# Lemon-infused water: a simple drink with surprising health benefits



In an emerging health trend, experts are advocating for the regular consumption of a simple and inexpensive beverage: lemon-infused water. Health professionals, including Dr Eric Berg, a well-known expert in ketosis and intermittent fasting with a significant online following, have highlighted several potential benefits of incorporating lemon water into one’s daily diet.

Dr Berg recently elaborated on the health advantages of lemon water in a video on his YouTube channel, which boasts over 12 million subscribers. He states, "Lemon water is not only refreshing and delicious, but also offers remarkable health advantages." According to him, a glass of lemon water each day may assist in lowering cholesterol, managing fatty liver issues, and possibly contributing to weight loss.

Lemons are readily available in grocery stores, with prices reported as low as 15p for unwaxed lemons at retailers like Aldi. This affordability makes lemon water an accessible health option for many.

The myriad benefits attributed to lemon water include the potential to decrease liver fat, mitigate the formation of kidney stones, combat signs of ageing, and help in weight loss. Dr Berg explains that these benefits largely stem from the phytonutrients present in lemons, which can enhance the condition known as hepatic steatosis—or fatty liver. He notes that lemon water can dissolve liver fat, purify bile salts, and support overall liver function.

Dr Berg pointed out the significance of bile production, stating, "If your liver and gallbladder are not functioning optimally and bile production is insufficient, it can lead to a buildup in your system." He suggested that lemon water could enhance bile flow, aiding in the elimination of excess cholesterol.

While there is limited evidence supporting lemon water's direct impact on cholesterol levels, certain compounds in lemons, such as limonin, may have a role in lowering LDL cholesterol and triglycerides. However, it is essential for consumers to integrate lemon water as part of a balanced diet rather than depend solely on it for health improvements.

The nutritional profile of lemons includes antioxidants like flavonoids and a high vitamin C content, which can bolster heart health and provide immune support. Additionally, soluble fibre found in lemons may assist in lowering overall cholesterol levels.

Regarding weight management, Dr Berg pointed out that while lemon water does not directly cause weight loss, it may have an indirect effect by lowering blood sugars and reducing insulin resistance. "Anything that lowers insulin is going to help you lose weight," he advised, emphasizing the connection between insulin levels and fat cell reduction.

Further supporting the beverage's appeal, Dr Berg indicates that animal studies have suggested prolonged consumption of lemon water may lead to increased lifespan and promote beneficial gut bacteria, although he acknowledges that this research requires further investigation.

The potential anti-cancer properties of lemon water have also been noted. Dr Berg mentions, "I’m not claiming that lemon water will cure cancer, but it’s a beneficial addition that may help inhibit its growth," referencing laboratory studies that have indicated certain phytonutrients found in lemon water could eliminate malignant cells in various types of cancers.

In terms of kidney health, lemon water has been noted for its citrate content, which can effectively bind with oxalates, a major component of the most common type of kidney stones—calcium oxalate stones. Dr Berg encourages the consumption of lemon juice for its potential to mitigate kidney stone formation.

While lemon water presents numerous health benefits, Dr Berg also cautions that it may not be suitable for everyone. He lists several mistakes to avoid when consuming lemon juice, including drinking it immediately before meals, failing to dilute it sufficiently, or using lemon juice when experiencing conditions such as ulcers or gastritis.

The overall conclusion drawn from health experts underscores that lemon water should be incorporated into a broader healthy lifestyle and balanced diet that includes a variety of fruits, vegetables, and regular physical activity. Professional guidance from healthcare providers is recommended for those seeking tailored advice on cholesterol management and overall health improvement.

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

## References

* <https://www.healthline.com/health/food-nutrition/benefits-of-lemon-water> - This URL supports the health benefits of lemon water, including its role in providing vitamin C and antioxidants, aiding hydration, and potentially helping with digestion and weight management. It highlights that while lemon water may not directly lower cholesterol, it can be part of a balanced diet to support overall health.
* <https://www.medicalnewstoday.com/articles/318662> - This article examines the scientific evidence behind lemon water's health benefits, focusing on its antioxidant properties, hydration support, and potential effects on digestion and weight management. It discusses myths about lemon water, such as its ability to alkalize the body or detoxify organs without scientific basis.
* <https://www.rvcclinic.com/wp-content/uploads/2024/06/July-Newsletter.pdf> - This newsletter outlines several benefits of lemon water, including its role in promoting hydration, providing vitamin C, improving skin quality, supporting weight loss, aiding digestion, freshening breath, and helping prevent kidney stones. It emphasizes the importance of vitamin C in reducing oxidative stress.
* <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/> - This page details the benefits of vitamin C, which is abundant in lemons, including supporting immune function, collagen synthesis, and iron absorption. It also discusses vitamin C's antioxidant properties and its potential impact on cardiovascular health.
* <https://www.niddk.nih.gov/health-information/kidney-stone-eating-plan> - This resource from the National Institute of Diabetes and Digestive and Kidney Diseases provides guidance on preventing kidney stones. It suggests increasing citrate intake, a component found in lemons, to help prevent kidney stone formation, aligning with Dr. Berg's advice on lemon water's potential benefits for kidney health.