

Health tip of the month No.7

Naturally cleanse and detoxify your body daily with lemon water

Try drinking a glass of lemon water first thing in the morning to wake up and cleanse your digestive system. Simply squeeze the juice from half a lemon into a glass of warm water
(preferably organic lemons and distilled, filter or spring water).

Lemon water gives the following benefits:

- **rejuvenates your skin as lemons contain high levels of vitamin C bringing a natural glow and beauty to your skin**
- **flushes out toxins from the body**
- **lemons have antiseptic and antiviral properties**
- **alkalizing the body fluids (when metabolized) is one of the most important benefits as disease causing microforms (fungi, bacteria, virus) cannot survive in an alkaline oxygenated environment**
- **can ease heartburn and bloating**
- **cleanses and stimulates the liver and kidneys**
- **lemons have very little sugar and contain an abundance of oxygen**
- **lemons are rich in minerals and vitamins and contain calcium, magnesium and potassium**
- **lemon juice has been known to relieve asthma**
- **hot lemon water gives relief from cold and flu symptoms and provides vitamin C**
- **helps break up any mucus in the body that may cause fatigue and sluggishness**



Give your body and skin a boost every day with a glass of lemon water!