

## **Benefits of Drinking Lemon Water First Thing in the Morning**

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Lemon water is just that - water with the juice of a lemon. Normally, for the morning you should have 12oz-16oz of warm water, preferably filtered water, with the juice of half a lemon, preferably an organic lemon. You should drink it on awakening, on an empty stomach and not eat for 20-30 minutes afterwards. If you prepare it the night before to help with maintaining the habit of drinking first thing, put it by your bed with a cover over the glass.

The water should be lukewarm, for best absorption and this can be room temperature or 25-35 seconds in a microwave to remove any chill from the water if it has come straight from the fridge. Never use iced water in the morning, nor too hot water, towards boiling point.

Lemons should be fresh and organic but non-organic are the next best thing. Do not use store-bought lemon juice as it will contain preservatives and, if in a plastic container, the acidic nature of the lemon juice will also take in molecules from the plastic - nice!

You can use Limes instead of lemons for variety and you can add either slices of fresh, organic ginger or fresh, organic mint leaf, again for taste and variety.

***"I always start the day with warm water and lemon."***  
**Paula Radcliffe, World Record Holder Marathon 2:15:25, London, 2003**

### **BENEFITS**

#### **1. AIDS DIGESTION AND BALANCES YOUR BODY'S pH**

Warm lemon water on an empty stomach early in the morning helps to 'wake up' and stimulate the gastrointestinal tract. Digestion improves, heartburn is reduced and it helps in the process of elimination.

The biggest lemon water benefit may be from the temperature of the water and not even the added lemon. Drinking any water, especially warm water, first thing in the morning can help flush the digestive system and rehydrate the body.

Consider for a moment that during sleep, you typically haven't been drinking for at least eight hours. Giving the body adequate water when you first wake up is a great way to get your body and your mind going.

Drinking lemon juice with warm water every morning, however, has additional benefits as it helps in maintaining the pH balance of the body. The term pH stands for power of hydrogen, which is a measurement of the acid/alkaline balance of your body tissues and organs. Ideally, the healthiest pH is slightly alkaline and even though lemons are acidic on the outside, they're actually an incredibly alkaline food when absorbed within the body. Stress or a diet high in processed foods can make your body's pH unbalanced, becoming excessively acidic. This causes your body's immune system to become compromised and leads to inflammation and potential disease. Incorporating lemon juice into your daily diet will help maintain the body's essential pH balance.

#### **2. A NATURAL CLEANSE**

The liver is extremely active during sleep since this is the body's time to restore and regenerate. Drinking enough water, especially in the morning, helps to stimulate the liver and makes sure that the body can perform these jobs most effectively. There is even some evidence that lemon juice can help stimulate proper stomach acid production and bile production.

For a happy liver and lymph system, make a habit of drinking 1-2 glasses of warm lemon water before having coffee or tea or breakfast.

Lemons contain an antioxidant called d-limonene and this has been shown to activate enzymes that help kick your liver into detox-mode, helping flush out built-up toxins. Lemon water's atomic structure is similar to the digestive juices found in the stomach and as a result, it tricks the liver into producing bile, which helps keep food moving through your body and gastrointestinal tract smoothly.

This simple yet powerful beverage stimulates your gastrointestinal tract, improving your body's ability to absorb nutrients and eliminate waste products. The citrus flavonoids in lemon help your stomach to break

down food, and the warm temperature of the water stimulates peristalsis, muscle contractions, that keep things moving along in the intestines.

#### **4. CLEARER SKIN**

By helping flush the body and improve digestion, lemon water can lead to cleaner, clearer skin. It also contains vitamin C, which is needed for collagen production for smooth, elastic and healthy skin.

#### **5. REDUCES JOINT AND MUSCLE PAIN**

Drinking lemon juice with warm water has been shown to reduce joint and muscle pain.

#### **6. HEALTHY WEIGHT**

There is evidence that drinking water, especially lemon water, first thing in the morning can help maintain a healthy weight. Researchers in Germany found that drinking enough water increased metabolism. According to one article, after drinking approximately 16 ounces of water, the subjects' metabolic rates, the rate at which calories are burned, increased by 30% for both men and women. The increases occurred within 10 minutes of water consumption and reached a maximum after about 30 to 40 minutes.

Of course, drinking water or lemon water by itself isn't going to be a miracle weight loss solution, but with other healthy habits, it can help maintain a healthy weight.

#### **6. IT BOOSTS YOUR IMMUNE SYSTEM**

Vitamin C, also known as ascorbic acid, is a powerful antioxidant that helps ward off disease, and lemons are loaded with it. Just one large lemon contains about 75 percent of your daily requirement. One cup of fresh lemon juice provides 187 percent of your daily recommended serving of vitamin C. Research has shown that vitamin C can help shorten the duration of cold symptoms and that the best way to reap its benefits is by consuming it in your diet, rather than popping a supplement.

#### **NOTE: ISSUES WITH DRINKING LEMON WATER**

Most people note only positive benefits with drinking lemon water and it is also good for your dental health as it helps with toothache and prevents gingivitis. But, it does have one potential negative dental issue.

#### **EFFECT ON TEETH ENAMEL**

Lemon water can have a very negative effect on teeth by eroding/dissolving tooth enamel, if precautions are not taken. Remember that lemons are acidic on the outside, and while they are actually an incredibly alkaline food when absorbed by the body, they are still acidic in the mouth.

Immediately after drinking lemon water, swish with some plain filtered water for 30 seconds to make sure the citric acid from the lemon juice doesn't remain on teeth and also to clear out the acidity of that lemon.

It's also worth thinking about drinking your lemon water through a straw to avoid contact with teeth and make sure to drink it speedily rather than sipping away over a long period of time.

Never brush your teeth immediately after drinking lemon water, as this will dissolve the enamel even more. You'll need to leave your teeth for at least one or two hours between drinking lemon water and brushing. Which may mean brushing your teeth before you drink the lemon water, or after, e.g. at school.

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**VIDEO REVIEW** [https://www.youtube.com/watch?v=cdl\\_ltaGRFo](https://www.youtube.com/watch?v=cdl_ltaGRFo) (there is a 25 secs lead in to video)

This is a really good video EXCEPT for when she says "And, you can brush your teeth after drinking lemon water." - This is definitely discouraged as the enamel is softened and will be further eroded if brushed - that's why you wait one or two hours after to brush your teeth.

**Peter John L Thompson, 2018**

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## PREPARATION AND USE

- 12oz-16oz of lukewarm, or room temperature, water - preferably filtered water.
- Juice of half a lemon - preferably an organic lemon.
- Drink on awakening on an empty stomach.
- Do not eat for 20-30 minutes afterwards.
- If you prepare it the night before put a cover over the glass.
- Substitute limes instead of lemons for variety.
- Add either slices of fresh, organic ginger or fresh, organic mint leaf, for taste and variety.

## SUMMARY OF BENEFITS

1. Helps with maintaining digestive health.
2. As a rich source of vitamin C, lemon juice protects the body from Immune system deficiencies.
3. Drinking lemon juice with warm water every morning helps in maintaining the pH balance of the body.
4. Lemon juice with warm water helps keep the body hydrated as it provides electrolytes to the body.
5. Lemon water is also a popular remedy for many kinds of skin problems ranging from acne, rashes and wrinkles to dark spots.
6. With its powerful antibacterial properties, lemon juice helps fight infections
7. Acts as a detoxifying agent.
8. Along with vitamin C, lemons are also a rich source of potassium, calcium, phosphorus, magnesium etc.
9. Helps fight common cold.
10. Lemon juice with warm water helps in healthy weight loss as it promotes digestion and increases the metabolic rate.
11. Lemon juice is also very effective at cleansing the liver as it promotes the liver to flush out toxins
12. Lemon's anti-inflammatory properties help in fighting respiratory tract infections, sore throat and inflammation of tonsils.
13. Drinking lemon juice with warm water also helps reduce joint and muscle pain.
14. Lemon juice with warm water is also good for your dental health as it helps with toothache and prevents gingivitis.
15. Lemon juice with warm water helps with digestion and peristalsis and hence, helps regulate natural bowel movement.

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