

# 15 *Sweet* **FACTS ABOUT** *Lemons* **& LEMON** **WATER**



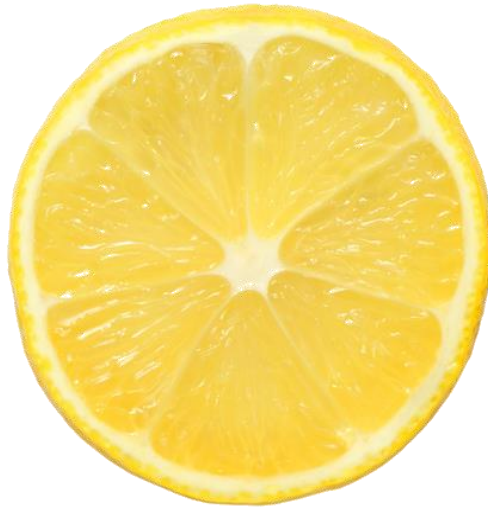
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# THE LEMON

1 medium lemon has 30.7 mg of vitamin C, 80 mg of potassium, and 15 mg of calcium, among other things.

An *Organic* peel offers limonoids, a lipid that protects citrus fruits from fungi and may also lower cholesterol and fights cancers of the skin, breast, lung, stomach, colon, and mouth.

The white stringy parts contain *pectin*, a soluble fiber that helps lower cholesterol.



They are high in *Vitamin C*, which protects the immune system

There are 141 milligrams of *potassium* per 100 g in lemon juice

Has the most *calories as protein* than most common fruit, at 16%

## ☀ INTERESTING FACT ☀

The Vitamin C in lemons were once used by sailors to battle against scurvy and the likes during long voyages.



# LEMON WATER

Lemon juice has 46 milligrams of vitamin C per 100 g

*Tip: Drink a glass every morning or after a workout for best results*



- Balances pH in the body
- Is packed with citric acid, potassium (more so than apples or grapes), calcium, phosphorous, magnesium, B-complex vitamins, iron, and fiber.
- Dissolves uric acid to help reduce pain and inflammation in joints and knees.
- Freshens breath by killing bacteria on the tongue
- Promotes clear, glowing skin by flushing out toxins.
- Helps with weight loss
- Aids in digestion by loosening toxins in the digestive track which helps relieve symptoms of indigestion. Such as heartburn, burping, and bloating.
- Helps fight off viral infections such as the common cold. Tip: Drink warm to help with sore throats.

# HOW TO DRINK

The d-limonene in lemons is being used to dissolve gallstones and is showing “extremely promising anticancer policies.” (the peel and white spongy inner parts have the highest content of limonene)

*Remember: Drinking warm heightens the benefits of the enzymes!*



- For under 150 pounds, drink half a lemon (about one ounce) with an 8-12 ounce cup of warm water daily for best results.
- For over 150 pounds, drink the same as above, twice a day or a whole lemon (about two ounces) with a 24-32 ounce cup of warm water over the span of a couple of hours daily for best results.

# Resources

"He got a taste of the lemon and it wasn't sour."

– Liz Lemon, 30 Rock

"16 Health Benefits Of Drinking Warm Lemon Water." *Food Matters*. N.p., 2 Jan. 2014. Web.

Brady, Krissy. "11 Benefits of Lemon Water You Didn't Know About." *Lifhack RSS*. N.p., n.d. Web.

"Fruits." *Power Foods: 150 Delicious Recipes with the 38 Healthiest Ingredients*. New York: Clarkson Potter/Publishers, 2010. 38. Print.

Murray, Michael T. *Complete Book of Juicing, Revised and Updated: Your Delicious Guide to Youthful Vitality*. N.p.: Crown Group, 2013. 22+. Print.

## THEIMAGES

**(the whole lemon on the bullet points on page 4)**

<http://www.thenibble.com/reviews/main/fruits/images/lemon-230.jpg>

<https://redraspberrypboutique.com/wp-content/uploads/2013/01/lemon-slice.jpg> **(the lemon slice in the center on page 2)**

The rest are from my blog and were taken personally! 😊

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