

Lemon water for arthritis

Description



Gentle Reader,

I don't know about you, but this summer I have gotten lax with some of my foundational health regimen practices. One result is an increase in joint pain. Too much gluten, alcohol and sweets. The one exception: my wake-up lemon drink. Even when camping, the first thing to pass my lips in the morning is a glass of warm water and the juice of half a lemon. Lemon juice for arthritis management is one of the surprising benefits of this morning drink.

This past week, an article came across my desk listing the value of the wake-up lemon drink. I learned why what I've been doing so long has been so beneficial. Let me pass this on to you from Krissy Brady.

11 Benefits of Lemon Water You Didn't Know About

I was first introduced to the concept of lemon water when I started doing yoga. An avid drinker (of water!), it was refreshing to learn a new spin on an old favorite. When I started having a glass of lemon water every morning, it was after learning only two of the benefits of lemon water. Little did I know just how many there are!

Why lemons?

Lemons are packed like a clown car with nutrients, including vitamin C, B-complex vitamins, calcium, iron, magnesium, potassium, and fiber. (Fun fact: they contain more potassium than apples or grapes!)

Because of how hard lemon juice can be on the enamel of your teeth, it's important to dilute it with water of any temperature (though lukewarm is recommended). Drink it first

thing in the morning, and wait 15 to 30 minutes to have breakfast. This will help you fully receive the benefits of lemon water, which are listed below.

11 Benefits of Lemon Water

1. Reduces inflammation. Lemon water for arthritis management.

If you drink lemon water on a regular basis, it will decrease the acidity in your body, which is where disease states occur. It removes uric acid in your joints, which is one of the main causes of inflammation.

2. Aids digestion.

Lemon juice not only encourages healthy digestion by loosening toxins in your digestive tract, it helps to relieve symptoms of indigestion such as heartburn, burping, and bloating.

3. Helps you lose weight. Lemon water for arthritis: losing weight helps the joints.

Lemons contain pectin fiber, which assists in fighting hunger cravings.

4. Cleanses your system.

It helps flush out the toxins in your body by enhancing enzyme function, stimulating your liver.

5. Keeps your skin blemish-free.

The antioxidants in lemon juice help to not only decrease blemishes, but wrinkles too! It can also be applied to scars and age spots to reduce their appearance, and because it's detoxifying your blood, it will maintain your skin's radiance.

6. Gives your immune system a boost.

Vitamin C is like our immune system's jumper cables, and lemon juice is full of it. The level of vitamin C in your system is one of the first things to plummet when you're stressed, which is why experts recommended popping extra vitamin C during especially stressful days.

[warming lemon juice will diminish the vitamin C help, but even a little first thing in the morning is beneficial.]

7. Excellent source of potassium.

As already mentioned, lemons are high in potassium, which is good for heart health, as well as brain and nerve function.

8. Freshens your breath.

It also helps relieve toothaches and gingivitis (say wha?). Because the citric acid can erode tooth enamel, either hold off on brushing your teeth after drinking lemon water or brush your teeth before drinking it.

9. Gives you an energy boost.

Lemon juice provides your body with energy when it enters your digestive tract, and it also helps reduce anxiety and depression. (Even the scent of lemons has a calming effect on your nervous system!)

10. Helps to cut out caffeine.

I didn't believe this until I tried it, but replacing my morning coffee with a cup of hot lemon water has really done wonders! I feel refreshed, and no longer have to deal with that pesky afternoon crash. Plus, my nerves are thankful.

[I still have my mid-morning [Pomegranate Green Tea](#) (a Shaklee 180 item) and I do enjoy a coffee now and then, mostly after a hike as an iced latte.]

11. Helps fight viral infections.

Warm lemon water is the most effective way to diminish viral infections and their subsequent sore throats. Plus, with the lemon juice also boosting your immune system,

you'll simultaneously fight off the infection completely.

How much?

For those who weigh less than 150 pounds, squeeze half a lemon's worth of juice into a glass of water. If over 150 pounds, use an entire lemon's juice. You can of course dilute the lemon juice more, depending on your personal taste.

Not only are the benefits of lemon water endless, it's one of the most substantial yet simple changes you can make for your health.

[I warm the water in the microwave and add the lemon juice after. Microwaving the water with the juice in it might diminish the nutritional value of the lemon.]

Is lemon water part of your daily routine? Let us know in the comments!

Be well, Do well and Keep Moving. Betsy

206 933 1889

www.HiHoHealth.com shopping page

www.EmpoweredGrandma.com travel adventures

[Krissy Brady](#)



Category

1. Arthritis
2. Be Well health tips
3. Keep Moving: Managing Arthritis

Tags

1. health benefits of lemon
2. lemon juice
3. nutritional value of lemons

Date Created

August 2015

Author

betsyjbell