5 BENEFITS OF DRINKING LEMON WATER
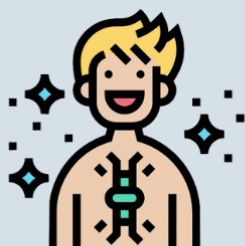
1 Digestion

Improves digestion, detoxification and helps clean the liver.

2 Immune Boosting & pH Balancing

Due to their alkaline nature, lemons balance the pH of the body. They are also full of antiviral and antibacterial properties.

3 Hydration

Provides electrolytes to the body which helps absorb water.

"Up to 75 percent of the American population lives in chronic dehydration." – according to CBS news.

4 Your Breath

Citric acid in lemons contains antibacterial properties that can kill the bacteria that causes bad breath.

5 Weight Loss

Promotes fullness, and supports hydration. Hydration improves digestion, which can increase your metabolic rate.

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