DRINKS & SMOOTHIES

Raw Homemade Lemonade: the Anti-Inflammatory Recipe That Is Sugar-Free

By bestfolkmedicine · 25/07/2018 · 1 min read



Without doubt, there is nothing better than refreshing homemade lemonade during the summer. In addition to quenching your thirst, it will also strengthen your immune system and prepare it for the winter.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

The Benefits of Lemons

Though lemons have an acidic taste, they have an alkaline effect on the body. They are excellent for restoring the balance of the body's pH and are abundant in pivotal nutrients such as limonene, pectin, citric acid, vitamin C, calcium, and magnesium. These nutrients will strengthen the immunity and keep you safe from infections.

Why Should You Regularly Consume Lemons?

- ***Balances the body's pH***
- ***Fights off flu and colds***
- ***Kill intestinal worms***
- ***Neutralize free radicals***
- ***Good for the vision***
- ***It can strengthen the blood vessels***
- ***It can treat scurvy***
- ***Tangeretin, a phytonutrient in lemons, can be beneficial against Parkinson's and other brain disorders***
- ***It will help you be more regular***
- ***It contains more than 22 cancer-fighting compounds***
- ***It can be helpful in treating eye disorders***
- ***The citric acid in lemons will breakdown kidney stones, calcium deposits, and gallstones***
- ***Lemons are excellent in improving the breathing***
- ***Lemons are great liver stimulants because they can dissolve the uric acid and other toxins***
- ***This fruit has antibacterial properties and it can destroy bacteria***
- ***It is an anionic food, that is, it is an ion with a negative charge***

Homemade Lemonade Recipe

Needed:

2 cups of water

2 lemons, peeled

2 tbsp of honey, raw

A pinch of cayenne pepper

10 drops of lemon essential oil

A handful of ice

Preparation: Blend the ingredients in a blender and then add the ice and blend once more. The lemonade is over!

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

Read online: https://bestfolkmedicine.com/2018/07/raw-homemade-lemonade-the-anti-inflammatory-recipe-that-is-sugar-free/
Downloaded on 24/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.