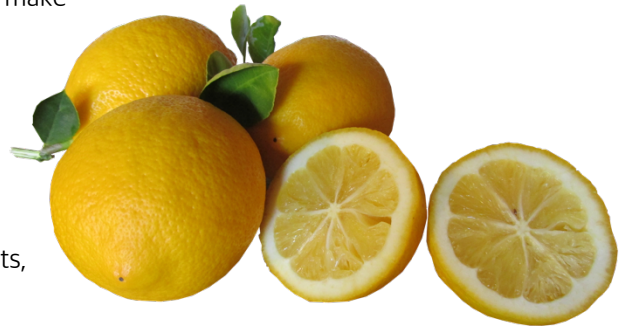


Lemon Water

It is important to start your day with a glass of water, especially to help wash away the wastes from the body's overnight metabolic processes. Instead of just plain water, add the juice of half of a lemon to a cup of lukewarm water. (If you don't like lemons, you can also use limes.) Lemons should always be room temperature. To extract the most juice, roll the lemon around on a counter or table a few times before cutting and squeezing

Why add lemon juice to your water? Lemon is perhaps the most valuable fruit, therapeutically. It is especially helpful for people who have eaten a high fat/high protein diet the day before. Lemon can stimulate and aid elimination in digestion and help to destroy putrefactive bacteria in both the intestines and the mouth. It is also used to purify the breath. Its antiseptic, anti-microbial, and mucous-resolving action make it useful during diarrhea, colds, flu, coughs, and parasitic infestations. It benefits the liver, encouraging the formation of bile; improves absorption of minerals; promotes weight loss; cleanses the blood; improves blood pressure and helps weak blood vessels. Lemon increases the production of fluids in the body and is often used for calming the nerves, treating sore throats, cramps, and diabetes, which are all marked by fluid deficiency. In Chinese Medicine it is considered a cooling fruit.



Although it is acidic in nature with a pH of 2 to 3, it is alkaline forming in the body and when added to water is a great way to begin a healthy day. It is not the relative acidity / alkalinity of the food but rather the effect it has on the body that is important. Many foods such as lemons, limes and tomato are acidic in their basic state, but once metabolized by the body, have alkalizing effects.

Add a pinch of cayenne to your lemon water for some added benefits. Cayenne increases metabolism, stimulates the circulatory system, improves cell structure of the arteries, and regulates blood flow to equalize pressure. It's great for the stomach and intestinal tract as it helps with assimilation and elimination. Many people don't realize that it's great for heartburn.

Dr. John Christopher, the famed natural herbalist, was persecuted relentlessly by the government for his practice of herbal medicine all the while assisting patients in curing heart disease, cancer, tuberculosis, infertility, rheumatism, leukemia, and every other incurable under the sun. One of his greatest stories in his long career was how he could instantly stop a heart attack if he could get the patient to drink a glass of warm cayenne water. He said, "A teaspoon of cayenne should bring the patient out of the heart attack." For more info about cayenne visit <http://www.cayennepepper.info/health-benefits-of-cayenne-pepper.html>.