



Lemon juice is a unique drink for restoring and supporting the body.

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Abstract. The magical rejuvenating apples mentioned in many fairy tales exist! And these overseas fruits are nothing more than ... lemons. Citrus juice is widely used in cooking, cosmetology, and also, due to the presence of a huge amount of useful substances, it is considered a real elixir of youth and health - it can save the body from many problems and ailments. Try it!

Key words: lemon, lemon juice , useful properties, contraindications, composition, calorie content

Composition and calories

Lemon juice contains a lot of water (92.3%) and a minimum of calories - in 100 grams of the product there are only 22 kcal ^[1] . It also contains many vitamins and minerals:

- Potassium (103 mg). It stabilizes the work of the heart ^[2] , regulates the content of salts and helps to reduce edema, improves the normal functioning of soft tissues (muscles, blood vessels, etc.).
- [Vitamin C](#) (38.7 mg). Water-soluble antioxidant - protects the body from infections caused by viruses and bacteria ^[3] , and shows good results in the treatment of cancer ^[4] .
- Folic acid (20 mg). It supports the work of the heart and blood vessels, reduces the risk of strokes ^[5] , it is recommended during pregnancy to prevent congenital fetal anomalies. ^[6]
- Phosphorus (8 mg). A microelement that contributes to the proper functioning of internal organs, the formation of high-quality bone and dental tissues, and regulates the level of hormones in the body.
- Vitamin A (6 IU). Improves skin condition and accelerates tissue healing ^[7] , regulates skin pigmentation and natural collagen production, participates in the synthesis of eye pigment responsible for the ability to distinguish colors and see in the dark.

Lemon juice contains a high concentration of citric acid (more than any other type of citrus fruit) ^[8] - a natural preservative often used in cooking and cosmetics.

Top 10 Health Benefits of Lemon Juice

1. Treats gastritis and reflux

Studies show that following a 2-week low-carb diet with the addition of acid-rich foods, such as the juice of two lemons daily, has amazing results. Patients experience a significant improvement in well-being or the symptoms of diseases disappear altogether! ^[nine]

2. Has disinfecting properties

Lemon juice can also be used to disinfect water. Studies show that when adding 20 grams of lemon juice to 1 liter of liquid, cholera embryo bacteria die in it after 30 minutes. ^[10, 11] Don't forget to take a supply of citrus fruits with you when you go camping!

3. Acts as a contraceptive

Experiments confirm that the decrease in pH caused by the acidification of the medium with lemon juice leads to an abrupt cessation of sperm movement (within only 1 minute). ^[12]

4. Improves potency

Vitamin C and thiamine contained in lemon have a positive effect on potency and increase testosterone levels. ^[13] Drink several glasses of water daily with fresh lemon juice dissolved in it and see for yourself that a delicious refreshing drink works just as well as pharmacy Viagra!

5. Has a high antioxidant capacity

Contains a high concentration of flavonoids ^[14] - slows down the aging process, reduces blood clotting, improves metabolism, increases the protective function of the body (helps it better fight infections and viruses).

6. Dissolves Kidney Stones

Daily consumption of lemon water (100 grams of juice per two liters of drinking water) significantly reduces the risk of calcium kidney stones, and also dissolves existing stones. ^[15] Moreover, a tasty refreshing drink copes with this task no worse than special medical preparations, in particular, potassium citrate.

7. Prevents the development of gout

Lemon juice neutralizes uric acid and prevents the crystallization of salts. ^[16] Purines are not deposited on the joints, which helps to avoid inflammation and pain, alleviates the condition of patients suffering from gouty and rheumatoid arthritis.

8. Good for the cardiovascular system

The substances that make up the lemon, in particular, citrus flavonoids, have a beneficial effect on the tone of the heart muscle and blood vessels, cleanse them of bad cholesterol, and suppress tissue

inflammation. Drinking water with lemon juice daily is a great way to prevent cardiovascular disease. [17]

9. Protects the liver

The drink has excellent choleretic and hepatoprotective properties - it removes toxins from the liver and effectively protects it from the damage that the body receives as a result of alcohol consumption. [eighteen]

10. Promotes weight loss

Supplementation in the form of lemon juice speeds up metabolism and promotes faster weight loss. [19] It is easy to get the desired shape, just by adding a few glasses of a refreshing drink to your daily diet.

And lemon juice is widely used in cosmetology. It is added to masks and creams, used in its pure form to refresh the complexion, eliminate dark spots from the skin, strengthen nails and whiten teeth.

Contraindications and possible harm of drinking lemon juice

Lemons are classified as allergens. Therefore, lemon juice should not be consumed by people with intolerance to this product. Also, citrus lovers should be aware that drinking lemon juice in its pure form is unsafe for dental health. Acid destroys tooth enamel [20], which leads to the formation of caries. Therefore, squeezed fresh juice must be diluted with water, and the mouth should be thoroughly rinsed from the remnants of the drink after tasting.

Norms and recommendations for the use of lemon juice

Given the high acidity of lemon juice, doctors do not recommend drinking it in its pure form - fresh diluted with warm water will bring the greatest benefit to the body. It is not recommended to use boiling water to prepare a healing drink - at high temperatures, many useful substances are destroyed. To maximize the saturation of the body with vitamins and microelements per day, it is recommended to drink the juice of several lemons, previously diluted with water.

It is better to postpone the acquaintance of kids with a tasty and healthy drink until the age of 2 years. You should carefully introduce a new product into the menu of allergic children - start with a few drops and monitor the body's reaction.

How to prepare and store lemon juice

In order for as much juice as possible to stand out from the fruit, it is recommended to pre-prepare it. Pour boiling water over, send for 20 seconds in the microwave or roll, with effort, on a hard surface - the fibers inside will burst, the juice will stand out better. You can squeeze out the acidic healing liquid using a special citrus juicer or manually.

Note! It is undesirable to store lemon juice for a long time without special treatment. Without pasteurization, it loses many vitamins, in particular, the concentration of vitamin C is halved. [21] Therefore, it is recommended to use it immediately or freeze it.

Expert comment

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Lemon juice is an extremely useful product with which you can rejuvenate the body, reliably protect it from many diseases and get rid of depression. Drink in the morning and between meals at least a few glasses of water with natural lemon juice diluted in it and see the effectiveness of a delicious healing drink!

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Abstract. The article discusses the main properties of lemon juice and its effect on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. The chemical composition and nutritional value of the drink are indicated, the use of lemon juice in various types of medicine and the effectiveness of its use in various diseases are considered. The potentially adverse effects of lemon juice on the human body under certain medical conditions and diseases are analyzed separately.