Honey + lemon = Health

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Drinking honey and lemon mixed with warm water, every morning, on an empty stomach is often touted as the best way to lose weight. But this mixture, if had at the right time in the day, can do much more than help you reach your weight loss goal. Here are 9 ways a mixture of honey, lemon juice and warm water can help you stay fit and healthy. Here are 10 ways to use honey for your skin, hair and body.

How to make the mixture.

Fill a tall glass with warm water (as hot as you can tolerate), add the juice of half a lemon and one teaspoon of honey to it. Now stir the mixture well and drink it. If you are a diabetic, there is no need to shy away from this drink; here is why it is safe for you to add honey to this elixir. Also, remember to avoid drinking tea or coffee for at least half an hour after you have had the honey and lemon mixture. While this remedy is perfect to help you stay healthy and beautiful, there are a lot of people who manufacture fake honey. Suggest you to use pure honey.

Benefits of honey and lemon therapy

1. **Hastens the process of weight loss:** Apart from cleansing your stomach, the lemon juice present in the mixture, goes a long way in helping you lose weight. Packed with a type of fibre called pectin, lemon helps make you feel full and keeps cravings at bay. The warm water, honey and lemon also create a more alkaline atmosphere in your stomach, helping you lose weight faster.

2. **Helps keep constipation at bay:** when you had in the morning, stimulates the digestive system, helps produce intestinal mucus, hydrates the colon and infuses water into dried stool, a common reason for constipation. Apart from that the warm water helps kick start bowel movements, aiding in regular and constipation free motions.

3. **Aids in better digestion:** Lemon helps your liver produce more bile that helps your digestive system break down complex foods better and utilise the essential components. Honey, on the other hand, has antibacterial properties that help thwart any infections you might have. Apart from that it also helps increase the production of mucus in your stomach which indirectly helps in flushing out toxins from your body.

4. **Can give your energy levels a boost and improve your mood:** Honey is an instant energy booster – minus the calories. Water helps clear your mind by providing fresh blood to your brain, and lemon activates your digestive system, getting to work properly and eliminating toxins that are often the reason for lethargy. Moreover, the scent of lemon is known to be a natural relaxant and can help uplift your mood.
5. **Aids in cleansing your urinary tract and acts as a diuretic:** Honey is a very potent antibacterial agent that has the capability to beat a number of common infections. When mixed with lemon and water – two agents that act as excellent diuretics (agents that flush out water from your body) – this concoction is the best way to cleanse your urinary tract.

6. **Helps beat bad breath and improves oral health:** The acidic nature of lemon combined with the innate properties of honey and water can help beat bad breath almost instantly. The lemon cleanses your mouth, activating your salivary glands and killing offensive bacteria. When added to honey and water, it helps wash down bacteria and degraded food that is usually present in your mouth and throat early in the morning.

7. **Can help give you a natural glow and clear skin:** The benefits of lemon on your skin are aplenty, but apart from that, its cleansing action also helps in purifying your blood, also aiding in the production of new blood cells that acts as potent cleaning agents. The water and honey lend a unique restorative, antibacterial and collagen boosting properties to your skin as well.