



7 Reasons to Start Your Day with Lemon Water



The simplest habits can have a profound impact on your health. Take starting your day with lemon water, for example. Here are seven arguments for adopting this morning ritual.

1. AIDS DIGESTION



Acid helps break down food. That's why there is so much of it in our stomachs. The acid in lemons may be especially helpful to help supplement stomach acids, which decline as we get older.

2. HELPS YOU STAY HYDRATED



Most of us don't drink enough water. A daily lemon water habit is an easy way to get your day off on the right foot. How to know if you're drinking enough? Your urine is almost clear.

3. IS WEIGHT-LOSS FRIENDLY



We're creatures of habit. Ponder the impact of replacing your morning OJ or latte with lemon water. Not just once, but perhaps 20 times a month — and multiply that by 10 years. Your waist line will thank you.

4. PREVENTS OXIDATION



Lemons contain phytonutrients, or substances that protect your body against disease. These phytonutrients have powerful antioxidant properties, which prevent us from oxidizing or essentially rusting from the inside out.

5. SUPPLIES A HEALTHY DOSE OF VITAMIN C



Juice half a lemon into your water. You'll add a mere 6 calories and get more than a sixth of your daily vitamin C — needed to protect us from cell damage and repair injury.

6. PROVIDES A POTASSIUM BOOST



Without this mineral, your body can't function properly. It's necessary for nerve-muscle communication, and transporting nutrients and waste. Potassium also can counter some of the effects of salt on blood pressure.

7. HELPS PREVENT KIDNEY STONES



Lemon water helps prevent these painful stones in those deficient in urinary citrate (a form of citric acid). More importantly, increased fluid consumption helps prevent dehydration — a common cause of kidney stones.



TO ENJOY

Simply squeeze half of a lemon into a glass of water. How much? When? It really doesn't matter. Any way you do it, it's a big plus for your health.



Don't forget the peel!

Capture the rich nutrients by zesting your lemon first (organic, please) and using in baking or cooking.



Will it hurt my teeth?

Theoretically, lemon acid can be detrimental to your enamel. But you're diluting it (plus, carbonic acid in soda does exactly the same thing). Just don't get in a habit of chewing on lemon, for say, an hour, and you should be fine.

OUR EXPERT: ROXANNE B. SUKOL, MD

"The benefits of eating fresh fruits, vegetables, beans and whole grains far exceed our ability to understand why they're so beneficial. But if we continue to enrich our meals with more of them, we will see dramatic changes — and relatively quickly."



Resources:

ods.od.nih.gov/factsheets/VitaminC-Consumer/
health.clevelandclinic.org/2014/08/should-you-drink-8-glasses-of-water-a-day-infographic/
clevelandclinicmeded.com/medicalpubs/diseasemanagement/preventive-medicine/integrative-medicine/

clevelandclinic.org/HealthHub