



7 Reasons to Start your day with *Lemon Water*

- 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 are 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 10years. 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 DOSE OF VITAMIN C**
Juice half a lemon into your water. You will 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. PREVENTS 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 does not matter. Any way you do it, it is 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 are diluting it (plus, carbonic acid in soda does the same thing.) Just don't get in a habit of chewing on lemon, for say, an hour, and you should be fine.

Ref: Clevelandclinic.org/healthhub

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