

Do you Do Lemon Water

DO YOU/CAN YOU
DO THIS?
SHORT WELLNESS SELF-
CHECKS

Some say to start your morning with lemon water, but is this a Great Health Hack?

Some say drinking lemon water flushes your system of toxins, alkalizes your body, and keeps your digestive system working as it should, which may give you more energy, helps decrease inflammation. Wow, that may or may not be the case. Much of the evidence supporting lemon water's health benefits is anecdotal. Little scientific research has been done specifically on lemon water, but research exists on the benefits of lemon AND water separately according to [healthline.com](https://www.healthline.com). **It could benefit** because water is the best beverage for hydration, but some people don't like the taste of it on its own. Adding lemon enhances water's flavor, which may help you drink more. Vitamin C does a lot for us. While lemons don't top the list of citrus fruits high in vitamin C, they're still a good source. Research has shown that polyphenol antioxidants found in lemons significantly reduces weight gain in mice that are overfed in order to induce obesity. **Healthline.com points put that while the same results need to be proven in humans**, anecdotal evidence is strong that lemon water supports weight loss. Whether this is due to people simply drinking more water and feeling full or the lemon juice itself is unclear. Water and vitamin C is important for your skin. A 2016 laboratory study showed that a citrus-based drink helped prevent the development of wrinkles in hairless mice. According to some drinking warm or hot lemon water when you wake up may help get your digestive system moving, although this has not been shown in research. It actually could help with bad breath. Some people rub a lemon on your hands to get rid of the smell of garlic or some other strong odor. So it stands to reason it may help with breath. [Healthline.com](https://www.healthline.com) says that the Lemon is thought to stimulate saliva and water also helps prevent a dry mouth, which can lead to bad breath caused by bacteria. It may help with kidney stones, although not researched, Citrate, a component of citric acid, makes urine less acidic and may even break up small stones. Drinking lemon water not only gets you citrate, but also the water you need to help prevent or flush out stones. See more how to make lemon water and its side effects, such as it not being good for your teeth enamel at [healthline.com](https://www.healthline.com) [article on Lemon Water](#).

So is it a Great Health Hack? Maybe or Maybe Not. There are many unsupported health claims of its use. I would say if a person already eats lots of fruits and vegetables and drinks plenty of fluids, lemon is unlikely to add any significant nutritional benefits. That said, it may be a tasty way to drink more water.