



Drink to your Health!

- from Denise's Kitchen

Did you know that drinking lemon water is one of the best things you can do for your health?!

Here's the recipe:

Take one organic lemon and cut it in half. Squeeze one of the halves into a full glass of purified water and drink up! Do this twice a day and you've done a great thing for your body!

Lemons are a natural antiseptic and cleanse your system of impurities. They aid in digestion and stimulate the liver, dissolving uric acid and other poisons, liquefy bile, nourish the brain and nerve cells, promote healthy bones and teeth, and are one of the only foods on the planet that has more anions than cations in its atomic structure (Say what?!). *That puts lemons in the same category as saliva, hydrochloric acid, bile, and the stomach's other digestive juices.

The liver can make more enzymes out of fresh lemon juice than any other food element. The lemon helps fix oxygen and calciums in the liver because it regulates blood carbohydrate levels which affect the blood oxygen levels. The citric acid of fresh lemon water is able to act upon the body's systems differently than any other food.

*Perhaps this was more information than you needed (Ya think?!). Just take my word for it...DRINK MORE LEMON WATER!