

# Lemon Fruit & Weight Loss



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# 1. Abstract

We Know that lemon is most important . Citrus lemon is well known nutritional and medicinal property. All part of citrus Lemon are used in traditional medicine. Citrus lemon belong to the family rutaceae. Major medicinal property of Citrus Lemon include anti-cancer activity, Prevent kidney stones, Bring down a fever, Balance pH, and Support weight loss.<sup>1</sup>



Lemon peel contained crude fibers (15.18%), crude fat (4.98%), and protein (9.42%). Ash content of lemon peel is 6.26%.<sup>6</sup> Lemon juice is about 5% acid, which gives lemons a sour taste and pH of 2 to 3.

The intake of lemon juice is one of the key health benefits associated with Weight loss , that the disinfection was the just way to lose some weight with the help of lemons in Ancient time the old notion. but New studies have shown the ways lemon juice supports weight loss , Because it is closely related Lemon juice contains pectin, a soluble fiber which that shown weight-loss. <sup>2</sup>

## 2. Introduction

Lemon was and still known as one of the best fruits, when it comes to helping in weight loss. Lemon juice with warm water is believed to melt belly fat and even give the liver a boost, when consumed early in the morning. Lemon juice increases body's metabolism and is also helpful in improving immunity, due to Contain of **vitamin C** in it. But did you know that the bright yellow fruit can be used in another ingenious way to lose weight fast? We're talking about lemon rind or lemon peel! Let's look at how the covering of the lemon fruit may help you in weight loss. lemon is one of the citrus fruits rich in **vitamin C** and plant compounds such as polyphenols that act as antioxidants. Eating citrus fruits and lemons in particular may actually contribute to encouraging metabolism in the body or preventing the accumulation of fat in it and acting as a natural cleanser for the body and detoxifying.<sup>3</sup>

- The polyphenols found in lemon peel contribute to stimulating the liver to burn fat and prevent the accumulation of fat in the body, thus preventing weight gain, and eating sufficient amounts of vitamin C contributes to increasing fat burning rates.
- We must not forget that the fibers that lemon contains, such as pectin, contribute significantly to controlling appetite and increasing the feeling of satiety.



# Cont.

**Also Lemon Peel Good For Health:** After mangoes and oranges, lemon is the most sought-after citrus fruit. We are all aware that lemon is used in many food items and generally it is used all around the year. We can use lemon in many different ways. But people usually squeeze lemon for juice and throw away the peel.

But did you know that lemon peel has many advantages for your health? Lemon peel contains high amounts of fibre and **vitamin C**. It also contains calcium, potassium, and magnesium.<sup>4</sup>



Here are some facts about the lemon peel in weight loss :

- the polyphenol antioxidants found in lemon significantly helps to burn fat. It contains large amounts of [vitamin C](#) , an important vitamin for the health of the body and skin, and also helps to burn fat.
- Controls blood sugar by supporting insulin functions in the body, and helping to balance sugar inside and outside cells.
- Lemon peel helps fight [hunger](#) and suppress appetite, thus feeling full. It is an important component of dietary fiber.
- the fibers that lemon contains, such as pectin, contribute significantly to controlling appetite and increasing the feeling of satiety, , an important substance in losing weight and burning fat.

# Studies

- consuming water with lemon may have the effect that some studies have indicated that consuming water with a calorie-restricted diet before consuming meals may enhance the feeling of satiety and fullness, which may contribute to reducing the calories consumed, which can help to lose weight.
- **Several studies have indicated that green lemons can support weight loss and increase fat burning.**<sup>5</sup>
- One study in 115 women also found that eating green lemons for 12 weeks significantly reduced body weight, BMI, and belly fat
- **Research indicates** that antioxidants play a key role in health and disease and may protect against chronic diseases, including heart disease, diabetes, cancer and obesity.<sup>6</sup>



- Furthermore, it is possible to facilitate weight loss considerably with increased consumption of lemon juice. Vitamin C is abundantly found in citrus fruits and the researchers have gathered data which goes to prove that individuals consuming sufficient amounts of vitamin C in their diet allow fatter oxidation by about 30% more than compared to those individuals who have inadequate proportions of **vitamin C**.<sup>7</sup>
- lemon water can increase weight loss. Studies have suggested that people who drink more water or lemon water while on a low calorie diet, tend to lose weight faster than others. In fact, there are studies that prove that drinking more lemon water helps in weight loss, independent of diet or exercise. This implies for both regular water and lemon water.<sup>8</sup>

# Results:

Is lemon good for you and does lemon help you lose weight? absolutely yes! , if you do it in the right way. Drinking hot lemon water, as well as cold lemon water, can provide you with the following benefits:<sup>9</sup>

- *Promotes better digestion.* One of the benefits of hot lemon water in the morning is that it can help boost your digestion.
- *Adds to hydration.* Proper hydration is necessary for the maintenance of all the processes in your body. Drinking hot lemon water or cold lemon water promotes better hydration.
- *Improves skin state.* Hot lemon water is not only a great source of **vitamin C** but also a great hydration tool. Both these aspects promote better skin.<sup>11</sup>
- *May promote weight loss.* Although the lemon water weight loss effect lacks scientific back-up, proper hydration, which is reached with the help of this lemon water challenge, has long been one of the factors of a successful weight loss.
- *Provides you with **vitamin C**.* Hot lemon water is packed with **vitamin C**, which is a primary antioxidant. Lemons can also help flush away kidney stones. Therefore, this lemon water challenge can offer you a lemon water detox.<sup>10</sup>



# Recommendation:

- Always drink lemon juice on an empty stomach because it shows great results in losing weight, and it is enough to drink it once a day in the early morning.
- Always leave a gap of 20 minutes after drinking this lemonade before eating breakfast
- Take a glass of lukewarm water, add lemon juice or lemon slices and add it, stir it well and drink it early in the morning as it strengthens and protects the immune system.





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