DRINKS & SMOOTHIES

Drink Lemon Water Instead Of Pills If You Have One Of These 13 Problems

By bestfolkmedicine · 03/06/2018 · 2 min read



Without doubt, consuming lemon water on the daily has numerous advantages for the overall health and well-being and this has become one of the most common morning habits of numerous people throughout the world. It is abundant in pivotal nutrients like vitamins B and C, as well as potassium and carbs. With this in mind, we decided to present a list with its best health benefits. Check it out below…

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The Best Health Benefits of Drinking Lemon Water

1. **Reduces inflammation**

Did you know that lemons hold some pretty amazing anti-inflammatory characteristics that can be highly effective in treating different types of inflammation?

2. **Encourages weight loss**

Lemon water is rich in fiber which can better the digestion and enhance the burning of fat. Moreover, it will better the production of bile and improve the digestion.

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3. **Alleviates GERD symptoms**

Within few weeks of consuming lemon water on the daily, you will lower GERD symptoms easily.

4. **Reduces fibromyalgia**

Frequent tiredness and insufficient energy are common in fibromyalgia sufferers. To relieve these symptoms and feel better, make lemon water a part of your daily diet!

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5. **Strengthens the nails**

Lemon water is known to make the nails stronger and it will also minimize the appearance of white spots.

6. **Treats sore and painful muscles**

Lemon water is great for consumption after workouts because it will minimize the discomfort and ache in the muscles.

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7. **Makes the immunity stronger**

If you need to strengthen your immunity and fight off bad bacteria, lemon water is one of the best natural options, for sure!

8. **Decreases joint pain**

The healing characteristics of lemons are highly beneficial for people who suffer from arthritis and frequently have to deal with pain in the joints.

9. **Treats colds and the flu**

The vitamin C in lemon water will put an end to colds and the flu by strengthening your immunity.

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10. **Averts kidney stones**

Since lemon water is abundant in potassium, it will elevate the amount of citrate in the urine and thus avert the creation of kidney stones.

11. **Minimizes the occurrence of acne**

Lemon water is an excellent beverage for the regulation of the skin's pH and also cleanses the skin and thus, it will prevent the development of acnes.

12. **Alleviates bladder discomfort**

To lower bladder discomfort, opt for a glass of lemon water prior to meals.

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13. **Prevents food poisoning**

To decrease the chance for food poisoning when travelling, consume lemon water.

Sources:

HEALTHY LIFE BOX & ORGANIC HEALTH CORNER

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