**Squeeze 1 Lemon (or Lime) With 1 Spoonful of Olive Oil and You Will Never Stop Using It**

**  November 5, 2016 | **  [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/), [Natural Remedies](http://www.healthyfoodhouse.com/category/natural-remedies/) | **  0 | **  admin

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If you wake up exhausted, even after a long night of sleep, and you feel drained and without energy during the entire day, then, you are in the right place!

Today, we are going to reveal the potential of the mixture of lemon (or lime) juice and olive oil to detoxify your body and eliminate all accumulated toxins and waste!

In this way, it will help you revitalize your body and feel energetic and positive throughout the day.

This remedy has been used for many years in the treatment of various health issues.

Olive oil is a basic part of the Mediterranean diet, and it is high in essential fatty acids which regulate bad cholesterol and eliminate toxins from the body.

The Romans and the Greeks valued its numerous medicinal properties and called it the liquid gold. Therefore, its incorporation in your diet can provide countless health benefits.

Lemons are one of the healthiest fruits on the planet, high in antioxidants, vitamins, and essential nutrients, and provide amazing health benefits.

Therefore, the combination of the two has been shown to provide impressive effects in the following cases:

**Against Rheumatic Problems –** the potent anti-inflammatory properties of this combo are extremely helpful in the case of rheumatic issues. Its regular consumption will relieve joint pain.

**Against Cardiovascular Problems –** Due to the high fatty acids content, which reactivates the circulation and regulates bad cholesterol, this mixture effectively prevents heart issues.

**To Balance Out the Bile of the Liver and Gallbladder –** Experts claim that the consumption of the mixture in the morning, on an empty stomach, prevents the growth of gallstones. Moreover, the consumption of a glass of water, olive oil, and lemon juice an hour before the breakfast can detoxify the liver, kidneys, and the gallbladder.

**To Fight Constipation –** This combination will attain a lubricant for the digestive mucus thus stimulate the function of the liver and gallbladder. This remedy acts as a potent antioxidant that removes toxins and cleanses the body, helps digestion, and eliminate waste.

Due to its incredible health benefits, we recommend that you try this powerful combination as soon as possible, and you will never stop using it!

Source: [www.healthylifetricks.com](http://www.healthylifetricks.com/squeeze-1-lemon-1-spoonful-olive-oil-will-never-stop-using/)