DRINKS & SMOOTHIES

If You Drink Lemon Water in the Morning, You Should Add Pineapple. This Is Why

By bestfolkmedicine · 30/10/2018 · 3 min read

Some of you may probably know that drinking lemon water before breakfast is one of the healthiest morning rituals. However, did you know that adding pineapple to this drink will increase its alkaline power?

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

The Importance of Alkalinity

The body's pH has to do a lot with the occurrence of health problems. Namely, the standard American diet is not healthy and this has a negative impact on the liver, kidneys, and digestion. Moreover, as most of bodily functions happen as a result of an overly acidic body, maintaining a balance between the acidity and alkalinity is pivotal. This is where lemon and pineapple can help, i.e. they will elevate the level of alkalinity in the body. This mixture has numerous other health benefits as well. You can check them out in the list below.

The Best Health Benefits of Lemon and Pineapple Water

Anti-cancerous properties

This mixture will prevent the occurrence of tumors due to the alkalinity of lemons. Namely, cancer cannot grow in an alkaline surrounding.

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

It can treat oral health problems

A lot of people find relief from toothache and gingivitis when they drink this beverage.

Stimulates weight loss

The pectin present in lemons will lower cravings and raise the body's alkalinity. Numerous studies point out that people who lead an alkaline diet shed weight much easier when compared to people who do not follow this type of diet.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

Reduces joint ache

When mixed together, pineapple and lemon can do wonders for the joints by alleviating the pain and discomfort.

Betters the digestion

Lemons have citric acid which reacts with other acids and enzymes and thus, it encourages proper secretion of the gastric acid and boosts the digestive processes as well.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

Produces enzymes

The liver is known to produce more enzymes from lemons than from any other food ingredient.

Cleanses the liver

Lemon juice has the ability to detox the liver from all impurities.

Treats respiratory tract infections

Because lemon has anti-inflammatory characteristics, it is very helpful in fighting off infections, sore throat, as well as tonsil inflammation.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

Speeds up bowel movements

This mixture has a positive effect on bowel movements and thus, it will make them more regular.

Dissolves kidney stones

Besides kidney stones, this mixture is also great against pancreatic stones, gallstones, as well as calcium deposits.

Alleviates heartburn

If you suffer from heartburn, drink a mixture of half a glass of water and a tsp of lemon juice.

ezstandalone.cmd.push(function () { ezstandalone.showAds(134); });

Breaks down uric acid

Lemon and pineapple juices, when mixed, can be very effective in breaking down uric acid deposits, which are known to cause gout and pain in the joints.

Makes the skin younger

Lemon and water are good for the skin because they can better its quality. Namely, vitamin C in lemon will make the skin younger and better its overall appearance.

Reduces high blood pressure

This mixture is great for people who suffer from hypertension because it can lower the blood pressure by 10 percent.

ezstandalone.cmd.push(function () { ezstandalone.showAds(135); });

Detoxifies the blood

Lemon and pineapple water will purify the blood vessels, arteries, and the blood.

Improves the functioning of the nervous system

Lemon has potassium which the nervous system requires in order to ensure signals to the heart. Lack of this mineral has been associated with depression and anxiety.

Read online: https://bestfolkmedicine.com/2018/10/if-you-drink-lemon-water-in-the-morning-you-should-add-pineapple-this-is-why/

Downloaded on 27/11/2026

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.