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**Benefits of drinking lemon water first thing in the morning**

1.      Cleanse the system by helping flush out toxins. Lemon water enhances enzyme production and stimulates the liver. Flushing out toxins supports body weight reduction.

2.      Aids digestion by loosen toxins in the digestive track and stimulating bile production. Lemon water can assist in elevating symptoms of indigestion, heartburn, burping and bloating.

3.      Gives the immune system a boost by increasing vitamin C levels. Vitamin C levels drop drastically when we are stressed including both environmental stress as well as digestive stress.

4.      Excellent source of potassium which helps support heart health as well as brain and nerve health.

5.      Lemon juice consumption reduces inflammation which supports strong joint and organ function.

**How to consume lemon water first thing in the morning.**

Add fresh lemon juice from one lemon approximately 1 to 2 Tbsp to12 to 16 ounces of room temperature or warm water and sip. If lemon to water concentration is too strong add more water or divide lemon juice in half.

Wait 15 to 30 minutes after drinking lemon water to enjoy breakfast, coffee or tea.

To enjoy lemon water through out the day add 3 to 4 slices to a glass water bottle or glass container and drink, additional water can be added to  the lemons and consumed all day long. If making this a daily practice be sure to use fresh lemon everyday.

**Lemon water consumption and concerns of tooth enamel erosion.**

If you are concerned about the acid of the lemons effecting the enamel of your teeth, but want the benefits of drinking lemon water. You can try these steps which might help reduce tooth exposer to the acid of lemons.

• Consume lemon water with a reusable glass or stainless steel straw (no plastic).
• Add more water to lemon juice to reduce acid concentration
• Don't brush your teeth before drinking lemon water
• Wait at least 30 minutes after drinking lemon water to brush your teeth.
• Rinse mouth with baking soda and water after drinking lemon water

References:
Lemon: 12 Evidence Based Benefit; Sayer Ji; July 31, 2019; www.greenmedinfo.com
The Encyclopedia of Healing Foods; Michael Murray, N.D.; Atria Books;  2005
The Ayurveda Encyclopedia, 2nd Edition; Swami Sadashiva Tirtha; AHC Press

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