

LIMONEIRA[®]

SINCE 1893

New Year, More Lemons with Limoneira Citrus

Limoneira Spokesperson Megan Roosevelt details the countless benefits of lemon water to any healthy lifestyle



(Santa Paula, CA) – January is here, and that means it’s time for New Years resolutions and self-improvement, as well as fending off the last gasp of cold and flu season. Citrus can help on all fronts, and Megan Roosevelt has put together just ten of the many ways lemon water can give you a helpful boost all month (and all year) long. Don’t forget to subscribe – videos with more wonderful recipes, tips and tricks not detailed in this release will be

added to the channel each Friday throughout the month. For more details on the tips below, watch this video on the Limoneira channel [here](#).

Limoneira has also partnered with additional global chefs and mixologists, nutritionists, and beauty lifestyle and green cleaning experts to share their knowledge with the customers of our grocery and food service partners around the world. Their biographies can be found on [Limoneira’s website](#).

1. **Lemons support immune health.** Rich in vitamin c, lemon water is a boon to the body’s immune system.
2. **Lemons are alkalizing.** Despite their tangy flavor, lemons have an alkalizing effect (not an acidic one) after digestion. This means a glass of lemon water can help to maintain proper pH balance in the body.
3. **Lemons are anti-bacterial.** This means they can help boost the body’s ability to fight infections.
4. **Lemons support healthy weight loss.** Research studies show that lemons can improve digestion, and may increase the body’s metabolic rate.
5. **Lemons support dental health.** Due to their antibacterial nature, lemons can help to prevent gingivitis.
6. **Lemon water is hydrating.** Plain water can get boring, so sliced lemon or combination of lemon slices and fruit helps to keep things tasty in a fun, natural way.

7. **Lemons support healthy blood pressure levels.** Research studies have linked daily lemon consumption with helping to lower blood pressure – in tandem with a heart healthy diet and regular exercise, of course.
8. **Lemons support skin health.** Vitamin c promotes collagen production, which is the wrinkle-preventing protein that is naturally occurring in skin.
9. **Lemons support bowel regularity.** Warm lemon water can prevent constipation and promote regular bowel movements.
10. **Lemons are nutrient dense.** In addition to vitamin c, lemons also contain calcium, iron, magnesium and phosphorous.

Each month, Megan will be featuring another wonderful facet of citrus living, with weekly videos full of recipes, DIY tips and other ways to use Limoneira citrus. Subscribe to [Limoneira's Youtube channel](#) for more information on the many ways this endlessly versatile fruit can improve life inside the home and beyond.