GRANDMA'S REMEDIES

Consume This Lemon Pineapple Smoothie To Balance Your Body PH And Fight Disease

By bestfolkmedicine · 06/04/2019 · 2 min read



Did you know that there is a connection between your body's pH and your overall health? According to experts, our pH needs to be balanced in order to have a low risk of disease.

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This is because an overly acidic body can contribute to the development of health issues. In order to boost our health, we need to transform our body into an alkaline environment. This can be achieved with the help of a healthy diet, i.e. eating healthy foods and ditching the bad stuff.

How Does pH Imbalance Cause Problems?

Any decrease or increase in the pH contributes to irregular enzyme function which consequently stops some of the vital metabolic processes. Unfortunately, an acidic body is considered more prone to serious health issues like heart disease, cancer, arthritis, and osteoporosis.

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Believe it or not, you can bring back the balance of the pH by consuming fruits with an acidic taste, like lemons. Continue reading our article to learn how to consume lemon and pineapple and regulate your pH.

How to Balance Your pH with Lemon & Pineapple Juice

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In alternative medicine, lemon and pineapple are often used together to help restore the pH balance in the body naturally. The trick is to consume the DIY juice on a regular basis and soon enough, you will notice a big difference and improvement in your health.

Lemon is an amazing fruit for a complete alkalization of the body because it is abundant in potassium, calcium, magnesium, and phosphorus. It is a fruit which is considered to aid the fight against cancer, cardiovascular problems, and digestive issues and to detoxify the lymphatic system.

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Pineapple is also abundant in some pretty amazing nutrients including folic acid, magnesium, and beta-carotene. This is an excellent and potent food in the fight of cancer and to help cleanse surplus mucus from the body and decrease inflammation.

When you prepare lemon and pineapple smoothie and consume it regularly, you will lower your risk of illnesses and boost your alkalinity. Come on; let us check out the recipe together…

Lemon & Pineapple Smoothie Recipe

You will need:

3 cups of pineapple chunks

1 peeled lemon

An inch of ginger root

A cup of coconut water

Preparation:

Put all of the ingredients in a blender and blend for one to two minutes or until you get a homogeneous mixture. Pour it into a tall glass and drink it right away. Consume a glass per day.

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Sources:

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