# Is hot lemon water a health miracle or just a myth?



Recent discussions surrounding the purported health benefits of starting the day with hot lemon water have drawn attention, particularly due to the advocacy of Serbian tennis icon Novak Djokovic, a prominent figure in the sport. Djokovic, who has an illustrious career spanning over 22 years, winning a record 24 Grand Slam singles titles and an Olympic gold medal at the Paris Games in 2024, has credited his strict dietary regimen for his impressive longevity and success in tennis.

In a 2023 interview with Graham Bensinger, Djokovic elaborated on his morning routine, stating, "I start with warm water and lemon so I can help my body detoxify. And then I would have celery juice on an empty stomach." This hydration method has garnered a significant following among health enthusiasts, with many asserting various benefits, including weight loss, improved digestion, enhanced immune function, and the elimination of toxins.

However, medical professionals are now questioning the validity of these claims. According to a report by The New York Times, Dr. Emily Ho, a professor and director at the Linus Pauling Institute at Oregon State University, emphasised that while staying hydrated is crucial, the addition of lemon to water does not provide any unique advantages. She noted that "you haven't had anything to drink all night" and encouraged fluid intake in the morning, which could be fulfilled by various beverages, not exclusively by lemon-infused water.

Dr. Ho articulated that the primary benefit of drinking fluids in the morning is hydration and maintained that any type of fluid is adequate for this purpose. She pointed to a study conducted in Turkey in 2020, which indicated that adults consuming more than eight cups of water a day had a 29% lower risk of constipation compared to those who drank less than four cups. This finding highlights the importance of overall fluid intake, regardless of whether citrus is involved.

Moreover, while some research suggests that lemon juice may expedite stomach emptying, Dr. Ho cautions against over-interpreting this small-scale study. The notion that citrus fruits offer a significant boost to the immune system due to their vitamin C content is also explored, though experts like Dr. Joan Salge Blake, a clinical professor of nutrition at Boston University, point out that there is insufficient evidence to support the idea that additional vitamin C consumption leads to fewer or less severe colds.

Dr. Salge Blake stated, "You’re not going to supercharge your immune system", further lending weight to the argument that while lemon water can serve as a healthier alternative to sugary beverages, its effects may be overstated. She concluded, "There’s nothing wrong with it, but there isn’t really anything miraculous about it either."

In summary, while hot lemon water may serve as a pleasant and hydrating beverage, its purported health benefits lack robust scientific backing. Djokovic’s endorsement may inspire many, but health experts stress that fluid intake in any form is essential for maintaining hydration and supporting bodily functions.

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

## Bibliography

1. <https://www.healthline.com/health/food-nutrition/benefits-of-lemon-water> - This article confirms that drinking lemon water may promote improved digestion and aid weight loss, aligning with the claims made about the benefits of starting the day with hot lemon water.
2. <https://www.medicalnewstoday.com/articles/318662> - This source discusses the hydration benefits of lemon water, noting that while it does provide vitamin C, it lacks significant unique nutritional advantages, which supports the skepticism mentioned in the article.
3. <https://pmc.ncbi.nlm.nih.gov/articles/PMC6403313/> - This research highlights the presence of polyphenols in lemons and their potential health benefits, which aligns with the claims of health benefits presented in the article regarding the consumption of lemon water.
4. <https://flushinghospital.org/newsletter/the-surprising-benefits-of-hot-water-and-lemon/> - This article notes various benefits of drinking hot lemon water, such as improved digestion and immune system support, which reflects the positive claims made by Djokovic and advocates of lemon water.
5. <https://www.medicalnewstoday.com/articles/hot-lemon-water-before-bed> - The mention of hydration and potential benefits of lemon water in this source echoes the article's discussion on the hydration aspect of lemon water consumption.
6. <https://www.healthline.com/nutrition/lemon-water-health-benefits> - This piece elaborates on the potential claims and myths surrounding lemon water, reinforcing the stance that while it is hydrating, the purported health benefits are often exaggerated, consistent with the reservations expressed by medical experts in the article.
7. <https://www.getsurrey.co.uk/news/health/novak-djokovic-doctors-drink-benefits-31428898> - Please view link - unable to able to access data