[Healthy](https://www.facebook.com/hashtag/healthyhabitschallenge?epa=HASHTAG) Habits – Try this one!

When life gives you lemons 🍋 drink lemon water!

A glass of lemon water is the 1st healthy thing I do every morning. I used to drag myself out of bed and go straight to the coffee maker. I weaned myself off coffee, realizing it was nothing more than a ritual and crutch, by switching to tea, and eventually to lemon water.

I never noticed how dehydrated and thirsty I was in the morning before I started this. Now, I can’t get to the kitchen fast enough to gulp down a full glass of water with one slice of lemon. It’s so refreshing and rewarding!

Lemons are packed with all kinds of benefits, especially 1st thing in the morning. Drinking a glass of lemon water can...

🍋 Aid in digestion and detoxification

🍋 Keep colds and flus away with extra Vitamin C

🍋 Thin mucous if you’re feeling stuffed up

🍋 Reduce muscle and joint pain

🍋 Provide electrolytes to keep you hydrated

🍋 And more!

Challenge yourself to start your day tomorrow with at least 1 glass of water with 1 slice of lemon (have your coffee or tea after), and continue this habit for the next 14 days to improve health and feel your best!

Share your progress or biggest takeaway on Facebook or IG

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