Ditch the Coffee Crash: Let Lemon Water Supercharge Your Mornings Transcript

(Transcripts are generated by AI and may contain errors)

Doctor Talks Introduction

Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality.

Hydration Secrets and Morning Lemon Water

This is Doctor Talks, real talk from real doctors on the issues that matter to you. All right, so secret number four is in the in the in the in the ten secrets to living a longer, healthy, more vibrant life is the type of hydration that you have and when to hydrate.

So I know you're like okay dude come on man I know this. But did you know that a lot of you are acidifying your body first thing in the morning? Okay, what you're typically doing, which causes issues down the road and can trigger some disease pathways to be turned on inside the body is you you get some coffee or you get some sort of a beverage that typically has sugar in it, and you're spiking your insulin and you're also acidifying your body and that you're drinking things that are acid forming, you know, orange juice, apple juice, you know, milk, coffee, etc..

So my recommendation first thing in the morning is to hydrate with lemon water. Okay. Why lemon water? It's alkaline. It it is good for certain bacterial microbes within your body.

We know what one of the hallmarks of aging is. Is a dysregulated microbiome. But by doing that first thing in the morning, it creates major, major impact on your health throughout the rest of the day.

You're talking about really increasing your energy in an exponential way. So hydrate, hydrate, hydrate throughout the day. I drink a few of these every single day.

In fact, I need a drink right now. But you want to hydrate. But if you if you hear nothing else from this video, hydrate with some lemon water first thing in the morning.

Just take lemon juice. You know, just squeeze it into the water, or you can get some devices to get the lemon juice out and bam, you've got an incredible, incredible strategy, for being able to alkaline your body, energize your body first thing in the morning.

If you want to have your coffee after that, at least you've done something to neutralize the acidity of all the things that we do early in the morning in America and around the world.

Right. So at least you can be like, you know what? I just neutralize it in is to a certain degree. But you know what? I do what I like to do with people that are addicted to energy drinks in the morning and coffee is that they just do this lemon juice for, you know, the challenge for like, seven days.

Boom. It creates major, major impact in their overall all health. Now the next tip, tip number five is going to be about supplementation. And it's really a powerful tip because a lot of us we don't supplement.

Supplementation and Closing Remarks

And there's strategies and solutions on how we can supplement, which is a very important element of helping us live a longer, healthier, more vibrant life.

Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

For more insights and strategies, subscribe to our podcast and visit our website w ww di doctor talk.com. Stay connected, stay healthy and join us next time on Doctor Talks.

Real talks from real doctors on the issues that matter to you most.