

# The Alkalizing Benefits of Lemon and Lime

## Start your day with Lemon Water

As you know, most of are dehydrated. As you hydrate, you can also begin to alkalize your body for better health

I recommend that many of my patients begin each day...first thing in the morning, before any other food or drink...with a glass of lemon water. Why lemon water you may ask?

### **The benefits are remarkable:**

- After a nights sleep the lemon water provides an ideal flush to the body's systems...digestive, circulatory and elimination.
- The lemon juice in particular is a great cleanser and purifier of blood, liver and kidney's.
- Lemon juice (although acidic in nature) is anionic and therefore produces an alkalizing effect on the body. This is important because the more alkaline your body is, the healthier it is. Disease states only occur when the body pH is acidic. Being alkaline also helps further the detoxification processes.
- Lemon juice is a great source of Vitamin C: supports immune function. Calcium, Phosphorus, Iron and B-vitamins are also in lemon juice
- Lemon juice supports digestive function and can relieve conditions such as heartburn, indigestion, flatulence diarrhea and constipation.

By simply drinking a glass or warm or hot lemon water you can shift your body in to a better state of health and in the end...prevent many future illnesses. And isn't that what medicine should really be about prevention?

Lime and lemon add refreshing zest to almost any drink which cleanse and enhance immune properties of your already healthy glass of juice.

### **Nutritional Benefits**

The nutritional benefits of limes do not differ very much from those of lemons. They are both excellent sources of vitamin C, B6, potassium, folic acid, flavonoids and the outstanding phytochemical, limonene.

Limonene have anti-cancer effects and help increase the level of enzymes that detoxify carcinogens.

### **Health Benefits**

Limes and lemons contain outstanding phytochemicals that are high in anti-oxidant and anti-cancer properties. They are potent detoxifiers with anti-biotic effect that is protective against bacterial poisoning.

**Asthma:** Take a tablespoon of lemon juice at least one hour before each meal to relieve asthma.

**Burning soles/feet:** Rub a sliced lemon over the burning sole/foot/heel to relieve from pain and for toxin elimination through the pores of the feet.

**Cold:** The anti-viral properties in lime/lemon fight infections and halt the progress of a cold. Take the juice of two lemons in half a liter of hot water and add honey to taste. Sip it slowly before bedtime.

**Constipation:** Drink a glass of warm water every morning with some lime/lemon. Stir in a pinch of cinnamon powder. This will help your body to detoxify and relieve constipation.

**Digestion:** Lime/lemon juice has amazing digestive qualities that are very similar to our digestive enzymes. Thus it is effectively helps with digestion and relieves bloating and belching.

**Feet, tired:** After a long day on your feet, soak your feet in very warm water containing lime/lemon juice to enjoy the cooling, astringent feeling. This will also help promote deep sleep due to the relaxing action on the foot nerves.

**Gums, swollen:** Drink a glass of diluted fresh lime juice with a pinch of sea salt to relieve the pain of swollen gums. Use the rind from the squeezed lime and rub on the gums.

**Heartburn:** Add two teaspoon of lime/lemon juice into a glass of warm water and drink to relieve heartburn.

**Inflammatory disorders:** Even though lime/lemon juice are sour and taste acidic, it is actually very alkalinizing in the body and is highly effective in the treatment of inflammatory disorders like rheumatism, arthritis, sciatica, etc. It also prevents the deposit of uric acid in the tissues, thus reducing the risks of gout.

**Skin, dry:** Rub the peel of a lemon on dry or scaly skin to restore softness and add moisture to the skin.

**Sore throat:** Mix one part lemon juice with one part water. Gargle frequently and feel its soothing effect on the throat. You may also add in a pinch of sea salt for added effect.

**Consumption Tips:** The highest content of limonene is found in the white spongy inner parts of the lemon. When juicing a lemon, put in the whole fruit together with the peel, to get the most nutrition out of it (be sure to wash and brush the dirt off the skin before doing so.)

Make it a habit to put in the juice cut limes/lemons (together with peel) into your drinking water or juices, to enjoy all its medicinal properties. With lemon juice in your drink, the absorbability of the other nutrients in your drink is increased up to five times!

**Tip:** Juice a glass of either lime or lemon juice and make ice cubes out of it. When you have a drink, pop a few lime/lemon cubes into your drink for a refreshing taste while enjoying its immense health benefits. This is great to do if you find a great deal on lemons, buy in bulk and make lemon cubes!

Limes and lemons can be stored in the fridge for up to two weeks. Although they can actually keep longer, it will soon lose its flavor after too long.

*When buying lemons, look at the stem end of the lemon. There should be about four or five little lines radiating out of the stem. The greater the number of these lines, the higher the mineral content of the lemon.*

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