

Lemon Water Benefits

“In the morning I take lemon and water. I drink nothing between meals unless it be occasionally some lemon and water...” (21MR 290.6)

TOP 10 HEALTH BENEFITS OF LEMON WATER

Many people often love the tart flavor of lemon juice in their dishes. But have you ever wondered that you can put this lemon juice to many more good uses than this? Yes! There are enormous benefits of lemon juice and water in your everyday life. You simply need to arm yourself with relevant knowledge and you would soon start valuing this more than ever.

Lemon juice consists of about 5% citric acid that gives a tart taste to lemon. Lemon is a rich source of Vitamin C. It also contains vitamins like vitamin B, riboflavin and minerals like calcium, phosphorus, magnesium as well as proteins and carbohydrates. Lemon is generally consumed in the form of lemon juice or lemon water.

Lemon water makes a healthy drink, especially when taken in the morning.

DAILY CONSUMPTION OF LEMON WATER PROVIDES A NUMBER OF HEALTH BENEFITS LIKE:

- 1. Good For Stomach** – Lemon can help relieve many digestion problems when mixed with hot water. These include nausea, heartburn and parasites. Due to the digestive qualities of lemon juice, symptoms of indigestion such as heartburn, bloating and belching are relieved. By drinking lemon juice regularly, the bowels are aided in eliminating waste more efficiently. Lemon acts as a blood purifier and as a cleansing agent. The intake of lemon juice can cure constipation. It is even known to help relieve hiccups when consumed as a juice. Lemon juice acts as a liver tonic and helps you digest your food by helping your liver produce more bile. It decreases the amount of phlegm produced by your body. It is also thought to help dissolve gallstones.
- 2. Excellent for Skin Care** – Lemon, being a natural antiseptic medicine, can participate to cure problems related to skin. Lemon is a vitamin C rich citrus fruit that enhances your beauty, by rejuvenating skin from within and thus bringing a glow on your face. Daily consumption of lemon water can make a huge difference in the appearance of your skin. It acts as an anti-aging remedy and can remove wrinkles and blackheads. Lemon water if applied on the areas of burns can fade the scars. As lemon is a cooling agent, it reduces the burning sensation on the skin.
- 3. Aids in Dental Care** – Lemon water is used in dental care also. If fresh lemon juice is applied on the areas of toothache, it can assist in getting rid of the pain. The massages of lemon juice on gums can stop gum bleeding. It gives relief from bad smell and other problems related to gums.
- 4. Cures Throat Infections** – Lemon is an excellent fruit that aids in fighting problems related to throat infections, sore throat and tonsillitis as it has an antibacterial property. For sore throat, dilute one-half lemon juice with one-half water and gargle frequently.
- 5. Good for Weight Loss** – One of the major health benefits of drinking lemon water is that it paves way for losing weight faster, thus acting as a great weight loss remedy. If a person takes lemon juice mixed with lukewarm water and honey, it can reduce the body weight as well.

6. Controls High Blood Pressure – (Endorsed by the SOP) - Lemon water works wonders for people having heart problem, owing to its high potassium content. It controls high blood pressure, dizziness, nausea as well as provides relaxation to mind and body. It also reduces mental stress and depression.

7. Assist In Curing Respiratory Disorders – Lemon water assists in curing respiratory problems, along with breathing problems and revives a person suffering from asthma.

8. Good For Treating Rheumatism – (Endorsed by the SOP) - Lemon is also a diuretic and hence lemon water can treat rheumatism and arthritis. It helps to flush out bacteria and toxins out of the body.

9. Reduces Fever – Lemon water can treat a person who is suffering from cold, flu or fever. It helps to break fever by increasing perspiration.

10. Acts As A Blood Purifier – The diseases like cholera or malaria can be treated with lemon water as it can act as a blood purifier.

11. Good For The Eyes For Glaucoma – Just drop a couple of drops in each eye in the morning.

12. Reduces Stress

HOW MUCH SHOULD I DRINK?

In case you are in good health and weigh 154 lbs. or less, it is advisable for you to have juice of one half of the lemon squeezed into one glass of water, twice daily. However, if you weigh more than 154 lbs., juice of one whole lemon in a glass of water should be preferred. For maximum benefit, this mixture should also be taken two times a day, though you may dilute more lemon juice according to your taste if you wish.

Do not just remain oblivious to the gifts of nature such as this, for you should always try to make the most of them. So, make it a part of your daily routine to drink a glass of warm lemon water in the morning and then open your gateway to enjoy its health benefits.

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<http://www.lifemojo.com/lifestyle/top-10-health-benefits-of-lemonwater-1422542##ixzz0dUXnpyCB>

<http://www.lifemojo.com/lifestyle/health-benefits-of-lemon-lime-53489474>

<http://www.suite101.com/content/top-10-health-benefits-of-lemons-a183631>

<http://www.rediff.com/getahead/report/the-top-10-health-benefits-of-lemon-water/20101115.htm>

LEMON JUICE REMEDIES FROM THE SPIRIT OR PROPHECY

DROPS SQUIRTED IN THE MOUTH REVIVES SOMEONE WHO PASSED OUT:

“The third day when the aromatic odor of the cigars came to me I became stomach-sick. The most intense pain pierced my eyeballs and back of the eyeballs in my head. It seemed that the top of my head was crashing like broken glass. My distress became very great. I thought I was going into a fit. Large drops of perspiration stood upon my face and my entire body broke out in profuse perspiration.

Then came a confused noise in my head and I became blind and fainted entirely away.

In half an hour **I revived by LEMON JUICE BEING PRESSED IN MY MOUTH** I knew as soon as I revived that it was **the smoking of cigars** which had thus **affected me**. All in the cars were alarmed and smoking was banished from the car. I have not fully recovered from the effects of this illness.” {11MR 122.1}

LEMON JUICE FOR RHEUMATISM, THE HEAD AND MALARIA:

“I use lemon juice freely. It is the **best thing you could use for rheumatism, for your head, and for malaria.**” --Letter 119, 1896, p. 3. (To “Children,” July 31, 1896.) Released 1958. {2MR 48.1}

LEMON JUICE FOR HOT WEATHER:

“We have pressed out the juice from the lemons also, in order that we may furnish **palatable drink for hot weather...**” {6MR 135.2}

“Monday, March 3, 1873--We have had a beautiful day. We have had no hindrance on account of snow. We passed through many snow sheds. I conversed with a **young man who is dying with consumption**. He is an infidel I cannot reach. He says when he dies it is the last of him. He has led a dissolute life and dies as the beast dieth. It made the Christian life look so bright in contrast with the gloomy prospects of this poor sinner who could not comfort himself with any bright picture when he should live again. His brightest hope is in no existence beyond the grave. **I gave him lemons** and tried to make him as comfortable as possible, but sad, sad is the thought of this man's future. A just God he must meet.” {11MR 120.4}

SOP ABBREVIATIONS:

MR = Manuscript Release

Blog Links:

<https://ravishingrecipesandhealthfacts.blogspot.com/2017/12/lemon-water-benefits.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/08/lemon-water-benefits.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/03/lemon-water-benefits.html>