lemon oil also seems to be able to stimulate brain activity so whenever you feel tired for no reason or are finding it hard to focus or concentrate, add 4 drops of lemon oil to a water-filled aromatherapy lamp. Alternatively, drink a glass of lemon water every few hours.

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Hexed with Halitosis?



Lemons can help freshen breath that has gone sour after consuming certain spices, alcohol, cigarettes, or that is caused by insufficient salivation. To keep breath fresh, thoroughly rinse your mouth several times a day with the freshly squeezed juice of 1 lemon in a glass of lukewarm water. Chewing on a lemon slice after every meal will also help.

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Healing Hypertension



Garlic and onions have been shown to be effective in the fight against hypertension, and they combine well with the healing power of lemon. Add 3 crushed garlic cloves and 1 chopped onion to 1 quart of cold skimmed or low fat milk or soy milk. Slowly bring to the boil and let it stand for 5 minutes. Pour through a sieve and chill. Add the freshly squeezed juice of 3 lemons and sip throughout the day.

And if you suffer from high cholesterol, don't forget that the pectin power in lemons along with its

other metabolism and circulation boosting nutrients can help lower cholesterol.

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Smite a Bug Bite



If the stinger is still in the skin, take it out with a pair of tweezers. Massage 1 to 2 drops of lemon oil, mixed with 1 teaspoon of honey, into the skin around the bite.

To repel insects, add 20 drops of lemon oil to 1 cup (250ml) of water and spray into the air. It smells great and repels insects at the same time. Another home remedy is to place a cotton ball soaked in lemon oil in your bedroom. If you are sitting outside in the evening, apply lemon scent to skin areas not covered in clothing. Or, add 10 drops of lemon oil to 1 ½ oz of sunflower oil and rub into the skin.

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Put Insomnia to Rest



Several studies have found that lemon balm combined with other calming herbs (such as valerian, hops, and chamomile) helps reduce anxiety and promote sleep. In a recent double-blind, placebo-controlled study, 18 healthy volunteers received two separate single doses of a standardized lemon balm extract (300 mg and 600 mg) or placebo for 7 days. The 600 mg dose of lemon balm increased mood and significantly increased calmness and alertness.

Pulverize Pain



Even though it tastes bitter, lemon juice has a powerful alkaline effect in the body and is therefore a natural agent against excess acid, which is in part responsible for rheumatism. Drink the freshly squeezed juice of 1 lemon in a glass of lukewarm water 3 times a day and if you experience severe pain add the juice of 2 lemons 3 times a day.

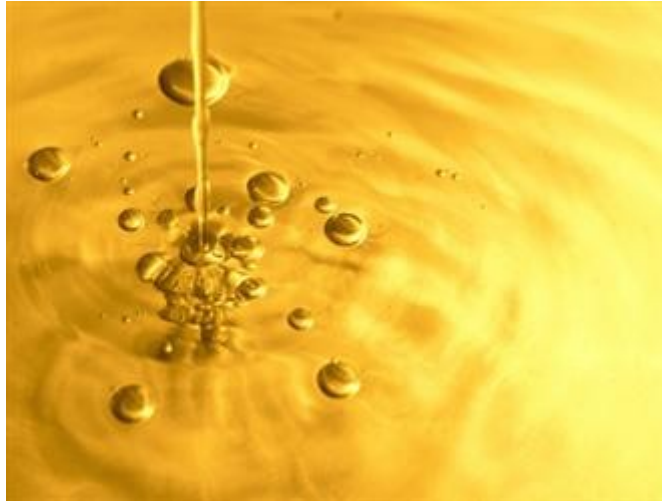
Lemon oil has pain-relieving qualities, so to inhibit inflammation and ease pain, massage the affected area daily with several drops of lemon oil mixed with 1 tablespoon (15ml) jojoba oil.

Save your Stomach



Drink the juice of 1 freshly squeezed lemon in a glass of lukewarm water after each meal. The lemon acid will stimulate the production of stomach acid and the activity of stomach muscles.

Say Adios to Varicose



Lemon oil has vessel-strengthening properties that can help fight varicose and spider veins. For spider veins, take 2 to 3 drops of lemon oil every day and mix in a small bowl with jojoba, avocado or almond oil and massage the affected area.

For varicose veins, add 6 drops of lemon oil to 1 ½ oz (50 ml) wheat germ oil, and 2 drops each of cypress and juniper oil. Use this mixture daily for a gentle massage of the legs from bottom to top, in the direction of the heart. For a vein and vessel-rejuvenating bath add 8 drops of lemon oil to a warm bath. Also add 4 drops of cypress oil blended with 1 tablespoon (15ml) of honey. Soak in the bath for 15 minutes and when you come out, pat your skin dry – don't rub it.

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Medical Precautions Note: If you suffer from heartburn, kidney or gall bladder problems or have a citrus allergy consult your doctor before using these remedies or drinking lemon juice. To protect your teeth enamel, wait at least half an hour before brushing your teeth after chewing, drinking or rinsing with lemon juice. Rubbing lemon juice or oil and drinking lemon juice is not suitable for children under the age of 10. Lemons are effective home remedies for a variety of health concerns but in the case of serious illness always consult your doctor first.



Health Benefits of Lemon

Health benefits of [lemon](#) include treatment of throat infections, indigestion, constipation, dental problems, [fever](#), hair care, skin care, internal bleeding, rheumatism, [burns](#), overweight, respiratory disorders, cholera and high blood pressure. Known for its therapeutic property since generations, [lemon](#) helps to strengthen your immunity system and cleanses your stomach. It is not only a blood purifier but also enables body to fight diseases. Lemon juice, especially, has several health benefits associated with it. Useful for treating kidney stones, curing heart strokes and reducing the body temperature, lemonade helps you to stay calm and cool.

Health benefits of lemon are due to many nourishing elements like [vitamin C](#), vitamin B, [phosphorous](#), proteins, and carbohydrates present in it. Lemon is a fruit that contains flavonoid, a composite that holds antioxidant and anti-cancer properties. It helps to prevent [diabetes](#), constipation, high blood pressure, skin care, [fever](#), hair care, dental care, indigestion and many other health problems. Studies conducted at the [American Urological Association](#) highlight the fact that lemonade or lemon juice can cure kidney stones by forming urinary citrate, which can prevent formation of crystals.

People use lemon to make lemonade by mixing lemon juice with [water](#). Many people use lemon as a washing agent, as it can remove stains. Lemon can also repel mosquitoes. Drinking of lemon juice with [olive](#) oil helps to get rid of [gall stones](#). Lemon is well known for its medicinal control and is used in many different ways. As per the results reported in a study of [Annals of the Rheumatic Diseases](#), lemon provides human guard against inflammatory polyarthritis and [arthritis](#).



Various health benefits of lemon can be described as under:

- **Indigestion and Constipation:** Lemon juice helps to cure problems related to indigestion and constipation. Add a few drops of lemon on your dish (take care lemon does not go well with [milk](#)), and it will aid in digestion. Lemon acts as a blood purifier and a cleansing agent. A good drink post lunch or dinner is fresh lemon soda (also called fresh [lime](#) soda in many places). The recipe is add lemon juice, some cold [water](#), soda, salts (common salt or rock salt) and sugar/[honey](#) (if you want it sweet), and mix it in a glass. You can also add some [mint](#) leaves or crushed [fennel](#) seeds for added taste. Drink this whenever you have a heavy lunch/dinner.
- **Fever:** Lemon juice can treat a person who is suffering from cold, flu or fever. It helps to break fever by increasing perspiration.
- **Dental Care:** Lemon juice is used in dental care also. If fresh lemon juice is applied on the areas of toothache, it can assist in getting rid of the pain. The massages of lemon juice on gums can stop gum bleeding. It gives relief from bad smell and other problems related to gums. In addition, lemon can also be used in regular cleansing of your teeth. You can look for a toothpaste containing lemon as one of the ingredients, or add a drop of lemon juice on your toothpaste. Some people also rub their teeth with the outer shell (the inner side touching your teeth) of a lemon after removing the juice. Take care - if your mouth starts burning, quickly put some water in your mouth.
- **Hair Care:** Lemon juice has proved itself in the treatment of hair care on a wide scale. Lemon juice if applied on the scalp can treat problems like dandruff, hair fall and other problems related to hair and scalp. Lemon juice if applied on the hair, gives a natural shine to hair.
- **Skin Care:** Lemon juice, being a natural antiseptic medicine, can participate to cure problems related to skin. Lemon juice can be applied to stop sun burn also. It helps to get relieved from bee sting as well. Lemon juice can also be applied on the skin for [acne](#) and [eczema](#) problems. It acts as an anti ageing remedy and can remove wrinkles and blackheads. Drinking of lemon juice mixed with water and [honey](#) brings glow to the skin. If you search thoroughly in the market, you will find some soaps containing lemon juice also.
- **Burns:** Lemon juice if applied on the areas of [burns](#) can fade the scars. As lemon is a cooling agent, it reduces the burning sensation on the skin.
- **Internal Bleeding:** As lemon has antiseptic and styptics properties, it can stop internal bleeding. You can apply lemon juice on small cotton and place inside to nose to stop nose bleeding.
- **Rheumatism:** Lemon is also a diuretic and can treat rheumatism and [arthritis](#). It helps to flush out bacteria and toxins out of the body.
- **Weight Loss:** If a person takes lemon juice mixed with lukewarm water and honey, it can reduce the body weight as well. [Read more](#)



- **Respiratory Disorders:** Lemon juice assists in curing respiratory problems, along with breathing problems and revives a person suffering from [asthma](#). Lemon, being a rich source of [vitamin C](#), helps in dealing with respiratory disorders.
- **Cholera:** The diseases like cholera or malaria can be treated with lemon juice, as it acts as a blood purifier.
- **Foot Relaxation:** Lemon is an aromatic and antiseptic agent and is useful in foot relaxation. Add some lemon juice in warm water and dip the foot in the water to get foot relaxation.
- **Corn:** Lemon juice can dissolve lumps on the skin. It can be applied at the places where the skin has been hardened up. Drinking of lemon juice with water can facilitate the patient to get rid of stones.
- **Throat Infections:** Lemon is an excellent fruit that aids in fighting problems related to throat infections as it has an antibacterial property.
- **High Blood Pressure:** Drinking lemon juice is helpful for people suffering with heart problems as it contains [potassium](#). It controls high blood pressure, [dizziness](#), nausea as provides relaxation to mind and body. It reduces mental stress and depression.

Lemon: Nature's Boon

Lemon has proved to be nature's boon to the entire mankind. It gives solution to many health related problems. It has its own set of antiseptic and natural medications. Make sure you eat atleast one-fourth or half lemon daily.

[Back to Health Benefits of Food](#)

References: [American Urological Association](#) and [Annals of the Rheumatic Diseases](#)

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Health tips collection

[25 Health Benefits of Lemon](#)

Posted by Admin at [8:08 AM](#) Monday, July 6, 2009

Labels: [Benefit](#), [fruit](#)

25 Health Benefits of Lemon Do try my friends

Lemon is one of those super foods with a myriad health and cosmetic benefits. There are a few persons for whom it is an allergen, so make sure you are not allergic to this natural product, before you start enjoying the many benefits.



1. Lemon being a citrus fruit, fights against infection.

It helps in production of WBC's and antibodies in blood which attacks the invading microorganism and prevents infection.

2. Lemon is an antioxidant which deactivates the free radicals preventing many dangerous diseases like stroke, cardiovascular diseases and cancers.

3. Lemon lowers blood pressure and increases the levels of HDL (good cholesterol) .

4. Lemon is found to be anti-carcinogenic which lower the rates of colon, prostate, and breast cancer.

They prevent faulty metabolism in the cell, which can predispose a cell to becoming carcinogenic.

Also blocks the formation of nitrosamines in the gut.

5. Lemon juice is said to give a glow to the skin.

6. A few drops of lemon juice in hot water are believed to clear the digestive system and purify liver

as well.

7. The skin of lemon dried under the sun and then ground to make powder can be applied to the hair for a few minutes before bath which relieves head ache and cools the body.

8. Applying lemon juice to acne dries the existing ones and prevents from getting more.

9. Lemon juice acts as a natural hair lightener and skin bleach which reduces the pigment melanin and prevents the risk of chemical allergic reactions which is common with hair dyes and bleaches.

10. Lemon juice is given to relieve gingivitis, stomatitis, and inflammation of the tongue.

11. Lemon juice is given to prevent common cold.

12. Lemon juice is given to prevent or treat urinary tract infection and gonorrhoea.

13. Lemon juice is applied to the sites of bites and stings of certain insects to relieve its poison and pain.

14. Lemon juice relieves colic pain and gastric problems.

15. Lemon juice soothes the dry skin when applied with little glycerin.

16. Lemon juice used for marinating seafood or meat kills bacteria and other organisms present in them, thereby prevents many gastro-intestinal tract infections.

17. Lemon juice with a pinch of salt (warm) every morning lowers cholesterol levels and brings down your weight.

18. Lemon juice is the best drink to prevent dehydration and shock in case of diarrhoea.

19. Lemon juice can also be used as a mouthwash. It removes plaque, whitens the teeth and strengthens the enamel.

20. A table spoon of thick lemon syrup everyday relieves asthma.

21. Lemon juice relieves chilblains and itchy skin.

22. Gargling lemon juice relieves throat infection and also used as a treatment for diphtheria.

23. Lemon juice is an excellent treatment for dandruff and greasy hair.

24. Lemon applied over the face removes wrinkles and keeps you young.

25. Lemon juice helps to prevent and cure osteoarthritis.