

Drink Lemon Water

The Fat Flush Plan, Ann Louse Gittleman, M.S., C.N.S.

Drinking lemon water benefits bile formation, which is essential for optimal fat metabolism and helps regenerate your liver. It also promotes peristalsis, the movement in the bowels that keeps waste moving along the digestive tract and of your body for elimination.

Studies have shown that consuming lemon juice with meals can lower blood sugar by as much as 30 percent. The acidity in lemon helps slow your stomach from emptying, which means that the food takes longer to reach your small intestine and bloodstream. Carbohydrates are digested more slowly, and glucose levels are thus lower.

The Juice man's Power of Juicing, Jay Kordich

Lemons are one of the most beneficial of all citrus fruits. Their juice is a rich source of bioflavonoids and plays a major role in ridding the body of toxins. The high citric acid content means that a little lemon goes a long way.

Buying and storing lemons

Rough and pebbly skin indicates low juice content, and any green on the skin means that the fruit is more acidic than usual. Many lemons are treated with wax and chemical, so it is necessary to clean them with a biodegradable produce wash before storing them in the refrigerator. Ideally any lemon you buy should be slightly soft and feel heavy with juice.

Dietary Wellness

Lemons are a wonderful stimulant and a solvent for uric acid and other toxins. Uric acid is a nitrogen compound waste that is collected in your body from eating red meat. Your kidneys have to work three times as hard to eliminate toxic nitrogen compounds from a meat diet, than that of a vegetarian one.

Lemons are excellent as a blood purifier. Upon rising in the morning, drink the juice of one lemon in a cup of warm water. It helps detoxify your body. Avoid lemons and other citrus fruits if you have ulcers.

Lemons effectively remove the odors of garlic and onion from your hands.

