

Lemon Water To Alkalinize The Body, Flush Toxins Out Of The Body, Hydrate The Body And Fight Cancer

below is from:

<<http://www.naturalhealth-solutions.net/healthy-eating/lemon-water-excellent-for-alkalizing-cleaning-strengthening-nourishing-your-body>>

<http://www.livestrong.com/article/500654-the-alkalizing-effect-of-lemons>

DISCLAIMER

As always do your own research and consult with a medical professional as you wish. This is information I have gathered for myself and am sharing it for those who may find it helpful.

Most of these statements have not been evaluated by Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. The information provided here is not intended as a substitute for the advice of a physician or medical professional. This information is not intended as a substitute for the reader's independent judgment and personal responsibility. Health issues are far too important to delegate to anyone else. It is highly recommended you research and seek information and counsel from as wide a variety of sources as possible so you can make well informed, educated decisions about you, your child's, or your pet's health, as in the end YOU make the decisions.

Lemon and Lemon Water

Alkalinize the body with lemon

Lemon Water: Excellent For Alkalinizing & Cleaning, Strengthening & Nourishing Your Body

Glenn's' NOTE: Even though lemons are acidic they alkalinize the body and its tissues.

Lemons are thought to provide a variety of health benefits due to their alkalizing effects on the body. Consult your doctor before making any diet or lifestyle changes.

Drinking lemon water helps you to stay healthy. Lemons are one of the very few foods on this planet to have more negative than positive ions. That is one of the reasons they help alkalize and detox the body.

Lemon water helps clean the toxins out of your body. It assists in "*cleansing* the system of impurities" and will help prevent disease.

Within minutes of drinking warm lemon water it can re-hydrate you. (unlike coffee which is loaded with the diuretic caffeine)

Many of the foods we crave — coffee, carbohydrates, meats and sugar acidify the body. Our bodies do not function nearly as well when they are acidic. They are more susceptible to sickness, disease, fatigue, wrinkles etc.

Your skin can't look healthy if your body is holding onto toxins! When you get rid of toxic waste in your system, your skin will show it first!

If taken regularly, lemon water acts as a tonic to the liver and stimulates its daily digestive and cleansing functions. Lemon is also believed to help dissolve gallstones and is a superior body alkalizer. Lemon water helps to lower blood sugar and can lower the glycemic impact of any meal.

Studies have shown that even a little lemon can help you lower the absorption of sugars from the food you eat because of its high acidic content.

You can go one step further and eat some lemon peel along with the juice. This acts like a double whammy on weight gain. Why? Because the pectin present in the peels helps in weight loss by becoming a gel forming substance in your stomach which reduces the sugar absorption from the food you eat.

It is well proven that lemon water accentuates the acidity of the digestive system and this helps the body in the absorption of calcium from the foods you eat. Calcium is then stored up in the fat cells.

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Studies show that the more calcium content in a fat cell, the more its ability to burn fat. This is another benefit of lemon juice for weight loss.

One of the most important benefits of drinking lemon water regularly is its effect on the gastrointestinal tract. Lemon water assists in the process of *digestion* and elimination.

The digestive qualities of **lemon water** help to relieve symptoms of indigestion, heartburn, belching and bloating. Lemons have also been said to be good for the bones and for fighting cancer; plus they have a great amount of vitamin C and potassium. Lemon is an antioxidant rich food. Limes are a great alternative if you have them more readily available.

Daily consumption of lemon water can make a huge difference in the appearance of your skin. It acts as an anti-aging remedy and can remove wrinkles and blackheads. Lemon water if applied on the areas of burns can fade the scars. As lemon is a cooling agent, it reduces the burning sensation on the skin.

Because of its high vitamin C content, it is used to prevent and treat many infections, hasten wound healing, and diminish allergies. Lemon water also relieves symptoms of asthma, tonsillitis, and sore throats.

Lemon is a diuretic. This means that lemon water is especially good for people with *urinary tract infections*.

Lemon water is also used in *dental care*. If fresh lemon juice is applied on the areas of toothache, it can assist in getting rid of the pain. The massages of lemon water on gums can stop gum bleeding. It gives relief from bad smell and other problems related to gums.

Digestion Effects

As a prime example of the wonders of chemistry, lemons, one of the most acidic foods we eat, become one of the most alkalizing foods once they are broken down in your body during the digestive process. Food scientists determine whether a food is alkalizing or acidifying by burning it in air to simulate the process of digestion, which, chemically achieves the same effects as combustion by flame, says naturopath and acupuncturist Michelle Schoffro Cook, D.N.M., D.Ac, author of the book "The Ultimate PH Solution: Balance Your Body Chemistry to Prevent Disease and Lose Weight."

Lemons are alkalizing for most people but may be slightly acidifying for some

This effect depends on your individual ability to break down, or metabolize, acidic foods, says Christopher Vasey, author of the book "The Acid-Alkaline Diet for Optimum Health: Restore Your Health by Creating PH Balance in Your Diet." Weak acids, including lemons and most fruits are easier to metabolize and usually provide an alkalizing benefit. However, some people are less efficient at this digestive process and experience an acidifying effect from the same foods that are alkalizing for others. To determine which metabolic type you are, Vasey recommends using pH strips that you can purchase at a drug store to test your pH levels in response to different foods.

Kidney Stones

A study published in the August 2008 issue of the journal "Urological Research" found that supplementation with lime, a close citrus relative to lemon, had alkalizing effects that discouraged kidney stone formation, which occurs in an acid environment. In the study, participants with history of kidney stones consumed lime powder for three months. Results showed an increase in urinary pH, indicating an alkalizing effect of the lime extract and a decreased risk for kidney stone formation. Lime powder was as effective as potassium citrate solution at increasing alkalinity. Lime powder also decreased levels of oxidized lipids, while potassium citrate did not show this benefit. Researchers suggested that lemon consumption may also provide alkalizing effects for reducing kidney stone formation.

Low Sugar

Lemons, limes and grapefruit are low-sugar fruits that will provide alkalizing effects while not offsetting those benefits with the acidifying effects of sugar, says Robert O. Young, author of the book "The pH Miracle: Balance Your Diet, Reclaim Your Health." Lemon and lime contain about 3 percent sugar while a non-sweet grapefruit might contain 5 percent. Young recommends taking lemon or lime at least half an hour before a meal or at least 10 minutes after a meal.

Lemon (Citrus) - a miraculous product to kill cancer cells

Below is from < <http://csn.cancer.org/node/222132>>
(The American Cancer Society Cancer Survivors Network)

Institute of Health Sciences, 819 N. L.L.C. Charles Street Baltimore , MD 1201. Jul 09, 2011 - 6:35 pm

This is the latest in medicine, effective for cancer!

Read carefully & you be the judge.

Lemon (Citrus) is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy.

Why do we not know about that? Because there are laboratories interested in making a synthetic version that will bring them huge profits. You can now help a friend in need by letting him/her know that lemon juice is beneficial in preventing the disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy. How many people will die while this closely guarded secret is kept, so as not to jeopardize the multimillionaires large corporations? As you know, the lemon tree is known for its varieties of lemons and limes. You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc... It is credited with many virtues, but the most interesting is the effect it produces on cysts and tumors. This plant is a proven remedy against cancers of all types. Some say it is very useful in all variants of cancer.

It is also considered as an anti microbial against bacterial infections and fungi; effective against internal parasites and worms.

It helps to regulate high blood pressure.

It can work as an antidepressant and combats stress and nervous disorders.

The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, which says that after more than 20 laboratory tests since 1970, the abstracts revealed that:

It destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreatic.

The compounds of this tree were shown to work 10,000 times better than the product Adriamycin (a leading chemotherapy drug), in slowing the growth of cancer cells.

Therapy with lemon extract only **destroys malignant cancer cells** and it **does not affect healthy cells**.

Glenn's comment: I believe lemon water works as well as lemon extract when taken as below.

Above is from < <http://csn.cancer.org/node/222132>>

Below is from Antony William at <https://www.medicalmedium.com/mm101/medical-medium-lemon-water.htm>

How to make lemon water

Ingredients: ½ lemon squeezed into 16 ounces of water (2 cups) Raw honey is ok; nothing else added.

Lime can be used instead of lemon if they are more available or preferred.

Fresh Lemon or lime is best. If you cannot find any, an organic plain juice not from concentrate can be used. If you use bottled juice, use 2 tablespoons per lemon.

Most sources say one lemon equals about 2 tablespoons of liquid or 1 liquid ounce..

Some lemons can render as much as 4 tablespoons.

Directions: Drink first thing in the morning before breakfast or any other beverage.

You can also drink more throughout the day with or without food to flush and hydrate the body.

Lemon Water Frequently Asked Questions

Can I use lime instead of lemon?

Yes, you can use lime instead of lemon.

Should I drink lemon water before or after celery juice?

You can drink it either before or after celery juice. If drinking lemon water first, wait 15-30 minutes before drinking celery juice. If drinking celery juice first, wait 15-30 minutes before drinking lemon water.

What is the best time of day to drink lemon water?

Drinking it anytime is helpful, but first thing in the morning is especially effective for cleansing your liver, which works while you sleep to gather and purge toxins from your body. When you wake up, it's ideal to hydrate and flush these toxins out with this activated living lemon water.

Can I drink it later in the day?

Yes, it is great any time of day. Try adding lemon water into your daily routine. You can do this once a day, twice a day, three times a day or more.

What is the optimal amount of lemon water to drink in a day?

It depends on what else you are drinking or eating. So many people today are chronically dehydrated. You may wish to drink two liters of lemon water every day. In addition to other hydrating drinks like celery juice and cucumber juice, along with lots of fresh fruits, leafy greens and vegetables. Each person's needs are different when it comes to hydration. An avid exerciser or someone with chronic illness or symptoms might want to bring more lemon water into their daily routine plus eat more fresh fruit throughout the day. The Liver Rescue Mornings in *Liver Rescue* are a great way to set yourself up to properly hydrate.

Can I use lemon essential oil instead of fresh lemon?

Only the living water in freshly squeezed lemon holds the life-giving nutrients that will cleanse and replenish your body and keep you hydrated.

Can I make lemon water in advance?

It's best to drink lemon water immediately after preparing it. But if you have to make it in advance, you can seal it in a mason jar with a lid and store it in the fridge. If doing so, be sure to drink it within 24 hours.

Does lemon water need to be consumed on an empty stomach?

No, it does not. It is particularly beneficial first thing in the morning on an empty stomach (followed by celery juice 15 to 30 minutes later if possible), but it is wonderful to drink any time of day, with or without food.

Should the water be cold, hot, or room temperature?

It's best not to heat the water. Room temperature or cold are both good options.

Can I use more than half a lemon in my water?

Yes, you can! You can use as much lemon or lime as you'd like.

Can I add raw honey, ginger or other ingredients to my lemon water?

Yes, for an extra boost, you can add one teaspoon each raw honey and freshly grated ginger to the lemon water. Your liver will draw in the raw honey to restore its glucose reserves, purging deep toxins at the same time. Just be sure to buy raw versus heated honey so you get all of this medicinal food's healing properties.

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Can I drink more than 16 ounces of lemon water upon rising?

Yes, a highly effective means of detoxifying the body is to drink two 16-ounce glasses of lemon or lime water on an empty stomach first thing in the morning.

How long should I wait to eat after drinking lemon water?

Give your liver 15 to 30 minutes later to clean up after drinking the lemon water before eating or drinking anything else.

Is lemon water bad for my teeth?

Contrary to popular belief, lemons and lemon water are excellent for oral health including your teeth. They are highly mineralizing and loaded with calcium. Fresh lemon kills the bad bacteria in your mouth that causes tooth decay. They may taste acidic but they are highly alkalizing in your mouth and body.

Is lemon water okay for acid reflux?

Yes, lemon water is helpful for acid reflux as it destroys the unproductive bacteria that causes acid reflux.

Can I just add lemon water to my celery juice instead of having two separate drinks?

Celery juice works best on its own as just straight celery juice with nothing else. Adding any other ingredients to the juice will dilute its medicinal properties.

Can I have apple cider vinegar in water instead of lemon water?

No, apple cider vinegar is extremely acidic and it pickles the liver. The liver cells struggle to stay balanced and perform as they fight for oxygen, because vinegar steals oxygen from the bloodstream and the liver. ACV (like any vinegar) comes into the stomach extremely acidic. The liver must put a halt to it immediately and use its every reserve to try to alkalize or at least neutralize it. The ACV fights back, and its acidic nature is so strong that the stomach loses the battle many times over. Instead of alkalizing your gut, it does the opposite. It weakens hydrochloric acid and breaks down gastric juices and heads down the pike still acidic. It's basically an assault on the stomach and intestinal tract. For more information on the effects of apple cider vinegar on the liver, see my book [*Liver Rescue*](#).

Can I use frozen lemon juice?

Freshly squeezed lemon juice is best.

Can I use store bought lemon juice?

It's best to freshly squeeze the lemon juice yourself. Lemon juice oxidizes very quickly once you juice it and will no longer have the vital living nutrients once it's bottled. Also, most lemon juices in bottles that you buy from a store will have preservatives added.