

Drink This Every Morning - Benefits of Lemon Water Revealed

George Kaish April 06, 2014



Article reveals benefits of lemon water and the benefits that result with this quick morning recipe of warm water and lemon juice

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Mike Geary, a certified nutrition specialist, reveals the benefits of drinking lemon water to people reading online. Mike reveals that drinking lemon water daily can help people detoxify their body, improve their digestion as well as boost their metabolism and energy levels.

With today's modern lifestyle, people are being bombarded with toxins found in food they consume, water they drink, the oxygen they inhale and other chemicals in everyday living. All of these toxins accumulate and have negative effects in the body such as affecting the metabolism, hormone imbalances, acidic body pH and also impairs the digestive system.

But for those looking for a simple way to improve their health, this simple recipe is a great place to start. It doesn't cost anything to make it, other than 3-4 minutes.

The article recommends those that want to eliminate toxins in their body and boost their energy levels, should take this simple recipe first thing in the morning. The lemon juice recipe is simple: 8 ounces of warm water and half a lemon and squeeze lemon juice. Its best taken 10 minutes before eating the first meal of the day.

Other [benefits of drinking lemon water](#) is improving the digestive system. Studies show that drinking lemon juice is beneficial in preventing indigestion and heartburn. Lemon juice can also boost the body's energy levels. It has a detoxifying and alkalizing effect that can improve the energy level through removing toxins from the body. As it helps improve the digestive system, remove toxins from the body and boost its energy level, these will help the body release body fat and improve the body's hormonal balance.

Mike highlights that adding lemon juice in people's everyday routine can generally improve their metabolism and help detoxify the body naturally. It also aids in losing weight which is much beneficial for those who are struggling to manage and lose weight. Mike Geary is an author of the best seller book "The Top 101 Foods that Fight Aging". He is also a certified personal trainer and founder of [truthaboutabs.com](#) and [busymanfitness.com](#).

To know more about the benefits of drinking lemon water first thing in the morning every day, feel free to visit.

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