



# 10 Benefits Of Drinking LEMON WATER On An Empty Stomach

1. Boosts metabolism
2. Relieves constipation
3. Speeds up athletic recovery
4. Acts as a natural diuretic
5. Prevents flu and colds
6. Reduces blood pressure
7. Relieves inflammation
8. Improves skin health
9. Rehydrates the entire body
10. Promotes weight loss

# 3 Amazing Juice Recipes For Better Health



## For Improved Heart Health

1. Carrot
2. Oranges
3. Apples
4. Beetroot
5. Kale

## For A Complete Detox

1. Apple
2. Cucumber
3. Kale
4. Lemon
5. Ginger
6. Celery



## For Increased Energy Levels

1. Apple
2. Cucumber
3. Kale
4. Spinach
5. Lemon



# Why You Should Start Your Day With Lemon Water

1. Fresh breath
2. Improved digestion
3. Better hydration
4. Boosted energy levels
5. Stronger immune system
6. Prevention of cough and colds
7. Clearer skin
8. Relief from inflammation
9. Regulated pH levels
10. Steady weight loss
11. Sharper brain function
12. Reduced risk of cancer



# The Right Time To DRINK WATER



After Waking Up



1 glass to Cleanse your organs

Before a meal



1 glass to dilute your digestive juices

Before a shower



1 glass to lower your blood pressure

Before going to bed



1 glass to keep yourself hydrated

# **UPCOMING EVENTS**

## **FUMC VICTORIA FREE CLINIC**

- Tuesday, July 13 8:00 am until noon
- Contact Elizabeth at 972-768-5138 for an appt.

## **BINGO**

- Bingo and in-facility dining has resumed at the Goliad Senior Citizen's Center.
- Bingo is every Wednesday at 10:00 am.
- BP and glucose screenings will resume in July.

## **DIABETES EDUCATION**

- Diabetes classes will resume on the months that have a 5<sup>th</sup> Monday in the FLC
- Next class begins at 8:00 am on August 30<sup>th</sup>. Contact Elizabeth to register.
- Free lunch, HgA1C, BP, BMI screening plus education (8:00am – 3:00 pm)

## **BACK TO SCHOOL HEALTH FAIR**

- Tuesday, July 27 in the FLC at 10:00 am – 2:00 pm
- Volunteers needed (to greet, assist vendors, hand out supplies)
- Donations for water and small pre-packaged snack-like food welcome to handout to children needed

If you need any of the Wesley Nurse services or would like to visit about the services I am able to provide, please 972-768-5138 (cell).

Your Wesley Nurse, Elizabeth Wilson BSN, RN-BC