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Benefits of Lemon Honey Water [Scientific view]

• [Nutrition](#)

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Benefits of Lemon –Honey Water

Lemon is a wonder fruit for our body and is a powerhouse of vital nutrients as well as antioxidants that are essential for restoring the health and rejuvenating the entire physical system. The benefits of lemon multiply when it is consumed with lukewarm water and honey. So start your day by drinking a glass of fresh lemon honey water and revitalize yourself.

Chemical composition of Lemon

Lemons are a rich source of sugars, polysaccharides, organic acids especially citric acid, lipids, carotenoid (pigment), vitamins, minerals, flavonoids, bitter limonoids, and volatile components. The lemon is a good source of potassium (145 mg per 100 g fruit), bioflavonoids, and vitamin C (40 to 50 mg per 100 g, twice as much as oranges).

The isolation of vitamin C from lemon juice has been performed. Calcium (61 mg) is also present, along with vitamins A, B 1 , B 2 , and B 3 . The fruit is also low in calories, containing 27 Kcal per 100 g.

Other constituents of lemon include volatile oil (2.5% of the peel), limonene, alpha-terpinene, alpha-pinene, citral, coumarins, mucilage, pectins, and bioflavonoids (mostly from pith and peel)

Flavonoids eriocitrin and hesperidine have been evaluated. Flavonoids can function as direct antioxidants and free radical scavengers, and have the capacity to modulate enzymatic activities and inhibit cell proliferation (Duthie and Crozier, 2000).

Composition of Honey

Honey is a rich source of carbohydrates (82%), proteins and 17 free amino acids of which most abundant is proline. Honey contains trace amounts of the B vitamins riboflavin, niacin, folic acid, pantothenic acid and vitamin B6. It also contains ascorbic acid (vitamin C), and the minerals calcium, iron, zinc, potassium, phosphorous, magnesium, selenium, chromium and manganese.

The main group of antioxidants in honey are the flavonoids, of which one, pinocembrin, is unique to honey and bee propolis. Ascorbic acid, catalase and selenium are also antioxidants. Generally speaking, the darker the honey, the greater its antioxidising properties.

Honey also contains organic acids such as acetic, butanoic, formic, citric, succinic, lactic, malic, pyroglutamic and gluconic acids, and a number of aromatic acids. The main acid present is gluconic acid, formed in the breakdown of glucose by glucose oxidase.

Benefits of Lemon Honey Water

1. Enhances metabolism: Lemons are a rich source of citric acid and the citrates are an important intermediate in the citric acid cycle or Krebs cycle or TCA cycle. This cycle is a series of chemical reactions central to nearly all metabolic reactions and is the source of two-thirds of the food-derived energy in higher organisms. In addition, the cycle provides precursors of certain amino acids as well as the reducing agent NADH that is used in numerous other biochemical reactions. So lemon helps in enhancing the metabolism by providing the citric acid in abundant quantity.

2. Aids digestion: Lemon, honey and warm water together can give your digestion an instant boost. Its atomic composition is similar to saliva and thereby helps in the digestive process. It encourages the liver to produce bile which is an acid that is required for digestion. The digestive qualities of lemon juice help to relieve symptoms of indigestion, such as heartburn, belching and bloating.

3. Cleanses the intestines improving the absorption of nutrients: Luke warm water increases the peristalsis of gastrointestinal tract and helps in the cleansing of gut. It helps in the expulsion of accumulated fecal material and stops the build-up of *ama* in the gut. It helps your body absorb nutrients, get rid of toxins and stay hydrated.

4. Boosts Your Immune System: Lemons are high in vitamin C, which is great for fighting colds. It also enhances iron absorption in the body; iron plays an important role in immune function. Lemons are also high in potassium, which stimulates brain, nerve function and controls blood pressure.

Ascorbic acid (vitamin C) found in lemons demonstrate anti-inflammatory effects, and is used as complementary support for asthma and other respiratory symptoms. Lemons also contain saponins, which show antimicrobial properties that may help keep cold and flu at bay. Lemons are also rich in flavonoids which acts as direct antioxidants and free radical scavenger.

5. Cleans your urinary tract and acts as a diuretic: Lemon juice and honey water helps flush out unwanted materials by increasing the rate of urination in the body. Therefore, toxins are released at a faster rate which helps keep your urinary tract healthy. The citric acid in lemons helps maximize enzyme function, which stimulates the liver and aids in detoxification. For women who suffer from frequent UTI (urinary tract infection) this juice is a boon and is known to keep recurrent infections at bay.

6. Balances pH Levels: Lemons are one of the most alkalizing foods for the body. They are acidic on their own, but inside our bodies they're alkaline (the citric acid does not create acidity in the body once metabolized). Lemons contain both citric and ascorbic acid, weak acids easily metabolized from the body allowing the mineral content of lemons to help alkalize the blood. Disease states only occur when the body pH is acidic. Drinking lemon water regularly can help to remove overall acidity in the body, including uric acid in the joints, which is one of the primary causes of pain and inflammation in the cases of gout.

7. Clears Skin: The vitamin C component as well as other antioxidants helps decrease wrinkles and blemishes and it helps to combat free radical damage. Vitamin C is vital for healthy glowing skin while its alkaline nature kills some types of bacteria known to

cause acne. It can actually be applied directly to scars or age spots to help reduce their appearance.

Since lemon water purges toxins from your blood, it would also be helping to keep your skin clear of blemishes from the inside out. The vitamin C contained in the lemon rejuvenates the skin from within your body. The study shows that the peel of lemon is not only an astringent but also is a good antimicrobial agent. This is an important finding as certain skin flora like Pseudomonas and Micrococcus can grow in presence of Sebum, especially when it is secreted in excess (in certain people), and cause purulent skin infections.

Sometimes it can serve as a predisposing factor for other types of skin infections like acne. Simple use of lemon juice can prevent such types of infections and could help in keeping a good and healthy skin.

8. Promotes Healing: Ascorbic acid (vitamin C), found in abundance in lemons, promotes wound healing, and is an essential nutrient in the maintenance of healthy bones, connective tissue, and cartilage. As noted previously, vitamin C also displays anti-inflammatory properties. Combined, vitamin C is an essential nutrient in the maintenance of good health and recovery from stress and injury.

9. Freshens Breath: Besides fresher breath, lemons have been known to help relieve tooth pain and gingivitis. However, be aware that citric acid can erode tooth enamel, so you should be mindful of this. Do not brush your teeth just after drinking your lemon water. It is best to brush your teeth first, then drink your lemon water, or wait a significant amount of time after to brush your teeth. Additionally, you can rinse your mouth with purified water after you finish your lemon water.

10. Hydrates Your Lymph System: Warm water and lemon juice supports the immune system by hydrating and replacing fluids lost by your body. When your body is deprived of water, you can definitely feel the side effects, which include: feeling tired, sluggish, decreased immune function, constipation, lack of energy, low/high blood pressure, lack of sleep, lack of mental clarity and feeling stressed, just to name a few.

11. Aids in Weight Loss: Lemons are high in pectin fiber, and low in calories which helps fight hunger cravings. Studies have shown people who maintain a more alkaline diet, do in fact lose weight faster. I personally find myself making better choices throughout the day, if I start my day off right, by making a health conscious choice to drink warm lemon water first thing every morning.

How To Make Honey-Lemon Water

You must drink this concoction first thing in the morning. You may choose to brush before you drink it, but it is recommended that you drink it without brushing or gargling.

To make the mixture:

Take a tall glass of warm (not hot) water, add the juice of half a lemon and one tea spoon of honey to it. Mix well and drink it quickly. Remember not to drink coffee or tea for at least one hour after drinking this mixture, and rinse your mouth after it to reduce the acidic effects on teeth enamel or it can be sipped with a straw to avoid contact with the teeth.

Some people may feel vomiting sensation on empty stomach they are advised to take it after having some light food items.

Note: Do not waste the peel of lemon as it can be stored and used as pickle or dry it and make powder to be applied as a paste on the [acne](#) as studies have shown that its peel and pith also contains useful chemicals in considerable amount.

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