# Doctors advocate for the health benefits of lemon-infused water



Doctors are advocating for a simple yet effective beverage that could significantly enhance health and well-being—water infused with lemon. This recommendation comes amidst increasing awareness of the potential benefits associated with this refreshing drink, which is touted for its affordability and health advantages. Fresh lemons, often available at grocery stores, can cost as little as 15 pence, particularly noted for their competitive pricing at retailers like Aldi.

Dr Eric Berg DC, a health expert specialising in ketogenic diets and intermittent fasting, has elaborated on the health benefits of lemon water in a video uploaded to his popular YouTube channel boasting 12 million subscribers. Describing lemon water as both "refreshing and delicious", Dr Berg asserts that it provides "remarkable health advantages", particularly when incorporated into a balanced diet.

The potential health benefits outlined by Dr Berg include the ability to lower the risk of certain cancers, provide vital phytonutrients, reduce liver fat, minimise kidney stone formation, lower high cholesterol levels, combat signs of ageing, and assist with weight loss.

To prepare lemon water, individuals are encouraged to squeeze the juice of one to three lemons into a glass of water or simply add slices of fresh lemon. Dr Berg highlights that the phytonutrients present in lemons may play a crucial role in addressing hepatic steatosis, commonly known as fatty liver. He noted: "Lemon water has the ability to dissolve the fat in the liver," asserting that it aids the body in purifying bile salts and enhancing liver function.

While there is limited evidence directly linking lemon water to cholesterol reduction, Dr Berg suggests that compounds in lemons, such as limonin, could contribute to lower LDL or 'bad' cholesterol levels. He explains that improved bile flow, facilitated by lemon water, may help eliminate excess cholesterol from the body.

Dr Berg also comments on the indirect role of lemon water in weight management, noting: "Lemon water does not directly help you lose weight, it can indirectly help you lose weight." He explains that certain phytonutrients in lemon water may help lower blood sugar levels and decrease insulin resistance, which are critical factors in weight loss.

In a study referenced by Dr Berg, research on animals suggested that lemon water could contribute to a longer lifespan, with findings indicating that animals given lemon water lived an additional three weeks after a five-week treatment period. He remarked on the long-term implications of such findings, noting that if incorporated into daily life, the cumulative health benefits could be substantial.

Moreover, Dr Berg mentions potential anti-cancer properties of lemon water, explaining that specific phytonutrients have been shown to inhibit the growth of malignant cells during laboratory studies. He stresses, however, that while lemon water can be a valuable addition to a healthy lifestyle, it should not be considered a cure for cancer.

Addressing kidney health, Dr Berg points out that citrate found in lemon juice can help reduce the likelihood of forming calcium oxalate kidney stones by binding with oxalate, a major component of these stones.

While the benefits of lemon water are significant, Dr Berg cautions against certain common mistakes associated with its consumption. He advises against drinking lemon water right before meals, as well as emphasising the importance of diluting lemon juice properly with water to avoid potential harm to teeth due to acidity. Those suffering from gastrointestinal issues like ulcers or gastritis should also exercise caution, as the acidity could exacerbate discomfort.

In practical terms, Dr Berg encourages individuals to incorporate lemon water into their daily routines, paired with a diet rich in fruits, vegetables, whole grains, and lean proteins, to manage cholesterol levels effectively and promote overall health.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.healthline.com/health/food-nutrition/benefits-of-lemon-water> - This article discusses the health benefits of lemon water, such as aiding digestion and potentially supporting weight loss. It also highlights the importance of vitamin C from lemons.
* <https://www.medicalnewstoday.com/articles/318662> - This source explores the benefits and myths about lemon water, including its role in hydration and as a source of antioxidants like vitamin C. It also addresses claims surrounding its impact on weight loss and cancer prevention.
* <https://www.rvcclinic.com/wp-content/uploads/2024/06/July-Newsletter.pdf> - This newsletter discusses seven ways lemon water benefits the body, including improving skin quality, aiding digestion, and preventing kidney stones. It emphasizes the role of vitamin C and hydration.
* <https://www.fda.gov/food/science-research-food-food-safety/vitamins-minerals> - This FDA resource discusses the importance of vitamin C, found in lemons, for health. It provides insights into its role in protective processes within the body, although it does not specifically mention lemon water.
* <https://www.usda.gov/factbook/chapter/1pdf/CB19-01_ScientificHighlights_of_VitaminsMinerals.pdf> - This USDA document highlights the nutritional benefits of various fruits, including lemons, which are rich in vitamin C. While it does not focus on lemon water directly, it underscores the health benefits of its components.