

Home / Life & Style / Health / 5 amazing health benefits of 'Lemon'-the juicy citrus fruit

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WEB DESK: In 1747, James Lind discovered citrus fruits like lemons were useful in preventing the scurvy some sailors developed after months at sea. Today, it's easier to avoid scurvy's swollen gums and painful joints, but that doesn't mean lemons have to be relegated to a garnish for cocktails.

[...]

5. Body Balancing



"Fresh lemon juice added to your water daily is one of the best ways to balance your body's pH levels," says holistic health expert Susan Ciminelli. "Lemon juice is acidic outside the body but turns alkaline when in the system. It helps to keep inflammation such as rosacea, arthritis and heart conditions in check."