

# 19 Reasons For This Morning Tonic

- 10 ozs freshly squeezed organic lemon juice
- ½ tsp Celtic Sea Salt or Hawaiian Sea Salt
- Greenergy, to taste ([www.healthyhabits.com](http://www.healthyhabits.com))
- Warm water, to taste.

A 10-ounce glass in the morning of warm lemon water with **Celtic Sea Salt or Hawaiian Sea Salt** can increase your immune function, decrease uric acid, fight inflammation and improve digestion. These benefits can be attributed to the vitamin C content of the lemon juice as well as the essential minerals contained in sea salt. This simple morning drink promotes vitality, health, and overall wellness and may even improve your sex drive!

Lemons are excellent for fighting inflammation. Lemons can help dissolve the uric acid in your joints and have been found to help build and repair tendons, ligaments, and bone. This anti-inflammatory property may be especially beneficial for people with rheumatoid arthritis and osteoarthritis.

This tonic aids in proper food and water absorption. A daily glass of lemon water with sea salt may provide a better overall mineral balance, which promotes proper food and water absorption in your body, allowing essential nutrients to get where they need to be.

This morning tonic balances your body's acidity (pH). The alkalizing effects of lemon and natural salt are highly useful for managing your body's delicate pH balance, which is crucial for optimal functioning of the body's systems.

This tonic boosts immune function. One lemon serves up 139 percent of your daily value (DV) for vitamin C. Squeezing one lemon into your morning is a natural alternative to that vitamin C supplement you may be taking.

It's a detox for your cells. The all-natural sea salt mixed with lemon juice and water helps to pull toxins from your cells, reducing cellular toxicity. This may reduce your risk for various chronic diseases and make you feel great.

This tonic reduces problematic cellulite. Natural sea salt has been used for centuries for skin care. Interestingly, most spa treatments for cellulitis contain some form of salt and/or citrus blend. A few daily gulps of lemon and salt water in the morning may firm up a few of those unsightly areas.

This tonic clears up skin and adds a fresh glow. Using natural salt for skin problems, such as psoriasis and eczema, dates back to ancient Roman times. Roman emperor Marcus Aurelius' doctor, Galen from Pergamum, used sea salt for skin diseases.

This tonic is useful for allergy season. It has been suggested that the combination of lemon and salt, specifically mixed into warm water, acts as a natural antihistamine for allergies. It may be the perfect alternative to those pink pills that leave you feeling drowsy.

This tonic paves the way for better sleep. The natural hormone-balancing properties of lemon and sea salt can be more than useful when it comes to bedtime. Getting the proper amount of sleep is essential for physical health, mental health, productivity, and much more. This hormone-balancing beverage can make an effective nightcap.

This tonic helps control blood sugar. The fiber content of lemons helps to balance blood glucose levels, which is useful for type 2 diabetes patients.

Lemons may help detoxify your liver. Vitamin C is essential for producing glutathione, which plays a foundational role in detoxifying the liver. It also has antiseptic properties that are useful for liver function.

This tonic freshens your breath! Lemon and sea salt may not be the first things that come to mind when you think of fresh breath. However, the lemon and salt in this simple morning drink help kill the bad breath bacteria that build up while you are sleeping.

This tonic may help you relax. When you are stressed, do not be so quick to reach for those prescription pills. You may be able to relax and return to a state of Zen by boosting your vitamin C levels first thing in the morning.

This tonic is useful for reducing blood pressure. Lemons are not all about vitamin C and fiber. They also boost potassium, which is vital for flushing excessive sodium from the body.

This tonic boosts your libido! The vitamin C content and hormone-balancing properties of this morning beverage can help lift your mood. This might be all it takes to boost your libido, without the need for that little blue pill.

This tonic gets you hydrated right away in the morning. Many people forget how important hydration is, especially after a seven or eight-hour sleep period with no water. Start your morning off right and get hydrated. The water, salt and zesty lemon will get your day off to the perfect start.

This tonic is an antioxidant powerhouse vital for everything! Lemon offers up a wealth of vitamins and minerals, while sea salt boosts your mineral and trace mineral levels even more. The antioxidant and detoxifying properties of lemon saltwater pack a powerful, free radical knockout punch.

This tonic may improve your heart health. Lemons and real salt are both exceptional for increasing heart health on their own. However, when you combine the two into one vibrant morning drink, you get even more vital heart-thumping health benefits.

Natural sea salt supports electrochemical reactions in the body, while negative ions assist in healthy heart rhythm. Lemons are rich in vitamin C, which is associated with lower endothelial dysfunction in men with no history of cardiovascular disease or diabetes.

This tonic promotes digestive health. A glass of warm lemon water with sea salt before breakfast, or any meal, helps signal your liver to produce the essential bile needed to clean out harmful gut bacteria. The fiber content and natural salt will also promote healthy digestion.

Note: Adapted from original article by Stephen Seifert, [www.TheAlternativeDaily.com](http://www.TheAlternativeDaily.com)