

The Lemon Juice Diet

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Nov 30, 2018 · This helps softens the lemon and makes it much easier to juice. Slice the lemon in half crosswise instead of lengthwise. I'm old school, so I like to juice lemons by hand. There are no fancy kitchen tools required (just a small prep bowl to catch the juice) and it's easier to get into the nooks and crannies of each lemon half. Nov 19, 2018 · Lemon juice seems to work best when used along with garlic or honey. In a 2016 study, hyperlipidemic patients who received 1 tablespoon of lemon juice and 20 grams of garlic daily experienced greater reductions in total cholesterol, LDL cholesterol and blood pressure compared to those who either ate garlic or drank lemon juice. As mentioned above, the acidic content found in lemon juice could eliminate all the excessive acids in the body, including uric acid that could cause joint pain. That's why lemon juice is also an excellent anti-inflammation. Home Remedy to Light Cold; Light cold is easy to be dealt with but a glass of lemon juice in the morning could work like ... May 06, 2022 · To make lemon water, squeeze half a lemon into 8 ounces of warm or cold water. You can infuse more flavor or a health boost by adding: a few sprigs of mint; a teaspoon of maple syrup or raw honey ... In the Mediterranean diet pure authentic olive oil and lemon juice play an important role. Olives are native to the Mediterranean region. It was one of the first cultivated fruits. ... Olive oil and lemon juice contain powerful antioxidants that fight against free radicals which damage cells throughout the body leading to chronic diseases like ...