



Add Lemon to Your Water

Lemons are a natural diuretic and can flush out bacteria and toxins

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Here are some slim-down tips:

- Adding lemon to your water has many benefits. It helps burn more calories. It also relieves many digestion problems.
- Lemon's antiaging properties make it great for the skin.
- Have a toothache or bad breath? Lemon water can help.
- If you have tonsil issues, it's good to gargle lemon water frequently.
- Lemons are high in potassium, which can help control high blood pressure.
- Lemons can also help with respiratory issues, such as asthma and other such problems.
- Lemons are a natural diuretic and can flush out bacteria and toxins.

Craig Ramsay is a fitness expert, an author and a winner of season 8 of The Amazing Race Canada. Follow him on Instagram at [@craigramsayfit](https://www.instagram.com/craigramsayfit).

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Courtesy of Craig Ramsay