9 Reasons to Drink Lemon Water in the Morning

Did you know that lemons have more potassium than apples or grapes? This fact is just one of the many reasons why drinking lemon juice every morning can impact your health. Starting your day with lemon juice is an excellent way to boost vitality, increase energy and cleanse out your system. The first thing you put in your body each day can have a big impact on your productivity and mood.

That's why it's recommended to start the day with a warm jar of lemon water. You can use anywhere from one half to a whole lemon each morning.

1. **Boosts Your Immune System**
   Since lemon juice is filled with vitamin C, it provides a natural and powerful source of immune health. When you are tired, stressed or overworked Vitamin C levels are the first to go down.

2. **Supports Digestion**
   As well as supporting digestion, lemon juice helps rid the intestinal tract of toxins. Lemons are filled with vitamins and minerals which help to alleviate things like heartburn and bloating.

3. **Cleans Out Your System**
   Lemon juice is packed with powerful vitamins and minerals that flush harmful toxins from your system.

4. **Decreases Inflammation**
   Much disease stems from inflammation and drinking lemon juice frequently helps reduce the acidity in your body and thus decreasing inflammation.

5. **Helps Improve Weight Loss**
   Lemon juice contains a lot of pectin fiber which helps fight hunger cravings.

6. **Clears Up Your Skin**
   Because lemon juice is high in antioxidants the Vitamin C helps to decrease blemishes and wrinkles. The overall detoxifying nature of lemons also contributes to clear skin.

7. **Helps Fight Infections**
   A glass of warm lemon water is the perfect to help fight off infections. Not only does it boost your immune system it helps to prevent things like sore throats brought on by viral infections.

8. **Gives You an Energy Boost**
   As lemon juice improves digestion it provides your body with an energy boost when it enters your digestive tract.

9. **Excellent Source of Potassium**
   Potassium is important for brain, nerve and heart health and lemon juice is filled with it.

Add lemon water to your daily routine to start the day with a detoxifying and refreshing warm drink. You won't regret incorporating this powerful anti-inflammatory beverage into your life. Trust us.

Soil Lovers say: **Grow your own lemons or find a friendly neighbour who will share!**