

Morning Lemon Tonic

Your morning daily routine is vital to health and happiness a quick and simple glass of warm lemon water with Celtic Sea Salt or Hawaiian Sun-Dried Sea Salt can boost your morning health and wellness regimen. Many professional athletes and Olympians start their day with a lemon and salt water tonic.

A 10-ounce glass of warm lemon water (10% mix) with Celtic Sea Salt or Hawaiian Sun-Dried Sea Salt in the morning can increase your immune function, decrease uric acid to fight inflammation, improve digestion and balance your body chemistry. These benefits can be attributed to the vitamin C content of the lemon juice and the essential minerals contained in Celtic Sea Salt or Hawaiian Sun-Dried Sea Salt. This simple morning drink can promote health, overall wellness, vitality and may even improve your sex drive!

Lemons are Excellent for Fighting Inflammation

Lemons can help dissolve the uric acid in your joints and also help build and repair bone, ligaments and tendons. This anti-inflammatory property may be especially beneficial for people with arthritis.

Aids in Proper Food and Water Absorption

A daily glass of lemon water with Celtic Sea Salt or Hawaiian Sun-Dried Sea Salt may provide a mineral balance which promotes proper food, nutrient and water absorption in your body.

Balances 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.

Boosts immune function

One lemon provides up to 139 percent of your daily value (DV) for vitamin C. Squeezing one lemon into your morning is a natural alternative to a vitamin C supplement use the Purification Test Strips (purify.longevityformulas.com) to make sure you are getting adequate vitamin C.

Cellular Detox

The all-natural Celtic Sea Salt or Hawaiian Sun-Dried Sea Salt mixed with lemon juice and water helps to reduce cellular toxicity. This reduces your risk for various chronic diseases.

Reduces Problematic Cellulite

Natural salts like Celtic Sea Salt or Hawaiian Sun-Dried Sea Salt have been used for centuries for skin care. Interestingly, most spa treatments for cellulitis contain some form of salt and/or citrus blend. A glass of lemon and salt water in the morning may, help firm unsightly areas.

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.

Useful for Allergy Season

The combination of lemon and salt mixed into warm water acts as a natural antihistamine for allergies. It may be the perfect alternative to the allergy drugs that leave you feeling drowsy.

Paves the Way for Better Sleep

The natural hormone-balancing properties of lemon and Celtic Sea Salt or Hawaiian Sun-Dried Sea Salt can be useful when it comes to sleeping. Getting the proper amount of sleep is essential for mental health, physical health, productivity and more. This hormone-balancing beverage can make an effective nightcap.

Helps Control Blood Sugar

The fiber content of lemons helps to balance blood glucose levels, which is useful for suffering from any form of diabetes.

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.

Freshens breath!

The lemon and salt in this simple morning drink help kill the bad breath bacteria that build up while you're sleeping.

May Help You Chill Out

When you get stressed out do not be so quick to reach for those prescription pills. You may be able to chill out and return to that state of Zen by boosting your vitamin C levels first thing in the morning.

Useful for Reducing Blood Pressure

Lemons contain vitamin C, fiber and boost potassium which is vital for flushing excessive sodium from the body.

Boost Your Libido!

The vitamin C content and hormone-balancing properties of this morning beverage can help lift your mood. This can boost your libido.

Get Hydrated

Hydration is very important especially after an eight-hour sleep period with no water. Start your morning off with proper hydration. The water, salt and zesty lemon will get your day off to a great start.

An Antioxidant Powerhouse Vital for, Well, Everything!

Lemon offers a wealth of vitamins and minerals Celtic Sea Salt or Hawaiian Sun-Dried Sea Salt also boost your mineral and trace mineral levels. The antioxidant and detoxifying properties of lemon saltwater packs a powerful free radical knockout punch.

Heart Health

Lemons and real salt are exceptional for increasing heart health. When you combine the two into one vibrant morning drink, you get even more vital heart health benefits.

Natural salt supports electrochemical reactions in the body and 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.

Promotes Digestive Health

A glass of warm lemon water with Celtic Sea Salt or Hawaiian Sun-Dried Sea Salt before breakfast helps signal your liver to produce the essential bile needed to detox harmful gut bacteria. This tonic will promote digestion.

Combine 10 ounces of BioVitale-H2O® water with one whole squeezed lemon and half a teaspoon of Celtic Sea Salt or Hawaiian Sun-Dried Sea Salt. Add GreenEnergy® by Healthy Habits® if you desire...it actually tastes even better with the right greens mix.

Use the Purification Test Strips (<http://purify.longevityformulas.com>) to determine how much morning tonic is appropriate for you. Once you get your test results call my office, 888-221-4116 to schedule a free 15-minute consultation on what your test results mean and how you can feel better within days.