



Balancing Your Bodies pH.

January and February are definitely trendy months to cleanse and diet and lemons always seem to be among the most popular cleansing and dieting tools. But, these little citrus powerhouses have way more to offer than just a quick cleanse or weight loss assist. Lemons can actually take the body from an acidic state to an alkalized state. Lemons, unlike the other acidic citrus fruits, actually burn into an alkalized ash. This, in a nutshell, means that lemons become an alkalized ash in our body too, which, for over-all health, is a really great thing.

Most Americans are in a constant acidic state. This is problematic because when the body is in an acidic state, it perpetually tries to neutralize itself. This is all fine, if you are eating a diet high in alkaline foods. But, if you aren't, the body utilizes minerals from bones and other bodily storehouses to get to the neutralized state it desires.

Common ailments resulting from excess acid in the body include bloating, gas, reflux, and overall digestive discomfort. The reason for this is simple – there are not enough alkalizing minerals in the intestinal tract. Eventually, when this happens, the pancreas becomes exhausted and inflammation spreads throughout the body.

There are fad and specialty diets that alkalize the body, but they can be limiting and expensive. There are

also practical and affordable solutions – including a daily dose of lemon. Yep, like I said before, lemons burn into an alkaline ash and they are also loaded with calcium - which is excellent for neutralizing the body.

Lemons can be added into the diet in many different and creative ways. My favorite way is to simply infuse water with lemon and tea with lemon and honey. This, in my opinion, is the easiest way to include lemons without having to overthink or use a recipe. Just squeeze, stir and enjoy.

We all have to drink water everyday, so why not make it work for your body and why not have it ready to go in the fridge? If you look in my fridge, there is always a gallon of lemon water ready to go. Likewise, if you meet me at noon, there is always a lemon-honey tea steeping on my kitchen counter.

My challenge to you is this: Try to build the habit of drinking at least eight glasses of lemon infused water a day. I promise you, if you do this, and keep doing this over time, you will definitely notice some magical things happening to your body.

So what do you have to lose? Nothing - right? But, if you give lemons a chance, you have a heck of health to gain.