Megan Roosevelt

Megan Roosevelt is a plant-based Registered Dietitian as well as the founder and CEO of Healthy Grocery Girl®. She is an internationally published author, cooking show host and producer, as well as a nutrition expert for regional and national television and magazines. Healthy Grocery Girl® provides free online cooking videos and a Nutrition Membership Site that helps people shop, cook & eat healthy in a way that is realistic, delicious and fun!

FAQ

Q: If lemons are acidic how do they put the body in an alkalized state?
A: Foods that are acidic in nature are not always acid forming once they are consumed. Lemons contain up to 6% citric acid but this doesn't make the body acidic. In fact quite the opposite is true.

- Acidic and alkaline refer to foods outside the body
- Acid-forming and alkaline-forming refers to foods once in the body
- Foods can be acidic but not acid-forming
- Lemons are considered acidic but once they are digested they become alkaline-forming not acid-forming as one might think
- Lemons have an alkalizing effect once in the body

Source: (BodyEcology.com)

Q: What is considered good balance?
A: Human blood pH should be slightly alkaline (7.35 - 7.45). Below or above this range means symptoms and disease. A pH of 7.0 is neutral. A pH below 7.0 is acidic. A pH above 7.0 is alkaline.

Q: What causes an acidic pH?
A: An acidic pH can occur from an acid forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for acidic pH by using alkaline minerals. If the diet does not contain enough minerals to compensate, a buildup of acids in the cells will occur.

Q: Why is this a problem?
A: An acidic balance will decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in cells, decrease its ability to repair damaged cells, decrease its ability to detoxify heavy metals, and make it more susceptible to fatigue and illness.

Questions? info@limoneira.com

the Health Benefits of Lemon Water!

Did you know that drinking hot or chilled water with fresh squeezed lemon juice in the morning can put your body into a healing, alkaline and overall healthier state?
why LEMONS ARE GREAT

It's all about balance.

Our bodies are smart - they tell us what they need, and when they're in an alkaline state, the body is in balance. Too much acid in the body (from stress, poor sleep patterns, improper diet, etc.) can cause problems such as chronic fatigue, allergies and arthritis.

1 Simple Way To Enjoy Lemons Daily

One easy way to move your body into an alkaline state is to drink fresh squeezed lemon juice in a glass of water first thing in the morning.

how LEMONS WORK

Freshly squeezed lemon in water is a traditional remedy that encourages good digestion.

Detox, Rejuvenate Skin & Other Lemon BENEFITS

- Adds fresh flavor to water
- Helps with weight loss*
- Freshens breath
- Strengthens the immune system
- Removes toxins from the body
- Rejuvenates skin
- Reduces bloating

“I drink lemon water daily! Adding fresh lemon juice or lemon slices to hot or chilled water is a great way to naturally flavor water, stay hydrated and nourish our body. Drinking lemon water is one of the first health tips I recommend to anyone who is interested in and serious about living a healthier life!”

- Megan Roosevelt

Registered Dietitian & Founder of HealthyGroceryGirl.com

Metabolic BOOST

*It's a little known fat-fighting fact that people often think they are hungry when they are really thirsty.

German researchers found

both MEN'S & WOMEN'S METABOLIC RATE SURGED 30% after drinking about 17 ounces of water.

BOOST Employee Culture & HEALTH With Daily Lemons!

Limoneira is conveniently providing fresh lemons to use with your water. Limoneira’s finest sustainably grown lemons will be delivered on a weekly basis. Employees simply cut and juice into their water.