Benefits of Drinking Lemon Water Daily

"Adding lemon to water not only quenches thirst better than any other beverage, but it also nourishes our body with vitamins, minerals and trace elements which we absolutely need. Lemon with water can be considered the best natural energy booster. When we wake up in the morning, our bodily tissues are dehydrated and are in need of water to push out toxins and rejuvenate the cells. In other words, this homemade "lemonade" helps eliminate internal toxins, regulating proper kidney and digestive tract functions by forcing them to work as smoothly as possible"

9 Reasons you should Drink Lemon Water:

1. Promotes Healthy Hydration
2. Glowing Skin
3. Enhances Immunity
4. Diminish Inflammation
5. Antibacterial and Antiviral Benefits

6. Enhances Digestion
7. Support of brain and nerve health
8. UTIs
9. Naturally Freshens Breath

If you have time on your hands and need something to drink throughout the day, this detox water has health benefits and tastes great.

- **Fill a large pitcher of water, perhaps 12 cups or 3 quarts in size.**
- **Squeeze 3 lemons (6 average-sized limes works, too).**
- **Slice one cucumber thinly and add to water.**
- **Drop in a handful of mint leaves.**
- **Stir**

Hickory Parks and Recreation Department.

"We work so others play"