

- As mentioned earlier, lemons are a rich source of vitamin C. By infusing water with lemon, you not only enhance the taste but also introduce additional nutrients into your hydration routine.
- Vitamin C supports overall health and can contribute to immune system function and skin health.

4. **Weight Management:** Some people believe that the fiber in lemons can help with weight loss. Additionally, the sour taste of lemon may reduce cravings for sweet snacks.

- **Fiber Content:**

- Lemons contain a small amount of dietary fiber, including both soluble and insoluble fibers. Fiber is known to contribute to a feeling of fullness or satiety, which can help control appetite and reduce overall calorie intake.
- Soluble fiber, in particular, can absorb water and form a gel-like substance in the digestive tract, slowing down the digestion and absorption of nutrients. This can contribute to a longer-lasting feeling of fullness.

- **Appetite Control and Craving Reduction:**

- Some individuals believe that the sour taste of lemons may help reduce cravings for sweet snacks. The sourness may provide a contrasting flavor that satisfies the taste buds without the need for added sugars.
- Additionally, the aroma of lemon has been suggested to have an appetite-suppressing effect in some studies. Aromatherapy involving lemon scents may influence hunger and reduce the desire for sweet or high-calorie foods.